



# Protect My Peace

## Note Catcher

### ICEBREAKER

List ten things, people, or places worth protecting.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Have you ever considered your own joy, happiness and peace as worth protecting? Why or why not?

*(Continued below)*



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### PART ONE: MY HAPPY BY DEE-1

Select one of the lines from “My Happy” by Dee-1 below and write any connections you can make to your life as well as any emotions that come up for you as you reflect on these lyrics.

- “I aint giving up my happy”
- “When I didn’t have outside money, I stayed in.”
- “I been through a lot of drama, but it never broke me.”
- “Smiling from the inside, I be glowing!”
- “All the negativity walk past me, we going high tonight, up to the sky tonight.”
- “I’m walking in my own lane so these shoes fit different.”

CONNECTIONS	EMOTIONS

**How do you avoid negativity like Dee-1?**

**What things bring you joy or happiness?**

**Would you want a friend or adult in your life like Dee-1 Why or why not?**

*(Continued below)*



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### PART TWO: PROTECTING MY PEACE, HAPPINESS AND JOY

Read and respond to the questions below about protecting your peace.

**Why is your joy and happiness worth protecting?**

**How do you avoid negativity?**

**Who or what do you need to “cut off” and “cut out” of your life in order to protect your peace?**

**List places or people that drain your energy. Why do they have this effect?**

**List places or people that “fill your cup,” or bring your joy, happiness and relaxation.**

**How will you protect your peace as you move forward in life?**