


 relaxed
 calm
 heart rate - settled
 asleep
 reading
 Minecraft
 time alone
 being
 outside
 cycling
 quiet beach
 comfy sofa


 quiet
 not a lot of people
 straight faced

calm/relaxed
 P ✓✓






 peaceful


peaceful = calm, tranquil, relaxed.
 pleasurable
 peaceful ≠ loud, noisy, annoying, in a panic,
 stressed, terrified, distracted

Put the word in a sentence:

"I feel peaceful when I lie on the sofa - I'm going to feel peaceful after school."

"I feel peaceful when my mum reads me a book."

"I feel peaceful when I'm humming."

"I feel peaceful because I was sitting on the couch watching the telly with a smoothie and popcorn and I had great fun!"

"My dog is peaceful when he's lying down."

"I feel peaceful when I read a book to my baby sister at bedtime."

"I feel peaceful at night time when Dad and I go to pick Mum up from work because the roads are nice and quiet."

"I feel peaceful when my mum kisses me goodnight."