What Marcus Aurelius told himself, for your 5-year-old



HARD TO GET UP

“Even an emperor had to tell himself to get up.”

SOMEONE WAS MEAN

“Tell me what happened. You don’t have to be mean back.”

SOMETHING IS IN THE WAY

“The hard bit is part of the way.”

OTHERS ARE GRUMPY

“Some people will be grumpy today. You can still be kind.”

Say them in a calm moment
Meditations 5.1, 6.6, 5.20, 2.1

spark wonder