

## Definitions :

- 1: friendly, peaceful and without any arguments
- 2: arranged together in a way that is pleasant because each part goes well with the others
- 3: very pleasant when played or sung together

# harmonious

## Etymology and historical meaning of the term **harmonious** :

harmonious (adj.) 1520s, "sounding together tunefully," from **French harmonieux** (14c.), from harmonie (see harmony). In nonmusical use from 1630s

## Used in a sentence:

1. There was a harmonious alliance of students and staff at the school
2. The painting had a harmonious combination of colours
3. The school big band were completely harmonious.



## Questions:

- How does this link with the theme of the week: **"Reflection and mindfulness"**
- Can you think of any synonyms for the word **harmonious**?
- Could you use words of the same family (verbs, nouns ) in sentences?



Complete the 5 minute meditation.

How do you feel?

What do you think the benefits of meditating are?