A DAY OF PEACE

Activities for celebrating International Peace Day in your school

Quotes, stories, crafts and more for everyone...
The Importance of Peace Day

The International Day of Peace ("Peace Day") is observed around the world each year on 21 September.

Established in 1981 by unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace.

Sad but true...

- Out of the last 3400 years, the world has been at peace for 268 years.
- In the 20th century alone, 108 million people have been killed in war.
- Over 30 wars are going on right now.

Chris Hedges,
What Every Person Should Know About War

Peace Education in Schools

“If we are to teach real peace in the world...we shall have to begin with children”

Mahatma Gandhi
The Story of International Day of Peace

The making of the International Day of Peace has an interesting story. We have Jeremy Gilley to thank for it. He is from England and fought hard to make the Day of Peace fall on September 21st every year.

Before 2002, the United Nations sponsored a day in honor of peace, but it never requested that people stopped fighting, and it didn’t have a specific date.

On September 7th, 2001, after many letters and meetings with different world leaders on Gilley’s part, the United Nations agreed to create the International Day of Peace on September 21st.

It was a day that asked the people of all nations to agree to ceasefire and nonviolence.

Jeremy Gilley
Did You Know?
Is an English actor, filmmaker and Founder of Peace One Day.

Author of children’s book The Making of World Peace One Day
How to use this book?
With a lot of love.

Have a discussion, do a craft, try a breathing exercise or sing a song.
What ever you do, do it with love and share the peace.
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ACTIVITY #1

Words of Peace, Thoughts of Love.

Inspiring Quotes

Read the quotes and have a discussion on the thoughts they evoked in the heart.
Don’t let people pull you into their storm.

Pull them into your peace.

Kimberly Jones
Warmth creates space. Space creates warmth.

Chris Germer
Peace is the mother of all that is good.

Daaji
Listening is the oldest and perhaps most powerful tool for healing.

Rachel Naomi Remen
ACTIVITY #2

ORIGAMI: PEACE DOVE

Dove: A Symbol of Peace

Across cultures of the world, a white dove is a symbol of peace and love.

Click image or here for instructions

Send us a picture:
Email us and receive a Peace Messenger Certificate of Honor. Submissions will be added to a raffle for prizes.
ACTIVITY #3
FILL YOUR HEART WITH PEACE

What makes you peaceful?
Add things that gives you peace in the Heart collage and color them with your favorite colors!

Send us a picture:
Email us and receive a Peace Messenger Certificate of Honor. Submissions will be added to a raffle for prizes.
ACTIVITY #4
PEACE CHAIN

The Strongest Link

Make a Peace Chain
Write your “Peace Intention”
Link it to the peace intention of your friend
Keep the chain going.

Example of a Peace Wall

Send us a picture:
Email us and receive a Peace Messenger Certificate of Honor. Submissions will be added to a raffle for prizes.
Brainstorm ‘Peace’ Ideas

This activity is intended for middle and high school students. For elementary-age students, follow the same process as above, but instead of looking at the world, ask students to focus on conflicts, reasons, and solutions in their school.

• Have students brainstorm a list of conflicts that are happening around the world: Israel-Palestine, Iraq, etc.

• Ask students to generate a list of reasons why people fight: religion, economics, etc.

• Have students form groups and assign each group one reason from the list they generated above. In groups, students should discuss and be ready to present possible solutions that could address the causes. It is important to emphasize that students are not trying to solve a particular world crisis, but rather are trying to identify solutions that can work in general (education, tolerance, debt relief, etc.)

• The groups could then create posters that promote their solution. See the lesson plan Designing Effective Poster Presentations for tips and ideas on making
REFLECT ON THESE

• Inner peace vs Outer peace
• What impact one day of observing peace can have?
• What other ways peace can be practiced everyday?
• Think of a peace ambassador in your life and how he/she can reflect peace?

BRAINSTORM ‘PEACE’ IDEAS
CREATE OR PERFORM A SONG

Students can be encouraged to write their own song and then record the video or record a song from your choir group or as a fun activity and send us the video. Some videos/songs are below:

https://www.youtube.com/watch?v=F62L1TaDIUk
https://www.youtube.com/watch?v=bgL1v8FZaNM
https://www.youtube.com/watch?v=ptSEd4WwiFA

Better Yet, Create Your Own Song

Watch these videos:
https://www.youtube.com/watch?v=j2ZYnBekoZ8
https://www.youtube.com/watch?v=y_NeFbV5274

ACTIVITY #6
HEART-IN-TUNE
Sing, Record and share...

Send us a video

Send us a video and we will share it and yes, you got it...receive a Peace Messenger Certificate of Honor. Submissions will be added to a raffle for prizes.
Make it a Contest For Peace

This can be week activity to read and share the book in the classroom. Challenge yourself to read as many books as you can!

Here is a list to 33 books:


Note for the teacher:

Please send us an email with the top 3 students who read the most books. Submissions will be added to a raffle for prizes.
SOMETHING FOR ALL OF US

Guided Experiences To Create Peace Within
BREATHING WITH AWARENESS
AND PURPOSE...

Breathing with Awareness & Purpose is a technique intended to relax the body and stimulate the positive attributes of the heart.

Breathe in: that which is good, needed and positive for your self-improvement

Breathe out: that which is good for others, and the betterment of the global community

Breathe in all that is good for me
Breathe out all that is good for everyone
  Breathe in positivity
  Breathe out optimism
Breathe in appreciation
  Breathe out joy
Breathe in compassion
  Breathe out love

Guided Audio
Male / Female
How do you feel now?

Some cues for observation:

- What feelings do you have?
- What thoughts came up?
- How does your mind feel?
GUIDED RELAXATION

Sit comfortably and close your eyes very softly and very gently. Let’s begin with the toes. Wiggle your toes. Now feel them relax.

Relax your ankles and feet. Feel energy move up from the earth... up your feet to your knees relaxing the legs. Relax your thighs.

The energy moves up your legs ... relaxing them. Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From the top to the bottom the entire back is relaxed. Relax your chest ... and shoulders. Feel your shoulders simply melting away... Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.

Relax the neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head. Feel how your whole body is now completely relaxed.

Move your attention to your heart. As you rest there, gently have the idea that the Source of Light is illuminating your heart from within and is attracting or pulling your attention inward... Feel immersed in the love and light in your heart. Remain still and quiet, and slowly become absorbed in yourself.

Remain absorbed within this deep silence for as long as you want, until you feel ready to come out again.
HOW DO YOU FEEL NOW?

Remember that the first step is to create awareness and learning to verbalize our feelings.

Here are some feelings flashcards to help you.
We celebrate your efforts...

Across each activity, three winners and their teachers will be awarded gift certificates.

Send your entries to edu@heartfulnessinstitute.org
Last date to send in entries is 30th September 2021
About Heartfulness Program For Schools

Our Mission

The mission of Heartful Schools is to equip school communities with tools and techniques that promote a heart-based nurturing environment focusing on relaxation, positivity and developing a growth mindset. This program is designed to create a loving, compassionate learning environment to nurture individual well-being and build social-emotional skills for a balanced living.

Our Vision

Our vision is to partner with school communities and enable its members to build a more relaxed, compassionate and positive environment using the Heartfulness tools and techniques, so that they feel connected and can collaborate with their peers to uncover their own Brilliant Self.

Designated by CASEL as a recommended program for social and emotional learning. The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. The program meets CASEL’s Promising Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs. The program met or exceeded most of CASEL’s criteria for high-quality SEL programming.
Thank you for considering this book.

If we can help in anyway, please write to us:
edu@heartfulnessinstitute.org

For more details:
http://www.heartfulschools.org