

A Day of Peace

Peace@School



1-hour program

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The Story of International Day of Peace

International Day of Peace (Peace Day) is observed every year on September 21.

It was established in 1981 by a unanimous UN resolution.

In 2001, the UN chose the day of September 21 for 24 hours of nonviolence and ceasefire, thanks to the tireless work of the organization, Peace One Day.

The 2022 theme for the International Day of Peace is “End racism. Build peace.”



How to Use this Playbook?

With a lot of love

PRACTICE

3 peaceful intentions

To create a peaceful you,
a peaceful school, and a
peaceful community.

PLAY

Choose an activity
in this playbook

According to your age and
interest.

DISCUSS

Have a discussion
about what peace
means to you.

Intention #1

Sit quietly, relax and gently rest your mind on the following thought. Let your heart be in it!

Among all people in the world
Let there be compassion
Let there be kindness
Let there be love
Let there be peace

This intention will improve the atmosphere wherever you are, especially in your family, among friends, and in your local communities

The Importance of Peace

Have a discussion about peace, choosing from the following questions:

- What does peace mean to you?
- What helps you to feel peaceful?
- What places do you like to go to feel peaceful?
- Why is peace important?
- Each one of us matters — what can you do to create peace?



Actions for Peace

Choose an activity, according to your age and interest:

1. Inspiring quotes
2. Peace chain
3. Fill your heart with peace
4. Brainstorm peace innovations
5. Compose a song



Interesting quotes

Words of peace, Thoughts of love.
Read the quotes and have a discussion
on the thoughts they evoke in the heart.

Peace is the
mother of all that
is good.

DAAJI

Don't let people
pull you into their
storm. Pull them
into your peace.

KIMBERLY JONES

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

RACHEL NAEMI REMEN

Warmth creates
space. Space
creates warmth.

CHRIS GERMER

Peace Chain

The strongest link!

Make a peace chain using strips of colored paper.

Everyone can write their own “peace intention” and link them together to make a peace chain.

Send photos of your peace chain to us.



Fill your heart with Peace

What helps you to feel peaceful?

Make a heart collage on a large piece of paper and use your favorite colors and images to fill it.

**Send photos of your heart collages
to us.**



Peace innovations

Engage, collaborate, ideate.

For older students. Either in teams or as individuals, come up with an idea that promotes peaceful solutions at home, at school, in your community, in your nation, or around the world.

Reflect on:

Inner peace leads to outer peace leads to world peace

What is the impact of Peace Day?

How can you be peace ambassadors every day?

Who is a peace ambassador you admire?



Compose a song

Sing, record, share

Send us the video.



Intention #2

Sit quietly, relax and gently rest your mind on the following thought. Let your heart be in it!

Everything around you is absorbing peace, including the sky, the oceans, the trees, the people, the wildlife, the buildings – and everything is radiating peace.

A beautiful intention which can be used to resonate with and benefit Nature, and to calm and balance the atmosphere in public places, and urban areas.

Intention #3

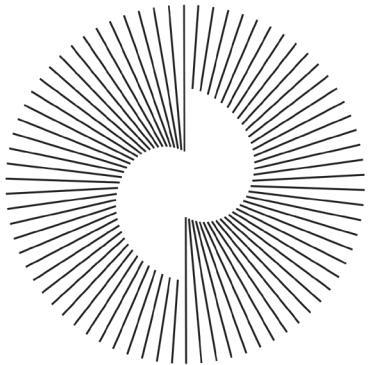
Sit quietly, relax and gently rest your mind on the following thought. Let your heart be in it!

Everyone is becoming peaceful, nurturing correct thinking, right understanding, and integrity of purpose.

An effective and subtle intention to improve our workplaces and meetings, which helps us to understand each other better and supports us when we face challenges

How to use these 3 peaceful intentions after Peace Day

- Sit quietly, relax, and gently rest your mind on an intention for a few minutes. Let your heart be in it!
- Write the intentions on post-it notes and place them somewhere you will see them early in the morning.
- Share the intentions with a new person each day. Teach others to use them.
- Make a poster. Compose a song.
- Make a short reel and upload it on social media. Write a story.
- Create a peace innovation in your community.
- Develop a peace space or garden. Plant a tree for peace.
- While cooking a meal for family and friends, or while helping an elderly person.



We celebrate your efforts!

Please send your activities to
contributions@peacefulness.org

