



A DAY OF PEACE

Activities for celebrating
International
Peace Day
in your school

heartfulness
advancing with kindness

The Importance of Peace Day

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

International Day of Peace 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 organisation, Peace One Day.

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

A look into some statistics

- 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

Importance of 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 Day

Suggestions to use this booklet for a 1-hour session

1. **Start with the previous two pages of the story and statistics about Peace Day. [5 minutes]**
2. **Discuss with your students the importance of Peace Day and what that means to them. Pick from the following questions. Engage, collaborate, ideate [10 minutes]**
 - a) What does peace mean to you?
 - b) What helps you to feel peaceful?
 - c) What places do you like to go to feel peaceful?
 - d) Why is peace important?
 - e) Each one of us matters – what can you do to create peace?
3. **Let's start with the first intention for 'World Peace' in the guided activity. [10 minutes]**
 - Start with intention #1 on the guided activity page.
 - Read the statements slowly pausing 2-3 seconds between each statement while being connected with your heart.
 - (It is suggested to repeat the intention 2-3 times)
 - Now encourage your students to close their eyes and guide them through the intentions requesting them to connect with it.
4. **Select 2-3 activities from the activity list 1-7 based on your grade level to engage with your class. [25 minutes]**
5. **Conclude the Peace Day session with the second intention for 'World Peace'. [10 minutes]**
 - Start with intention #2 on the guided activity page.
 - Read the statements slowly pausing 2-3 seconds between each statement while being connected with your heart.
 - (It is suggested to repeat the intention 2-3 times)
 - Now encourage your students to close their eyes and guide them through the intentions requesting them to connect with it.
 - Use the feelings poster to guide students to observe how they are feeling.

Suggestions to use this booklet for a 30-min session

1. Start with the first two pages of the story and statistics about Peace Day. [5 minutes]

1. Discuss with your students the importance of Peace Day and what that means to them. Pick from the following questions. Engage, collaborate, ideate [5 minutes]

- a) What does peace mean to you?
- b) What helps you to feel peaceful?
- c) What places do you like to go to feel peaceful?
- d) Why is peace important?
- e) Each one of us matters – what can you do to create peace?

3. Select from the activity list 1-7 based on your grade level to engage with your class. [10 minutes]

4. Conclude the Peace Day session with an intention for 'World Peace'. [10 minutes]

- Pick from intention #1 or intention #2 on the guided activity page.
- Read the statements slowly pausing 2-3 seconds between each statement while being connected with your heart.
- (It is suggested to repeat the intention 2-3 times)
- Now encourage your students to close their eyes and guide them through the intentions requesting them to connect with it.
- Use the feelings poster to guide students to observe how they are feeling.

Activity 1

Inspiring Quotes

Activity 2

Origami: Peace Dove

Activity 3

Heartful of Peace

Activity 4

Chain of Peace

Activity 5

Brainstorm For Peace

Activity 6

Heart-In-Tune

Activity 7

Read & Share

Activity 8

Guided Intentions for
Peace

ACTIVITY #1

Words of Peace, Thoughts of Love.

Inspiring Quotes

Read the quotes and have a discussion on the thoughts they evoke in the heart.

Use this [template for reflection](#) shared by Melissa Nicolardi, Digital Arts teacher at International High School at Lafayette.

**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



Click image or [here](#) for instructions

ACTIVITY #2

ORIGAMI: PEACE DOVE

Dove: A Symbol of
Peace

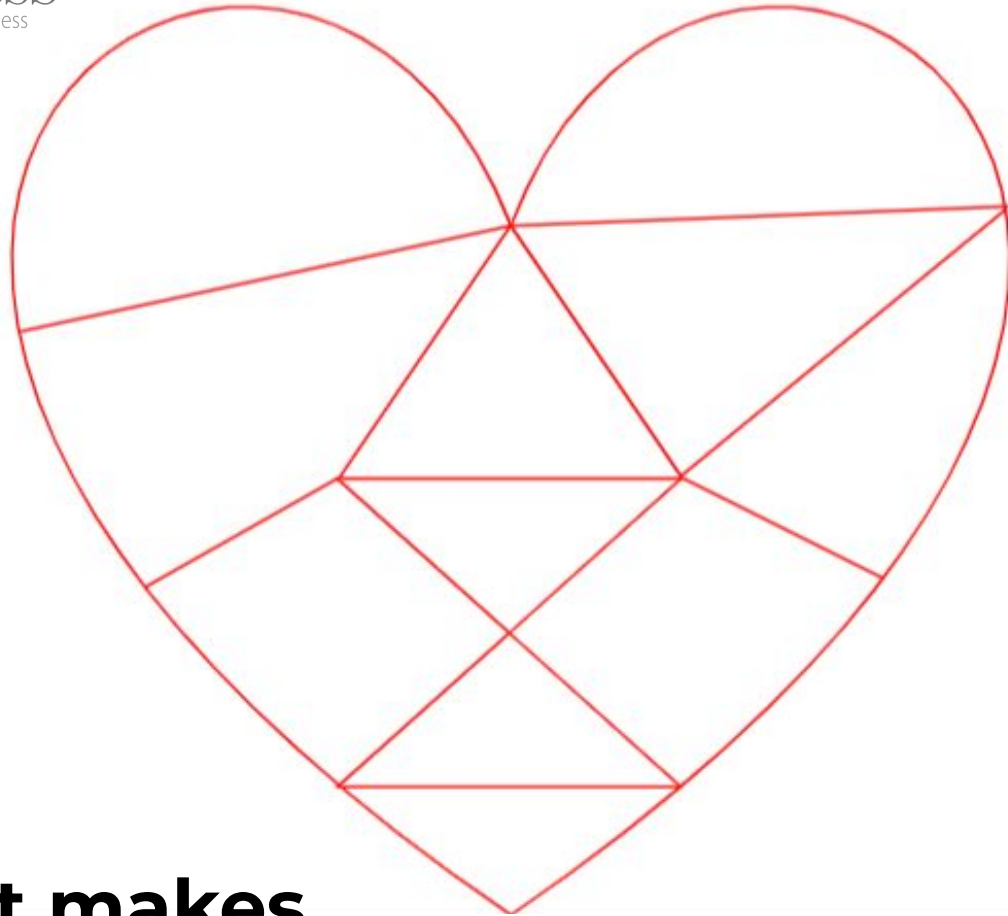
Across cultures of the world, a white dove is a symbol of peace and love.



Send us a picture:

Email us at edu@heartfulnessinstitute.org and

receive a Peace Messenger Certificate of Honor.



What makes you peaceful?

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

ACTIVITY #3

FILL YOUR HEART WITH PEACE

Use this [template for reflection](#) shared by Melissa Nicolardi, Digital Arts teacher at International High School at Lafayette.



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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:

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Brainstorm 'Peace' Ideas: Engage, Collaborate, Ideate

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

Reflect on: Inner peace leads to outer peace

- What is the impact of Peace Day?
- How can you be a peace ambassador every day?
- Who is a peace ambassador you admire?

Use this [template for reflection](#) shared by Melissa Nicolardi, Digital Arts teacher at International High School at Lafayette.

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.

ACTIVITY #5

BRAINSTORM 'PEACE' IDEAS

Engage, Collaborate &
Ideate

Send us a summary



Email us at edu@heartfulnessinstitute.org and receive a Peace Messenger Certificate of Honor.

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



Send us a video

And we will share it and yes, you got it....receive a Peace Messenger Certificate of Honor.

ACTIVITY #6 HEART-IN-TUNE

Sing, Record and share...

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:

<https://coloursofus.com/21-multicultural-childrens-books-about-peace/>

And whoever wins gets a gift card

Send us an email with the name and details of the winner
and we will mail them a gift card and a certificate.

ACTIVITY #7

READ & SHARE

A Book Of Peace



SOMETHING FOR ALL OF US

Guided Experiences To Create Peace Within

Guided intentions for peace and poise...



We use the power of thought to bring about individual and collective change

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

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 wildfire, the buildings
– and everything is radiating peace.

ACTIVITY #8 Call to Action for World Peace



HOW DO YOU FEEL NOW?

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.

How do I feel?

ME or WE



RESTLESS or RELAX



FEAR or COURAGE



ANGER or LOVE





www.heartfulnessschools.org
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heartfulness
Being My Brilliant Self

How do I feel?



IMBALANCE or BALANCE





HEAVY or LIGHT



CONFUSION or CLARITY



DESIRE or CONTENTMENT





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Being My Brilliant Self

How do I feel?



REACTIVE or RESPONSIVE





COMPLEX or SIMPLE



ANXIETY or POISE



STRESSFUL or PEACEFUL



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Being My Brilliant Self

Use these 2 peaceful intentions after Peace Day by...



Writing the intentions on post-it notes and placing them somewhere you will see them early in the morning.



Sharing the intentions with a new person each day. Teaching others to use them.



Making a poster. Composing a song.



Making a short reel and uploading it on social media. Writing a story.



Creating a peace innovation in your community.



Developing a peace space or garden. Planting a tree for peace.



Cooking a meal for family and friends, or helping an elderly person.

LET YOUR HEART BE IN IT!

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 October 1, 2023

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.

heartfulness
advancing **I** with kindness

**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>

