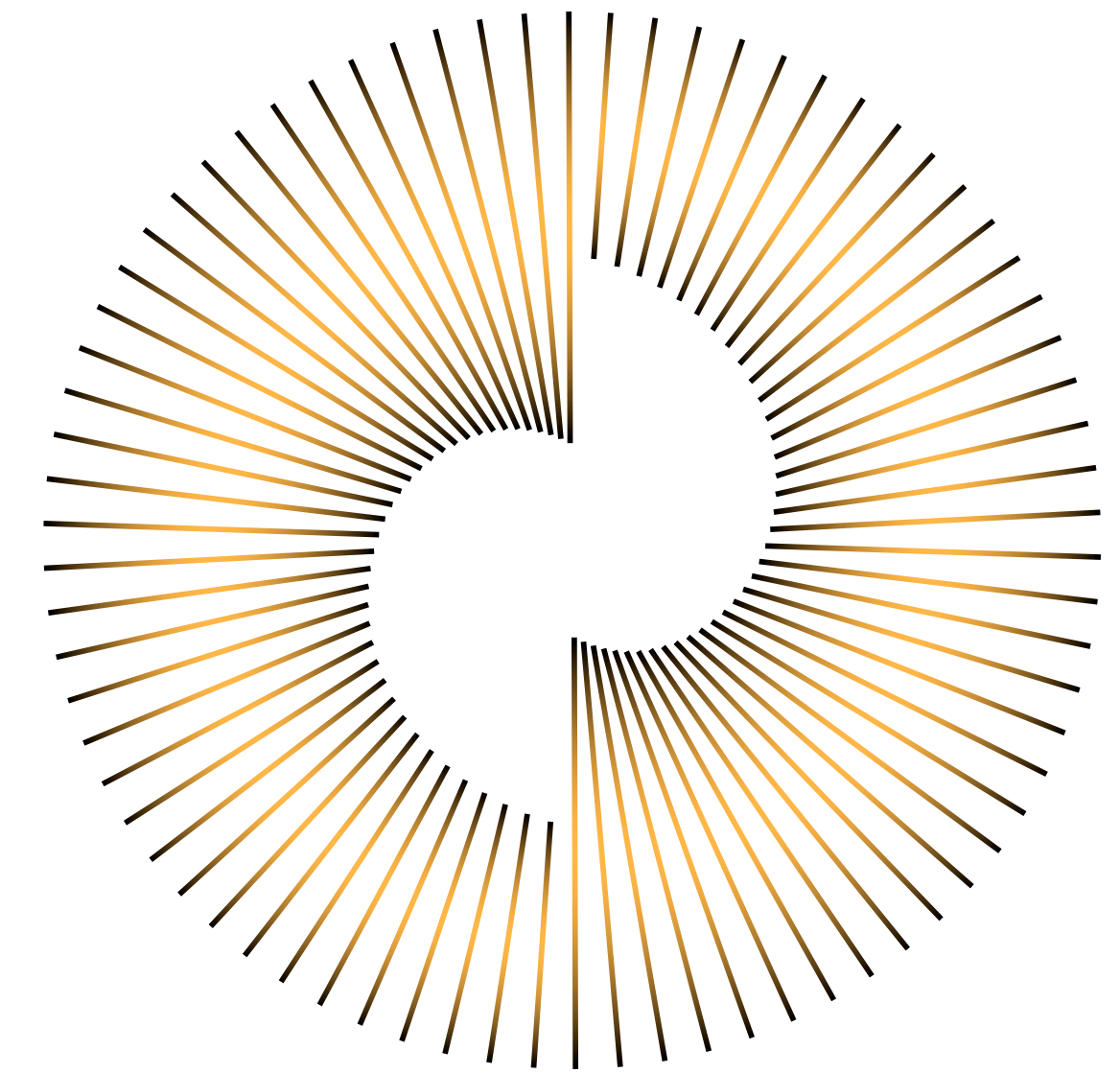


# A Day of Peace

Peace@School



# 1-hour program

Table of contents

The Story of  
International Day  
of Peace

---

Actions for  
Peace

---

How to use  
this playbook

---

Intention #2

---

Intention #1

---

Intention #3

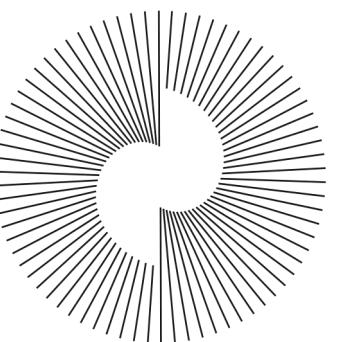
---

The importance  
of Peace

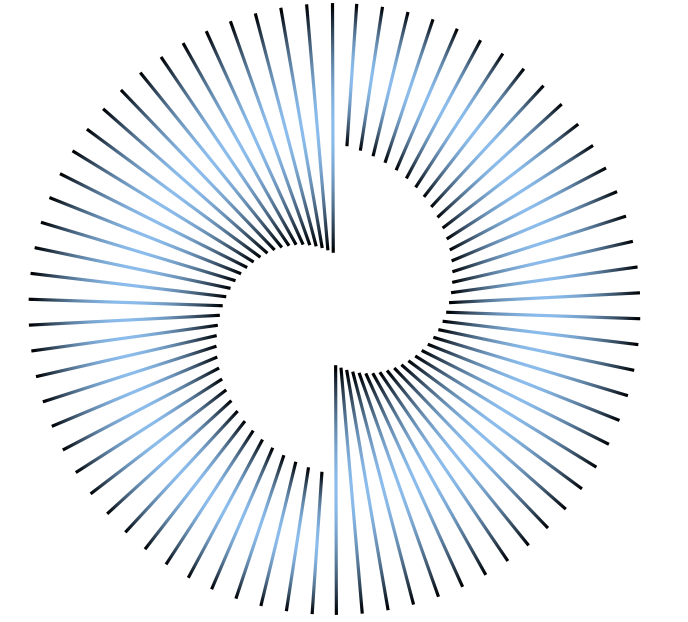
---

How to use these  
3 peaceful intentions  
after Peace Day

---



# 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.

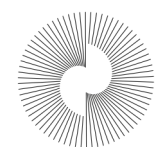
The 2022 theme for the International Day of Peace is “End racism. Build peace.”

# How to Use this Playbook?

WITH A LOT OF LOVE

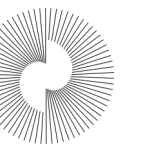
## PRACTICE

**3 peaceful intentions** to create a peaceful you, a peaceful school, and a peaceful community.



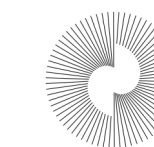
## DISCUSS

Have a discussion about **what peace means to you.**



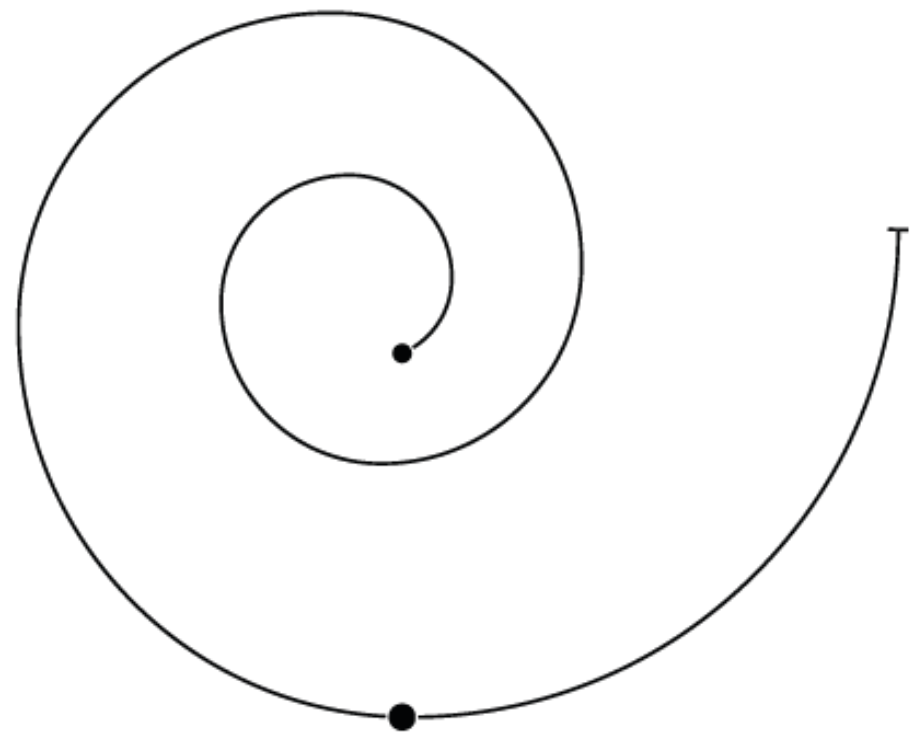
## PLAY

**Choose an activity in this playbook,** according to your age and interest.



# Intention #1 for Peace

SIT QUIETLY, RELAX, AND GENTLY  
REST YOUR MIND ON  
THE FOLLOWING THOUGHT.  
LET YOUR HEART BE IN IT!

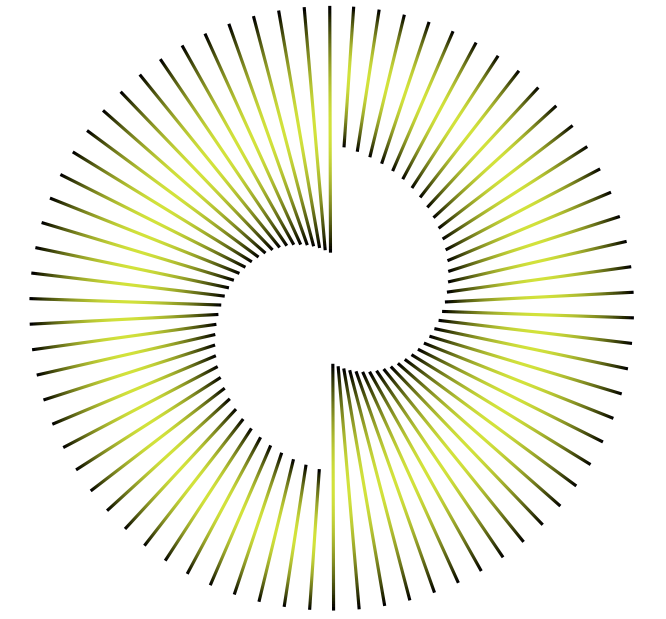


Among all people in the world  
Let there be compassion  
Let there be kindness  
Let there be love  
Let there be peace

# The Importance of Peace

HAVE A DISCUSSION ABOUT PEACE,  
CHOOSING FROM THE FOLLOWING  
QUESTIONS:

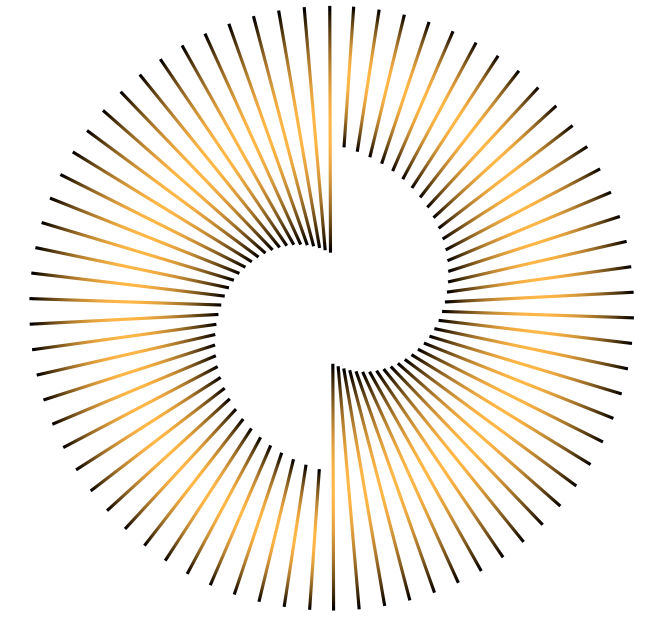
- What does peace mean to you?
- What helps you to feel peaceful?
- What places do you like to go to feel peaceful?
- Why is peace important?
- Each one of us matters — what can you do to create peace?



# 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



# INSPIRING QUOTES

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 Naemi Remen**

## Words of peace, Thoughts of love

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





ACTIONS  
FOR PEACE

#2

## 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.

ACTIONS  
FOR PEACE

#3

# 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.

ACTIONS  
FOR PEACE

#4

# 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?

ACTIONS  
FOR PEACE

#5

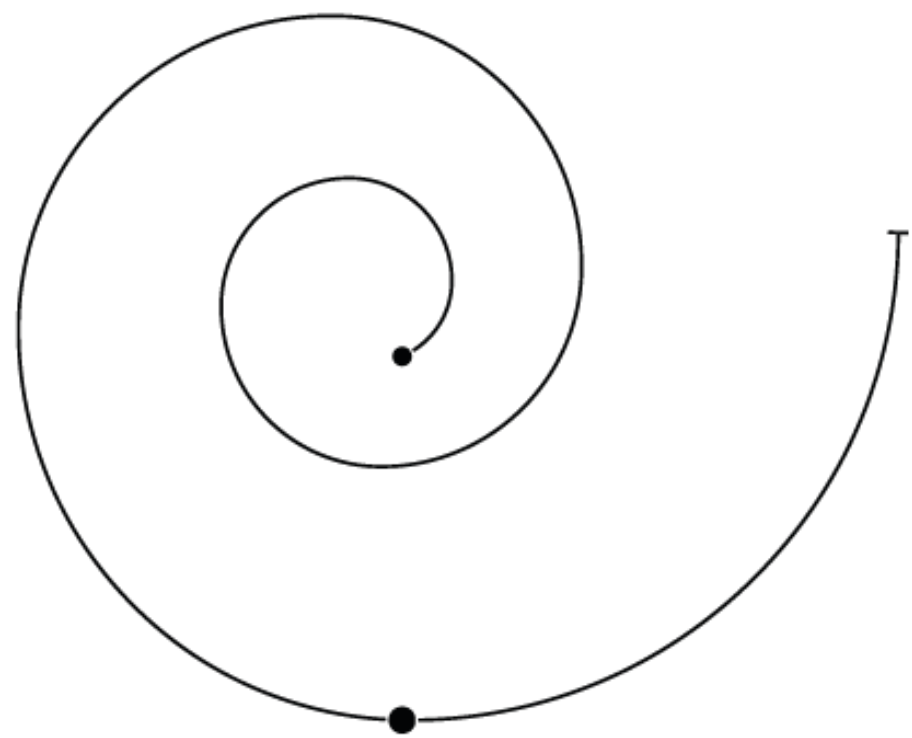
# COMPOSE A SONG

**Sing, record,  
share**

SEND US  
THE VIDEO!

# Intention #2 for Peace

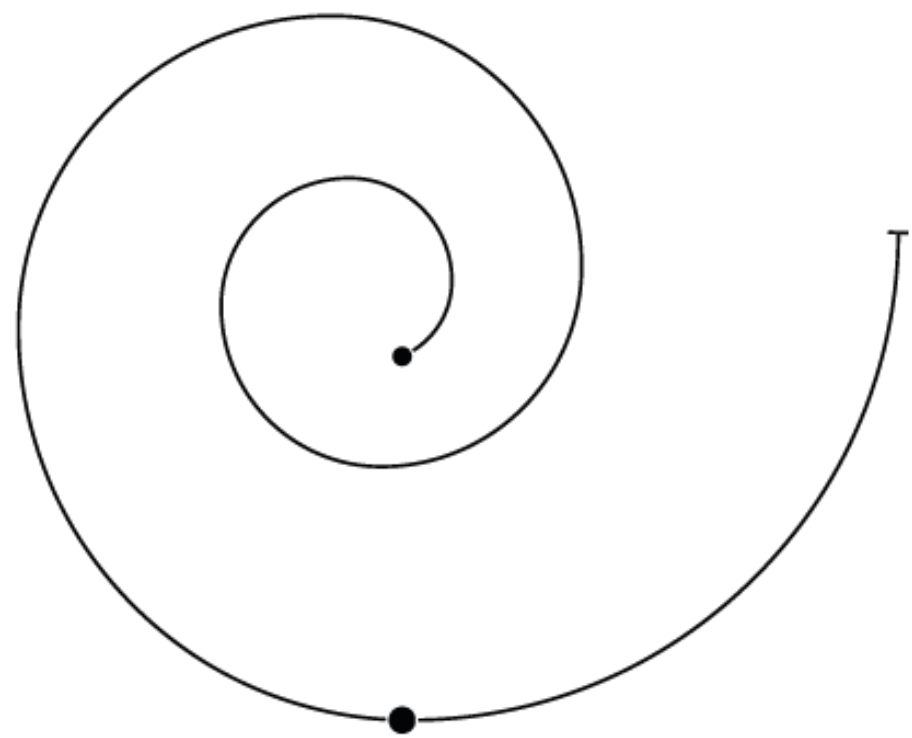
SIT QUIETLY, RELAX, AND GENTLY  
REST YOUR MIND ON THE  
FOLLOWING THOUGHT.  
LET YOUR HEART BE IN IT!



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

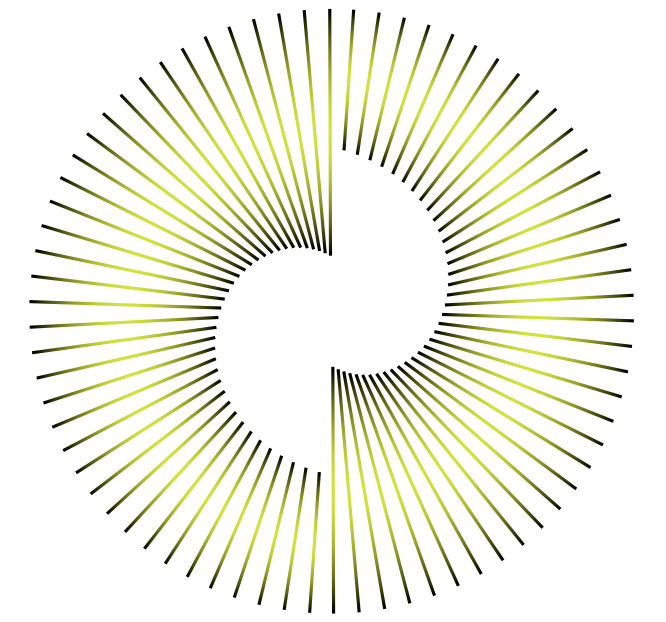
# Intention #3 for Peace

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.

# 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](mailto:contributions@peacefulness.org)

