



INTERNATIONAL DAY OF PEACE

My Peace Week

Seven days of peaceful actions that give back. The count down begins to International Day of Peace.

How it works: peace starts small, one small action a day. Each day give peace a chance with these 3 simple steps.

1) Take action. 2) Fill in the line. 3) Check the box.



DAY 1

Give a Kind Hello

Greet someone you don't usually talk to with a warm hello and a smile.

I SAID HELLO TO

☐

DAY 2

Give a Real Listen

Let someone finish their whole story without interrupting.

I LISTENED TO

☐

DAY 3

Give an Invitation

Invite someone who's on their own to join your game, your table, or your team.

I INVITED

☐

DAY 4

Give a Sorry

Think of a time you hurt someone's feelings and make it right with a simple sorry.

I MADE PEACE WITH

☐

DAY 5

Give a Calm-Down

When you feel angry or anxious today, stop and take three slow breaths before you speak or take your next action.

IT HELPED ME

☐

DAY 6

Give a Peacemaker Hand

Help two friends who are disagreeing find a fair, kind and peaceful way to fix it.

I HELPED

☐

DAY 7

Give Peace A Voice

What does peace mean to you? Write a story or have a class discussion on what peace means and how we can get there as a global community.

PEACE TO ME IS

☐



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Our Classroom Peace Pledge

A poster the whole class signs: every name adds one peaceful pledge.

How it works: read the pledge together as a class. Then everyone adds a peace stone to the path. Write your name and the one peaceful action you promise to do. Hang the poster where everyone can see it!

We pledge to make our classroom a peaceful place.

♥ OUR PATH OF PEACE STONES ♥

NAME _____ MY PEACEFUL ACTION _____	NAME _____ MY PEACEFUL ACTION _____	NAME _____ MY PEACEFUL ACTION _____
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