SEASONAL ACTIVITIES · GRADES 6–12

The Path to Peace

Peace starts with you. Where will you take it?

INTERNATIONAL DAY OF PEACE
SEPTEMBER 21
INDIVIDUAL

When we think about peace, we often think about what is happening somewhere else in the world. But every path to peace starts much closer to home. It starts with us.

Peace is built through everyday choices: how we manage our emotions, how we respond when we're angry, how we listen, how we handle disagreements and how we treat people whose experiences or opinions are different from our own.

Peace doesn't mean everyone agrees. It means learning how to live with differences without turning them into harm.

START HERE **MYSELF** → THEN **MY RELATIONSHIPS** → THEN **MY COMMUNITY** → THEN **MY WORLD**

Start with yourself. Then take peace with you.

STEP 1 MYSELF

Peace starts here. Before we can create peace around us, we need to understand what's happening inside us.

THINK ABOUT:

- How do I react when I'm angry, stressed or frustrated?
- What helps me slow down before I respond?
- Can I disagree without attacking someone?
- Can I recognize when I've hurt someone or made a mistake?

ONE ACTION I CAN TAKE What is one thing you can do to create more peace within yourself?

Pause before reacting · Walk away and reset · Listen before responding · Apologize when I'm wrong · Ask for help · Make time for something that helps me feel calm

STEP 2 MY RELATIONSHIPS

Peace between people takes practice. Friends, family, classmates, teammates and people online won't always agree with you. How you handle those moments matters.

THINK ABOUT:

- Do I really listen or wait for my turn to speak?
- How do I respond when someone sees things differently?
- Do I make space for people who might feel left out?
- Can I repair a relationship after conflict?

ONE ACTION I CAN TAKE What is one thing you can do to bring more peace into a relationship?

Listen without interrupting · Include someone · Have a conversation I've been avoiding · Apologize · Forgive · Check in on someone · Disagree respectfully

Peace starts within us. But it doesn't have to stop there.

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Take Peace With You

Small choices can travel further than you think.

DONE MYSELF → DONE MY RELATIONSHIPS → NOW MY COMMUNITY → THEN MY WORLD

STEP 3 MY COMMUNITY

What could make the places around you more peaceful? Think about your school, club, team, neighbourhood, online communities or other places where you spend time.

WHAT GETS IN THE WAY OF PEACE?

WHAT COULD MAKE PEOPLE FEEL SAFER, HEARD, RESPECTED OR INCLUDED?

ONE ACTION I CAN TAKE What is one thing you can do to create more peace in your community?

Stand up for someone · Welcome someone new · Help resolve a conflict · Start a conversation · Challenge exclusion · Create a space where people can be heard · Bring different people together

STEP 4 MY WORLD

Peace can grow beyond the places you see every day. There are conflicts, divisions and injustices around the world that can feel far bigger than one person. You don't have to solve everything to contribute something.

WHAT ISSUE AFFECTING PEACE IN OUR WORLD MATTERS TO YOU?

WHY DO YOU CARE ABOUT IT?

WHAT COULD YOU LEARN BEFORE DECIDING HOW TO HELP?

ONE ACTION I CAN TAKE What is one realistic action you can take?

Learn more · Check facts before sharing information · Support an organization doing credible work · Raise awareness · Volunteer · Use your voice · Bring people together around an issue

MY PATH TO PEACE

- **MYSELF** I WILL
- **MY RELATIONSHIPS** I WILL
- **MY COMMUNITY** I WILL
- **MY WORLD** I WILL

WHERE WILL I START?

Choose one of your four actions to begin today.

Peace can feel like a global goal, but it is also a daily practice. It starts with how we understand ourselves, how we treat each other and what we choose to do next.