

## **Peace Outline**

### **“Peace Activities: What’s On Your Peace Shelf?”**

**By Debra Gorman Cagle**

**I. Assemble a Peace Library:** Books, Books, Books: Peace books at every opportunity

- A. (Refer to Assembling a Peace library)
- B. Rotating books on Peace Shelf all year

### **II. Introducing conflict resolution**

- A. Peace Bear
- B. Peace Rose
- C. Peace Shelf
- D. Peace Table

### **III. Learning about Me**

- A. Recognizing feelings
  - 1. Peace mirror: children look in the mirror at their peaceful expressions
  - 2. Matching face photos, then Feelings Bingo
  - 3. Feeling cards and mirror: photos of children expressing various emotions.  
A mirror is used by the child to see self expressing these emotions.
  - 4. Feelings Books: describing how others feel
- B. Listening to and learning about my body
  - 1. Breathing for peace: using a yoga mat, special peace rug or chair, practice slow breathing in and out of your nose. Can chant silently or quietly, “I feel peaceful, I am peaceful.”
  - 2. Listening silently (to self, classroom, water, birds)
  - 3. Yoga

### **IV. Quiet Contemplation**

- A. Peace rocks
- B. Crystals
- C. Color Cylinders
- D. Prism
- E. Conch shell
- F. Battery candle
- G. Peace fountain

- H. Fish tank
- I. Labyrinth
- J. Blindfold
- K. Music box
- L. Items from nature: pine cones, gourds, feathers, flowers, shells, etc.
- M. Books
- N. Photos of People from Around the World
- O. Care of Plants
- P. Posters

### **III. Individual Peace Activities**

- A. Zen garden
- B. Walking on the Line
- C. Peace Pole with Globe
- D. Peace Pole with Map of the Continents
- E. Peace Pole with Directional Signs
- F. Peace Books
- G. Peace Puzzles
- H. Making Peace Sign with Pipe Cleaners
- I. Peace Coloring Pages
- J. Peace on Earth with Continents Map
- K. Matching Peaceful/Not Peaceful Photographs
- L. Mirror Drawing
- M. Exploring Objects from other Countries
- N. Peace Readers
- O. Peace Drawing
- P. Paper Dolls
- Q. Hand in Hand Card Matching
- R. Joy and Sorrow boxes: both include paper and pencil. In Joy Box children draw or write about things that make them happy. In Sorrow Box, things that make them sad. The teacher occasionally empties the Sorrow Box to make the sorrows “disappear.
- S. Peaceful Words Match
- T. Matching Peacemakers
- U. Cultural Food Preparation
- V. Yoga mat and cards
- W. Other Individual Ideas: 1. Matching Peace Photos

2. Peace Mystery Bag
3. Peace Matching Cards
4. Counting Doves Activity
5. Peace Collage
6. Handprint Doves
7. Spelling Peaceful Words
8. Journaling Peaceful Thoughts
9. Photographing Peaceful Things

#### **IV. Peace Activities Involving Others**

- A. "Playing peace rose"
- B. Making Hand Prints
- C. Pet Interaction
- D. Making Bird Feeders
- E. Introducing Self
- F. Gazing ball
- G. You Are Wonderful Necklace and CD
- H. Handprints with Dictation
- I. Reading to Friends
- J. Dressing in Native Clothing
- K. Other Activities Involving Others:
  1. Peace Cards: written commands and pictures encouraging actions of peace and friendship, i.e. "smiles," "hug a friend," "shake hands"
  2. Cultural musical instruments
  3. Gift making: stringing beads on pipe cleaners to make bracelets, heart cut-outs for writing "love notes"
  4. Making holiday decorations for school: peace and love
  5. Making a peace book

#### **V. Group Peace Activities**

- A. Silence Game
- B. The Quiet Walk with peace objects (candle, rock, bear, dove, feather, globe)
- C. Group Yoga
- D. Music and Songs
- E. Visitors
- F. Cultural Food Tasting

- G. Outdoor peace pole and peace garden
- H. Edible school garden
- I. Learning to speak another language
- L. Hands for Peace: trace and cut handprints and assemble into a large peace sign

**VI. *Add Your Ideas!!***