



Peace Day Challenge

In honor of the United Nations' International Day of Peace, we challenge you to complete as many acts of peace as possible.

Acts of Peace

- ☐ Smile at 25 people
- ☐ Learn to say "Peace" in 5 languages
- ☐ Volunteer or raise funds for a worthy cause
- ☐ Take a deep breath
- ☐ Design and display a peace-themed poster
- ☐ Say "Good Morning" to 5 people
- ☐ Make a wish for a child in another country
- ☐ Share food with someone in need
- ☐ Compliment 5 people
- ☐ Draw a peace sign in the sand or dirt
- ☐ Play a collaborative game
- ☐ Pick up litter in your community
- ☐ List 5 things you're grateful for
- ☐ Thank your caregiver creatively
- ☐ Help a sick or hurt person
- ☐ Write a peace poem
- ☐ Discuss the meaning of peace
- ☐ Plant or hug a tree
- ☐ Brighten an elder's day
- ☐ Do yoga for 10 minutes
- ☐ Write to a pen pal in another country
- ☐ Uplift a friend in need
- ☐ Read a book to a younger child
- ☐ Make a new friend
- ☐ Recycle or reuse your litter
- ☐ Recite the Kids for Peace "Peace Pledge"
- ☐ Advocate for a cause you believe in
- ☐ Design a gratitude card for someone
- ☐ Learn 5 facts about a Noble Peace Prize Laureate
- ☐ Send a note to your personal peace hero
- ☐ Be kind to an animal
- ☐ Connect with nature for 10 minutes
- ☐ Discover 1 fact about the United Nations
- ☐ Create a dove, flag, or pinwheel for peace
- ☐ Make a treat for your neighbor
- ☐ Apologize and make things right
- ☐ Thank a community leader
- ☐ Speak in a kind way
- ☐ Start a peace chapter or club
- ☐ Meditate for 10 minutes
- ☐ Do a happy dance
- ☐ Sing a song for peace
- ☐ Hug your sibling or friend
- ☐ Forgive yourself or someone else
- ☐ Interview an elder about his or her life
- ☐ Lend your skills to help someone
- ☐ Learn about a different culture
- ☐ Look for the best in others
- ☐ Create your own act of peace
- ☐ Congratulate yourself for being a peacebuilder