



Kids for Peace
Uplifting Our World Through Love and Action

Chapter Leaders' Manual, 2018 - 2019 Edition

(revised 7.19.2018)

Kids for Peace

Kids for Peace

Table of Contents

Kids for Peace	3
Gratitude.....	7
Mission & Vision.....	8
The Peace Pledge.....	9
Our Programs	10
The Peace Pledge Program	10
The Great Kindness Challenge.....	10
Launching & Leading Your Chapter.....	11
Quick Start Guide	13
Your Tools Checklist.....	14
What Will Our Chapter Look Like?	15
Requirements & Guidelines.....	16
Chapter Requirements.....	16
Chapter Types & Leader Responsibilities.....	17
Leadership Guidelines	18
Guideline 1: Youth Empowerment	18
Guideline 2: The Peace Pledge	21
Tools for Establishing Your Chapter	22
Kids for Peace Flyer	22
Join a Chapter Customizable Flyer.....	23
Promotional Wording	24
Informational Parent/Community Meeting	25
Funding	26
Online Manual & Tools.....	27
Policies & Procedures.....	27
Financial Tracking for U.S. Neighborhood Chapters	28
Media Coverage.....	29
Meeting & Project Planning Models	33
Ready-Made Meeting Plans	34
Kid-Powered Project Choice Model.....	35
Kid-Powered Brainstorming Model	36
Introducing PEACE	39
What is PEACE?.....	40
Introductory PEACE Meeting Plan.....	41
Introducing Peace Activity: An Ocean of Peace	42
More "Introducing Peace" Activity Ideas	44
Peace Pledge Projects.....	45
I pledge to use my words to speak in a kind way.....	47
Kind Words Ready-made Meeting Plan.....	49
Peace Pledge Project: Peace of My Heart Project	50
Peace Pledge Project: Positive Public Speaking.....	51
Peace Pledge Project: Notes of Gratitude	52
More Project Ideas for Kind Words.....	53
Inspirational Resources for Kind Words	55

I pledge to help others as I go throughout my day	58
Helping Others Ready-made Meeting Plan	59
Peace Pledge Project: Helping Hands.....	60
Peace Pledge Project: The Kind Coins Campaign	61
Peace Pledge Project: Flip Flops for Friends	63
More Project Ideas for Helping Others	64
Inspirational Resources for Helping Others	65
I pledge to care for our earth with my healing heart and hands	69
Caring for our Earth Ready-made Meeting Plan.....	70
Peace Pledge Project: Planet Earth Project	71
Peace Pledge Project: Going Green Campaign	72
Peace Pledge Project: Recycled Toy Project	73
More Project Ideas for Caring for our Earth.....	74
Inspirational Resources for Caring for our Earth	75
I pledge to respect people in each and every land.....	79
Respecting People Ready-made Meeting Plan	80
Peace Pledge Project: Peace Packs	81
Peace Pledge Project: Peacemaker Pen-Pals	83
Peace Pledge Project: Customs and Traditions around the World.....	85
More Project Ideas for Respecting People	86
Inspirational Resources for Respecting People.....	87
I pledge to join together as we unite the big and small	91
Uniting Big and Small Ready-made Meeting Plan.....	93
Peace Pledge Project: The Grandfriends Project	94
Peace Pledge Project: CommUNITY Art Project	95
Peace Pledge Project: Collaborative Service Project	96
More Project Ideas for Uniting Big and Small	97
Inspirational Resources for Uniting Big and Small.....	99
I pledge to do my part to create PEACE for one and all.	102
Creating Peace for One and All Ready-made Meeting Plan	103
Peace Pledge Project: Peace Day Challenge	104
Peace Pledge Project: Kids for Peace Book Project	106
Peace Pledge Project: The Heart Tree Project.....	107
More Project Ideas for Creating PEACE for One and All.....	108
Inspirational Resources for Creating PEACE for One and All	109
Lunchtime Service Stations for School-based Chapters	113
Events & Campaigns.....	115
Events: Peace Day Challenge	116
Peace Day Challenge Checklist.....	117
Events: Peace Pledge Tour	118
Events: Peace Hero	119
Events: The Great Kindness Challenge.....	121
Campaigns: Kids for Peace Book Project.....	123
Campaigns: Sponsor a Rafiki Amani	124
Campaigns: Kind Coins	125

Appendix.....	127
Kids for Peace Projects List	129
Project Planner	133
After-Action Project Review	135
Peace Puzzle	137
Peace Pledge Coloring Sheet.....	139
Heart Tree Sample.....	141
Pen-Pals Sample Template	145

Gratitude

Thank you so much for joining us as we bring more love and peace to our world. It is an honor to work with children to create understanding, kindness and compassion. It is an absolute thrill to know that more and more children will get to experience the wonders of putting their natural gifts into action, thanks to you!

By taking on a leadership role, you are impacting numerous lives. The results are immeasurable because of the ripple effect of our approach. Some outcomes are subtle, others are obvious and clearly impactful, such as sending Peace Packs to children all over the world. No matter how big or small, what you are doing is a beautiful thing!

We hope you receive as much joy from being part of *Kids for Peace* as we do. We are so grateful to you for creating a platform for our children to be the natural peacebuilders they are. With all of our heart, we thank you.

Welcome to the Kids for Peace family!

With Peace and Appreciation,

Danielle and Jill

Danielle Gram, Cofounder
Jill McManigal, Executive Director and Cofounder



Mission & Vision

Mission

We create peace through youth leadership, community service, global friendships, and thoughtful acts of kindness.

Vision

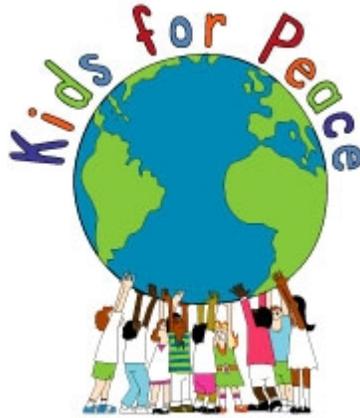
Our vision is a safe and peaceful world where all people respect and care for each other and our planet. Kids for Peace serves as a model and inspiration for creating this reality with children leading the way, not only for today, but for generations to come.

Our Motto

Kindness Matters

Our Guiding Principles

- ❖ We believe every child has innate wisdom to foster peace and when cultivated, will choose a positive path.
- ❖ We believe every child deserves to feel and share joy, kindness, love and friendship.
- ❖ We believe every child can learn and engage in cooperation, teamwork, and peacebuilding.
- ❖ We believe that learning about other cultures, lifestyles, and traditions leads to unity, respect and peace.
- ❖ We believe that every child can participate in simple acts of kindness and caring for our earth.
- ❖ We believe in helping every child express their hopes, dreams, and wishes.
- ❖ We believe in every child.
- ❖ We believe in peace.



The Peace Pledge

I pledge to use my words
To speak in a kind way.
I pledge to help others
As I go throughout my day.
I pledge to care for our earth
With my healing heart and hands.
I pledge to respect people
In each and every land.
I pledge to join together
As we unite the big and small.
I pledge to do my part
To create PEACE for one and all.

[\(download\)](#)

Our Programs

The Peace Pledge Program

The Peace Pledge Program is implemented by Kids for Peace Chapters around the world. Our peacebuilding curriculum puts the Peace Pledge into action.



The Great Kindness Challenge

[The Great Kindness Challenge](#) is a positive and uplifting program that creates a culture of kindness in schools, communities, and the world. Using a 50-item checklist, schools and families are challenged to complete as many acts of kindness as possible.



Launching & Leading Your Chapter

Quick Start Guide

A: Registering Your New Chapter – Getting official!

- Chapter Registration Form
- Background check / Reference check (if applicable)
- Tools Checklist (see page 14)

B: Determining Chapter Parameters – What will our Chapter look like?

- Who + When + Where + What
- Please see Chapter Parameters Tip Sheet (see page 15)

C: Training – Inspirations, Tools and Support!

- Review Chapter Leaders' Manual and online portal
- Introductory telephone/Skype training

D: Building Your Chapter's Membership – Spreading The Word!

- Please see "Tools for Establishing Your Chapter" (page 22) for flyers, sample social media posts, and a sample introductory meeting guide.

E: Holding Your First Chapter Meeting – Introducing PEACE & the KfP Peace Pledge

- Please see "Introducing Peace" (page 37) for information to help you plan and host your first Chapter Meeting, including a Ready-Made Meeting Plan and a list of interactive activities

F: Planning and Implementing Projects – Putting the Peace Pledge into action!

- Please see "Meeting & Project Planning Models" (page 31) for approaches to selecting and/or creating projects. You're welcome to use our Ready-Made Meeting Plans, create your own projects using our Kid-Driven Brainstorming Model, select from our extensive list of projects using our Kid-Driven Project Choice Model, or combine elements of each approach that will work best for your Chapter.
- Please see "Peace Pledge Projects" (page 45) for project plans and lists containing additional project ideas.
- It's helpful to map out a calendar of upcoming meetings/projects to share with your membership and assist you in your planning and preparation.

UPLIFTING OUR WORLD THROUGH LOVE & ACTION!

Your Tools Checklist

To help you launch and grow a thriving Kids for Peace Chapter, we offer you the following tools and resources:

- Chapter Leaders' Manual
- Access to the online Chapter Leaders' Portal ([link](#))
- Introductory Training Video
- Invitation to the annual Leaders' Training and Retreat
- Invitation to participate in all Kids for Peace campaigns and events
- Ongoing email & phone support
- Invitation to join the private Chapter Leaders' Facebook community ([link](#))
- Official Letter of Affiliation
- Kids for Peace Chapter Recognition Certificate

.... and plenty of other exciting projects & opportunities.

What Will Our Chapter Look Like?

Chapter Parameters Tip Sheet

		Neighborhood Chapter	School Chapter	Affiliate Chapter
WHO	... will our members be? How many members?	Family members, friends; Age range	Classroom/s, Grade Level/s, Specific club or group, Schoolwide	Drawing from existing members and/or attracting new members
	... else will be involved?	Parents, Community volunteers	Parents, Administration, Teachers and staff, Volunteers, PTO/PTA	Administration, Staff, Volunteers
	... will the co-Chapter Leader be?	Optional		
WHEN	.. will we meet?	Timing: weekday afternoons, weekends Frequency; Duration; What dates/events in our community might influence our activities?	Timing: lesson time, during lunch/recess time, after school; Frequency; Duration; What dates/events on our school calendar might influence our activities?	Timing: existing program hours/ activities or new timeslots; Frequency; Duration; What dates/events in our community or organization might influence our activities?
WHERE	... will our meetings be held?	Private home; Community venue, e.g. library, park, etc. – fee?	On campus	Onsite
WHAT	... messages will I communicate to stakeholders?	What will they want to hear? What's the best way to get our message/information to them?		
	... resources can I identify?	<ul style="list-style-type: none"> • Potential partners, e.g. community groups, schools, etc. • Funding • For schools: Existing programs/clubs regarding Peace, Kindness, Service, Youth Leadership, Character etc.? Participated in The Great Kindness Challenge? 		

Requirements & Guidelines

We invite young change-makers of any age and gender to join together to put the words of the Peace Pledge into action! An adult Chapter Leader will inspire and empower the kids to *Uplift Our World Through Love and Action*.



Chapter Requirements

Guided by our mission, we ask that our chapters complete **at least 3 projects a year** including:

1. A **Community Service** project such as helping in a community food kitchen, participating in a park or other environmental clean-up, or arranging a food/clothing drive.
2. A **Global Friendship** project such as sending out a batch of Peace Packs, engaging in a Pen Pal project, or reaching out to another other culture in a meaningful way.
3. A **Thoughtful Acts of Kindness** project such as The Great Kindness Challenge, Peace Day Challenge or Peace of My Heart project.

Chapter Types & Leader Responsibilities

	Neighborhood Chapter	School Chapter	Affiliate Chapter
For	Family & Friends	School Community	Members of Established Groups & Organizations
Led by	KIDS + parents, conscious citizens	KIDS + educators, parent volunteers	KIDS + staff, volunteers
Size	2 or more people	2-3,000+ people classroom, club, school-wide	2-3,000+ people
Chapter Leader Responsibilities	<ol style="list-style-type: none"> 1. Coordinate the membership process including sign-ups and “join a chapter” requests 2. Track and submit your chapter’s monthly income and expenditure 3. Follow & support the principles of our mission and Peace Pledge 4. Stay in Touch (submit annual survey & photos) 	<ol style="list-style-type: none"> 1. Submit annual registration & liability waiver. 2. Follow & support the principles of our mission and Peace Pledge 3. Stay in Touch (submit annual survey & photos) 	<ol style="list-style-type: none"> 1. Submit annual registration & liability waiver. 2. Follow & support the principles of our mission and Peace Pledge 3. Stay in Touch (submit annual survey & photos)

Leadership Guidelines

Guideline 1: Youth Empowerment

Making sure kids are encouraged to take ownership of the Chapter's activities and be engaged participants.

If we wish to create a lasting peace we must begin with the children.

- Mahatma Gandhi

What: Youth empowerment is a key component of the Kids for Peace mission and how we create peace. It means giving children the skills and opportunities to build a sense of personal strength and value, confidence in their own skills, and leadership qualities. This enables them to positively affect their own lives, the lives of others, and their community.

Why: Children who are empowered are optimistic, positive, and enthusiastic. They take responsibility for their actions, and they help others. They believe in themselves, and they make a positive impact in the world around them. They become responsible citizens and contributing members of their communities.

How: As a Chapter Leader, you can empower your members by providing opportunities for dynamic participatory discussion, involving children in making decisions about the projects and activities their chapter pursues, supporting children in taking an active role in organizing and leading projects, and modeling respect and acceptance.

Here are some practical ways to encourage youth empowerment:

1. Participatory discussion.

All children should be encouraged to share their "voice" and be respected for their input. Each of our Ready-Made Meeting Plans has a discussion section with question prompts designed to motivate children to deeply engage with the line of the Peace Pledge, support them in making assessments, and spark ideas for action. To promote respectful discussion and sharing, you can create "Peaceful Principles" at one of the first meetings and/or create a Peace Stick.

Peaceful Principles. Have the children discuss and create kind and respectful ways of being with each other during the meetings. You may like to use these principles that were created by a Kids for Peace chapter:

- Listen while others are speaking
- Say Please and Thank You
- Encourage others
- Share
- Smile

Or, your Chapter can create its own Peaceful Principles. Here's one approach: ***A Pocket Full of Principles - Love, Patience, Presence, Respect***

- Divide the children into four principles of peace: Love, Patience, Presence, Respect
- Have the children make a written or verbal list to share with the other chapter members about how they have seen, heard, felt, or shown each of the principles.
- Have the children ask members of the other groups to share other examples of each principle.
- Make a chart divided into four quadrants. Scribe (or have a child scribe, if possible) the children's responses. Review the responses out loud.
- Use these responses as the basis for discussing, creating and affirming your Chapter's Peaceful Principles
- These "Peaceful Principles" can be reviewed at the beginning of each meeting or discussion.

The Peace Stick. To ensure that every chapter member has an opportunity to share ideas and opinions, create a Peace Stick with the children. Peaceful and respectful communication is an essential quality of good leaders. Chapter leaders demonstrate how to use the Peace Stick during discussion and model for the children how to take turns, wait patiently until someone else finishes speaking, actively listen to others, and engage in peaceful conversations.

- The stick could be made from natural materials you have on hand, such as a long, thin piece of wood or an actual tree stick.
- Children can decorate the Peace Stick with grasses, ribbons, or twine wrapped around it. Or, use colorful paints or markers to add decorations, symbols and/or drawings to the stick.
- Demonstrate how the stick is used. Hold the stick, start a conversation, and then pass the stick to a child who responds or continues the conversation. After that child comments, he or she passes the stick to another child, and so on.
- The only person speaking during this time is the person holding the stick.



2. Brainstorming.

This is a process for generating and sharing spontaneous ideas using the input of all participants. It is used to create new ideas and solutions, including Chapter Projects. Please see our *Kid-Powered Brainstorming Solutions Model* for guidelines on how to engage youth in identifying personally meaningful issues, brainstorming solutions, and creating an action plan.

We like this process because it gives all members a chance to express their ideas, eliminates fear of failure and risk-taking, promotes respect, encourages creativity, and motivates and develops your chapter's communication and teamwork skills.

The important things to remember when facilitating a Brainstorming Session are:

- There are no wrong answers,
- Try to get as many ideas as possible,
- Record all ideas, and
- Avoid expressing evaluation on any idea presented. We recommend establishing a "No No's Zone" where the kids can't say "no" or "that won't work" or "that's no good" or any other negative comment as ideas are flowing. We like to teach the kids that one idea leads to another and the more we can support the flow of ideas, the better our ideas will become. You can actually have the kids say an enthusiastic "yes" after each new idea. When ideas are shut down, our creative process can also shut down. Keep it positive and the ideas will keep flowing!!

3. Peace Squad. This is a way of encouraging leadership skills, confidence and responsibilities. Come up with a list of “jobs” for a particular meeting or project.

Here are some ideas for job titles that work well for younger kids.

- **Peace Chief:** Special helper for the entire meeting. Responsibilities include welcoming/greeting kids, gathering the kids between activities, and helping the Chapter Leader as needed.
- **Peace Pledge Leader:** Leads the reciting of the Peace Pledge.
- **Peace Patrol:** Reviews the Peaceful Principles. Gently reminds children to listen when distracted or distracting others.
- **Clean Up Kid:** Cleans up after activities and asks members to help.
- **Gratitude Guru:** Thanks all members at the end of meeting. Helps coordinate thank you’s to partner organizations, volunteers, etc.

Peace Squad positions can be tracked and displayed on a large cardboard Peace Sign. Write each member’s name on a wooden clothespin, pin the clothespins around the Peace Squad Chart, rotate for every meeting until everyone has had a turn at each position.

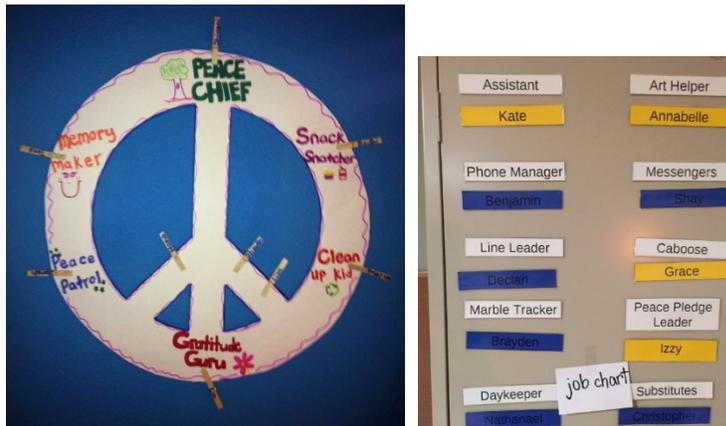


Fig. 1: Peace Squad Positions on a Peace Squad Chart

Fig. 2: A KfP school chapter included “Peace Pledge Leader” as one of their rotating classroom jobs

Here are some suggested leadership positions for older children and teens, or for chapters that desire more formal titles.

- **President (Chairperson):** Coordinates with club officers to plan and oversee meetings. Serves as lead representative of the club.
- **Advocacy Chair:** Researches and educates members on current global and local violence issues or conflicts. Engages group in plans of action to address matters of violence or injustice.
- **Global Friendships Chair:** Encourages engagement with other cultures. Plans activities to promote cross-cultural interaction.
- **Community Service Chair:** Plans service activities for membership.
- **Kindness Chair:** Plans activities related to thoughtful acts of kindness and/or leads participation in The Great Kindness Challenge and/or Peace Day Challenge
- **Peace Historian:** Introduces chapter members to historical peace leaders, conflicts, and peace movements through brief presentations, YouTube videos, movie screenings, etc. May choose to invite respected local peace activists to speak. Coordinates Peace Hero activities.
- **Treasurer:** Oversees the management of funds and fundraising for the club, if appropriate.

Guideline 2: The Peace Pledge

Putting the lines of the Peace Pledge into ACTION.

- I pledge to use my words to speak in a kind way.
- I pledge to help others as I go throughout my day.
- I pledge to care for our earth with my healing heart and hands.
- I pledge to respect people in each and every land.
- I pledge to join together as we unite the big and small.
- I pledge to do my part to create peace for one and all.

The Peace Pledge was written by kids, to share with the world. It unites all our Kids for Peace Chapters around the world.

- It helps children understand WHAT peace is.
- It provides guidance for HOW to be an active peace-maker.
- It helps chapter members FEEL connected with each other and with other Kids for Peace youth around the world.
- It offers structure and helps to create a plan for putting peace into ACTION.

For planning purposes, the lines of the Peace Pledge can be the “starting point” for developing a calendar of activities. For each line of the Peace Pledge, we provide Ready-Made Meeting Plans that include projects and project ideas for putting that line into action.

Alternatively, your chapter members may wish to utilize the Kid-Powered Brainstorming Model to identify issues, then relate these to the lines of the Peace Pledge and create relevant projects.



Tools for Establishing Your Chapter

In this section we present you with informational and recruitment tools to spread the word about your new chapter and encourage kids to join you in your peacebuilding activities.

Kids for Peace Flyer

This flyer gives a great overview of Kids for Peace. Please feel free to share it far and wide. Download pdf flyer [here](#).



Kids for Peace

Uplifting Our World Through Love and Action

What
Kids for Peace is a global chapter-based nonprofit organization that creates PEACE through youth leadership, community service, global friendships, and thoughtful acts of kindness.

Where
Everywhere! In your school, neighborhood, faith-based center or community club.

Why
If we are to achieve lasting peace, we must begin with the children. - Gandhi
Kids for Peace youth ...
- serve their communities
- are global citizens
- have enhanced empathy and compassion
- are engaged civic citizens
- are socially conscious leaders
- have high self esteem and confidence
- practice kindness
- acquire peacebuilding skills
- are environmental stewards
- use their voice for good
... and they're changing the world!

Who
Girls & boys of all ages and backgrounds.

How
Our kids meet regularly to put the words of our **Peace Pledge** into action in ways that are culturally relevant and personally meaningful.

The Peace Pledge
I pledge to use my words to speak in a kind way.
I pledge to help others as I go throughout my day.
I pledge to care for our earth with my healing heart and hands.
I pledge to respect people in each and every land.
I pledge to join together as we unite the big and small.
I pledge to do my part to create peace for one and all.



www.kidsforpeaceglobal.org
www.greatkindnesschallenge.org

760.730.3320
info@kidsforpeaceglobal.org

Join a Chapter Customizable Flyer

This flyer can help you recruit your chapter members. Download, customize (second paragraph and footer) and spread the word to your community!

Download [recruitment flyer](#).



Create Peace

Join Kids for Peace Chapter!

Create PEACE through youth leadership, community service, global friendships, and thoughtful acts of kindness.

Boys and girls of all ages are welcome!
Monthly meetings, peacebuilding & community service projects and lots of fun! Join us! Starting in September.

Contact: XXXX XXXXX at XXXXXXXX XXXXXXXX
www.kidsforpeaceglobal.org

Promotional Wording

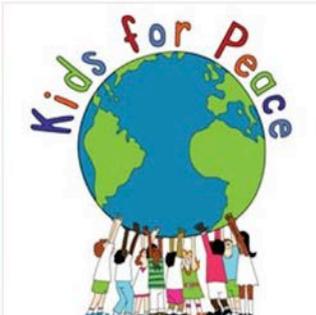
Social Media Outreach Samples

Do you want to help CREATE PEACE? If so, please join our local Kids for Peace chapter! Girls and boys of all ages meet regularly to fulfill a peaceful mission of creating peace through youth leadership, community service, global friendships and thoughtful acts of kindness. For more information or to join our chapter, please contact: XXX
#KidsforPeace #LivingthePeacePledge #WorldChangers

Do you want to help CREATE PEACE? If so, join our Kids for Peace chapter! Girls and boys of all ages meet regularly to uplift our world through LOVE and ACTION. We learn about other cultures and make friends around the world. We help our community with lots of great service projects. We take care of our beautiful planet. We create peaceful art. We practice being peacebuilders and have lots of fun while making a huge difference! Check out this [video!](#) For more information or to join our chapter, please contact: XXX
#KidsforPeace #LivingthePeacePledge #WorldChangers



Kids For Peace MN Ambassadors shared Suzie's post — 😊 feeling excited.
July 28 at 7:14pm · 🌐



Suzie added a photo and a video.
July 28 at 6:15pm · 🌐

The wait is over! Introducing Kids For Peace MN Ambassadors. Our first chapter meeting coming soon in August. Check us out and please think of joining our group.
www.kidsforpeaceglobal.org



Kids for Peace Portugal
October 27, 2015 · 🌐

Queres fazer a diferença?

Junta-te à Kids for Peace Portugal!

#KidsforPeace #KidsforPeacePortugal

Do you want to make a difference?

Join the kids for peace Portugal!

#Kidsforpeace #Kidsforpeaceportugal

⚙ Rate this translation



A Kids for Peace Portugal convida-te a tornar o nosso Mundo um lugar melhor!

O que é a Kids for Peace?

A Kids for Peace é uma organização sem fins lucrativos mundial dedicada a melhorar o nosso mundo através do amor e da acção.

A nossa missão é cultivar a capacidade inata de cada criança em promover a paz através de experiências multi-culturais e projectos artísticos, comunitários e ambientais.

Rapazes e raparigas de todas as idades reúnem-se regularmente para cumprir a nossa missão de paz.

Nas nossas reuniões, nós:

Aprendemos sobre outras culturas e fazemos amigos em todo o mundo
Ajudamos a nossa comunidade através de vários projectos
Tomamos conta do nosso lindo planeta
Criamos arte de e para a paz
Praticamos ser promotores da paz
Divertimo-nos imenso enquanto fazemos a diferença

Se quiseres mais informações ou juntares-te a nós manda email para kidsforpeace.portugal@gmail.com
www.KidsforPeaceGlobal.org

Informational Parent/Community Meeting

(for parents, staff & community members)

- **Introductions:** Thank you so much for being here!
- **Mission of Kids for Peace:** We create peace through youth leadership, community service, global friendships, and thoughtful acts of kindness. Share the Kids for Peace [flyer](#) and show a [video](#). It's a great idea to highlight some of the favorite projects (Peace Packs, School in Kenya, etc.) so that the parents/community members can get a sense of the opportunities and impact.
- **What is Kids for Peace?** Kids for Peace is a global 501 (c)(3) nonprofit dedicated to uplifting our world through love and action. Once a small neighborhood group of children, Kids for Peace has grown to over 130 chapters worldwide. Chapters comprise boys and girls of all ages who meet regularly to fulfill our peaceful mission.
- **What do Kids for Peace chapters do?** Kids for Peace chapters put the words of the Peace Pledge into action. Children learn about other cultures, create and inspire peace through the arts, participate in local and global service projects, care for our earth, practice being peacebuilders, develop leadership skills and have lots of fun.
- **Introduce the Peace Pledge (download [here](#)).** Optional, share the [Peace Pledge video](#).
- **Meetings Frequency:** When should we meet?
- **Individual Member Registration Process (USA Neighborhood Chapters only):** Kids for Peace Membership Registration Form
- **Fundraising and Parent Help:** You may collect chapter dues to help cover expenses for meeting materials, snacks, project materials, etc.). Are the parents willing to help at meetings? Are they able to bring snacks/supplies every once in a while?
- **Calendar of Events:** We strongly recommend creating a calendar of events. Once you meet with your chapter members and decide on your projects and activities, create a calendar and share it with parents. It will help and encourage your members to come to the meetings and participate fully.
- **Communications:** It's important to establish the best way of communicating with the parents/ chapter members. Many chapters do emails, Facebook pages, text messaging etc. Discuss and decide what will work best for your group.
- **Questions & Ideas**

Funding

How do we fund Kids for Peace activities?

Each Kids for Peace chapter is financially independent from Kids for Peace Global. Kids for Peace provides inspiration, curriculum, and connections to engage young peacebuilders. It is each chapter's responsibility to fundraise to sustain its activities, including project materials, t-shirts, etc. Every chapter is different and we honor your ability to know what will work best for your chapter.

Some ideas and possibilities:

- You may collect chapter dues to help cover expenses
- Donation jar at each meeting
- Parents/ community members take turns hosting the meetings and provide supplies at their designated meeting
- Hold a fundraiser relevant to your local community
- Apply for youth empowerment, peacebuilding & education focused grants (please refer to Kids for Peace policies section for details).
- Source in-kind donations



Online Manual & Tools

The [Chapter Leaders' Portal](#) includes this Chapter Leaders' Manual, as well as other tools and forms.

Please go to the "Resources" tab and select the "Manual & Tools" section. Items include flyers and logos, Peace Pledge Project tools, arts and music, chapter forms for U.S. Neighborhood chapters, and KFP Global documents such as our Guiding Principles, IRS Determination Letter, and Bylaws.



Policies & Procedures

We kindly request that you familiarize yourself with the Kids for Peace Policies and Procedures. The detailed information is available on the [Chapter Portal](#).

Please navigate to the "Resources" section and you will see the "Policies and Procedures" tab, which includes the details of the following policies:

- Prevention Policy for Child Safety
- Registration Policies & Procedures
- Chapter Media Policies & Procedures
- Domestic Chapters Banking and Grants Policies & Procedures
- Domestic Chapters Non-Compliance



Financial Tracking for U.S. Neighborhood Chapters

Kids for Peace chapters are formally affiliated with Kids for Peace and are considered one entity. Kids for Peace, Inc. is exempt from federal income taxes under Section 501 (c)(3) as it is organized and operates exclusively for charitable purposes. As such, Kids for Peace is required to complete the annual informational return, Form 990, which includes the financial activity of Kids for Peace chapters.

Each U.S. Neighborhood Chapter is required to track monthly income and expenses in a simple Excel-based Financial Tracking Sheet. Completed forms need to be submitted to KfP via email by the July 15th deadline.

- Please download the [Financial Tracking Sheet](#) (available on the Leaders' Portal), save it to your computer with your Chapter name in the filename, and use it to record monthly income and expenses for the financial year starting in July and ending the following June.
- Data entry is very simple – we do not require individual items be entered; just monthly totals for incomings and outgoings. Please enter amounts in the yellow cells only; the green cells will calculate automatically.
- There are three Revenue categories: Contributions/Fundraising, Grants, and Chapter Dues (if your chapter chooses to collect them).
- There are two Expenses categories: Peace Pledge Program (for project supplies, etc.) and General Operating (snacks, printing & postage, other).
- If you have any questions or need help filling it out, please contact Kids for Peace.
- Completed forms are due by July 15th. We will send a friendly reminder before that time.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X		
	Kids for Peace - Chapter Reporting			July	August	September	October	November	December	January	February	March	April													
Revenue:																										
Contributions/ Fundraising	\$																								\$	
Grants																										
Chapter Dues (not the Kids for Peace Global membership dues)																										
Total Revenue																										
Expenses:																										
Peace Pledge Program (project supplies, etc.)	\$																									\$
General Operating:																										
Snacks																										
Printing & Postage																										
Other																										
Total Expenses																										
NET INCOME	\$																									\$

Media Coverage

As a Chapter Leader, you may request the media to cover your Kids for Peace Chapter event. You may also create news articles about your activities to submit to your local news outlet. Kids for Peace members love to see their accomplishments published in the local paper. Creating a news article can increase exposure about your Kids for Peace Chapter and provide recognition for the good work of our children.

How to get your story covered:

1. Write a Media Alert about your upcoming event. (Media Alert sample included)
2. One to two weeks prior to your event, email the Media Alert to all your local media outlets (radio, newspaper and television). Their contact info can be found on their websites.
3. Two to three days prior to the event, call the media outlet to make sure they received the Media Alert. Often, the person you speak to will ask you to send it again directly to their email address. On this call, be friendly, energetic and articulate. Your enthusiasm will sell them on the event!
4. "Hello. My name is Jill and I am a Chapter Leader from Kids for Peace. I am calling to be sure you received the Media Alert I sent you regarding our upcoming Flip-Flop for Friends event. I know how much your TV station loves to cover good news, so I want to be certain you know that our kids are providing hand-painted shoes for hundreds of orphans. Your viewing audience will love this story!"
5. The day before the event, call again to remind them about your story. Be sure they have your cell phone in case they need to contact you on the day of the event.

If the local media does not come out to cover the story themselves, you may submit your own story and photos after your event. Local news publications are always looking for a heart-warming community story.

4 Easy steps to submitting your own story:

1. Choose your story topic.
2. Write your story.
3. Find your media source.
4. Submit your story for publishing and send your article to the Kids for Peace Headquarters.

1. Choose your story topic:

- Of Interest to the media: The information to report should involve aspects that news media would be interested in. Facts, successes, improvements, accomplishments.
- Easily comprehended by the media: The information must be presented in a way that is clear and simple. What was the cause and effect? For example, (cause) Kids for Peace sent Peace Packs to children in Kenya and (effect) provided much needed school supplies to 150 children in schools and orphanages.
- Easily used by the media: The information is provided in a format that can be used easily. For example, how the information is communicated (fax, email or otherwise) should provide the media with a format that can be easily transposed for publication.

2. Write your story:

- Compose your new piece:
 - Communicate your basic information: Who, What, Where, When and How
 - Communicate this information in the clearest, most accurate, logical and concise manner,
 - Anticipate as many questions as possible and make sure your writing includes answers.
- Elements in the lead: the opening sentence or introductory statements are called the “lead”. The lead both introduces and imparts the entire story you will write.
- Foolproof tips:
 - Spell all names and titles correctly.
 - Include a brief description of Kids for Peace: Kids for Peace is a global, 501(c)(3) nonprofit organization dedicated to uplifting our world through love and action. We create peace through youth leadership, community service, global friendships, and thoughtful acts of kindness. Once a small neighborhood group of children, Kids for Peace has grown to over 130 chapters worldwide. Chapters comprise boys and girls of all ages who meet regularly to fulfill our peaceful mission.

3. Find your media source:

- Find the website for your local paper or other media outlet.
- Some websites have a section that states, “Submit your story”. If so, follow directions on how to submit your story.
- If there is no “Submit Your Story” link, go to the “Contact” section and contact the local editor. Discuss the information with your contact and agree on the format for submitting the article and photos. Email is used most frequently.

4. Submit your story for publishing

- Review your story:
 - Did you describe Kids for Peace?
 - Did you mention your Chapter Name?
 - Is the story clear and concise?
 - Have you checked the spelling, punctuation, and grammar?
- Incorporate photos:
 - Digital photos can be sent via email.
 - Photos should be clear and show faces and actions.
 - You must accurately name the individuals in the photo.
 - If appropriate, provide a caption or description of the photo.
- Submit to the publisher.
- Send the published article to the Kids for Peace Headquarters.



FOR IMMEDIATE RELEASE

Contact: Jill McManigal

760.730.3320

jill@kidsforpeaceglobal.org

www.kidsforpeaceglobal.org

MEDIA ALERT FOR WEDNESDAY, MARCH 3, 2010

San Diego Kids Send Love to Haiti

WHAT: On Wednesday, March, 3, children from 12 *Kids for Peace* chapters throughout San Diego will gather to make "Peace Packs" for children in Haiti. "Peace Packs" are hand-painted knapsacks filled with school supplies, toiletries, a toy and a personal note of friendship.

"It's A Luv Thing" www.itsaluvthing.com recently hosted a fundraiser to benefit the children of Haiti. "Leucadia Sends Love" (www.leucadiasendsluv.com) raised over \$5,000 to purchase supplies for the Peace Packs and to provide financial support for relief efforts.

John Monfort, a San Diego resident originally from Haiti, who lost a family member in the recent earthquake, will talk to the children on Wednesday about Haiti and how their act of kindness will make a big impact. Each child will make a wish for a child in Haiti as they paint their hand print on a "Peace Pack" and color a personal note of friendship. The "Peace Packs" will be hand-delivered by a Del Mar couple who will be traveling to Haiti next week to volunteer there with Can-Do.org. Photos and video will be taken of the "Peace Pack" delivery to the children in Haiti.

WHEN: 3:30pm

WHERE: The New World Leadership Children's Academy at 4134 Manchester Avenue, Encinitas, CA 92024.

MORE: The mission of *Kids for Peace* is to cultivate every child's innate ability to foster peace through cross-cultural experiences and hands-on arts, service and environmental projects.

Kids for Peace has launched over 400 chapters around the world. To learn more about Kids for Peace, please visit www.kidsforpeaceusa.org.

Meeting & Project Planning Models

The beauty of The Peace Pledge Program is its flexibility. In this section, we introduce 3 planning models: Ready-Made Meeting Plans, Kid-Powered Project Choice Model, and Kid-Powered Brainstorming Model. You may choose one or decide to combine elements of each. It's up to you and your chapter members! With kids leading the way, we invite you to make the experience your own!

Ready-Made Meeting Plans

We empower kids to put the Peace Pledge into action. The next section of the manual contains a suggested meeting plan for each line of the Peace Pledge that will help you guide your group to fully understand, embrace, and act on each line of the Peace Pledge. Below we describe each element of the Ready-Made Meeting Plan template.

Open

Recite the Peace Pledge: Reciting the Peace Pledge as a group is an uplifting and unifying activity. It's a reminder of why you are meeting as group; it provides the common goal and sets the stage for taking action.

Recite the focus line of the Peace Pledge: Narrow down the focus to the one specific line of the Peace Pledge that you are discussing and putting into action.

Inspire

Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce the specific line of the Peace Pledge and inspire discussion. You may choose from suggested resources (see "Inspirational Resources" section).

Discuss

The main idea is to familiarize children with the line of the Peace Pledge, promote deep and broad understanding, and inspire action. We provide sample questions about the focus line of the Peace Pledge to help you guide the discussion with your group. Please feel free to adapt and use questions which are most relevant to your group. Consider the age of your members, use examples that are culturally relevant, etc.

Act

Kids for Peace is all about action! In the "Act" section, we provide detailed guidelines for at least 3 **Peace Pledge Projects** relating to the focus Peace Pledge line. You can also refer to the **Additional Project Ideas** section for more inspiration.

Alternatively, invite your chapter members to create a personally meaningful and culturally relevant project. You may use ideas generated through the **Kid-Powered Brainstorming Model, the Kid-Powered Project Choice Model** or incorporate brainstorming into the Ready-Made meeting plan.

Depending on your chapter's meeting schedule/frequency, the duration of your meeting, and the model you use to select projects, you may choose to spread a theme over two phases. For example, Phase I could be a meeting to focus on Inspire + Discuss, and then Phase II could be one or more meetings to focus on the Act component, including deciding a project, making an action plan, deciding who will be responsible for implementing the different stages, implementing the plan and putting the project into action!

Close

Peace Challenge: It's an action item that gives each child an opportunity to continue putting the focus Peace Pledge line into action. Ideally, time is allowed at the beginning or end of each meeting for the children to share their Peace Challenge experience from the previous meeting.

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace....YEAH!!!

Kid-Powered Project Choice Model

What: This is a planning model, which provides youth an opportunity to plan their calendar of activities, choosing from the many Kids for Peace projects and project ideas.

Why: Because kids like deciding how they will spend their time and energy, and we have lots of meaningful projects to choose from.



How:

1. At one of your first meetings of the year, read *Wish Big: Children's Wishes for the World* or a similar book to get kids thinking about what they want their world to "look" like.
2. Ask the kids, "What is your wish for the world?" List the wishes.
3. Read the list of Kids for Peace projects (Appendix). Gauge the youths' interest for each project and whether or not it reflects the kids' wishes. Narrow down to the kids' favorite projects. This can be done by giving each child a number of votes (example 3) to cast for the project/s they find most appealing.
4. The projects can be used to create your chapter's Calendar of Activities for the year. The order of the activities can be based on the lines of the Peace Pledge and/or on factors such as seasons, special dates (example: Earth Day), availability/activities of partner organizations and volunteer opportunities. Depending on the experience and age of the kids, the kids can help create the calendar.
5. Enjoy working with your kids to implement the action plan. Optionally, chapters may want to "assign" each activity/project to a different youth to plan and organize for all.

Frequently Asked Questions:

What's the benefit of using this model?

This model is great for the leader who likes to plan ahead, implement proven activities, and provide an opportunity for our youth to create the world they envision. This provides for both pre-planning and youth engagement.

What if our favorite projects all relate to the same line, or same few lines, of the Peace Pledge?

So many projects are flexible and can somehow be relevant for each line of the Peace Pledge. To ensure that your chapter is taking action in all areas reflected in the Peace Pledge, your kids can help figure out how to match their favorite project to other lines of the Peace Pledge. For example, Flip Flops for Friends, which is listed as an "I pledge to help others as I go throughout my day" project can also be an "I pledge to use my words to speak in a kind way" project as the kids write kind notes on the flip flops. Peace of My Heart Project, which is listed as a project for "I pledge to use my words to speak in a kind way," can become a project for "I pledge to care for our earth with my healing heart and hands" by reusing found/recycled paper for the cut out hearts.

Kid-Powered Brainstorming Model

What: This is a planning model to engage youth in making the Kids for Peace experience their own. It's a model in which youth create projects based on their wishes and the lines of the Peace Pledge.

Why: To show kids how to take action and make their wishes for the world a reality

How:

1. At one of your first meetings, *Wish Big: Children's Wishes for the World* or a similar book to get kids thinking about what they want their world to "look" like.
2. Ask the kids, "What is your wish for the world?" List the wishes. Depending on the size of the group, each child can be asked to contribute 1-5 wishes. Each wish can be written on a small piece of paper or sticky-notes.
3. Match each wish with a line of the Peace Pledge. The lines can be written on a board or chart and then each wish stuck up with the corresponding line. Some wishes will apply to multiple lines of the Peace Pledge. This provides an opportunity for the child or group to decide which line they feel most strongly aligns with the particular wish.
4. When all wishes have been posted, you're ready to generate project ideas. One way is to look for themes among the wishes for each of the Peace Pledge. Another tool, especially if the wishes are unevenly distributed and one or more lines of the Peace Pledge does not have any/many wishes associated with it, is to brainstorm project ideas for those lines. Decide a chapter project for each line of the Peace Pledge.
5. The projects can be used to create your chapter's **Calendar of Activities** for the year. The order can be based on the lines of the Peace Pledge and/or on factors such as seasons, special dates (example: Earth Day), availability/activities of partner organizations and volunteer opportunities. Depending on the experience and age of the kids, the kids can help create the calendar.
6. Enjoy working with your kids to implement the project action plan. Optionally, chapters may want to "assign" each activity/project to a different youth to plan and organize for all.

Frequently Asked Questions:

What's the benefit of using this model?

This is a 100% youth involvement model which empowers youth in creating the world they envision. The youth create meaningful projects and a calendar to implement them. This provides for pre-planning and youth engagement.

Can you give me an example of some kid generated wishes and projects?

Clean/pollution-free earth = clean up event; No bullying = a Kindness Matters campaign; Everyone has someone that makes them happy = joyful visit to a senior center; Enough food to eat = food drive for local food bank or planting an edible garden.

Are there any tips to creating an action plan?

Keep it simple and make sure the kids have the basics covered. Have the kids address the What, Who, When, Where, Why, and How of the project. You're welcome to use the Project Planner in the Appendix, or have the kids create their own. After the project is done, it's helpful to have the kids reflect on the project (what worked well and what could be improved for next time) and record this in a simple After-Action report (see Appendix) that can also be used by other youth leaders planning a similar project in the future.



Introducing PEACE

The previous section has provided models for selecting/creating projects and combining these in a calendar of activities. Prior to getting started on the projects, it is helpful to have an “Introducing Peace” meeting and activity. This is particularly useful and meaningful for new chapters. For renewing chapters, it is also a great way to start each new year, both as a “refresher” and to see how members’ understanding of and actions for peace are evolving.

What is PEACE?

Before getting started on peacebuilding activities, it is helpful to review “what is peace?” and to introduce the KfP Peace Pledge. By coming together to discuss, express and explore what peace means, children discover and build a foundation upon which to:

- base their peacebuilding actions,
- identify as a peacebuilder,
- appreciate that peace can mean different things to different people, and
- incorporate the Peace Pledge into their lives.

As expressed in the Kids for Peace book, *Peace Through Our Eyes* (downloadable version available on the Leaders’ Portal), children have shared that PEACE is:

- ... *when people get along*
- ... *singing together*
- ... *having enough pizza for everyone*
- ... *making art and sharing it with others*
- ... *protecting animals*
- ... *no fighting, working together, loving the earth, recycling and no litter.*

What does peace mean to the children in your chapter? What does it feel like? Why is it important? To answer these questions, we encourage chapters to explore PEACE in a multi-sensory way.

- Read a book about peace
- Listen to or sing a song about peace
- Discuss PEACE and its meaning, importance and impact
- Do a hands-on activity

Our Introductory PEACE meeting plan, included in this section, incorporates the above modes of learning about and experiencing peace. We have provided a list of discussion questions and a range of activity ideas.

An Introduction and a “Refresher”

While exploring “What is Peace?” is clearly a very valuable step for new chapters (and new members), it is also interesting and meaningful to review “What is Peace?” on a periodic basis as a refresher and to see how children’s concept and understanding of peace evolves and expands through engagement in peacebuilding activities and projects. Consider starting each new year with a “What is Peace” activity.

Sensitive Environments: A Peaceful Experience

In some situations, for example where children have experienced violence, war and trauma, and for whom peace may seem like a distant concept, an effective and sensitive way of introducing PEACE and of laying the groundwork for future peace education and peacebuilding activities is to provide an *experience* of peace. As a leader, you may like to start your chapter by bringing children together in a safe area to share songs, food, collaborative games, and connection

Introductory PEACE Meeting Plan

Open:

Recite Peace Pledge

Inspire:

Read:

- *The Peace Book* by Todd Parr
- *Peace Through Our Eyes: A Book of Hope and Inspiration* written and illustrated by Kids for Peace
- *Somewhere Today: A Book of Peace* by Shelley Moore Thomas

Watch:

- Kids for Peace videos ([“Will It Be You?”](#), [“Please Can Peace Come To Our Earth?”](#), [“Peace Pledge Video”](#))

Other: Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce “What is Peace?” and the Peace Pledge. See “Inspirational Resources for Creating Peace for One and All” in the Peace Pledge Projects section.

Discuss:

- What is PEACE? What does PEACE mean to you? What do other people mean when they talk about peace? Is there one way to define PEACE; why/ why not?
- Why is peace important?
- Who is a peaceful person that you know? Who is a peaceful person that you admire?
- Are you a peacebuilder? In what ways?
- A famous peacebuilder (Gandhi) said: “If we wish to create lasting peace, we must begin with the children.” Why are children so important in creating peace? Why is it important for children to be involved in creating peace?
- What is a PLEDGE? (Note: A pledge is a promise or commitment. When you make a pledge you are making a commitment to follow through on your words)
- What is the Peace Pledge? (Note: When you say the Peace Pledge, you are promising to act for peace; you are promising to put the lines of the Peace Pledge into action.)
- How does the Peace Pledge help you to create peace?
- What can you do to help create peace in your ... classroom? ... school? ... family?community?
- What would the world be like if everyone followed the Peace Pledge?

Act:

INTRODUCING PEACE Activity: An Ocean of Peace. Or, see “More Introducing Peace” Activity Ideas

Close:

Peace Challenge: to take it out to the world!

- Memorize the Peace Pledge
- Read a book about Peace
- Find a quote about Peace as your own personal inspiration or to share with your chapter
- Peace Pledge Coloring Sheet
- An act of peace from the Peace Day Challenge checklist

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace....YEAH!!!

Introducing Peace Activity: An Ocean of Peace

What: A visual representation of the impact of taking action for peace and what happens when we work together to make peace a reality.

Why: To encourage children to think about what peace means, to identify their own role, and to emphasize the importance of taking action.

How:

1. Read *Peace Through Our Eyes: A Book of Hope and Inspiration* written and illustrated by Kids for Peace, or *The Peace Book* by Todd Parr or a similar book.
2. Ask children to think about what peace means to them and then finish this statement: "Peace is _____ and I will work to make this happen. I am a peacebuilder." For example, "Peace is having enough food for everyone and I will work to make this happen. I am a peacebuilder."
3. You will need a big, clear glass bowl filled with water and some blue and green food coloring. One by one, have each child add a drop of food coloring into a bowl of water. As they drop it in, ask each child to make their peace statement aloud.
4. Discuss how each child can play a role in creating an ocean of peace.



Frequently Asked Questions:

What if we don't have food coloring? What are other ways to create a similar demonstration?

- **Peace Stick:** Children can each be given small pieces of colored yarn, ribbon or fabric strips. As they share their meanings/understanding of peace, they can tie their yarn (or other material) to a stick. If using ribbons or fabric strips, the children may like to write their name or "peace" on the material before tying it to the stick. When the stick has been decorated, ask the children to reflect and comment on how the bare stick has changed as a result of their collective action. If everyone adds one piece of yarn/material, they will add together to transform a plain stick into a "peace stick." Optionally, this can then be used as the Peace Stick to support respectful, participatory discussion.
- **Bundle of Sticks:** Alternatively, each child could be given a small stick. Ask them how easy it is to break a single stick. Demonstrate breaking a single stick. Invite each child to state their wish for peace and, as they do so, ask them add their stick to a central pile. When all children have contributed their sticks, bundle the sticks together. Ask children to comment on the strength of the bundle of sticks vs. the single stick. What does this mean for peace and working together to create peace?
- **Peace Pebbles:** Taking turns, ask each child to say what peace means to them while adding a small stone or pebble to a bowl of water (symbolizing taking action) and watching the ripples spread out. Group discussion can reflect on the importance of taking action for peace, how these acts can positively affect and inspire others, and the combined impact of multiple individual acts.
- **Peace Pizza:** Cut a large round piece of cardboard into enough slices so that each member has a blank slice. Ask each child to decorate their slice with what peace means to them. Come together as a group to assemble the peace pizza using all the individual slices. Does peace mean different things to

different people? What kind of peace pizza has been created?

Alternatively, the peace pizza could be made using toppings instead of slices. Each child can decorate a piece of “topping” (paper cut into a square, circle, triangle) which can then be placed onto a cardboard pizza base.

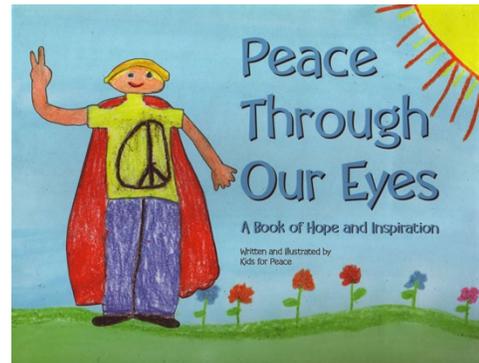
Or, use the “topping” version to make an Earth Pizza. This can be done outside and/or where craft materials aren’t available. Draw a large circle on the ground (using chalk or drawing it in the dirt/sand) to represent the pizza base. Ask children to choose a “topping” from the natural materials around them, such as a leaf, stone, flower petal, blade of grass, or small twig. As they contribute their “topping” to the base, they can share with the group what peace means to them.

- **Peace Flags:** Each member can decorate a peace flag with their idea of peace. Flags can then be strung and displayed together as a representation of a more peaceful world for all; one that is created through collective peacebuilding action. For more information on the history of the Peace Flag project and directions for making your Chapter’s flags, visit: <http://thepeaceflagproject.org/workshops/how-to-make-peace-flags/>

What are some ways to extend the discussion and activities for middle-schoolers and high-schoolers?

Our friends at the United States Institute of Peace Global Peacebuilding Center offer Peacebuilding Toolkits for Educators that provide lesson plans with stimulating discussion prompts and action-focused ideas. These can be downloaded for free at:

- Middle schoolers: <http://www.buildingpeace.org/train-resources/educators/peacebuilding-toolkit-educators/peacebuilding-toolkit-educators-middle-sch>
- High schoolers: <http://www.buildingpeace.org/train-resources/educators/peacebuilding-toolkit-educators/peacebuilding-toolkit-educators-high-schoo>



More “Introducing Peace” Activity Ideas

1. **Peace Day Challenge.** Choose one or more acts of peace from the Peace Day Challenge Checklist.
2. **Peace Pledge + Logo coloring sheet** (see appendix). Have fun, be creative and help build familiarity with the Peace Pledge.
3. **Create a Banner for your Kids for Peace Chapter.**
4. **Create a Peace Puzzle:** Each child designs a puzzle piece of what peace means to them. Cut out pieces after completed and put them all together. This can be an ongoing project to demonstrate the beauty of our collective efforts.
5. **Peace poster and ceremony.** To encourage children in their commitment to peace and their understanding that they each have a role in creating peace, invite children to contribute a personal representation of themselves to a group poster.
 - Pick a symbol of peace, such as the peace dove, and draw or print it on a large sheet of cardboard or paper, then invite each child to add their fingerprint in colored ink as they say their name and/or the last line of the Peace Pledge.
 - Or, draw/paint a Peace Sign or other peace symbol on a large sheet of cardboard or paper. Ask each child to draw their face on a small circle of plain paper (approximately 3 inches diameter). Ask each child to stick their self-portrait around the peace sign as they say their name and/or the last line of the Peace Pledge.
6. **Write an acrostic peace poem using each letter of the word “PEACE” to form a word at the start of each new line.** Encourage children to use the ideas and concepts that were contributed during the Discussion time. An example of an acrostic PEACE poem is:
Pledge that you will spread peace and kindness.
Every day, look for ways to put the Peace Pledge into action.
Actions for peace will help build kindness and compassion and inspire others.
Commit to creating peace and helping others.
Every act of kindness makes a difference.



Peace Pledge Projects

In this section, we visit each of the 6 lines of the Peace Pledge. For each line, we provide:

- a Ready-made Meeting Plan,
- 3 projects explained in detail,
- a list of additional project ideas, and
- inspirational multi-media resources.

**I pledge to use my words to speak
in a kind way.**

Kind Words Ready-made Meeting Plan

Open:

Recite Peace Pledge

Repeat the focus Peace Pledge Line: *"I pledge to use my words to speak in a kind way."*

Inspire:

Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce this line of the Peace Pledge and inspire discussion. (Please refer to the list of Kind Words Inspirational Resources.)

Discuss:

- What does it mean to speak in a kind way? *Prompt for tone of voice, choice of words, impact on others, gestures, etc.*
- What kind words and positive phrases can you think of?
- In addition to speaking in a kind way, what are some other ways we can use kind words? *Prompt for writing (poetry, stories, notes, letters) and thoughts (about other, self), etc.*
- Why are kind words and positive phrases important?
- How do you feel when you hear/receive kind words?
- How do you feel when you use kind words?
- How do you feel when you hear unkind words?
- When do we most often use kind words and positive phrases? *Prompt for different situations for example, expressing gratitude, meeting someone for the first time, compliments, etc.*
- What are some other situations we could use kind words more?
- What would the world be like if everyone used kind words towards each other?

Act:

Create or select a project:

- **Kids create a personally meaningful and culturally relevant *KIND WORDS* project.** Please refer to the Kid-Powered Brainstorming Model or incorporate brainstorming into this meeting.
- **Peace Pledge Projects:**
 1. Peace of My Heart
 2. Positive Public Speaking
 3. Notes of Gratitude
- **More Kind Words Project Ideas:** Refer to the list for this Peace Pledge line.

Close:

Peace Challenge: to take it out to the world!

Optional: check-in about previous Peace Challenge

- Use your kind words and compliment 5 people
- Start a gratitude journal
- Write & deliver 3 thank you notes
- Make a kind words poster
- Read a book about kindness

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace.....YEAH!!!

Peace Pledge Project: Peace of My Heart Project

What: This is a simple and joyful project to spread love using handmade inspirational hearts. Here is a heart-warming Peace of My Heart [video](#), which you may share with your chapter members.

Why: Because it feels good to brighten someone's day with a simple act of kindness.

How:

1. Cut-out paper hearts of various sizes.
2. Write an inspirational message on the heart.
3. Optionally, using your artistic talents, decorate the heart.
4. You may pass them out randomly to someone who needs a smile or makes you smile. Consider giving them to friends, teachers, community members, pedestrians, police officers, elected officials, restaurant servers, librarians, business people, etc.
5. You may also choose to anonymously place them on cars, motorcycles or bikes.



Frequently Asked Questions:

May we pass them out to anyone?

We always want to keep safety in mind, but yes, you may give them to anyone who needs an extra smile.

Any other tips?

Encourage kids to always keep some hearts on hand to deliver randomly.

In what other ways can we use the Peace of My Heart project?

Instead of passing them out randomly, choose a specific group (seniors, hospital patients, service personnel, members of another Kids for Peace chapter, etc.) and deliver the hearts personally or as a surprise in the mail. Use the hearts to supplement another project such as Peace Packs.



Peace Pledge Project: Positive Public Speaking

What: Children speak in a public forum using their voices in a positive and affirming way.

Why: To build confidence in using their voices to share positive messages, thereby inspiring others and creating change.

How:

1. Choose a public forum in which to share your message.
2. Schedule your speaking engagement.
3. Choose what you want to speak about. It could be presenting the Peace Pledge, speaking on a topic you are interested in, sharing your hopes and dreams, or expressing gratitude.
4. Think of and practice how you will communicate your message in a kind, thoughtful and respectful way.

Frequently Asked Questions:

What are some examples of public forums?

School board, school assembly, elders' meeting, city council meeting, community event, etc.

Are there any tips for kids before speaking?

Yes! Invite the kids to take a nice breath in and out to calm their nerves. Remind them to speak slowly, clearly and make eye contact with their audience. They do not need to be in a rush. After they are finished, it's great to smile and count to three in their minds before walking off. Practice! Practice! Practice!!!



Peace Pledge Project: Notes of Gratitude

What: Write notes or letters of gratitude and deliver them to people in the community, e.g., family, friends, school staff, people who work in local businesses or in community roles.

Why: Because “thank you” is a powerful and positive word! Gratitude is linked to compassion, empathy and happiness. Research suggests that grateful youth are more optimistic, give more emotional support to others, and use their strengths to better their community. Gratitude is a powerful connector. It’s been described as “the social glue that bonds people together.”

How:

1. **Gratitude Circle.** Begin by sitting in a circle with each person sharing one thing that he or she is grateful for and why. “I am grateful for XXXX because xxxxxx.” Leaders can model this for younger children to help them understand gratitude/thankfulness and how to express this appreciation in a gratitude statement.
2. **Visual Representation (optional):** Create a Gratitude Board to record what each person is thankful for. Or, have a jar or bowl in the center of the circle and as each person shares their gratitude statement, they place a pebble, shell, marble or similar object into the bowl. Your chapter might like to keep the Gratitude Board/Gratitude Jar going and add to it regularly by starting/ending meetings with a gratitude circle.
3. **Write a note or letter of gratitude.** Invite children to think about a time when someone did something especially kind for/to them. Consider parents, relatives, friends, teachers, coaches, teammates, employers, community leaders, volunteers etc. To get children thinking about the content of the letter, prompts can include: Why was it kind? How did it make you feel? What did you like about what they did for you?
Start the letter by addressing it to the specific person. Describe what you are thankful for and why. Be as specific as possible. Describe how the person’s behavior affected your life. For younger children, you could create a template that includes a big thank you, a description of what they’re grateful for, and a space to write why they’re grateful. Older kids or adults can help with transcribing/writing. Kids can then decorate the template letter and where, possible deliver the letter in person with a verbal “thank you” and a happy smile!

Frequently Asked Questions:

What are some other resources to introduce and explain gratitude?

1. 19 Children’s Books about Gratitude: <http://investinginchildren.on.ca/blog/2015/1/14/19-childrens-books-about-gratitude> (Recommendations for preschoolers to 5th graders)
2. The Gratitude Experiment (video, approx. 5 mins): https://www.youtube.com/watch?v=U5lZBjWDR_c (for older kids)
3. Gratitude - An Inspirational and Stunningly Beautiful Original Short Film (video, approx. 6 mins): <https://www.youtube.com/watch?v=vvu6wbXGcxo> (for older kids)
4. Grateful: A Love Song to the World <https://www.youtube.com/watch?v=sO2o98Zpzs8> (for older kids)

More Project Ideas for Kind Words

1. Kind Words Craft Ideas:

A. Make Miracle Magnets with positive words and/or images.

- Gather supplies: round-shaped base (recycled cardboard, wooden discs or construction paper.); glue sticks; magazines; scissors; self-adhesive magnets; optional sealant.
- Let the children search magazines for images and words that they like.
- Cut out images and words and display them on the round disc. Optionally, for very young children, you may want to already have words and images cut out for them to choose from.
- Glue the images on the disc.
- Apply the self-adhesive magnet onto the back.
- Optional: seal the front with a sealant.



B. Create Happy Sacks Using Positive Words

- Supplies: reusable bags or recycled t-shirts for a [no-sew bag](#), puff paint or fabric markers, pencils or markers
- Brainstorm positive words to live by or positive words to describe each person.
- Have each child write/paint the positive words he or she chooses on their bag.

C. Paint Peace Rocks.

- Collect rocks
- Decorate them with kind words using paint, sharpies, glitter pens, etc.
- Leave the rocks on friends' doorsteps as a surprise or arrange them in a community garden.

2. Use puppets to role play positive communication and good manners.
3. Find out how to say "Please" and "Thank you" in five different languages.
4. Have your children choose a word of the week to focus on. Examples: Respect, Love, Namaste, Please, Thank you, Joy, Peace.
5. Use the power of our words to write a letter. Write a letter to an elected official about something you care about.
6. Create a calendar with a kind word to focus on each month.
7. Read the book *I Think, I Am!* by Louise Hay and Illustrated by Manuela Schwarz and create your own personal affirmations.
8. Get or make a "Peace Stick" to use for respectful participatory chapter discussion. Have each child share feelings holding the special talking stick.
9. Write thank you notes.
10. Write a poem, story or a song about speaking kindly.
11. Say "Hello" to 5 new people a day.

12. Visit Your Local City Council or community meeting and use kind words to say thank you.

Suggestions:

- a. Call the office of your city council and ask if you can have 5 minutes at the beginning of the meeting to say thank you to the city council. In San Diego County, we have had great luck doing this. Every request has been accepted.
- b. Find out how much time you have to present. Usually, 5-7 minutes is enough.
- c. Ask each child this question, "What do you like about your city? What do you want to say thank you for?" Our previous answers have ranged from, "I am thankful for our firefighters for helping us." "I am thankful for our brave police for keeping us safe." "I am thankful for our cool parks." "I am thankful for our great libraries and the wonderful librarians who help us."
- d. Have the first child (or leader) introduce the children. "Hello! We are _____ Kids for Peace and we are her to say thank you for all you do for us." Then have each child who wants to speak say their one or two sentences. Most children can memorize their line and it is best to speak it out instead of reading it.
- e. Practice with the children before going to the meeting. Encourage them to smile, look up at the City Councilmembers when speaking and speak clearly.

You can visit these links from City Council meetings in San Diego, California, USA.

- Kids for Peace speaking at the Encinitas City Council meeting:
https://www.youtube.com/watch?v=7Oo3b_fk8io
- **Kids for Peace speaking at the Carlsbad City Council meeting:**
<https://www.youtube.com/watch?v=8P1HES2FS7A&feature=relmfu>



Inspirational Resources for Kind Words

Games

1. Web of Friendship

Objective: To practice using our kind words.

Materials: a ball of string/yarn or a stick.

Directions:

- Everyone sits in a circle. While holding onto the end of the ball of string or yarn, throw the ball to someone in the circle and say their name as you throw it. At the same time, say one nice thing about the person you are throwing it to. For example, "Maggie is a good friend." or "Samuel has good manners."
- The person called out does the same thing to a different person in the circle, and so on, always being sure each person catching the ball holds onto the string or yarn as they throw the ball.
- By the end of the game, once everyone has received and thrown the ball of string or yarn, the circle will be like a spider web of kindness.
- Finally, talk about how everyone is connected and how good the kind words make us feel!
- Optional: to conclude the game, have each child wrap some of the yarn around their wrist, cut it from the spider web, and tie it comfortably around their wrist. This "wristband" serves as a reminder of their commitment to using their words to speak in a kind way.
- Adaptation using stick: pass the stick instead of the ball of yarn. Children visualize/imagine the web of connectedness.



2. Encouragement Game

Objective: To illustrate the impact of our positive words.

Materials: a piece of paper and a pen or pencil for each participant.

Directions:

- This game works best for groups that know each other reasonably well. Sit in a circle and give everyone a piece of paper and pen.
- Each child writes their name at the top of the paper, then passes it to the person on their left.
- Each person then writes one or two (or more) positive characteristics about the person whose name is at the top of the paper. After 30-60 seconds, everyone passes the pieces of paper around to their left again.
- This continues until everyone has written on everyone else's paper.
- The final step is that everyone receives his or her piece of paper back again. It works best if you collect them and hand them out one at a time, so everyone can see people's reaction seeing the

positive comments about themselves. Depending on the make up of the group, one option is to have people read out their own list.

- Note: It may be worth doing a quick check to ensure the comments are appropriate and positive.
- Variation: Use a large piece of cardboard or paper per child (rather than a small piece of paper), so that the children can hang the cardboard/paper up at home as a constant reminder of how others care about them.

3. Compliment Relay

Objective: To practice communicating appreciation.

Directions:

- Ask players to join you in a circle in chairs or on the floor.
- Explain that the objective of the game is to pass compliments around the circle. One player will give a compliment to the player sitting to his or her right, who will say, "Thank you," and pass a compliment to the next player, and so on. Tip: Explain what a compliment is and give a couple of examples like, "I like the way you always hold the door open," "Thank you for____," or "You're really good at_____."
- Many players will try to compliment physical characteristics, but try to steer them away from that and have players focus on complimenting actions.
- Ask players if they have any questions about the game.
- Begin the game by giving a compliment to the player to your right.
- The game ends when the relay has gone around the circle once. To do a second round, ask players to change seats. Challenge them by telling them to use a new compliment.
- Explain to players that now they will reflect on how they experienced the game.

Speakers

- A child psychologist
- A guidance counselor from an elementary school
- A children's author
- A motivational speaker

Videos

- Kids for Peace speaking at the Encinitas City Council meeting:
https://www.youtube.com/watch?v=7Oo3b_fk8io
- Kids for Peace speaking at the Carlsbad City Council meeting:
<https://www.youtube.com/watch?v=8P1HES2FS7A&feature=relmfu>
- Kid President's 20 Things We Should Say More Often
<https://www.youtube.com/watch?v=m5yCOSHeYn4>

Books

- Coat of Many Colors by Dolly Parton
- Slither McCreep and His Brother, Joe by Tony Johnston
- The Doorbell Rang by Pat Hutchins
- If You Give a Mouse a Cookie by Laura Joffe Numeroff
- The Brand New Kid by Katie Couric
- The Girl, the Fish, and the Crown by Marlee Heyer

- Stلالuna by Janell Cannon
- How to Heal a Broken Wing by Bob Graham
- Dotty by Erica Perl
- The Great Fuzz Frenzy by Janet Stevens and Susan Stevens
- The Farmer by Mark S. Ludy
- Andy and the Lion: A Tale of Kindness Remembered; or the Power of Gratitude by James Henry Daugherty

Poetry

- Kindness by Peter Burn
- Be Kind to Each Other by Charles Swain
- Unkindness by Charles Swain
- True Happiness by Richard Lynott O'Malley
- Give Them the Flowers Now by Leigh M. Hodges
- Deeds of Kindness by Epes Sargent
- Let Us Be Kind by W. Lomax Childress
- Sowing and Reaping by Adelaide Anne Procter
- A Sermon in Rhyme by Anonymous
- Perseverance by Johann Wolfgang von Goethe
- Song of Life by Charles Mackay
- Help In Need by James McIntyre
- The Heartening by Winifred Webb
- Small Beginnings by Charles Mackay
- Our Duty by Richard Lynott O'Malley
- I'll Stretch It a Little by Anonymous
- Be Kind by Margaret Courtney

Quotes (Most are anonymous)

- "Speak kind words. Receive kind echoes."
- "Every word matters. Speak kindly."
- "Kind words can be short and easy to speak, but their echoes are truly endless."
- "A kind heart speaks kind words."
- "Kind words are like honey: Sweet to the soul and healthy for the body."
- "One kind word can change someone's entire day."
- "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." - Lao Tzu
- "Kindness is the language [that] the deaf can hear and the blind can see - Mark Twain
- "When words are both true and kind, they can change our world."- Buddha
- "Be kind whenever possible. It is always possible."

Music

- I Think You're Wonderful <https://www.youtube.com/watch?v=xFC6kAyLk5A>

**I pledge to help others as I go
throughout my day**

Helping Others Ready-made Meeting Plan

Open:

Recite Peace Pledge

Repeat the focus Peace Pledge Line: *"I pledge to help others as I go throughout my day."*

Inspire:

Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce this line of the Peace Pledge and inspire discussion. (Please refer to the list of Helping Others Inspirational Resources.)

Discuss:

- What are some ways people have helped you today?
- What are some ways you have helped others today?
- How do you help at home, at school, in your community?
- What happens when we help others?
- How do you feel when someone helps you?
- How do you feel when you help others?
- How do you think others feel when you help them?
- Why do we help?
- What would the world be like if everyone helped each other?

Act:

Create or select a project:

- **Kids create a personally meaningful and culturally relevant *HELPING OTHERS* project.**
Please refer to the Kid-Powered Brainstorming Model or incorporate brainstorming in this meeting.
- **Peace Pledge Projects:**
 1. Helping Hands
 2. Kind Coins
 3. Flip Flops for Friends
- **More Helping Others Project Ideas:** Refer to the list for this Peace Pledge line.

Close:

Peace Challenge: to take it out to the world!

Optional: check-in about a previous Peace Challenge

- Hug five people
- Perform 10 Random acts of Kindness
- Smile at everyone you see (notice how it feels)
- Hold the door open for someone

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace....YEAH!!!

Peace Pledge Project: Helping Hands

What: Kids make a difference in their local communities by collecting resources for others or using their *helping hands*. Children participate in food, clothing and book drives, senior center and animal shelter visits, planting community gardens and other local volunteer opportunities.

Why: Because kids love to help others and so many others need help!

How:

1. Ask the kids in your chapter what they'd like to do to help their community or with which service organization they would like to partner.
2. Contact the community or service organization to offer your chapter's support and ask about their needs.
3. If partnering with an agency, ask about the requirements of service including age, appropriate clothing, hours of service and any necessary permission slips.
4. If partnering with an agency, send a thank you note to the hosting organization. Creating solid partnerships is beneficial for everyone!!

Frequently Asked Questions:

Where can I get more volunteering ideas?

Ask questions in your community and spread the word that you would like to help. Family, friends, schools, businesses, service organizations, etc., all can help connect you with service opportunities. The internet is also a great way to find service projects. Many opportunities are right at your fingertips!

Can we do volunteer work all year long or just when our focus is "I pledge to help others as I go throughout my day"?

You are welcome to do as many service projects as you'd like and as often as you'd like.

How can kids be involved in organizing the volunteer opportunity?

In addition to participating in the actual service project, we encourage kids to do as much of the planning as possible. Kids can be in charge of the outreach (in person, phone call, letter, etc.). Role-play an introductory conversation with potential hosting organizations. After a few leadership opportunities, the kids will be competent in arranging all details!



Peace Pledge Project: The Kind Coins Campaign

What: The Kind Coins campaign is a global service project to help build a new school/peace center in a community where Kids for Peace has an established presence. For a designated period of time, children and community members collect spare change at home and in neighborhoods to be donated for the new school/peace center.

Why: All children in the world deserve to go to school. All children in the world deserve to have access to Peace Education. Giving to others teaches compassion. Learning about global issues helps kids become active global citizens.

How:

1. Kids for Peace will launch the campaign with an introductory video.
2. Share the video and any additional resources provided by Kids for Peace headquarters with your chapter members.
3. You may participate by raising Kind Coins as a chapter or individually. When the money is raised, make a payment via PayPal on our website or in a check made payable to “Kids for Peace.”
4. Every Kind Coins campaign will have a way to connect your members with the community where the school/peace center is being built. We may ask you to share photos, letters, or contribute in other creative ways to foster the bond of global friendship.



Frequently Asked Questions:

What are the existing schools/peace centers?

The first Kind Coins campaign – Kind Coins for Kenya – was launched in 2015. With the help of hundreds of students and Kids for Peace youth, a beautiful Kids for Peace school was built and opened in 2016.

What do the Kind Coins funds cover?

Each Kind Coins campaign is designed based on the specific needs of the particular community and we will share these in detail with the campaign launch. Our aim is to build fully equipped and ready to use schools/peace centers.

How can we stay up-to-date on the progress of the project?

Kids for Peace will share the progress of the project, via newsletters and social media posts, on an ongoing

basis. Kids for Peace will also make a video showcasing the entire project, including the finished school/peace center.

Peace Pledge Project: Flip Flops for Friends

What: Children purchase and decorate flip-flops for other children in need of shoes.

How:

1. Purchase flip flops.
2. Decorate the flip flops any way you'd like. You may use puff paint, ribbons, pom-poms, buttons, sequins or any other decorative item. For an extra touch, sign your name on the bottom.
3. Send or hand-deliver the flip flops to any kids in need of shoes.



Frequently Asked Questions:

Where is a good place to purchase flip flops?

Michael's Art Supply has \$1 flip flops in the summer. Any dollar store often has flip flops available. Check out end of the summer sales.

Where is a good place to send them?

Anywhere with kids is a good place. If you know of someone traveling to another country, they may be interested in delivering the flip flops. Orphanages and schools are great destinations.



More Project Ideas for Helping Others

1. **Volunteer at a shelter/community kitchen to serve dinner.**
2. **"Adopt" a family in need.** Share food, supplies and happy blessings.
3. **Collect toys for Toys for Tots** www.toysfortots.org
4. **Help build a home with Habitat for Humanity.** www.habitat.org
5. **Volunteer at a blood drive.**
6. **Visit children in a hospital.**
7. **Help your parents around the house without being asked.**
8. **Make and deliver sack lunches to homeless people or hungry friends.**
9. **Collect items for a community in need** (blankets, sheets, towels, books, disposable diapers, toiletries).
10. **Make simple reading or math flash cards for a preschool or day care center.**
11. **Tutor someone in a skill or talent you have** (reading, dancing, playing sports, playing an instrument, etc.).
12. **Contact your local elected officials and ask how you can help in the community.**
13. **Help your neighbor** (bring in groceries, rake leaves, help with housework, take care of pets, play with their children, retrieve mail, etc.).
14. **Bake cookies/ edible treats together and give them to someone who helps you** (firefighters, teachers, librarians, elected officials, etc.).
15. **Make a No-Sew Giving Quilt.** Have each child decorate a patch for the quilt and then as a group, tie the pieces all together. Donate the quilt to someone special.
http://www.ehow.com/how_5351699_make-nosew-fleece-quilt.html

Inspirational Resources for Helping Others

Games

1. Knots

Objective: To teach children and youth to help each other by sharing ideas and collaborating to find a solution.

Players: Groups of 6-10 persons per group.

Directions: Stand in a circle shoulder to shoulder. Ask everyone to reach out and grab two hands.

The hands cannot be of the same person, or of anyone beside them. If possible, try not to crisscross. Now tell the children to untangle so that everyone is standing in a round circle again.

2. Mirrors

Partners face one another. One child begins the activity by moving his or her arm slowly enough so that the partner can “mirror” the action. The objective for the leader is not to trick the follower, but to enable his or her partner to follow successfully. The partners then change roles and repeat the activity. Once the children get the idea, let them move their knees, feet, legs, heads, etc., as well.

Follow with reflection questions on being a leader and a follower.

3. Trust Walk

Have everyone find a partner. One person of the pair volunteers to be led with his or her eyes closed or blindfolded. The other member of the pair leads the person for five minutes, taking very good care of the blindfolded partner. After five minutes switch roles. Post-game discussion can reflect on effective leadership and helping.

Speakers

- Service professionals (nurses, doctors, firefighters, etc.)
- Girl Scouts and/or Boy Scouts
- Paraprofessionals
- Teachers
- Representatives from volunteer organizations

Videos

- Happiness is Helping Others <https://www.youtube.com/watch?v=zcrulov45bl>
- Help Each Other and Love Each Other: Never Stop Sharing <https://www.youtube.com/watch?v=u8tzswROt70>
- Life Vest Inside Kindness Boomerang One Day https://www.youtube.com/watch?v=H_Vvv8EqS3M
- A Book Drive <https://www.randomactsofkindness.org/kindness-videos/5-a-book-drive>
- Abby's Pay it Forward Project <https://www.randomactsofkindness.org/kindness-videos/9-abbys-pay-it-forward-project>
- The Muffin Men <https://www.randomactsofkindness.org/kindness-videos/7-the-muffin-men>
- Kindness Karate <https://www.randomactsofkindness.org/kindness-videos/16-kindness-karate>
- An Animal Sanctuary that Promotes Kindness <https://www.randomactsofkindness.org/kindness-videos/1-an-animal-sanctuary-that-promotes>

- Videos that Inspire: Teaching Kindness <http://teachingkindness.com/videos-that-inspire/>
- Never Stop Sharing <https://www.youtube.com/watch?v=u8tzswROt70>

Books

- Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids by Carol McCloud, David Messing (4-9 years old)
- Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life by Carol McCloud (Author), Penny Weber (Illustrator) (9-13 years old)
- The Kindness Quilt by Nancy Elizabeth Wallace
- Ordinary Mary's Extraordinary Deed by Emily Pearson and Fumi Kosaka
- Those Shoes by Maribeth Boelts
- One Smile by Cindy McKinley
- How to Heal a Broken Wing by Bob Graham
- Angelo by David Macaulay
- The Lady in the Box by AnnMcGovern
- The Trees of the Dancing Goats by Patricia Polacco
- A Castle on Viola Street by DyAnne DiSalvo
- The Giving Tree by Shel Silverstein
- The Mitten Tree by Candice Christiansen
- The Helping Garden by Jeanie Shaw
- Tiger and Mouse by Theodore Allen Lightfoot

Poetry

- Lend a Hand by Anonymous
- I'll Stretch it a Little by Anonymous
- Help in Need by James McIntyre
- The Bridge Builder by Anonymous
- The House on the Side of the Road by Sam Walter Foss
- The One White Hair by Walter Savage Landor

Quotes

- "Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace, a soul generated by love." - Martin Luther King Jr.
- "The best gift you could ever give someone is your time because you're giving them something you'll never get back." - Anonymous
- "Those who are the happiest are those who do the most for others." - Booker T. Washington
- "You have not lived today until you have done something for someone who can never repay you." - John Bunyan
- "The purpose of human life is to serve, and to show compassion and the will to help others." - Albert Schweitzer
- "Be the change that you want to see in the world." - Ghandi
- "A life not lived for others is not a life." - Mother Teresa

- “People will forget what you said, people may forget what you did, but they will never forget how you made them feel.” - Maya Angelou
- “No one has ever become poor by giving.” - Anne Frank
- “One of the deep secrets of life is that all that is really worth doing is what we do for others.” - Lewis Carroll
- “The meaning of life is to find your gift. The purpose of life is to give it away.” - Pablo Picasso
- “The best way to find yourself, is to lose yourself in the service of others.” - Gandhi
- “Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another’s pain, life is not in vain.” - Helen Keller
- “You will discover that you have two hands. One is for helping yourself and the other is for helping others.” - Audrey Hepburn

Music

- My Own Two Hands https://www.youtube.com/watch?v=4_Ecijxuzh8
- Helping Hands <https://www.youtube.com/watch?v=YScm5gcQsf8>
- Help Each Other and Love Each Other. Never Stop Sharing <https://www.youtube.com/watch?v=u8tzswROt70>
- Kind Hearted Hand (Kids for Peace/Great Kindness Challenge Theme Song) https://www.youtube.com/watch?v=r8RpTN_DfhU

**I pledge to care for our earth with
my healing heart and hands**

Caring for our Earth Ready-made Meeting Plan

Open:

Recite Peace Pledge

Repeat the focus Peace Pledge Line: *“I pledge to care for our earth with my healing heart and hands.”*

Inspire:

Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce this line of the Peace Pledge and inspire discussion. (Please refer to the list of Inspirational Resources for Caring for Our Earth.)

Discuss:

- Our earth is made out of air, land and water and we need to care for it. Why?
- What happens when people don't care for the earth?
- What are some ways to care for our water, land, air?
- What have you done to help care for our earth?
- How do you care for the earth at home, at school, in your community?
- What would the world be like if everyone helped care for the earth?

Act:

Create or select a project:

- **Kids create a personally meaningful and culturally relevant *CARING FOR OUR EARTH* project.** Please refer to the Kid-Powered Brainstorming Model or incorporate brainstorming in this meeting.
- **Peace Pledge Projects:**
 1. Planet Earth Project
 2. Going Green Campaign
 3. Recycled Toy Project
- **More Caring for our Earth Project Ideas:** Refer to the list for this Peace Pledge line.

Close:

Peace Challenge: to take it out to the world!

Optional: check-in about a previous Peace Challenge

- Pick up trash in your neighborhood
- Join an environmental clean up
- Walk or bike instead of driving
- Turn off TV for ___ days

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace....YEAH!!!

Peace Pledge Project: Planet Earth Project

What: Kids take a dynamic role in preserving and protecting our earth through a variety of environmental projects. Children organize beach, school campus and park clean-ups, learn how to save energy, plant edible gardens, nurture seedlings for reforestation, compost, reduce trash, keep oceans clean and discover sustainable ways to care for our environment.

Why: Because kids care deeply about our earth and the earth needs our help.

How:

1. Ask the children what actions they want to take to care for the earth.
2. Help the kids come up with a plan of action.
3. Get busy and implement the plan!!

Frequently Asked Questions:

Can we choose ANY project?

Yes! You are free to choose the project(s) that are meaningful to your kids and appropriate for your local environment.

Where can we get support for our project?

You may want to partner with a local environmental organization. Often, local environmental groups host eco-service projects. Call the groups to ask if your chapter can help out.

Do we have to get special permission to do a park, beach, river or lagoon clean-up?

No. Your chapter can simply show up and clean up.

Do I need to provide special materials for a clean-up?

Yes. Please provide gloves (food handling gloves can be purchased in bulk from a restaurant supply store). It is also good to provide bags to collect the trash. One idea is to glue colorful hearts onto paper bags as a reminder that we “pledge to care for our earth with our healing **HEARTS** and hands.” Warn the children not to pick up any needles or sharp objects.



Peace Pledge Project: Going Green Campaign

What: Kids for Peace children select an environmental issue to focus on. The kids create a campaign around the chosen issue such as clean water, perils of plastic, recycling, etc.

Why: The health of the environment is closely tied to the peace and wellbeing of the world's inhabitants.

How:

1. Kids brainstorm which environmental issues are most concerning to them. As a group decide (through voting or other established process), which will be environmental issue of their focus.
2. Lead the children in learning about the issue. For example, if water is the theme, you may choose to focus on your local water supply, learning about where your water comes from, where dirty water goes, and how you can help keep water sources healthy and clean. Alternatively, a chapter might focus on world water supply and learn about how droughts affect communities around the world.
3. After learning about the issue, the children create a campaign to increase awareness about what they have learned. For example, they may create posters, speak about the issue on a local radio or television station, or educate community members at a public event.
4. Create action steps with your chapter to help remedy the environmental issue you have learned about. For example, collect money to help build a well in another country, do a beach clean-up, or paint stenciled warnings on storm drains.



Frequently Asked Questions:

Can we partner with other organizations in planning and implementing our Going Green Campaign?

Yes! We encourage you to reach out to municipal and nonprofit organizations in your area. It may be appropriate to tour local facilities or partner with an organization focused on a specific environmental issue in your community. We also encourage you to partner with local high school or college students enrolled in courses on filmmaking, marketing, journalism or environmental studies to support your chapter in your campaign efforts.

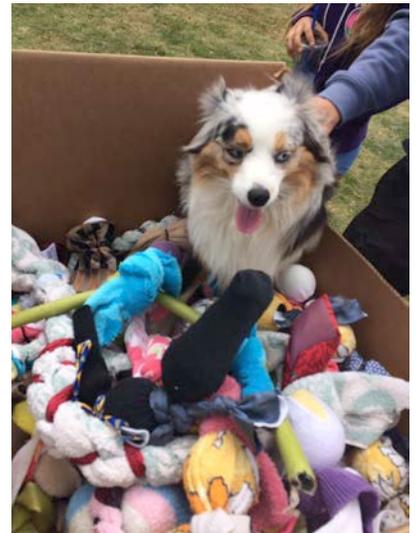
Peace Pledge Project: Recycled Toy Project

What: Reduce, Reuse and Recycle is an important mantra! Kids use recycled materials to create toys for a local animal shelter or as a fundraising project for your chapter's chosen charity.

Why: Through reusing and repurposing materials in a creative way, kids learn to eliminate waste and protect the environment.

How:

1. Reach out to a local animal shelter to ask if they would accept a recycled toys donation. The animal shelter might have ideas on how to create recycled toys. It would be great if the kids could deliver the toys in person and learn about the shelter inhabitants.
2. You can make a great fetch toy for dogs from a tennis ball and a sock. For cats you can create hunt toys from old t-shirts and sticks. You can also ask the kids to come up with ideas.
3. Schedule the animal shelter visit and ask the kids to deliver the recycled toys.



Frequently Asked Questions:

Where can we find instructions and additional ideas on how to do the recycled toys project?

There are plenty of great ideas on the internet on how to create recycled toys. We recommend checking out Pinterest for ideas and images. Here are a couple of resources:

- <http://barkpost.com/3-dog-toys-you-can-make-from-things-around-the-house/>
- <https://www.care.com/a/17-diy-dog-toys-how-to-make-blue-safe-toys-from-things-in-your-house-20150921071158>

What's another way to share the recycled toys?

You can create the recycled toys and sell them at your school or in your community. The funds can be used to support your chapter or donated to a charity of your choice.



More Project Ideas for Caring for our Earth

1. **Make reusable canvas bags.** Let each child decorate their canvas bag with inspiring words and pictures.
2. **Be Creative with Your Trash.** Make a recycled art piece with your kids to highlight the power of reusing. Check out <http://artsandscraps.org/> to get ideas on creating beautiful wind chimes, bird feeders and generally interesting pieces of art all made mainly from industrial waste.
3. **Visit a “pick your own” farm.** <http://pickyourown.org>
4. **Go on a fieldtrip.** Wildlife sanctuary, recycling or a trash facility, nature preserve, state or national park, renewable energy plant/center (solar, wind power, etc.)
5. **Create a worm bin and/or compost bin.**
6. **Make a solar cooker.** Share the food you cook as a chapter.
7. **Start a "Ride Your Bike Campaign" to help ease your carbon footprint.**
8. **Additional ideas:** Visit www.theteachersguide.com/earthdaylessonplans.htm to see more lesson plans to help our earth.



Inspirational Resources for Caring for our Earth

Games

1. Sorting Trash Game

Objective: To teach the importance of reducing waste through recycling and composting.

Materials: Collection of various trash items, including those that are trash, recyclable and compostable.

Directions:

- Sort through the items grouping them into a trash pile, recycling pile and a composting pile. Optional, if you have enough items for each child to select one, children can take turns presenting the items to the group to decide which pile it should go to.
- After sorting, discuss the relative sizes of the piles and the positive impact of recycling/composting.
- Follow-up: Create recycling bins in your classroom/community, if they are not there already.

2. Outdoor Scavenger Game

Objective: To demonstrate the harm caused by littering and reinforce the importance of recycling.

Materials: A pencil and a given checklist of items to locate and retrieve (See <http://todaysmama.com/2013/04/earth-day-activities-for-kids/> for ideas.) Plastic gloves for every child.

Collection bag or basket.

Directions:

- Play this game outside in an area where many of the items on the Scavenger Hunt list might be found.
- Tell children to find and put into their collection bag, as many items on the Scavenger Hunt list as possible within the given amount of time (10 minutes).
- Give a time signal (bell, whistle, horn, etc.), and have them return to you.
- Review the collected items and discard them appropriately. Some items, such as natural items, should go back onto the ground (such as pine cones, seeds, etc.). Discuss how remaining items should be disposed/ recycled.

3. Earth Day Word Search Game

Objective: To increase the environmental vocabulary.

Materials: One pencil and one Word Search worksheet per child (<http://www.teach-nology.com/worksheets/science/enviro/search/>)

Directions:

- Give each child a pencil and a copy of the word search worksheet.
- Preview the given vocabulary words at the bottom of the worksheet, discussing the meanings and usage of each word.
- Working alone or with a partner, children find the given words within the worksheet. The words might be positioned diagonally, right to left, left to right, up, or down.

Speakers

- An environmentalist
- A farmer/ gardener
- A representative from the local water department
- A representative from the EPA (Environmental Protection Agency)
- Someone from the Sierra Club
- 12 Environmentalists you should know:
<http://greenliving.about.com/od/thegreenfamily/tp/Environmentalists.htm>

Videos

- Saving Earth <https://www.youtube.com/watch?v=31XrAaH8YqI>
- Teaching Environmental Education Through Butterflies and Dance
https://www.youtube.com/watch?v=obeFev7_3c8
- Save Water to Help the Earth <https://www.youtube.com/watch?v=rI0YiZjTqpw>
- Save Our World https://www.youtube.com/watch?v=bn8R_XqjiI0
- 8 Ways Kids Can Help the Environment - NETL Earth Day
<https://www.youtube.com/watch?v=vONBU7btYuo>
- Science Video for Kids: How to Care for the Environment
<https://www.youtube.com/watch?v=V0IQ3IjI40>
- Care of Our Earth <https://www.youtube.com/watch?v=II-CKFslq2A>

Books

- Lorax by Dr. Seuss
- The Great Kapok Tree by Lynne Cherry
- Recycle!: A Handbook for Kids by Gail Gibbons
- I Can Save the Earth!: One Little Monster Learns to Reduce
- Michael Recycle by Ellie Bethel
- Let's Celebrate Earth Day by Peter and Connie Roop
- Jimmy's Gone Green by Kathy Cane
- Compost Stew: An A to Z Recipe for the Earth by Mary McKenna Siddals
- The Giving Tree by Shel Silverstein
- The Earth and I by Frank Asch
- Olivia's Birds: Saving the Gulf by Olivia Boulter

Poetry

- The Green Mother Goose: Saving the World One Rhyme at a Time by David Davis and Jan Peck
- Emeraldelicious by Victoria Kann
- For the Love of the Earth by P. K. Hallinan
- Trees by Joyce Kilmer https://www.youtube.com/watch?v=_cVr5otaCJ8
- Several Earth Poems for children can also be found at:
<http://www.canteach.ca/elementary/songspoems51.html>

Quotes

- “In wilderness is the preservation of the world.” - Henry David Thoreau
- “When one tugs at a single thing in nature, he finds it attached to the rest of the world.” - John Muir
- “We do not inherit the earth from our ancestors; we borrow it from our children.” - Native American Proverb
- “Forget not that the earth delights to feel your bare feet, and the winds long to play with your hair.” - Kahlil Gibran
- “Climb mountains and get their good tidings, nature's peace will flow into you as sunshine into trees. The winds will blow their freshness into you, and the storms their energy, while cares will drop away from you like leaves of autumn. - John Muir
- “What a friend we have in a tree, the tree is the symbol of hope, self- improvement and what people can do for themselves.” - Wangari Maathai
- “The tree of silence bears the fruit of peace.” - Arabian Proverb
- “Be a gentle friend to trees and they will give you back beauty, cool and fragrant shade, and many birds singing.” - Author unknown

Music

- Going Green <https://www.youtube.com/watch?v=8DJ45Yc3urg>
- Several Earth Poems that can be sung can also be found at: <http://www.canteach.ca/elementary/songspoems51.html>
- I Am the Earth by Glyn Lehmann <https://www.youtube.com/watch?v=Wkn1B7cJYQo>
- Earth: We're In It Together <https://www.youtube.com/watch?v=tUHZsEtJXdk>

**I pledge to respect people in
each and every land**

Respecting People Ready-made Meeting Plan

Open: Recite Peace Pledge Repeat the focus Peace Pledge Line: *“I pledge to respect people in each and every land.”*

Inspire: Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce this line of the Peace Pledge and inspire discussion. (Please refer to the list of Inspirational Resources for Respecting People.)

Discuss:

- What is respect? (*Prompt: respect is thinking and acting in a way that shows others you care about their feelings and wellbeing*)
- Why is respect important?
- How can you show respect?
- How can you show respect to people from cultures different than your own?
- What are the benefits of showing respect?
- Is it harder to respect someone who is very different from us? In what ways?
- What are the benefits of having friends that are different from us?
- Have you ever learned about a different culture from a friend?
- What happens if people are disrespectful?
- What are some ways in which someone has shown you respect?
- How does it feel when people show respect to you?
- How does it feel to show respect to others?
- What would the world be like if everyone respected one another?

Act:

Create or select a project:

- **Kids create a personally meaningful and culturally relevant *RESPECTING PEOPLE* project.** Please refer to the Kid-Powered Brainstorming Model or incorporate brainstorming in this meeting.
- **Peace Pledge Projects:**
 1. Peace Packs
 2. Peacemaker Pen-Pals
 3. Customs & Traditions around the World
- **More Helping Others Project Ideas:** Refer to the list for this Peace Pledge line.

Close:

Peace Challenge: to take it out to the world! *Optional: check-in about a previous Peace Challenge*

- Learn a friendly phrase in a new language
- Learn five new facts about the country we are studying
- Make a wish for a child in another country

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace....YEAH!!!

Peace Pledge Project: Peace Packs

What: Peace Packs are hand-painted knapsacks filled with needed items such as toiletries, school supplies, toys, etc. Children reach out to learn about another culture/community and their needs in order to tailor the Peace Packs. Each Peace Pack is special and includes a personal note of friendship to foster the bond of connection and to make the experience personally meaningful.



Why: To learn about cultures and communities, understand their needs, and respond to those needs in a sensitive, practical and meaningful way.

How:

1. **Pick a country/community to learn about.** Find someone who will be traveling there to hand-deliver the Peace Packs. This often happens very organically (For example: A friend may be traveling to China and is willing to take along some Peace Packs and deliver them to a school or hospital.) Teach the children about the culture/community using a variety of resources available, have a guest speaker from that country/community, or have the children do research and report back to the group. Look for similarities and celebrate differences.
2. **Once you have learned about the receiving culture/community, create your Peace Packs.** Begin with a simple [knapsack](#) (9"x13.5" canvas drawstring backpack) or a similar bag.
3. **Hand-paint the knapsack and make a wish.** Children decorate and personalize each knapsack with their painted handprint. As they place their painted handprint on the knapsack, invite the children to close their eyes and make a wish for the child/person who will receive the Peace Pack.
4. **Fill it with the desired items.** If possible, find out specifically which items the receiving community wants and needs. Fundraise for the items or ask local businesses if they are willing to donate items. Suggested items: notebooks, paper, pens, pencils, crayons, markers, pencil sharpeners, watercolor sets, stickers, colorful Band-Aids, toothbrush, toothpaste, floss, jacks, balls, little stuffed animals, jewelry, books, combs, hairbrush, sunscreen, reusable water bottle, etc.
5. **Add a personal and decorated note of friendship** in each Peace



Pack. The note can say, "Hello! We send you wishes of love and peace. Love, _____". A greeting or positive word in the language of the receiving culture is another way to make the friendship note extra special. Ideally, add a photo of the child creating the Peace Pack on the back of the note.

6. **When delivering the Peace Packs internationally, we suggest getting a used large suitcase (with wheels!) to carry the packs.** About 50 packs fit in a large suitcase. This suitcase can be checked on as regular baggage. No other special airplane arrangements need to be made. This makes for easy and affordable airplane travel.
7. **Be sure the person who delivers the Peace Packs takes photos and returns to your Kids for Peace group to share the experience.** We want to make sure our children see their kindness being received. If you are doing Peace Packs for a local community arrange for the kids to deliver the Peace Packs in person!

Frequently Asked Questions:

Where can we send Peace Packs?

You can create Peace Packs for anyone, anywhere. Our Peace Packs have been delivered to over 40 countries. We also encourage creating Peace Packs for local communities in need such as homeless shelters, nursing homes, hospitals, special needs care facilities, etc.



Peace Pledge Project: Peacemaker Pen-Pals

What: An exchange of friendship letters between children of your Kids for Peace chapter and a Kids for Peace chapter or partner organization in another country.

Why: To foster global friendships and cross-cultural exchange. To create informed global citizens by supporting awareness and respect of societies and cultures around the world. Can be integrated with curriculum to enhance literacy, geography and social studies.

How:

1. **Think about the parameters for your project.** Factors include: age of children, reading/writing skills, number of children who'd like to participate, how regularly they'd like to communicate, etc. Please also consider postage costs and, if necessary, incorporating fundraising into your project plan.
2. **Find a Pen Pal Partner.** Contact Kids for Peace HQ to request to be connected with a partner Kids for Peace chapter. Alternatively, there are a range of Pen Pal Programs that can be accessed online (example: International Pen Friends - <http://www.ipfworld.com/index.html>)
3. **Introductions.** Communicate with the Chapter Leader (or teacher/staff of the partner organization) to introduce your chapter and agree on the starting logistics for the project, such as: How many children are participating from each group? Will they be partnered one to one, or will there be a different ratio? What is the timeline? Which group will write the first batch of letters? Are there particular topics that the children can be encouraged to explore in their communications? What is the preferred format (freestyle, template, etc.)?
Before the letter-writing commences, your chapter might like to create a general introduction to share with your partner chapter/organization to help them learn a little bit about your group, culture, country. Information could include location of country on a map, national flag, national language, distance/travel time between participating countries/cities, national sports. Or, chapters may choose to research the partner country themselves before the letter writing kicks off!
4. **Write letters!** Here is a simple 4-part guideline:
 - Greeting. This can be in the pen-pal's shared language. If the recipient also speaks a different language, learn a greeting in that language and include it in the opening.
 - Information Sharing. Children can introduce themselves with basic details (such as gender, age, city where they live, who they live with) and personal "likes" (such as favorite foods, books they like to read, sports and hobbies they enjoy, music they like). They may also like to share information about their involvement with Kids for Peace (how long they've been a member, their favorite Peace Pledge project).
 - Questions: What would the writer like to know about their new friend? Encourage children to think about the ways that life may be different or the same for their global friends and to create questions to explore this.

- Closing. Include an invitation to continue correspondence. Example: I look forward to hearing from you. Or, I'm excited to receive your letter and learn more about you and your family/friends. Sign-off examples: "Your New Friend", "Happy Good-byes", "Cheers," "Peace and smiles."

Frequently Asked Questions:

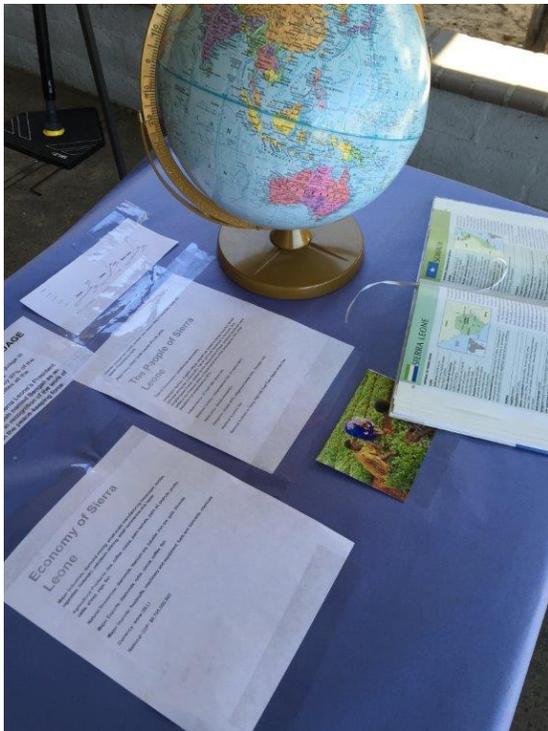
Are there adaptations for younger children?

Yes! Templates can be made to provide structure and reduce the amount of writing/reading. (See sample template in the appendix.)

And/or, adults or older kids can help with transcribing/writing the younger children's ideas and questions. This is actually a great way for different age groups to collaborate (and "unite the big and small")!

What are some ways to extend this project?

- Peace of My Heart notes can be included with the letters.
- Participants may be able to communicate via Skype.
- To further learn about the partner country/culture, your chapter may wish do the Pen-Pal project in conjunction with the Traditions and Culture Peace Pledge Project.



Peace Pledge Project: Customs and Traditions around the World

What: An exploration of customs and traditions to learn about different cultures. Kids identify similarities and celebrate differences.

Why: There is beauty in diversity and we want our kids to be respectful global citizens.

How:

1. Pick a culture. Learn about several different traditions and customs (for example: celebrating weddings, birthdays, expressing gratitude, explore traditional foods, etc.)
2. Or, pick a specific tradition and explore how it is interpreted in different cultures.



Frequently Asked Questions:

What are some examples of different cultural activities we can do?

- **Teach Respect Through Food:** Host an International Chip and Dip Party or International Dessert Party. Invite each child to bring a dessert from his/her heritage. Let each child share a little bit about his/her heritage and the special food they've brought. Some dips might be the following: baba ghannooj from Israel, sofrito from Cuba, rarebit from England, aioli from France, tabbouleh from Greece, salsa picante from Guatemala, uborkasalata from Hungary, pesto from Italy, hummus from Lebanon, guacamole from Mexico, frijoles refritos from Nicaragua, or cacik from Turkey. Talk about what we have in common in food and what is different in cultures around the world.
- **Explore Wedding Traditions from Various Cultures.** Many children are fascinated by wedding ceremonies, and some may have already been to one. Read: *Weddings* by Ann Morris with your children so they can learn about different wedding traditions. Discuss: Ask your children to share what they do know about their own family traditions (e.g., who performs the wedding ceremony, what the bride and groom wear, etc.). If possible, also discuss any wedding events your children have attended.
- **Teach Respect through Dance and Music.** Put on some salsa music, traditional Chinese lullabies, African drumming, or Country and Western music and dance the meeting away. Encourage your chapter to create and play homemade instruments that resemble instruments from other cultures. Pot and pan lids can easily double as gongs like those used in Southeast Asia. Stretch a string across a board, raised slightly at the ends by bridges, to resemble the Appalachian dulcimer or the ancient Egyptian monochord.

More Project Ideas for Respecting People

1. **Create culture boxes.** This is an excellent activity that will allow children to identify elements of their own culture. Materials Required: Shoe box, pictures and print materials from various sources, scissors, glue, assorted small items. How To: At home, have each child decorate the outside of their boxes with pictures and other print materials to represent elements of their own surface culture. They may use magazine pictures, drawings, newspaper pictures, post cards, etc. to communicate various elements of surface culture. The inside of their box is to contain items that represent elements of their deep culture. The box needs to contain between 6-10 items (no valuable items). The students will present their culture boxes at the meeting and explain the significance of the decorated box and the items it contains.
2. **Learn about and celebrate respectful role models** (example: Nelson Mandela, Dalai Lama)
3. **Design a Global Respect T-shirt**
4. **Create a Culture Wheel.** Use this great idea from Global Kids Connect: Culture Wheel <http://www.globalkidsconnect.org/activities/index.html> . Here is a fun way to widen your knowledge of the culture of faraway places. Tajikistan students learned how to work as a team while doing this activity--you can too!
5. **Respect people's names around the world.** Here's Another Great Activity from Global Kids Connect: What's in a Name? If your name was Davlatbi, what country would you live in and, more importantly, are you a boy or a girl? You'll be surprised how much you can learn about languages and world history just from a name! <http://www.globalkidsconnect.org/activities/index.html>
6. **Discover respect through soccer.** Global Kids Connect Idea: Soccer Around the World View some of these maps to see what kids from around the world learned about geography by studying World Cup soccer! <http://www.globalkidsconnect.org/activities/index.html>
7. **Compare greetings around the world.** Respect is shown through how we greet others.
8. **Make a welcome sign in various languages:** Bienvenidos, Shalom, Hos Geldiniz (Turkish), Welkom (Africaans), Aloha (Hawaiian), etc.
9. **Go on a cultural field trip.** Check your local community calendar to see if there are any museums, international fairs, dance troupes, musical performances or other festivities to experience with your chapter.
10. **Sponsor a Rafiki Amani.** Fundraise as a chapter to generate \$75 to sponsor a student at the Kids for Peace School of Kenya for one year. Please see "Sponsor a Rafiki Amani" in the Events & Campaigns section of the Manual.



Inspirational Resources for Respecting People

Games

1. Ven Conmigo (Duck, Duck, Goose from Cuba)

Objective: To enjoy physical activity while playing a game in which everyone can have fun and win.

Directions: "Ven conmigo" means "Come with me" in Spanish. To play the game, you'll need a large space and 5 or more players. One person is chosen to be "It." The rest of the players sit in a small circle facing each other. If there are more than 10 players, make another circle. The player who is "It" must run around the outside of the circle, and then taps someone on the shoulder. Then both the tapped person and "It" must run around the group of players, racing to sit where the tapped player was. Whoever gets in the open seat is no longer "It" and the game continues with the other player as the new "It."

2. No-rope Tug of War (from Ancient Egypt)

Objective: To pull a team of opponents across a line drawn or placed between them.

Players: Two teams of an equal number of players

Materials: A line drawn or placed on the ground between two teams of players

Directions: There were paintings of ancient Egyptians having a tug-of-war without a rope. The way they did it was like this:

- Two teams form a single line, with each team facing toward the center of the line.
- Each team player is lined up behind each other, holding onto the waist of the person in front of them, facing the other team.
- The first person in each line, the leader, extends his or her arms, clasping the arms of the opposite team's leader.
- The tug-of-war begins, and then ends when one team pulls the other team across the line on the ground.

3. Follow the Leader

Objectives: To enjoy and respect the ideas and actions of others. To build confidence in presenting in front of a group.

Players: One line of all group members (Each line should have approximately 8-12 members. If more than 12, divide into additional groups of approximately 8-12 players.)

Directions:

- The children line up.
- The first child in the line is the leader.
- The leader walks, or jumps, or skips, or claps hands.
- All the children in line do the same thing as the leader.
- The leader gets one turn.
- The leader goes to the end of the line.
- The next child in line is the new leader.
- The game lasts until every child has a turn to be the leader.

4. I Like My Neighbor

Objectives: To learn about each other. To discover what we have in common and to have fun!

Directions:

- Have all members seated on chairs in a circle, with one person standing in the middle as “it.”
- The person in the middle names a statement such as “I like my neighbors, especially those who are wearing running shoes” (wearing glasses, are over twelve, believe in peace, have a friend in another country, have made a Peace Pack, have a birthday in September, etc.).
- All those who are wearing running shoes must jump up from their seats and scramble to find a chair; the person in the middle also scrambles for an empty chair.
- The one person left standing becomes the new “it.”

Check out: *Kids Around the World Play: The Best Fun and Games from Many Lands* by Arlette Braman

Speakers

- School Counselor, Rob (video on Character Education: Respect)
https://www.youtube.com/watch?v=DmqRNU_Wzbc
- Julie Hunt: Smart Kids 101 -Teaching Children Respect in 5 Minutes or Less
<https://www.youtube.com/watch?v=bx33i8PRe3I>
- A school counselor or principal
- A Kids for Peace chapter leader
- A person from another culture or country

Videos

- Global Kids Connect: Culture Wheel <http://www.globalkidsconnect.org/activities/index.html>
- Sesame Street: Respect <https://www.youtube.com/watch?v=GOzrAK4gOSo>

Books

- Children Just Like Me: A Celebration of Children from Around the World by Anabel Kindersley (Author), Barnabas Kindersley (Author), UNICEF (Collaborator)
- Hungry Planet: What the World Eats by Peter Menzel and Faith D'Aluisio
- Children Just Like Me: Celebrations! Hardcover by Anabel Kindersley (Author), Barnabas Kindersley (Author)
- A Day in the Life of Children around the World by Beatrice Hollyer
- A Life Like Mine: How Children Live Around the World by DK and UNICEF
- A School Like Mine: A Unique Celebration of Schools around the World by DK and UNICEF
- A Faith Like Mine: A Celebration of the World's Religions through the Eyes of Children by Laura Buller
- One World, Many Religions by Mary Pope Osborne

Poetry

RESPECT

*When you show respect to others
In all you say and do.
The respect that you have offered
Will be given back to you.
How do you show respect, you ask?
Here's something I have learned
Try to always give to people
The respect that they have earned.
Speak with courtesy and kindness
And honor rules – with pride.
Listen, learn – treat others well.
Self-respect will grow inside*

Quotes

- “We should all consider each other as human beings, and we should respect each other.” - Malala Yousafzai
- “Respect for ourselves guides our morals; respect for others guides our manners.” - Laurence Sterne
- “Respect others and others will respect you.” - Confucius
- “Treat people the way you want to be treated. Talk to people the way you want to be talked to.” - Hussein Nishah
- “Knowledge will give you power, but respect will give you character.” - Bruce Lee
- “Respect is what we owe; love, what we give.” - Bryant H. McGill
- “To be one, to be united is a great thing. But to respect the right to be different is maybe even greater.” - Bono
- “Give to every other human being every right that you claim for yourself.” - Thomas Paine

Music

- We All Sing with the Same Voice <https://www.youtube.com/watch?v=ezAwndQ5FRs>
- Hello Around the World
<https://www.youtube.com/watch?v=bswEIC4QrsY&index=14&list=PLLnwshycDKuBaX34Lrrnv8fy2-zzQkcHh>
- Rapp Song <https://www.youtube.com/watch?v=kYbXk4r5K8Y>
- Respect Song Video <https://www.youtube.com/watch?v=ZgidfFs-j4M>

**I pledge to join together as we
unite the big and small**

Uniting Big and Small Ready-made Meeting Plan

Open:

Recite Peace Pledge

Repeat the focus Peace Pledge Line: *“I pledge to join together as we unite the big and small.”*

Inspire:

Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce this line of the Peace Pledge and inspire discussion. (Please refer to the list of Inspirational Resources for Uniting the Big and Small.)

Discuss:

- What are the benefits of working together?
- Why is it important to collaborate?
- What skills and behaviors are helpful when working together?
- Share an example of something you did with others that would have been hard to do alone.
- What situations or events bring people together in a positive way?

Act:

Create or select a project:

- **Kids create a personally meaningful and culturally relevant *UNITING BIG AND SMALL* project.** Please refer to the Kid-Powered Brainstorming Model or incorporate brainstorming in this meeting.
- **Peace Pledge Projects:**
 1. Grandfriends Project
 2. CommUNITY Art Project
 3. Collaborative Service Project
- **More Uniting Big and Small Project Ideas:** Refer to the list for this Peace Pledge line.

Close:

Recite Peace Pledge

Peace Challenge: to take it out to the world!

Optional: check-in about a previous Peace Challenge

- Help a neighbor
- Sing a song at a senior center
- Read a book to a younger child
- Donate something to the local animal shelter

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace....YEAH!!!

Peace Pledge Project: The Grandfriends Project

What: Children tap into the wisdom of their elders as they visit and interact with seniors and bring them joy!

Why: Because our elders have a lot to teach us and visits with the younger generation often brighten their day!

How:

1. Contact a local senior center, senior home or other facility where elders live and/or hang out. Ask if you may come for a visit.
2. Plan an activity with the seniors. Suggested Activities:
 - a. Read the Kids for Peace “Wish Big” book together. Follow up with a discussion of each person’s wish for the world.
 - b. The kids dress up in costumes, make some sort of treat to hand out and parade through the facility spreading cheer. (For those who celebrate Halloween, October is a good time for this activity).
 - c. Share your performing talents! Sing, dance, recite poetry, play a musical instrument.
 - d. Personally deliver Peace of My Heart notes.
 - e. Interview seniors. Make a list of compelling questions, including life wisdom, and partner elders with youngsters to ask the questions. Share with the whole group 3 interesting facts about each senior.
 - f. Joint Art Project. Create something together. One chapter painted heart rocks together and left the masterpieces with the seniors to enjoy.
3. Show up and give love, love love!!



Frequently Asked Questions:

How do we prepare the younger kids for visits with the seniors?

It is good to talk to the kids about what to expect before going in. We have found it best to have them “expect the unexpected.” Usually, quieter voices are necessary. Often they will encounter a variety of circumstances from very active seniors to bed-bound seniors. If the children feel comfortable, it is nice to encourage kids to give hugs, if the seniors want them (which most seem to want.)

Is it OK to take photos of the visit?

Every facility has a different policy, so ask ahead of time.

Will senior living homes let us go to all the different areas?

Many facilities offer a variety of care and lodging. You may ask if you can visit all the sections including assisted living, skilled nursing and memory care.

Peace Pledge Project: CommUNITY Art Project

What: Children collaborate with other children, groups and organizations on an art project. They create cultural crafts, produce public art such as murals, sing joyful songs and participate in performances.

Why: Because uniting to create something special fosters connections and allows for contribution of multiple perspectives and talents. Kids love to express themselves in creative ways.

How:

1. Research local nonprofits, organizations, schools, other peace clubs, youth groups, etc. and ask kids in your chapter which one they would like to unite with for an art project.
2. If you have artistic or crafty talents, you may lead the children in an arts and crafts project. If you aren't artistically inclined, you may want to invite a visiting artist to one of your meetings.
3. Once you select partner group, decide on the art project you will do together. The beauty is the process of uniting for a common goal and taking creative action together! The sky's the limit in what your kids can create. If they can dream it, they can make it!!

Frequently Asked Questions:

What are some examples of art projects?

Kids and their art partners have created a "Kindness Matters" banner for their city street, produced a small musical titled "Peace Is" which they shared with their school, created a large paper-mache earth which was displayed at a community fair, sung holiday songs and made crafts at a senior center, made bracelets with Masai beads from Kenya, painted a mural for a local shelter, organized an art show and so much more.

Where can we find artists to help?

Thanks to the internet, you may be able to find visiting artists online. Do a search for "volunteer artists" in your city. Contact your local arts organizations or local college art department and ask if they have any artists who'd like to share their talents with children. There are many people who are delighted to work with kids, especially in the name of peace.



Peace Pledge Project: Collaborative Service Project

What: Collaborating with other groups and organizations is a great way to unite the big and small! Kids can participate in food, clothing and book drives, senior center and animal shelter visits, environmental clean-ups, etc.

Why: Kids use their helping hands to make a positive impact in their community. They learn valuable lessons about teamwork and the power of collective action!

How:

1. Research local nonprofits, organizations, schools, community groups, etc. and ask the kids in your chapter which one they would like to work with and UNITE for a project together (ex. Habitat for Humanity, Feed America, Sierra Club, Rotary Club, etc.)
2. Contact the selected community or service organization to offer your support and ask about their needs.
3. If partnering with an agency, ask about the requirements of service including age, appropriate clothing, hours of service and any necessary permission slips.
4. If partnering with an agency, send a thank you note to the hosting organization. Creating solid partnerships is beneficial for everyone!!

Frequently Asked Questions:

Where can I get more ideas on which organizations/groups we can partner with?

Ask questions in your community and spread the word that you would like to help. Family, friends, schools, businesses, service organizations, etc., all can help connect you with service opportunities. The internet is also a great way to find service projects. Many opportunities are right at your fingertips!

How can kids be involved in organizing the collaborative service opportunity?

In addition to participating in the actual service project, we encourage kids to do as much of the planning as possible. Kids can be in charge of the outreach (in person, phone call, letter, etc.). Role-play an introductory conversation with potential hosting organizations. After a few leadership opportunities, the kids will be competent in arranging all details!



More Project Ideas for Uniting Big and Small

1. **Visit a Senior Home.** Take a field trip to a nearby senior home and sing songs, bring a favorite book to read to them, interview them to get their wisdom or do a craft together.
2. **Bring Grandparents to a Chapter Meeting** If your grandparents are not around, invite an "adopted" grandparent.
3. **Visit a youth detention center.** Make Peace Flags together and leave the project there.
4. **Learn about the United Nations Millennium Goals** (Big goals that small kids can begin to address.) www.dreamprojectun.com
5. **Celebrate Mothers.** Learn about Mothers around the world. Read: *You and Me Together: Moms, Dads, and Kids around the World* by Barbara Kerley. Invite Moms to your meeting. Honor them: "I love my mom because....."; Craft together.
6. **Celebrate Fathers**
7. **Approach a local school with older or younger students to do a joint project.** Make Peace Flags or friendship bracelets together.
8. **Make a Unity Quilt (or Blanket).** Quilting spans generations, cultures and socio-economic sectors. Perhaps someone in your community can volunteer their quilting skills and each child can design/help make a square to be combined in a unity quilt. Or, make a no-sew fleece blanket consisting of multiple squares joined together. Donate the finished quilt/blanket to a local shelter or senior center.



9. **Join together to create a peace sculpture.** Split into groups of 2-4. Provide supplies such as newspaper, glitter, straws, etc. Have groups create a sculpture that represents peace and unity. Each group shares about their sculpture.
10. **Learn about local jobs in your community** (specifically jobs that bring unity, conflict resolution and peace to the community). Read books and invite guests to talk about their careers and how they're creating peace.
11. **Unite with another chapter to do a Kids for Peace project.** If they live close, you can get together to do the chosen project. If you live far from each other, you can Skype to plan the project and learn about each other.
12. **Hold a "Paws for Peace" event at a local animal shelter.** Bring collected pet food and volunteer as needed at the shelter.
13. **Recycled Toy Project.** Kids use recycled materials to create toys for a local animal shelter. Please see Peace Pledge Project for "I pledge to care for our earth with my healing heart and hands."

Inspirational Resources for Uniting Big and Small

Games

1. Hug Tag

Objectives: To enjoy playing a game that substitutes hugs for tagging. To pass along to someone else the role of "It." To provide an opportunity for children to get physical exercise.

Players: Equal numbers of young children and older children (For example, 1st graders with 5th graders)

Directions:

- Play this game generally the same way people play the game of "Tag."
- One person is chosen to be "It."
- Everyone scatters around a given area.
- When an older child and a younger child are hugging, they cannot be tagged.
- "It" tags someone who is not hugging. That tagged person becomes "It," and the game continues for the allotted time.

2. All Aboard

Objectives: To provide an opportunity for children of various ages to use their creativity, teamwork, and ingenuity to solve a problem. Cooperative teaming.

Materials: A large sheet, dropcloth, or something made of fabric (twin-bed size or larger). You can also use side-walk chalk, sticks or pebbles to define the areas.

Directions:

- Spread the large sheet on the floor or mark your area.
- Have the children stand on the sheet or in the marked area together.
- Have the children then step off the sheet/ marked area.
- Fold the sheet in half/ reduce the size of the marked area in half.
- Have the children stand on the folded sheet/reduced area together
- Continue folding the sheet/ reducing the area and directing the children to all stand on/in it.
- Eventually, the sheet/area will be so small that the children will need to use a great deal of cooperation, teamwork, and ingenuity to get the whole group on the sheet/ in the areas without anyone falling or stepping off. When that finally happens, the game is over.

Speakers

- Senior Citizens (including grandparents)
- Elected Officials: Your mayor, politicians, or others who may attend a meeting to address your chapter
- Local preschool teacher(s) who have intergenerational programs (seniors and preschoolers meeting together on a regular basis)
- High school students who intern or volunteer in preschools
- Representative from a local Animal Shelter/Animal Humane Society

Videos

- Growing Together <https://vimeo.com/168170270>
- Seattle Seniors' Home Brings Young and Old Together <http://www.cbc.ca/news/world/seattle-seniors-home-brings-young-and-old-together-1.3179504>
- The Wednesday Surprise (A video presentation of the book of the same name) <https://www.youtube.com/watch?v=S3OUBy5FFao>

Books

- You and Me Together: Moms, Dads, and Kids Around the World by Barbara Kerley
- The Wednesday Surprise by Eve Bunting
- Abuela by Arthur Dorros
- Amazing Grace by Mary Hoffman
- The Doorbell Rang by Pat Hutchins
- Grandfather and I by Helen E. Buckley
- Gugu's House by Catherine Stock

Poetry

- A Poem by Joseph Campbell
 - Grandparents and Children by Anonymous
 - Grandparents are Grand by Anonymous
 - Grandfathers by Joyce C. Lock
 - Grandparent Rap by Anonymous
- <http://grandparentsday.fundootimes.com/poems/kids-poems.html>,
<http://grandparentsday.fundootimes.com/poems/short-poems.html>
<http://grandparentsday.fundootimes.com/poems/funny-poems.html>

Quotes

- "Both young children and old people have a lot of time on their hands. That's probably why they get along so well." - Jonathan Carroll
- "Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members." - Pearl S. Buck
- "I used to love to sit and listen to the old people talk about yesterday. There's a lot of good information there." - Curtis Mayfield
- "Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has." - Margaret Mead

Music

- A Song for Grandma and Grandpa <http://www.grandparents.com/grandkids/activities-games-andcrafts/grandparents-song>

**I pledge to do my part to create
PEACE for one and all.**

Creating Peace for One and All Ready-made Meeting Plan

Open:

Recite Peace Pledge

Repeat the focus Peace Pledge Line: *"I pledge to do my part to create PEACE for one and all."*

Inspire:

Use resources (books, videos, quotes, songs, collaborative games, guest speakers, etc.) to introduce this line of the Peace Pledge and inspire discussion. (Please refer to the list of Inspirational Resources for Creating Peace for One and All.)

Discuss:

- What does PEACE mean to you?
- Why is PEACE important?
- Who can create PEACE?
- What are the benefits of people living in PEACE?
- What would the world be like if there was PEACE everywhere?

Act:

Create or select a project:

- **Kids create a personally meaningful and culturally relevant *CREATING PEACE FOR ONE AND ALL* project.** Please refer to the Kid-Powered Brainstorming Model or incorporate brainstorming in this meeting.
- **Peace Pledge Projects:**
 1. Peace Day Challenge
 2. Kids for Peace Book Project
 3. Heart Tree Project
- **More Creating PEACE for One and All Project Ideas:** Refer to the list for this Peace Pledge line.

Close:

Repeat the focus Peace Pledge line

Peace Challenge: to take it out to the world!

Optional: check-in about a previous Peace Challenge

- Write a peace poem
- Make a new friend
- Make sack lunches for the homeless
- Sweep the sidewalk on your street

Gratitude: Thank all helpers and the children for sharing their time to make our world a better place.

Closing Cheer: Let There Be Peace....YEAH!!!

Peace Pledge Project: Peace Day Challenge

What: The Peace Day Challenge is one day devoted to celebrating the International Day of Peace. We challenge you to complete as many acts of peace as possible.

It can also be used as an activity to help introduce children to the concept of peace and how to be a peacebuilder. Additionally, it is a suggested project to put the last line of the Peace Pledge into action: “I pledge to do my part to create PEACE for one and all”.

When: The official International Day of Peace is celebrated on September 21st. We invite all chapters to celebrate this day by accepting the Peace Day Challenge. You may also do the challenge at any other date that’s convenient for your group and you may choose to extend the project to a weekend, week, full month or ongoing activity.

How:

1. Gather kids together to discuss the International Day of Peace.
2. Using the [Peace Day Challenge Checklist](#), encourage the kids to complete as many acts of peace as possible.
3. Choose several acts of peace to complete as a group.
4. Use photos and social media to share your acts of peace with the world! When posting, use #PeaceDayChallenge to unite peaceful acts and peacebuilding efforts across the globe.
 - Photograph your kids with a #PeaceDayChallenge sign highlighting an act of peace that has been performed. (see photo below)
 - Photograph your kids performing individual and group acts of peace.

Frequently Asked Questions:

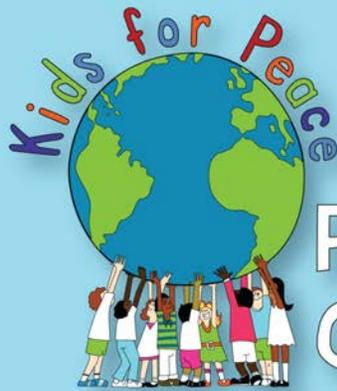
Where can I get more information and resources to support my chapter in the Peace Day Challenge?

- For more information about the International Day of Peace, please visit www.un.org/events/peaceday/.
- For more ideas, visit www.peacedaychallenge.org.



Peace Day Challenge Checklist

Download [checklist](#).



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

KidsforPeaceGlobal.org

Peace Pledge Project: Kids for Peace Book Project

What: Kids for Peace publishes a book approximately every other year. Children from all Kids for Peace chapters are invited to become authors and illustrators. A new theme is chosen for each book.

Why: To highlight the wisdom and talent of our children in books to share with the world and inspire positive action! The books also become a positive tool for chapters to assist with the implementation of the Peace Pledge program.

How:

1. You will be notified when headquarters is taking submissions for a new book.
2. Promote the “contest” by sharing the outreach materials with your chapter families. All directions are clearly listed on the outreach materials.
3. Encourage your kids to participate.

Frequently Asked Questions:

How are the selected entries chosen?

The board of directors creates a “selection committee” comprised of neutral participants. The committee chooses the entries based on creativity, vision, wisdom, artistry, beauty, originality and inspiration.

Is this is a global book?

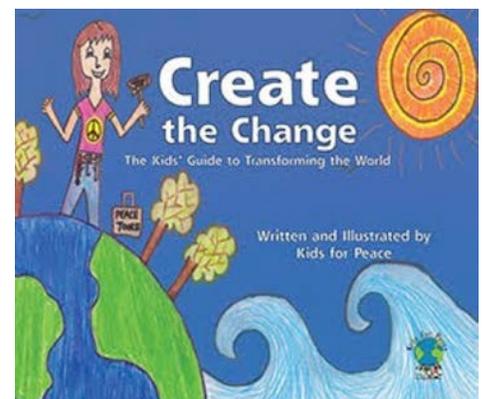
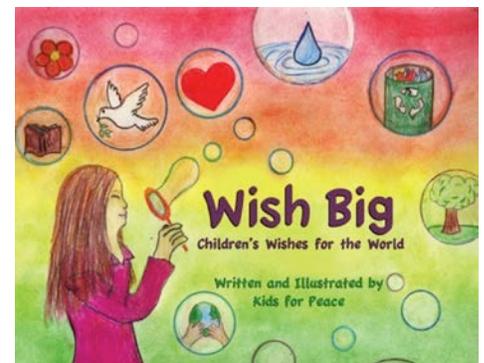
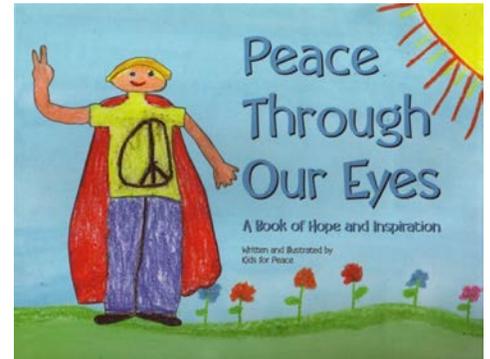
Yes, we encourage our chapters all over the world to participate!

Is the book available for sale?

Yes, the books are available for sale on our website.

What are the themes of the past books?

Our first book is *Peace through Our Eyes: A Book of Hope and Inspiration*, our second book is *Wish Big: Children’s Wishes for the World*, our third book is *Create the Change: The Kids Guide to Transforming the World*, our fourth book is *Kindness Matters: 50 Ways to Create a Kinder World*.



Peace Pledge Project: The Heart Tree Project

What: Children create a "heart tree" to symbolize the love they are growing around the world. Using a variety of mediums, the children make an inspiring work to share with others.

Why: Because we want to create more beauty, love and inspiration in our world.

How:

1. Choose a medium for your heart tree creation. Some choices are: canvas, mosaic, mural, banner, note-cards, sculpture, etc.
2. Paint or design a tree with hearts for leaves. As an added touch, have the children write words in the roots describing what makes love grow. For example: hugs, love, patience, joy, fun, etc.
3. Give your Heart Tree to someone or someplace needing extra love. Ideas: shelters and orphanages. Kids for Peace sent a heart tree banner to Japan after the Tsunami. Another option is to display the Heart Tree in a highly visible location for many to see. For example: libraries, schools, senior centers, city halls, public parks.

Frequently Asked Questions:

May we make our Heart Tree out of anything?

Yes, use whatever materials you have on hand or feel inspired to use.

Is there a template for a Heart Tree?

Yes, a template is available in Appendix. However, you can though, make your Heart Tree look however you'd like it to look. Each one will be unique.

How do we display our Heart Tree in a public place?

You will need to contact the officials at your desired location and ask permission. You may ask for a permanent or temporary display. Sometimes you will need to ask a few different places before getting a "yes" and finding the best "home" for your Heart Tree. Don't give up!!



More Project Ideas for Creating PEACE for One and All

1. **Learn about Nobel Peace Prize Winners.** Read *When I Grow Up, I Will Win the Nobel Peace Prize* Book by Isabel Pin. Discuss: What is one simple act you can do today to create peace in your life? Do you think it is possible to win the Nobel Peace Prize when you grow up?
2. **Create a PEACE themed event.** Consider incorporating a shared meal, songs, crafts and more.
3. **Organize a Peace Hike.**
4. **Meaningful & Creative Peace crafts:**
 - Make a Peace Crane. Read *Peace Crane* by Sheila Hamanaka. Discuss: What is your wish for the world? Can one child really make a difference? Make a Peace Crane to symbolize your wish. Make 5 other Peace Cranes to give to friends with a wish for peace.
 - Make a Peace Pole. <http://www.peace-pole.com/make-your-own.htm>
 - Paint a Mural for Peace. <http://www.the-art-miles-mural-project.org>
 - Create Pinwheels for Peace. http://www.pinwheelsforpeace.com/Pinwheels_for_Peace/home.html
 - Make Peace Flags. <http://www.thepeaceflagproject.org/creatingpeaceflags.htm>
 - Create Peace Malas. A Peace Mala is a symbolic bracelet that promotes friendship, respect and peace between the faiths and all people in our world. It cuts through all forms of prejudice and celebrates what makes us different from each other. <http://www.peacemala.org.uk>
 - Make a Peace Tree. <http://www.peacetreeday.com>
5. **Sign up to participate in One Day One Choir** - A global choral project for peace. <http://www.onedayonechoir.org/>



Inspirational Resources for Creating PEACE for One and All

Games

1. Changes

Objectives: To notice someone's uniqueness. To develop the skill of becoming a good observer.

Players: Children in pairs.

Directions:

- The children in the pair look at their partner for 30 seconds.
- One partner leaves the area for one minute (or turns around and shuts eyes)
- The other partner changes something about his or her appearance (untucks a shirt, musses the hair, removes socks, unbuttons a button, changes an expression, takes off a sweater, etc.)
- The partner not looking returns and looks carefully at the changed partner, and tries to identify what is different.
- After 30 seconds, if the partner has not identified the change, the changed partner lets the change be known.
- Round #2: Switch roles and follow the steps described above.
- Round #3 and #4, and so on: Change partners with another pair and repeat steps as time allows.
- Reflect aloud why their observation skills improved when they played Changes with a new partner. (Practicing observation is key to improvement in this skill.)

2. Trust Walk

Objectives: To develop trust in another. To get from Start to Finish without disturbing or stepping on obstacles in a path.

Players: Children in pairs.

Materials: A large space for walking with a starting line and a finish line. A few items to use as obstacles along the path, such as a chair, a toy, an article of clothing – whatever is available.

Directions:

- One person (Person #1) in the pair wears a blindfold.
- The other person (Person #2) distributes the obstacles in any way on the walking path to be taken.
- Person #2 slips his/her arm into the arm of Person #1, and gently leads Person #1 around the space that has obstacles.
- When they get to the finish line, the partners will reverse roles, as described above.
- This can also be played as a competition with another pair.

3. Common Three Plus One

Objectives: To discover things in common with other people. To discover something unique or different about each person.

Players: Children grouped in threes.

Directions:

- In groups of three, have children find three things they all have in common (for example, eye color, shoe size, number of siblings, etc.).

- In the same group, each child tells one thing that is unique to them (for example, their telephone number, their birthdate, where they were born, etc.).
- Each group member chooses one partner to tell about to the whole group, until each partner has had a turn.
- Modification: When all members have finished telling about their partners, the chapter leader might ask, “Who remembers something that everyone in this group (not their own group) had in common?” etc.

Speakers

- Hands of Peace Representative (Scott Silk at ssilk@handsofpeace.org)
- Returning Peace Corps Volunteers
- Elected officials
- Senior citizens
- Local educators
- Malala Yousafzai Nobel Peace Prize Speech <https://www.youtube.com/watch?v=MOQlotJrFVM>
- Malala Yousafzai Addresses United Nations Youth Assembly <https://www.youtube.com/watch?v=3rNhZu3ttIU>

Videos

- Kids for Peace: Please, Can Peace Come to our Earth? <https://www.youtube.com/watch?v=ALSCRipQCDk>
- New Seekers: I'd Like to Teach the World to Sing <https://www.youtube.com/watch?v=FjtEYt6l2Cs>
- Imagine Peace: A Video for World Peace Day <https://www.youtube.com/watch?v=zQjHumysMvE>
- Peace Today Movie <http://www.MakeADifference.com/movies/>
- World Peace Now! <https://www.youtube.com/watch?v=7FVjfmBTgh8>
- Peace Begins with You <https://vimeo.com/170687109>
- Spread the Love: 7 Disney Movies that Promote Peace <http://www.babble.com/disney/spread-the-love-7-disney-movies-that-promote-peace/>

An additional resource for teachers, parents and chapter leaders:

- John Hunter -The World Peace Game is an incredible, inspirational 20-minute TED talk that adults would benefit from watching. It would not necessarily appeal children, but it certainly is about children who are trying to solve the problems of the world. https://www.ted.com/talks/john_hunter_on_the_world_peace_game?language=en

Books

- Wish Big: Children's Wishes for the World by Kids for Peace
- Peace Through Our Eyes: A Book of Hope and Inspiration by Kids for Peace
- Create the Change: The Kids Guide to Transforming the World by Kids for Peace
- One Peace by Janet Wilson
- A Little Peace by Barbara Kerley
- Can You Say Peace by Karen Holt
- Peace Day: A Peace Kids Adventure by Robert Alan and Steve Diamond
- Peace Begins with You by Catherine Scholes
- What Does Peace Feel Like? by V. Radunsky

- Whoever You Are by Mem Fox
- Ferdinand the Bull by Munro Leaf
- The Peace Book by Todd Parr
- We Share One World by Jane E. Hoffelt
- Somewhere Today: A Book of Peace by Shelley Moore Thomas
- Love Can Build a Bridge by Naomi Judd
- What a Wonderful World by George David Weiss and Bon Thiele

Quotes

- “In order to achieve lasting peace, we must begin with the children.” – Gandhi
- “Peace begins with a smile.” - Mother Theresa
- “It is the law of love that rules mankind.” – Gandhi
- “Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will live as one.” - John Lennon
- “Better than a thousand hollow words is one word that brings peace.” – Buddha
- “Our work for peace must begin within the private world of each of us. To build for man a world without fear, we must be without fear. To build a world of justice, we must be just.” - Dag Hammarskjold
- “I believe every human mind feels pleasure in doing good to another.” - Thomas Jefferson
- “For every minute you remain angry, you give up 60 seconds of happiness.” - Ralph Waldo Emerson
- “Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away.” - John Lennon
- “When my heart is at peace; the world is at peace.” - Chinese Proverb
- ”Children are the seed for peace.” - Zelda Arms Neuman

Music

- Imagine by John Lennon https://www.youtube.com/watch?v=t_YXSHkAahE
- I'd Like to Teach the World to Sing <https://www.youtube.com/watch?v=FjtEYt6l2Cs>
- You've Got a Friend by James Taylor <https://www.youtube.com/watch?v=xEklou3WFnM>
- Light a Candle for Peace <https://www.youtube.com/watch?v=lazbjWMWHzc>
- Teaching Peace <https://www.youtube.com/watch?v=tYtFDQLazX8>

Lunchtime Service Stations for School-based Chapters

Our Peace Pledge Program is very scalable and flexible to the needs of the school community. KfP School Chapters can be classroom-based, lunchtime or afterschool clubs, an in-school elective, grade-wide or school-wide.

For all formats of School Chapters, an effective way to create regular opportunities for students to participate in Peace Pledge Projects and to extend learning and engagement to the school community is through Lunchtime Service Stations. These are hands-on activities that reflect the lines of the Peace Pledge and can be done in the recess/lunchtime timeslot. They can be offered weekly, monthly or quarterly during the school year. Students can help choose, plan and promote the activities and can also volunteer as Service Stations hosts to help with set-up, project assistance, and clean-up.



Here are some Lunchtime Service Station ideas for each line of the Peace Pledge:

I pledge to use my words to speak in a kind way

- Create Peace Pledge Posters to hang in classrooms and around campus
- Peace of My Heart notes or Peace of My Heart rock paintings with happy words
- Write thank you notes to staff, teachers, friends, family, neighbors etc.
- Decorate paper placemats for Meals on Wheels, homeless shelters, senior centers
- Make happy signs to put around campus



I pledge to help others as I go throughout my day

- Create collection jars for the Kind Coins project
- Helping Hands projects (food drive, clothing drive, book drive) – make posters to encourage contributions, host collection stations, sort and organize the collected materials
- Random Acts of Kindness
- Make sack lunches or snack packs for homeless people
- Assemble care packages for someone in need (homeless, senior center etc.)
- Make fleece-tie blankets to donate



I pledge to care for our earth with my healing hearts and hands

- Campus clean-up
- Create encouraging & educational “Recycle” or “Go Green” posters and display at school
- Make art out of trash and auction it to raise funds for a cause/next project
- Make useful recycled toys for an animal shelter
- Create a container garden and/or start a school garden project
- Organize a Shoe Recycling Program (Nike: Reuse-a-Shoe)
- Make birdseed feeders with shortening and pine cones
- Make “green” cleaning products

I pledge to respect people in each and every land

- Peace Packs
- Peace-maker Pen Pals
- Set up an International Fair (food, music, traditions) to celebrate diversity
- Bring in an old plain T-shirt and design a ‘Global Respect’ T-shirt
- Make positive signs (examples: “Peace,” “Welcome,” “Hello”) in various languages

I pledge to join together as we unite the big and small

- Invite students from different grades or from a local school to create a CommUNITY Art Project such as a mural or to make Peace Flags or friendship bracelets together
- Decorate paper placements to be given to a senior center
- Create paper chains of wishes, gratitude or kind acts
- Make recycled chew toys for dogs
- Create a “no sew” unity quilt to be donated to a shelter or family in need
- Invite a community service organization to visit campus and have students and adult volunteers work together on a project

I pledge to do my part to create PEACE for one and all

- Create a Heart Tree and give it to someone needing extra love: shelters, hospitals, senior centers
- Create a peace-inspired craft such as origami peace doves, Pinwheel for Peace, a peace mural, or peace tree
- Pick acts of peace from the “Peace Day Challenge” checklist
- Play collaborative games



Events & Campaigns

In addition to our programs, Kids for Peace hosts a number of events and campaigns. These are a great way to unite Kids for Peace members around the world.

Events: Peace Day Challenge

What: The Peace Day Challenge is one day devoted to celebrating the International Day of Peace. We challenge you to complete as many acts of peace as possible. It can also be used as an activity to help introduce children to the concept of peace and how to be a peacebuilder. Additionally, it is a suggested project to put the last line of the Peace Pledge into action: "I pledge to do my part to create PEACE for one and all".

When: The official International Day of Peace is celebrated on September 21st. We invite all chapters to celebrate this day by accepting the Peace Day Challenge. You may also do the challenge at any other date that's convenient for your group and you may choose to extend the project to a weekend, week, full month or ongoing activity.

How:

1. Gather kids together to discuss the International Day of Peace.
2. Using the [Peace Day Challenge Checklist](#), encourage the kids to complete as many acts of peace as possible.
3. Choose several acts of peace to complete as a group.
4. Use photos and social media to share your acts of peace with the world! When posting, use #PeaceDayChallenge to unite peaceful acts and peacebuilding efforts across the globe.
 - Photograph your kids with a #PeaceDayChallenge sign highlighting an act of peace that has been performed. (see photo below)
 - Photograph your kids performing individual and group acts of peace.

Frequently Asked Questions:

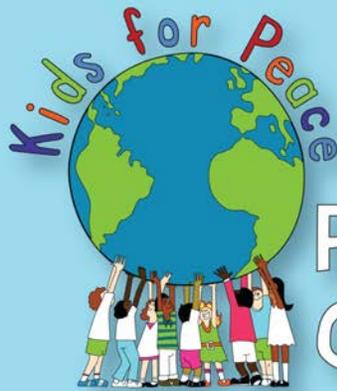
Where can I get more information and resources to support my chapter in the Peace Day Challenge?

- For more information about the International Day of Peace, please visit www.un.org/events/peaceday/.
- For more ideas, visit www.peacedaychallenge.org.



Peace Day Challenge Checklist

Download [checklist](#).



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

KidsforPeaceGlobal.org

Events: Peace Pledge Tour

What: Every few years Kids for Peace hosts a Peace Pledge Tour. It's a 3-5 day tour filled with peacebuilding activities, community service projects, leadership training, connection and inspiration.

Why: We want to unite and ignite Kids for Peace members and share our mission with the world.

How:

1. You will be notified by headquarters about the upcoming Peace Pledge Tour.
2. Please share this opportunity with your chapter members and encourage participation.
3. Attend the life-changing Peace Pledge Tour!

Frequently Asked Questions:

Who can join the Peace Pledge tour?

All Kids for Peace members are invited to join the Peace Pledge Tour. Members travel with their parents or chaperones.

How can we learn about the previous Peace Pledge tours?

Kids for Peace has hosted 3 exciting Peace Pledge tours.

- In 2012, a group of over 60 Kids for Peace members came together for an epic trip to Washington D.C. Learn more about the highlights of this trip [here](#).
- In 2013 Kids for Peace was invited to present our Peace Pledge at the United Nations in honor of the UN's International Day of Peace. Learn more about this special trip [here](#)!
- In 2016, Lucy's Kids for Peace – our Kids for Peace Chapter in Shawnee, Kansas – organized and hosted an enriching and friendship-filled Peace Pledge Tour in Kansas City, Missouri, USA.



Harry S. Truman Museum & Library

2016 Kansas City
Peace Pledge Tour



The United Nations

2013 New York City
Peace Pledge Tour



Sunday- Lincoln Memorial

2012 Washington D.C.
Peace Pledge Tour

Events: Peace Hero

What: A Peace Hero is a well-recognized role model chosen by the Kids for Peace children. A Peace Hero lives by the words of our Peace Pledge.

Why: A Peace Hero contributes in a positive way and inspires us each to be our best self. A Peace Hero makes our world a better place.

How:

1. You will be notified when headquarters starts the Peace Hero voting.
2. Present the Peace Hero nominees to your chapter members. Some of the nominees may be new to your kids, so this is a great opportunity to educate about these role models. This can be a way to explore specific issues and causes that are being addressed by the Peace Hero and create a chapter project to assist with those causes.
3. Ask your kids to each vote for one nominee. Tally the votes for each nominee and email the results by the communicated deadline to Kids for Peace headquarters.
4. The winner will be announced once we have confirmation that he/she has accepted and will be available to receive the Peace Hero trophy in person.
5. Once the Peace Hero is announced, create congratulations card/s and send them to Kids for Peace headquarters to be presented at the Peace Hero ceremony.

Frequently Asked Questions:

Who can be part of the Peace Hero ceremony?

All Kids for Peace members are invited to be part of the Peace Hero ceremony. Every Peace Hero ceremony is different. We arrange it all at the convenience of the Peace Hero, and often plan it on a short notice. Prior to the official ceremony, we usually have a couple of rehearsal meetings, hosted at Kids for Peace headquarters.

Can there be an international Peace Hero?

Yes! The Peace Hero is a well-recognized role model and we welcome Peace Heroes from all over the world! Ideally, we want the Peace Hero to accept the award in person. If you have a Peace Hero suggestion, please let us know.

Can there be a youth Peace Hero?

Absolutely! The Peace Hero needs to be a well-recognized role model.



Peace Heroes



Jason Mraz - 2017



Stedman Graham - 2016



Susan Sarandon - 2015



Ben Harper - 2014



Dr. Jane Goodall - 2010



Tony Hawk - 2009



Rob Machado - 2008



Frances Fisher - 2007

Events: The Great Kindness Challenge, School and Family Editions

What: The Great Kindness Challenge is a positive and uplifting program that creates a culture of kindness in schools, communities, and the world. Using a 50-item checklist, schools and families are challenged to complete as many acts of kindness as possible. The School Edition is an annual one-week challenge during the last week of January. The Family Edition is year-round. Schools and families may get involved by signing up at no cost at <http://www.greatkindnesschallenge.org>.

Why: Schools and families want, and need, a positive approach to creating a culture of kindness on their campuses and in their homes.

How:

1. Encourage your school to participate or invite your chapter members to bring The Great Kindness Challenge to their school or their families. Speak to the principal, school counselor, PTA/PTO and/or a classroom teacher. Inform them that it's free, easy to implement and has a HUGE impact. Watch The [Great Kindness Challenge Newsreel Video](#). Watch The [Great Kindness Challenge Family Edition Video!](#)
2. Sign up your school or family at www.GreatKindnessChallenge.org
3. Once signed up, you will receive a toolkit with resources and ideas on how to implement The Great Kindness Challenge.
4. If desired by your school, help plan meaningful activities as outlined in the toolkit.
5. During The Great Kindness Challenge week, enjoy the beauty of kindness being created on your campus and beyond!

Frequently Asked Questions:

Can anyone sign up a school?

Yes! First, we encourage you to get permission from the school, but anyone may sign up their school.

Do I have to participate on the date selected by Kids for Peace Headquarters?

We encourage all schools to participate during the designated week to unite students around the world and to magnify the kindness ripple! However, you are welcome to choose an alternative week that works best for your school.



Is this an official Kids for Peace event?

Yes! The Great Kindness Challenge – School Edition was first piloted by three Carlsbad schools in 2012, engaging over 1,600 students. In 2018, over 10 million students performed over half a billion acts of kindness! In 2018, The Great Kindness Challenge was expanded to include the long sought-after Great Kindness Challenge – Family Edition.

How may I help promote The Great Kindness Challenge beyond my local school?

We invite you to contact your school district to encourage them to make the GKC a district-wide event. You may also contact neighboring schools and districts to invite them to take the challenge.

Campaigns: Kids for Peace Book Project

What: Kids for Peace publishes a book approximately every other year. Children from all Kids for Peace chapters are invited to become authors and illustrators. A new theme is chosen for each book.

Why: To highlight the wisdom and talent of our children in books to share with the world and inspire positive action! The books also become a positive tool for chapters to assist with the implementation of the Peace Pledge program.

How:

1. You will be notified when headquarters is taking submissions for a new book.
2. Promote the “contest” by sharing the outreach materials with your chapter families. All directions are clearly listed on the outreach materials.
3. Encourage your kids to participate.

Frequently Asked Questions:

How are the selected entries chosen?

The board of directors creates a “selection committee” comprised of neutral participants. The committee chooses the entries based on creativity, vision, wisdom, artistry, beauty, originality and inspiration.

Is this is a global book?

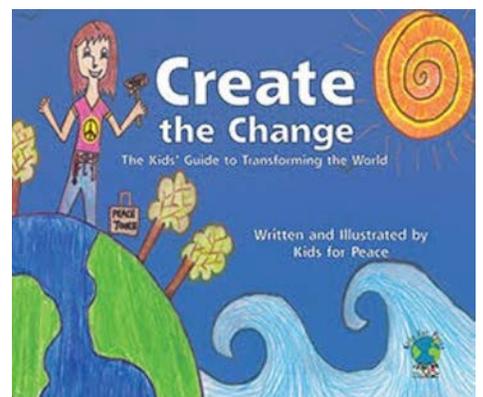
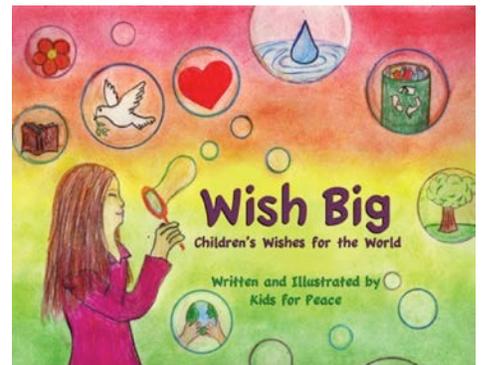
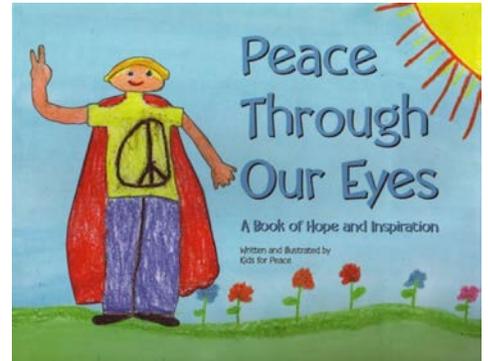
Yes, we encourage our chapters all over the world to participate!

Is the book available for sale?

Yes, the books are available for sale on our website.

What are the themes of the past books?

Our first book is *Peace through Our Eyes: A Book of Hope and Inspiration*, our second book is *Wish Big: Children’s Wishes for the World*, our third book is *Create the Change: The Kids Guide to Transforming the World*, our fourth book is *Kindness Matters: 50 Ways to Create a Kinder World*.



Campaigns: Sponsor a Rafiki Amani

What: It's a sponsor-a-student campaign. For only \$75.00, you can provide your Amani ("Peace Friend" in Swahili) with 1/2 their tuition, two uniforms, a pair of new shoes, and breakfast and lunch for one year at our Kids for Peace School of Kenya. Sponsors will receive a photo of their "Peace Friend".



Why: All children in the world deserve to go to school. Giving to others teaches compassion. Learning about global issues helps kids become active global citizens.

How:

1. Contact Jill at jill@kidsforpeaceglobal.org for an updated list of the students needing sponsorship.
2. Raise \$75 US to sponsor your Rafiki Amani. Fundraise individually or as a chapter!
3. When the money is raised, make a payment via [PayPal](#) on our website or via a check made payable to "Kids for Peace." Headquarters will then send you a certificate with a photo of your Rafiki Amani.



Frequently Asked Questions:

What is Rafiki Amani?

In Swahili, Rafiki means *friend* and Amani means *peace*. Students at the Kids for Peace school of Kenya are members of the Kids for Peace family and through their local chapter they are active participants in the Peace Pledge program.

Why only half the tuition?

The school is working to support the children and the community by fostering strong community participation and pride in education. Providing 1/2 the tuition lets our families be partners with the Kenyan families to support their desire to educate their children by making it affordable.

How does the money get to the students?

We are proud to partner with Rieko Kenya, a local NGO (Non-Governmental Organization), to help us implement, monitor, and evaluate the program. Executive Director Jill McManigal oversees all aspects of the program while the founder and staff of Rieko Kenya are responsible for the logistics, implementation, and execution of the program, including the payment of school fees and delivery of supplies.

May I send letters to my Rafiki Amani?

Yes, we will give you an email address and a physical address to send correspondence. The children at the Kids for Peace School of Kenya will be supported and encouraged to communicate with you.

Campaigns: Kind Coins

What: The Kind Coins campaign is a global service project to help build a new school/peace center in a community where Kids for Peace has an established presence. For a designated period of time, children and community members collect spare change at home and in neighborhoods to be donated for the new school/peace center.

Why: All children in the world deserve to go to school. All children in the world deserve to have access to Peace Education. Giving to others teaches compassion. Learning about global issues helps kids become active global citizens.

How:

1. Kids for Peace will launch the campaign with an introductory video.
2. Share the video and any additional resources provided by Kids for Peace headquarters with your chapter members.
3. You may participate by raising Kind Coins as a chapter or individually. When the money is raised, make a payment via PayPal on our website or in a check made payable to “Kids for Peace.”
4. Every Kind Coins campaign will have a way to connect your members with the community where the school/peace center is being built. We may ask you to share photos, letters, or contribute in other creative ways to foster the bond of global friendship.



Frequently Asked Questions:

What are the existing schools/peace centers?

The first Kind Coins campaign – Kind Coins for Kenya – was launched in 2015. With the help of hundreds of students and Kids for Peace youth, a beautiful Kids for Peace school was built and opened in 2016.

What do the Kind Coins funds cover?

Each Kind Coins campaign is designed based on the specific needs of the particular community and we will share these in detail with the campaign launch. Our aim is to build fully equipped and ready to use schools/peace centers.

How can we stay up-to-date on the progress of the project?

Kids for Peace will share the progress of the project, via newsletters and social media posts, on an ongoing basis. Kids for Peace will also make a video showcasing the entire project, including the finished school/peace center.

Appendix

Kids for Peace Projects List

This list brings together in one place all the projects mentioned in the Leaders' Manual. For each of the 6 lines of the Peace Pledge, there are 3 Peace Pledge Projects (★ below) and a list of More Project Ideas. For details on these projects, please refer to the "Peace Pledge Projects" section of the Manual.

I pledge to use my words to speak in a kind way

- ★ **Peace of My Heart** - This is a simple and joyful project to spread love using handmade inspirational hearts.
- ★ **Positive Public Speaking** - Children speak in a public forum using their voices in a positive and affirming way.
- ★ **Notes of Gratitude** - Write notes or letters of gratitude and deliver them to people in the community, e.g., family, friends, school staff, people who work in local businesses or in community roles.

More Project Ideas for Kind Words:

1. Kind Words Craft Ideas:
 - Make Miracle Magnets with positive words and/or images.
 - Create Happy Sacks Using Positive Words
 - Paint Peace Rocks.
2. Use puppets to role play positive communication and good manners.
3. Find out how to say "Please" and "Thank you" in five different languages.
4. Have your children choose a word of the week to focus on. Examples: Respect, Love, Namaste, Please, Thank you, Joy, Peace.
5. Use the power of our words to write a letter. Write a letter to an elected official about something you care about.
6. Create a calendar with a kind word to focus on each month.
7. Read the book *I Think, I Am!* by Louise Hay and Illustrated by Manuela Schwarz and create your own personal affirmations.
8. Get or make a "Peace Stick" to use for respectful participatory chapter discussion. Have each child share feelings holding the special talking stick.
9. Write thank you notes.
10. Write a poem, story or a song about speaking kindly.
11. Say "Hello" to 5 new people a day.
12. Visit Your Local City Council or community meeting and use kind words to say thank you.

I pledge to help others as I go throughout my day

- ★ **Helping Hands** - Kids make a difference in their local communities by collecting resources for others or using their helping hands. Children participate in food, clothing and book drives, senior center and animal shelter visits, planting community gardens and other local volunteer opportunities.
- ★ **Kind Coins** - A global service project to help build a new school/peace center in a community where Kids for Peace has an established presence. For a designated period of time, children and community members collect spare change at home and in neighborhoods to be donated for the new school/peace center. They learn about the culture and community of the school's location.
- ★ **Flip flops for Friends** - Children purchase and decorate flip-flops for other children in need of shoes.

More Project Ideas for Helping Others

1. Volunteer at a shelter/community kitchen to serve dinner.
2. "Adopt" a family in need. Share food, supplies and happy blessings.
3. Collect toys for Toys for Tots www.toysfortots.org
4. Help build a home with Habitat for Humanity. www.habitat.org
5. Volunteer at a blood drive.
6. Visit children in a hospital.
7. Help your parents around the house without being asked.
8. Make and deliver sack lunches to homeless people or hungry friends.
9. Collect items for a community in need (blankets, sheets, towels, books, disposable diapers, toiletries).
10. Make simple reading or math flash cards for a preschool or day care center.
11. Tutor someone in a skill or talent you have (reading, dancing, playing sports, playing an instrument, etc.).
12. Contact your local elected officials and ask how you can help in the community.
13. Help your neighbor (bring in groceries, rake leaves, help with housework, take care of pets, play with their children, retrieve mail, etc.).
14. Bake cookies/ edible treats together and give them to someone who helps you (firefighters, teachers, librarians, elected officials, etc.).
15. Make a No-Sew Giving Quilt. Have each child decorate a patch for the quilt and then as a group, tie the pieces all together. Donate the quilt to someone special.

I pledge to care for our earth with my healing heart and hands

- ★ **Planet Earth Project** - Kids take a dynamic role in preserving and protecting our earth through a variety of environmental projects. Children organize beach, school campus and park clean-ups, learn how to save energy, plant edible gardens, nurture seedlings for reforestation, compost, reduce trash, keep oceans clean and discover sustainable ways to care for our environment.
- ★ **Going Green Campaign** - Kids for Peace children select an environmental issue to focus on. The kids create a campaign around the chosen issue such as clean water, perils of plastic, recycling, etc.
- ★ **Recycled Toy Project** Kids use recycled materials to create toys for a local animal shelter or as a fundraising project for your chapter's chosen charity.

More Caring for our Earth Project Ideas

1. Make reusable canvas bags. Let each child decorate their canvas bag with inspiring words and pictures.
2. Be Creative with Your Trash. Make a recycled art piece with your kids to highlight the power of reusing.
3. Visit a "pick your own" farm. <http://pickyourown.org>
4. Go on a fieldtrip. Wildlife sanctuary, recycling or a trash facility, nature preserve, state or national park, renewable energy plant/center (solar, wind power, etc.)
5. Create a worm bin and/or compost bin.
6. [Make a solar cooker](#). Share the food you cook as a chapter.
7. Start a "Ride Your Bike Campaign" to help ease your carbon footprint.

8. Additional ideas: Visit www.theteachersguide.com/earthdaylessonplans.htm to see more lesson plans to help our earth.

I pledge to respect people in each and every land

- ★ **Peace Packs** - Peace Packs are hand-painted knapsacks filled with needed items such as toiletries, school supplies, toys, etc. Children reach out to learn about another culture/community and their needs in order to tailor the Peace Packs. Each Peace Pack is special and includes a personal note of friendship to foster the bond of connection and to make the experience personally meaningful.
- ★ **Peacemaker Pen-Pals** - An exchange of friendship letters between children of your Kids for Peace chapter and a Kids for Peace chapter or partner organization in another country.
- ★ **Customs & Traditions around the World** - An exploration of customs and traditions to learn about different cultures. Kids identify similarities and celebrate differences.

More Respecting People Project Ideas

1. Create culture boxes.
2. Learn about and celebrate respectful role models (example: Nelson Mandela, Dalai Lama)
3. Design a Global Respect T-shirt
4. Create a Culture Wheel. Use this great idea from Global Kids Connect: Culture Wheel <http://www.globalkidsconnect.org/activities/index.html> .
5. Respect people's names around the world. Activity: What's in a Name? <http://www.globalkidsconnect.org/activities/index.html>
6. Discover respect through soccer. <http://www.globalkidsconnect.org/activities/index.html>
7. Compare greetings around the world. Respect is shown through how we greet others.
8. Make a welcome sign in various languages: Bienvenidos, Shalom, Hos Geldiniz (Turkish), Welkom (Africaans), Aloha (Hawaiian), etc.
9. Go on a cultural field trip. Example: museums, international fairs, dance troupes, musical performances or other festivities.
10. Sponsor a Rafiki Amani. Please see "Sponsor a Rafiki Amani" in the Events & Campaigns section of the Manual.

I pledge to join together as we unite the big and small

- ★ **Grandfriends Project** - Children tap into the wisdom of their elders as they visit and interact with seniors and bring them joy!
- ★ **CommUNITY Art Project** - Children collaborate with other children, groups and organizations on an art project. They create cultural crafts, produce public art such as murals, sing joyful songs and participate in performances.
- ★ **Collaborative Service Project** - Collaborating with other groups and organizations is a great way to unite the big and small! Kids can participate in food, clothing and book drives, senior center and animal shelter visits, environmental clean-ups, etc.

More Uniting Big and Small Project Ideas

1. Visit a Senior Home. Take a field trip to a nearby senior home and sing songs, bring a favorite book to read to them, interview them to get their wisdom or do a craft together.

2. Bring Grandparents to a Chapter Meeting If your grandparents are not around, invite an "adopted" grandparent.
3. Visit a youth detention center. Make Peace Flags together and leave the project there.
4. Learn about the United Nations Millennium Goals (Big goals that small kids can begin to address.) www.dreamprojectun.com
5. Celebrate Mothers. Learn about Mothers around the world. Read: *You and Me Together: Moms, Dads, and Kids around the World* by Barbara Kerley. Invite Moms to your meeting. Honor them: "I love my mom because....."; Craft together.
6. Celebrate Fathers
7. Approach a local high school to do a joint project. Make Peace Flags or friendship bracelets together.
8. Make a Unity Quilt (or Blanket).
9. Join together to create a peace sculpture.
10. Learn about local jobs in your community (specifically jobs that bring unity, conflict resolution and peace to the community).
11. Unite with another chapter to do a Kids for Peace project.
12. Hold a "Paws for Peace" event at a local animal shelter. Bring collected pet food and volunteer as needed at the shelter.
13. Recycled Toy Project. Kids use recycled materials to create toys for a local animal shelter.

I pledge to do my part to create PEACE for one and all

- ★ **Peace Day Challenge** - The Peace Day Challenge is one day devoted to celebrating the International Day of Peace. Using our PDC checklist, we challenge you to complete as many acts of peace as possible.
- ★ **Kids for Peace Book Project** - Kids for Peace publishes a book approximately every other year. Children from all Kids for Peace chapters are invited to become authors and illustrators. A new theme is chosen for each book.
- ★ **Heart Tree Project** - Children create a "heart tree" to symbolize the love they are growing around the world. Using a variety of mediums, the children make an inspiring work to share with others.

More Creating PEACE Project Ideas

1. Learn about Nobel Peace Prize Winners.
2. Create a PEACE themed event. Consider incorporating a shared meal, songs, crafts and more.
3. Organize a Peace Hike.
4. Meaningful & Creative Peace crafts:
 - Make a Peace Crane.
 - Make a Peace Pole. <http://www.peace-pole.com/make-your-own.htm>
 - Paint a Mural for Peace. <http://www.the-art-miles-mural-project.org>
 - Create Pinwheels for Peace. http://www.pinwheelsforpeace.com/Pinwheels_for_Peace/home.html
 - Make Peace Flags. <http://www.thepeaceflagproject.org/creatingpeaceflags.htm>
 - Create Peace Malas. <http://www.peacemala.org.uk>
 - Make a Peace Tree. <http://www.peacetreeday.com>
5. Sign up to participate in One Day One Choir - A global choral project for peace. <http://www.onedayonechoir.org/>

After-Action Project Review

[download](#)

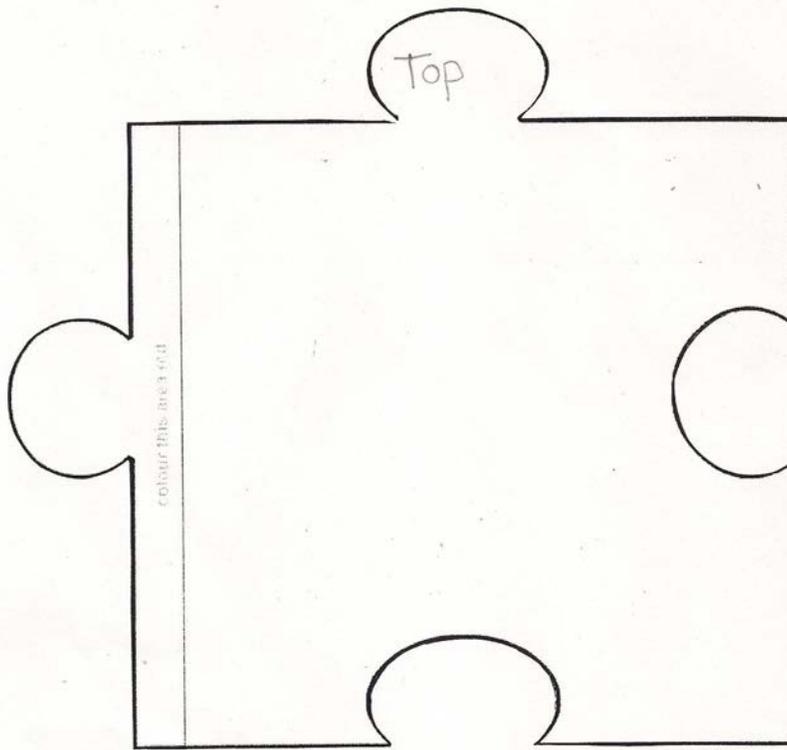
Kids for Peace After-Action Project Review	
YOUTH LEADER/S:	DATE:
PROJECT NAME:	
WHAT (Description including relevant line/s of the Peace Pledge)	
HELPFUL HINTS (What worked well)	
NEW IDEAS (Suggested improvements/changes for doing this project again)	
HELPFUL CONTACTS/RESOURCES (Name, role, organization, contact information of key people; useful websites, etc)	



Peace Puzzle
[download](#)

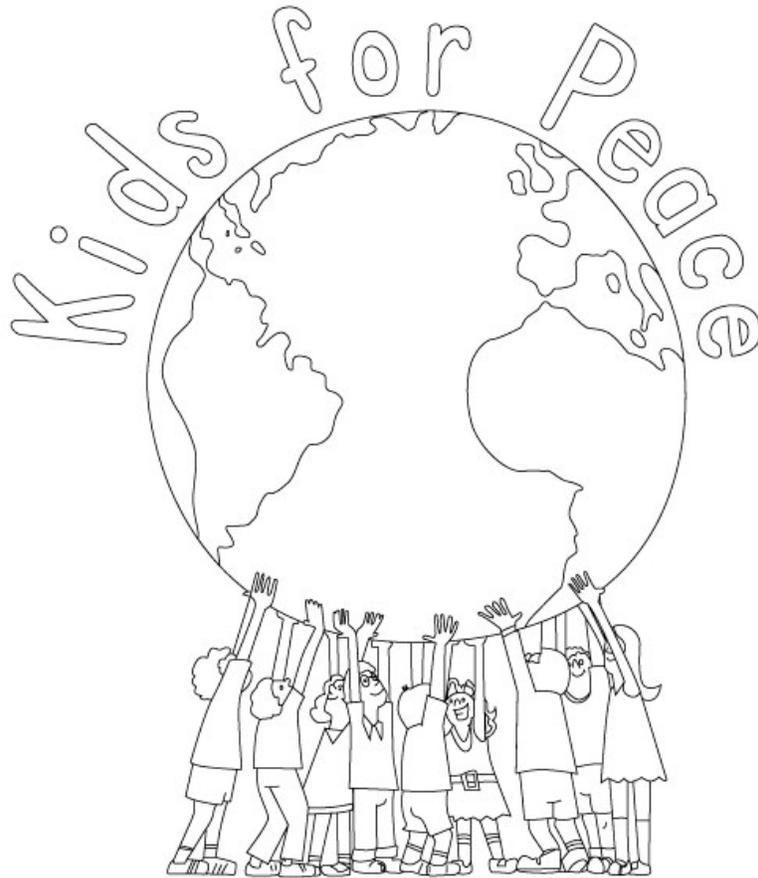
A Peace Puzzle

Create a
"Peace" of the Puzzle!



Peace Pledge Coloring Sheet

[download](#)



Our Peace Pledge

I pledge to use my words to speak in a kind way.

I pledge to help others as I go throughout my day.

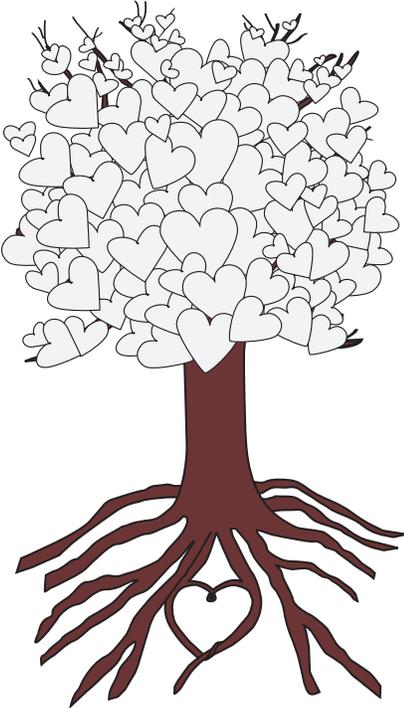
I pledge to care for our earth with my healing heart and hands.

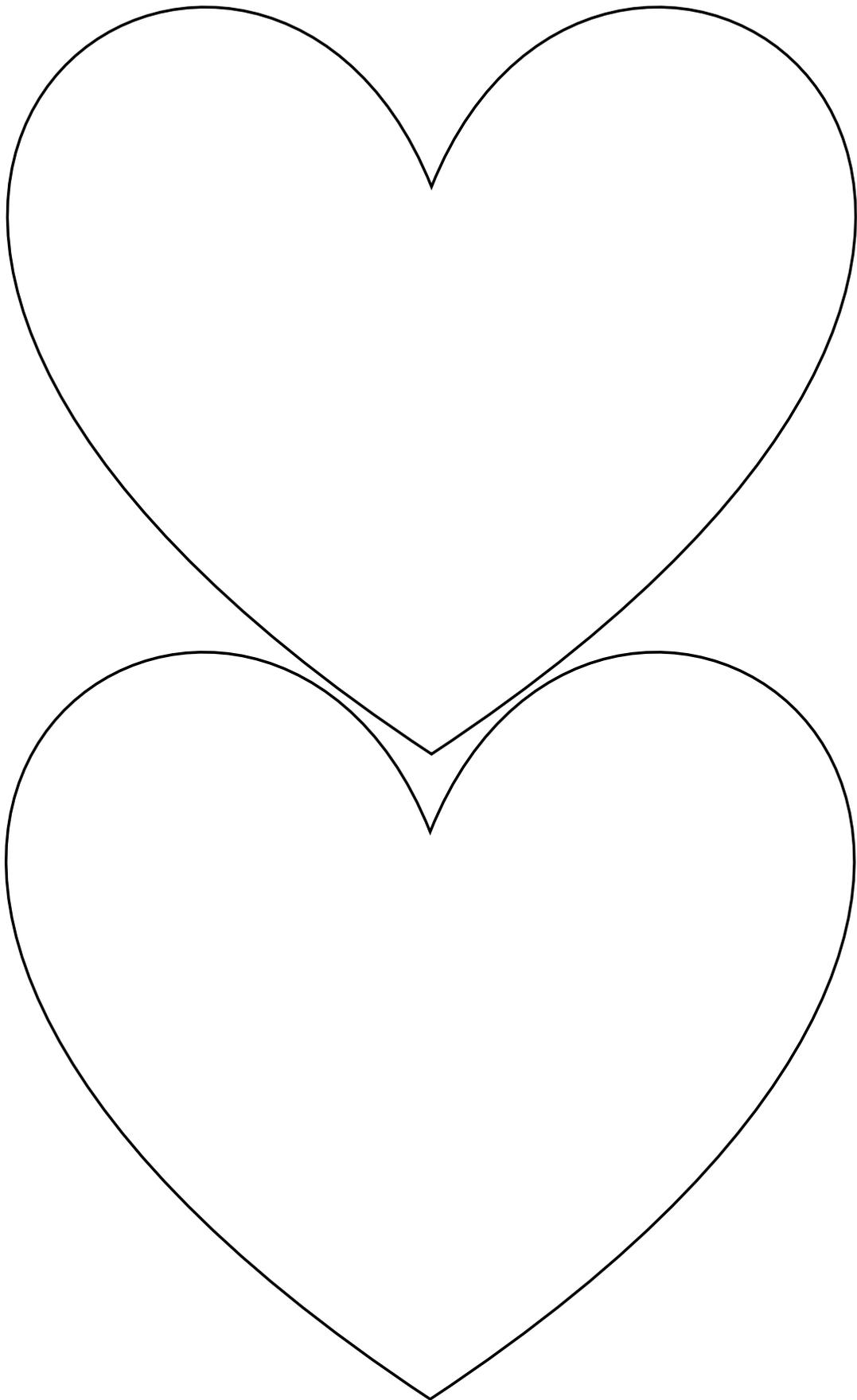
I pledge to respect people in each and every land.

I pledge to join together as we unite the big and small.

I pledge to do my part to create peace for one and all.

Heart Tree Sample





Pen-Pals Sample Template

[Download Lower Elementary version](#)

Teacher _____

Hello Friend,

My name is: _____

I am ____ years old. I am in __ grade.

I live in the state of _____ in the city of _____

The weather here is: _____

I live with: _____

The thing I like best about school is: _____

The thing I like least about school is: _____

In my free time I like to: _____

My plans for the future include: _____

My favorite book or movie is: _____

I am curious about what life is like in Sierra Leone. Here are some questions I have for you:

My personal message....



Me

[Download Primary-age version](#)

Teacher _____

Hello Friend,

My name is _____

I am _____ years old.

I live in the state of _____
and the city of: _____

The weather here is _____.

I live with: _____

My favorite things to do are:

When I grow up I want to:

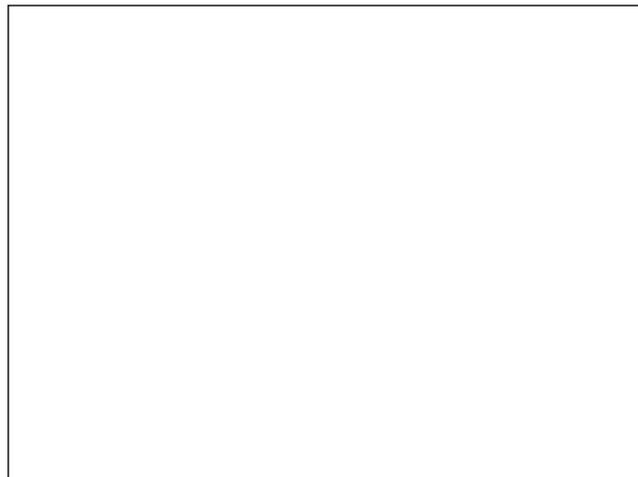
Please tell me a few things about yourself. I am curious about what life in Sierra Leone is like. What is your school like? How do you like to spend your time when you are not in school? What is your favorite food? What do you want to be when you grow up?

My Questions:

My friendship wish for you is



Me



Let There Be Peace! YEAH!

