



## ***UN INTERNATIONAL DAY OF PEACE - SEPTEMBER 21***

### **Peace Day Activity Ideas for Middle & High School Students** ***2015 Global Theme: Partnerships for Peace - Dignity for All***

The United Nations International Day of Peace (Peace Day) is observed worldwide on September 21. Peace Day provides a powerful opportunity for students to consider the concept of peace and how they can be a peacebuilder in their world, as well as to express their visions for peace – personal, local and/or global. Observing Peace Day is also a powerful way to open the year with dialogue about interpersonal respect, compassion and local/global citizenship. Peace Day activities are flexible and can connect with multiple curriculum areas, after-school clubs and/or anti-bullying programs.

#### **GENERAL**

Observe a minute of silence at noon on Monday, Sept. 21 in the spirit of our common humanity and desire for peace. This is a global activity on 9/21 in all time zones. You can say to yourself silently “Breathe In World, Breathe Out Peace.”

Plant a peace pole ([www.peacepoles.com](http://www.peacepoles.com) - there are more than 500,000 of these worldwide!), peace rocks or a peace garden on your school grounds.

Peace Day is an important day worldwide for humanitarian aid & service. Organize or take part in a local service project. How does helping others build peace?

Raise funds for a local or international cause related to peace such as UNICEF (United Nations International Children’s Emergency Fund). US: <http://www.unicefusa.org/mission>; International: <http://www.unicef.org/whatwedo/>.

Invite someone who is doing nonviolence, social justice or environmental work for a special assembly or interactive workshop. What are the challenges to creating more peaceful communities? What kind of actions can make a difference?

Bring in a guest to teach basic mindfulness skills for stress reduction. You can also download a peace breathing activity and learn more about the benefits of mindfulness from the *CHILDREN & YOUTH* page of [www.peacedayphilly.org](http://www.peacedayphilly.org). Teachers can watch the free 24 minute video: <http://bit.ly/1HmOrcd>.

#### **ART BASED**

Create Peace Cranes - writing a poem or message of peace before folding - and give them to others or place them in your environment as a reminder of the unifying goal of peace. More info: <http://peacecraneproject.org>.

Learn about the Principles of Nonviolence developed by Martin Luther King Jr. (you can download a PDF at: <http://www.peacedayphilly.org/what-can-you-do/non-violence/>). Create an assembly, artwork, essay, song, rap or poem inspired by these principles.

Peace Day is an important day worldwide for humanitarian aid and service. Organize a project to help people locally/globally. Students can also raise funds for local or international causes, or learn more about humanitarian needs of children globally (get started with: <http://bit.ly/1cPGktt>).

Make a painting, collage, mural or drawing of youth around the world. What responsibility do we have for youth in other parts of the world?

Create and display posters that reflect the idea of “Dignity for All.”

Create and Display Peace Flags - <http://bit.ly/1D3wnyR>.

Collaboratively write a song or rap about “Dignity for All.” What were the challenges of collaboration/partnering? What were the benefits?

### **WRITING BASED**

Have each student write and draw a Peace Pledge - what they pledge to do as a peacebuilder in their world. Students should be encouraged to put their peace pledge where they can see it daily and can journal write about the experience of “living their pledge.”

Express “What is Peace to me?” or “How I can create Peace in my world?” in writing and/or art. Consider different levels of peace (personal, family, community, global).

Write peace poetry using haikus or free prose, or have a Peace Poetry Jam assembly.

### **INTERNET ACTIVITIES & DISCUSSIONS**

Watch this Global Citizen video <http://bit.ly/1FYBEZo> and discuss what it means to be a global citizen.

Learn about the *Universal Declaration of Human Rights*, and how in some parts of the world children are not able to exercise those rights Go to: <http://bit.ly/1O6f4rv> for more info and short videos.

### **SPORTS**

Unite with young people around the world by playing soccer game (or any sport) in a spirit of unity & good sportsmanship: <http://bit.ly/1D3vshV>.

***Create your own Peace Day activities!***

***Share your plans @peacedayphilly, on Peace Day Philly’s Facebook page or via [contact@peacedayphilly.org](mailto:contact@peacedayphilly.org).***