

Peace Education in Action

Introducing the educational programme

peace in your hands

at school

Vision peace in your hands

Peacemaking is humanwork

Peace is focussed on a culture of non-violence and safety
(United Nations)

Peace is a way of life



‘Our children get a better idea of life, they learn to have respect for others
and they learn to have an opinion of their own’.

Evelien, teacher primary school



peace
education
in Action

INTRODUCTION



‘Peace in your hands’ is a beautiful programme for children in primary schools, with which teachers can work with: peace in yourself, peace near home and peace in the world. Parents, sports trainers or recreation supervisors (for example: in scouting or after-school care) can also use the programme.

You are enthusiastic about ‘Peace in your hands’; maybe there is a World Peace Flame in your area, and you want to offer this package to a school in your neighbourhood. How are you going to start?

There are different ways to introduce ‘Peace in your hands’ at school:

- * through a teacher or head teacher
- * through a parent
- * through contact with an educational professional
- * through School Committee meetings (follow ups are necessary)

In addition to this you can approach the school by telephone.

The first steps in approaching a school are often cumbersome, so prepare yourself for that. Let your enthusiasm do the work: you are doing this for a good purpose. You never know – you may well have struck a chord even though there are no visible results.

With every conversation, think of a possible follow up. If someone’s reaction is positive, what could you then offer?

- * you could offer to provide a guest lesson at school yourself
- * you can give advice about the content / lay out (design) of a lesson
- * what lesson material could you leave out / send / mail ?

In this brochure we have collected suggestions that can help you to approach schools: by telephone, in a team meeting, with a complimentary lesson. We have also elaborated on three examples for a complimentary lesson.

The content is:

- * a script for approaching schools by telephone
- * conversations with the School Committee or the local Council
- * what is the content of a complimentary lesson ?
 - > Complimentary lesson 1: the World Peace Flame
 - > Complimentary lesson 2: What is your dream ?
 - > Complimentary lesson 3: Co-operation in the classroom
- * Maintaining contact

This brochure also includes a PowerPoint presentation that you can use in your presentations.

TELEPHONE SCRIPT



If you want to approach a school by telephone, then first look up the school's website on the internet. Every school shows a specific goal, their own profile, or focal points on its site, for example: a safe school, a green school etc.

Choose a school whose goal best ties in with 'Peace in your hands' and use this goal in your introduction (such as 'I can see safety is an important issue for your school, 'Peace in your hands' is in line with this goal').

Keep the website of 'Peace in your hands' on standby, so you can immediately give information if people want to look at the site or download the programme.

Introduction: *I am a member of the working group 'Peace in your hands'. We have developed an educational program with lesson suggestions for teachers about peace: peace in the world, peace at school, at home, in the class and peace in yourself. Our vision is that everybody can contribute to peace, and to a good atmosphere in the class. Research has pointed out that teachers are inspired by the program and that, amongst other things, the atmosphere in the class and the school improves.*

You can possibly also mention your connection with the school, for example: I am the mother or grandmother etc. of

If there is a World Peace Flame in your region, you can make the link to it, ask if the flame is known about and explain what the flame stands for.

Ask if it is convenient that you are calling just now, and if not ask when it will be convenient. Or ask if it might be better to make an appointment to meet them.

If this does not work, ask if you can mail the information and call back later to explain more.

If there is interest, explain what 'Peace in your hands' is:

- * An educational programme for children to work on finding peace in themselves, on creating peace in the school and in the world;
- * Peace is a lifestyle and a UN motto: peace is focussed on a culture of non-violence and safety;
- * Peace is people's work: children can practice this;
- * The programme is used by hundreds of schools, including those with children from asylum-seeking families and refugee families;
- * The vision is non-religious and not connected with politics;
- * With a positive approach, peace starts with ourselves.
- * Talk about the positive results of the scientific research, namely that the programme:
 - > Ties in with key educational domains;
 - > appeals to teachers because children themselves become active in spreading the peace message;
 - > appeals to teachers by promoting peace and quiet in the classroom and within each child;
 - > and: we have developed this program to support teachers in their special task. The teacher's task is so important and there is so much expected of teacher: this is meant as help;

And finally: the programme can be downloaded for free, the teacher's manual as well as the booklet for the children.



Reactions you can expect and possible explanations:

- * 'Peace in your hands' can be used in various different ways and doesn't have to be used in its entirety;
- * Teachers themselves can choose what they want to use from the package
- * The assignments are simple;
- * The programme contains beautiful stories with a message (which can also be used separately from the programme);
- * 'Peace in your hands' can be used in all kinds of subjects (languages, history etc.); it contributes to a democratic civic education, a safe climate in the class and to social-emotional development;
- * 'Peace in your hands' also contains exercises to become more relaxed (mindfulness- and movement exercises) or to feel more powerful: this brings more harmony into the class and helps children to concentrate);
- * The programme can be used very well at special celebrations/ special days such as national peace week (September); Christmas, Advent and Easter; World War Remembrance days, starting the new school year, etc.

Offer to come and provide complimentary lessons and mention several subjects that tie in with the goal of the school.

Offer to send or (even better) to bring information (when they have a programme manual in their hands and see how beautiful it is, then talking about it is easier).

Reaction: *we are already doing a lot on this subject in the school.*

You can send an email with the brochure and the website at which the programme can be seen and downloaded for free.

Reaction: *I cannot decide on this. I have to consult the team.*

Make sure that a package is present at the team meeting. Also offer to send information: the power point or the research report.

Offer a presentation of the programme for the team and propose to give a complimentary lesson yourself. Ask when the best time is to call back.

THROUGH SCHOOL COMMITTEE- OR COUNCIL MEETINGS

Providing a presentation

When you have contact with an coordinating body like a Council / Councillor or School Committee, than ask if you can provide a presentation.

If you are invited, try to go together with another team member and prepare yourself well.

Use the Power point presentation included with this brochure and explain 'Peace in your hands'. Images often say more than words. If a power point presentation is not possible, make sure you have a flip chart, a brochure for everyone and a few information packages for perusal. Keep your presentation short and powerful, whereby you can present something on different levels. Remind yourself about the summary of the research report (see pdf at the website).

Peace in your hands

- Ties in with the education domains: social and emotional competencies, a safe school climate, democratic civic education, moral development, children in stressful situations, refugee children, social themes in the classroom;
- reinforces and deepens what the school already does;
- appeals to teachers as children themselves become active in spreading the peace message;
- appeals to teachers by promoting peace and quiet in the classroom and within each child.

Mention a few examples from the unique selling points (described later) and 'Why would you want to use the programme?'.

Mention a number of practical assignments that fit with THIS school or group of people!

If a World Peace Flame is present in the region, lay the connection with the flame and mention possibilities for the school to make use of the flame: a peace walk, reciting poems, etc.

Questions you can expect:

What is the difference with other educational packages on this subject ?

The unique selling points:

- non-political, non-religious;
- suitable for use in various educational settings;
- positive approach (you only achieve peace if you see the positive in someone else as well as in yourself);
- use can be customised
- Also contains assignments for movement and breathing / mindfulness;
- the research results for 'Peace in your hands' can be downloaded from the website;
- nomination for the national award PAX 2016;
- Named 'best educational peace programme' in a PhD research project at the University of Nijmegen on the subject 'Educational values and standards'.
- The programme can be downloaded for free.



Why would you want to use it ?

- Ties in with the goals of the school/s;
- To improve the school atmosphere ;
- To improve co-operation between groups ;
- Useful for children in stressful situations;
- Useful for discussing social themes in the classroom;
- Co-operation with other schools (by means of sharing knowledge, or exhibitions)
- International co-operation – ‘Peace in your hand’ is a international programme and is used in many countries. Examples of exchange - between schools in Enschede (the Netherlands) and Damascus (Syria) and between Wageningen (the Netherlands) and Jordan;
- ‘Stage moments’ for children;
- Contains simple exercises to become more calm: movement and mindfulness for the children and the teacher.

If you yourself don't do the presentation but, for example a councillor who is enthusiastic, take care that he or she at least receives a brochure and a lesson package. Make an appointment in advance for when you can again approach him/her. Send an email with the above points. Indicate that it is possible that you can provide a lesson at school.

CONTENT OF A COMPLIMENTARY LESSON



If you are invited for a complimentary lesson, prepare well:

What do you want to achieve?

How much time do you have?

Ask the teacher to join in and stay in the classroom. He/she knows the children and can help you.

Make sure that everybody participates.

Ask the school to inform the parents that you are coming. Maybe you can write something for the school newsletter.

Ask if the teacher is willing to do a follow-up session (without you).

Here you can find suggestions on how to compose a lesson yourself and then we will give 3 examples of a complimentary lesson.

Content of a lesson:

- **Introduction.**

Depending on your initial contact with the school you may or may not decide to tell the story of the World Peace Flame. Otherwise, generally explain what peace is.

- **Content:**

Choose a subject from the teachers manual, e.g.

- ▶ Making friends: family wall (lesson suggestion 30), secret friend (lesson suggestion 3), tips for friendship (lesson tip 13), story Never give up (p53), naming good qualities (lesson suggestion 12), Story Love really makes a difference (p 61).
- ▶ Co-operation: see example complimentary lesson 3.
- ▶ Your dream: see example complimentary lesson 2.
- ▶ The power of doing something for someone: secret friend (lesson suggestion 3); Save up to be able to help others (lesson suggestion 6); Make a candle light for someone (work book – assignment 15).
- ▶ Positive thinking: lesson suggestion 11; naming good qualities (lesson suggestion 12); bracelet experiment (work book – assignment 11); beautiful people around you (lesson suggestion 09).
- ▶ Peacemakers: everything is a human job; older children can search on the internet for peace makers; you can show a Youtube film of one of the examples from the book. Make a gallery of peacemakers in the neighbourhood and of the children's families. What do you need to be a peacemaker? Courage/strength. Do the Salute of the Sun exercise if you have the space (lesson suggestion 10); movements for strength (workbook assignment 6); How to make a difference? (lesson suggestion 15); Strong as a bear (work book assignment 8).
- ▶ Enough: What is enough? (work book assignment 3).

COMPLIMENTARY LESSON 1

THE WORLD PEACE FLAME



Yoga, movements, relaxation, breath exercise: check before what the school thinks about yoga and mindfulness. If you are not sure choose the Salute to the Earth (assignment 6a workbook), or walking with attention (instruction 9 workbook), or the crocodile (instruction 14 workbook). Otherwise, the Sun Salutation (instruction 6 b workbook).

Creative conversation about peace: painting, drawing (make a greeting card for somebody) (assignment 5 workbook); write a story (assignment 4 workbook); write a poem, make a candle (assignment 2 workbook); make a peace diary (assignment 13 workbook).
Ask before how much time you have and stick to that. Discuss with the teacher how he or she can support you.

Of course, these are only examples. You are free to compose a lesson yourself, but stick closely to the package so that it is easier for the school to continue with your subject.

Introduction

- ▶ How did the WPF come to be?
- ▶ Why is the flame a symbol for hope, love and light ?

Subject

- ▶ thinking positively
- ▶ Helping others

Activity: Make a peace light

- ▶ See workbook assignment 01 and 02 and lesson suggestion 2;
- ▶ Additional lesson tip: make the light for a good friend (not a pet) and write a note with: “I have made this peace light for you because”;
- ▶ Tip 1: Discuss before if and where the lights can be lit in the classroom. The schoolyard is also an option;
- ▶ Tip 2: If it's not possible to light a flame , then change the assignment into writing a card to someone you appreciate;
- ▶ Tip 3: After all the lights are lit, all the pupils in turn tell why they have lit the light and for whom.

Activity: Flower meditation

- ▶ See workbook assignment 10 and page 63 of the Manual;
- ▶ Tip: take care that the children are quiet and that you have their attention. If the pupils are not (yet) quiet enough for a meditation, than read Stories with a message: Love definitely makes a difference on page 62 of the Manual.

Assignment: the bracelets-experiment

- ▶ See Workbook assignment 11
- ▶ Tip: use hair bands or cheap friendship bracelets for this ;
- ▶ Ask the teacher to spend some time on this every day and after a week, to evaluate and conclude the activity.

COMPLIMENTARY LESSON 2

WHAT IS YOUR DREAM ?



Time: 60 minutes.

Goal: Broad and positive vision of peace.

20' Peace Week has started

Introduction:

What is peace? What do we think about peace ?

Peace in the world (no war, safety, peacemakers);

Peace in the school (no conflict, kindness, not everybody is the same);

Peace in yourself : calm and powerful.

Group Reactions :

Activity: Peace Collage / drawing a Mindmap on the board

Plenary: what does peace mean to you ?

Show/read aloud some examples and later ask the teacher to make an exhibition of the drawings.

10' Peace in yourself is also being and remaining yourself, being strong in yourself, strong as a bear. Showing peace not with fighting but in another way.

Exercise: Strong as a bear (copy workbook assignment 8). Standing in pairs .

Write down: what did you discover?

10' Martin Luther King: a strong Peacemaker, strong as a bear.

In the time of Reverend King there was a lot of conflict and discrimination between black and white people. They had to sit apart in the bus. Mrs. Rosa did not do that. She was arrested.

Reverend King came into action and organised a bus boycott that was successful. At a meeting of thousands of people he made a speech: "I have a dream. A dream that all people are equal and are treated equally. That there is peace between black and white people in America".

More and more people protested but there were also opponents. Reverend King was shot because he was fighting for peace. But since then many people have been fighting for equality between black and white people, not with guns but in a peaceful way with words and deeds.

Show film I have a dream on Youtube:

<https://www.youtube.com/watch?v=A7fKJQFQPqM>

20' Exercise What is your dream for the world?

Drawing or writing (Copy workbook assignment 4)

Plenary exchange

COMPLIMENTARY LESSON 3

CO-OPERATION



Introduction

(keep this short, some general terms about peace, the children themselves will start with this later).

- ▶ Peace in general / What is peace ?
- ▶ How do you keep peace in the classroom ? At school ? In the world ?

Subject

- ▶ Co-operation
- ▶ Together you achieve more

Mindmap

- ▶ you can do this as a class or individually;
- ▶ the children write down what comes up in themselves when thinking of peace and co-operation;
- ▶ the instruction for the children is: Don't use the words not, none and without;
- ▶ you could use the lesson suggestion 10, page 9 in the Manual.

Subjects:

making peace together, peace in the classroom, taking care of each other, peace in yourself, helping and supporting each other.

Story: the geese (page 51) Working together and looking after each other.

Make a 'good news' newspaper (page 16/17 working book/lesson suggestion 14).

- ▶ Form small groups of 2 or 3 children (or more if you have a very large group), but let the children themselves choose the groups, (possibly giving some direction about this). Distribute sheets of paper - not too big - because they will be pasted on a bigger board later;
- ▶ Print the 'good news' paper from the Workbook in large format beforehand and put it on the wall;
- ▶ The groups brainstorm good news and write it down; drawing or painting is also allowed of course;
- ▶ Keep the news to what is going on in the children's lives. Give some examples E.g. the cat has had 5 beautiful kittens, the neighbour is back from hospital etc.
- ▶ Ask them to also write down the good news in the class and the school. For example: teacher John is getting married. There is a beautiful new climbing frame in the playground;
- ▶ Collect all the papers and with one or two children, paste/write them on the large sheet. Develop the 'good news' paper this way ;
- ▶ you could also possibly make the paper smaller afterwards and give it to the children to take home.

Follow up for Making a 'good news' paper. Ask before if the teacher is willing to do the follow up. Lesson tip 14 page 25 of Teacher's Manual .

MAINTAINING CONTACT



To prevent your complimentary lesson becoming a one-off event :

- ▶ You can ask the teacher to do a follow up ;
- ▶ You can ask if you may make contact again after ... (name a time, for example 2 months);
- ▶ Ask if you can give a presentation in a team meeting, so that more teachers will be informed about “Peace in your hands”;
- ▶ If the complimentary lesson was given during a special occasion / event (for example Advent, Christmas, Peace week or Remembrance Day) you can propose to repeat it next year.

Good luck !!!!

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