

### Appendix: Ideas for Action

As a peacebuilder, focusing on a large and abstract goal such as “building world peace” is far too general and unrealistic. Building peace involves concrete decisions and defined, measurable actions we take every day to promote the ideas and conditions necessary to build less violent communities. Below are ideas for action, developed by children for the organization Kids for Peace, that your students can take to contribute to peacebuilding locally and globally.

Source: Kids for Peace, [http://www.kidsforpeaceglobal.org/events\\_peace\\_day.html](http://www.kidsforpeaceglobal.org/events_peace_day.html)



**Kids for Peace**

**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 peace dove
- 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
- Construct a Pinwheel 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**