



SRI CHINMOY
ONENESS-HOME
**PEACE
RUN**

Simple Ways to Foster Peace

A guide for teachers and fellow peace lovers



The philosophy of the Peace Run is "peace begins with me." These simple activities encourage students to reflect and to consider how they can further peace in their own lives, in their families, and in their communities. When possible, set aside a few minutes during the class period to inspire your class to carry a torch for peace in their own hearts.

- ★ Use five minutes at the end of class to discuss one quality that makes your school a happy and peaceful place. Topics could include: Gratitude, Forgiveness, Empathy, Kindness, Selflessness, Encouragement, Benevolence, Tolerance, Goodwill, Honesty, Patience, Compassion, Integrity, Thoughtfulness...
- ★ Create an "I create peace by..." poster for the classroom. On a regular basis, ask students what actions they've demonstrated or observed that deserve recognition on the poster.
- ★ Ask the students to come up with seven ways to make the school a happy, peaceful place for everyone. Create an award for students who follow through and implement one of these ideas.
- ★ On a regular basis, select a country (possibly a place of origin for one of the students) and highlight some unique attributes of that country. Ask students to discuss how the diversity of nations and peoples enriches the world.



- ★ Choose an inspiring person or group in the community and discuss their achievements. Acknowledge that person through a letter, artwork, gift, award or ceremony created by the class.
- ★ When you need the students to be calm and focused, take 30 seconds for a group activity: Ask them to close their eyes and imagine a tiny flame of peace—like the Peach Torch—inside the center of their chest. With a few deep breaths, they can expand that warm, glowing feeling—allowing it to spread throughout their whole being, into the classroom, and then out into the world.

- ★ Take two minutes to discuss and repeat a positive affirmation:

"The only way to have a friend is to be one." —Ralph Waldo Emerson

"We may encounter many defeats but we must not be defeated." —Maya Angelou

"It always seems impossible until it's done." —Nelson Mandela

"It is better to light a candle than curse the darkness." —Eleanor Roosevelt

"Whoever is happy will make others happy too." —Anne Frank

"Let it be the time for us to dream of world-peace." —Sri Chinmoy



Thank you for inviting us to your school. Please stay in touch and follow the Peace Run at PeaceRun.org. Click on your country and see daily updates by the runners. If you have a map available use a marker to chart our progress as we make our way along our journey!