



 **CHOOSE
PEACE**  



Activity Guide 
2024



Planning Choose Peace Week 2024

Cultivating a Culture of Peace

Staff & Volunteers and Parents and Students

- Have students take part in planning and organizing activities.
- Create an organizing committee of interested staff, students and volunteers who will develop and plan how your school or organization is going to celebrate Choose Peace Week.
- Officially mark Choose Peace Week by posting Peace Week posters, banners and displays.
- If available encourage all staff (front desk, etc.) and volunteers to wear Choose Peace pins or t-shirts for the duration of the week.
- Inform staff about Choose Peace Week by including it on the agenda of Staff Meetings in the month of September.
- Register your participation on www.browardschools.com/choosepeace and receive instructions, free supplies, starter kits and become eligible to win a PEACE POLE or Peace Banner for your school or organization.

Sponsored Choose Peace Week Activities

Choose Peace Week Trolley

Trusted Adults Postcards

Thank You Notes

Gratitude Letters

Kindness Cards

Chalk4Peace


Imagine Peace

Pinwheels for Peace

A Heart of Positive Messages

Reading with author Thomas Holt

For additional activities and resources please visit www.browardschools.com/choosepeace or www.choosepeacestopviolence.org



Choose Peace/Stop Violence (CPSV) Program is a comprehensive initiative using the Framework of the Science of the Positive to change norms and transform cultures to create healthier, safer communities. The Positive Community Norms framework educates, engages, and empowers youth to take action to prevent bullying and youth violence. Create safe and violence-free environments, as well as improving school climate and academic performance.

We have been planting the seeds and cultivating a culture of peace since 2009. We started celebrating International Peace Day, then a whole week “Choose Peace Week” which falls within International Peace Day. In 2012 we had our First Choose Peace/Stop Violence Summit, and the Agents of Change Pro-social Clubs/Program was born. Today we have Choose Peace/Stop Violence Programs in most of our secondary schools. We educate and prevent violence using “The Science of The Positive and Positive Community Norms Frameworks.”


The book “SEEDS of Fire, ROOTS of Hope” by Dr. Linkenback, founder of the Montana Institute and developer of the Science of the Positive and Positive Community Norms talks about the 7 Principles of Inspiration for the courageous leader.

Dr. Linkenback shares how our decisions and actions must be grounded in Spirit “when we lead with Spirit everything works better.”

Spirit is asking the “why” question. Why we do what we do and why are we doing prevention? In this case Choose Peace/Stop Violence.

Positive Community Norms plays an important role in helping people go from being busy to being effective. Dr. Linkenback suggests that to create lasting changes that reflects what we really want for ourselves, we must start with Spirit and the 7 guiding principles.



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1. Being Positive is our natural state. Positive is already here and is worth growing. Positive is experienced by hope, love, forgiveness, not fear. Writer Desiree Montalvo-Holt says that the fastest way to grow joy is through appreciation, by being grateful you become joyful. Joy is a choice. Let's continue to cultivate a culture of peace and choose POSITIVE.
 2. Being Present allows us to live in the only reality that exists – the Now. We need to focus our attention on the now. Are we really present when we are psychically and mentally present with are at a particular task?
 3. Being Perceptive honors what is right and good in people as well as community. Perception is everything and our behavior is influenced by our perception. Most of the time perceptions are incorrect. We tend to misperceive the positive norm. Our norm is that most of our students are making good choices, choosing Peace and being above negative influences.
 4. Being Purposeful brings hope. We bring positive results to our lives; we create what we truly seek and align our intentions with positive transformation, choosing positive intention. What is our purpose in life? Living with purpose requires perceiving on purpose. Be the change, choose positive. "Be the change you wish to see in the world" Mahatma Gandhi.
 5. Being Perfected we acknowledge we are learners in progress. It is to understand we are in the process of transformation, acknowledging that we are a work in progress so we will make better connections with others, spirit, nature. We all have the capacity to change the world, but first we need to transform ourselves.
 6. Being Proactive means, we choose what we give our attention to. If we choose positive, positive will grow.
 7. Being Passionate direct us towards serving others. It is to live out and share with others the energy of being positive and the gift of being alive.

We would like to encourage you to continue to plan the seeds of peace and cultivate a culture of peace to promote health.



Trusted Adult Postcard

Materials:

- Printed Trusted Adult Postcards
- Cardstock to create the postcards if printed Trusted Adult Postcards is not available

Instructions:

1. Brainstorm who your trusted adult is.
Examples-Teacher, coach, parent, grandparent, aunt, uncle, guidance counselor, administrator, security guard, etc...
2. At the top of the postcard, write the name of your trusted adult.
3. Give examples and explain why you selected this adult.
4. Deliver the card to your trusted adult by reading and/or handing it to them.
5. Take a picture with your trusted adult.
6. Post on social media (optional).



*Peace activity by
Ms. Moser and her Peer Counseling Class,
Glades MS.*



Monthly Trolley Treats

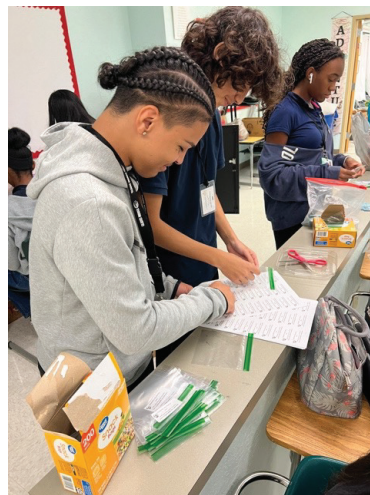
By Glades MS Peer Counseling Classes

Materials:

- Carts/Trolleys
- Themed décor
- Food treat geared towards theme
- Address labels

Instructions:

1. Students decorate the trolley with themed creative décor.
2. Purchase treats to go in the trolley.
3. Label the bags or candy – write message according to your theme.
4. Monthly, students will go on a field trip to deliver trolley treats to each staff member.
5. When delivering, they will pay gratitude to the staff member.



Gratitude Lesson

Gratitude Letter Activity

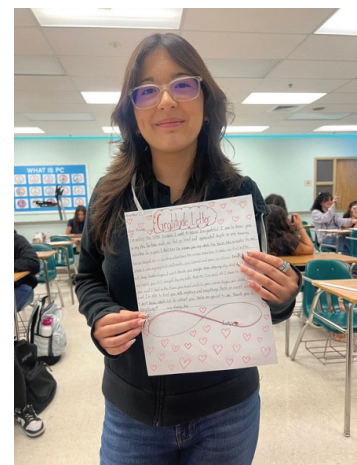
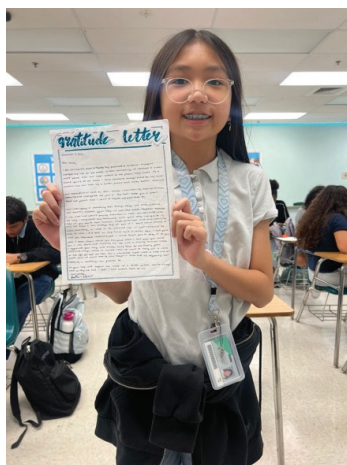
- Taking time to reflect on what's gone well in our lives gives us the gift of gratitude.
- The world will always show us both good and bad.
- If we take to be thankful for what we do have, we begin to free ourselves from negative influences and find our true purpose.
- This Gratitude Activity was first developed by Dr. Martin Seligman, sometimes called the founding father of positive psychology.
- It's a letter writing exercise that he found helped people feel better about their lives.

ASSIGNMENT-

1. Watch the Gratitude Experiment Video https://youtu.be/Et_mZJWtzKQ
 2. Now, close your eyes. Think of someone (that is still alive) that did something or said something that changed your life for the better.
 3. Complete the Planning Sheet on the person that you would like to pay gratitude to and submit it for a grade.
 4. Using the Planning Sheet, write a letter of gratitude to the person selected.
 5. Finally, meet up with the person face-to-face to read your letter.
- *If this is not possible, make an alternative plan. Use Facetime, Zoom, or some other form of technology so that you can see them face to face and read your letter.
6. Turn in your letter for another grade.

LETTER SHOULD INCLUDE:

- Start off with an introduction- why are you writing them this letter.
- Date the letter.
- Explain what this person did for you.
- How this person has changed your life.
- Elaborate – give specific examples of things they did for you.
- Don't forget to give them GRATITUDE!
- Sign the letter.

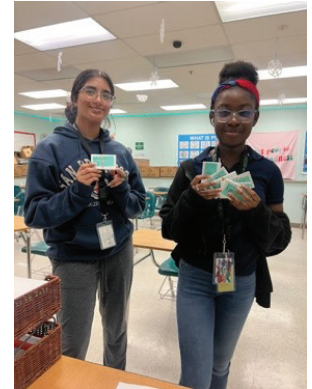


FULL DATE

Dear _____,

Write letter here.....

Love always,
SIGN HERE



Gratitude Letter Planning Sheet

Now, close your eyes. Think of someone (that is still alive) that did something or said something that changed your life for the better.

Brainstorm Potential Names-

*Circle who you are going to select.

Characteristics that this person portrays-

1. _____
2. _____
3. _____
4. _____
5. _____

Specific examples of what this person does for you and/or how they help you-

1. _____
2. _____
3. _____
4. _____
5. _____



CHOOSE
PEACE 
STOP 
VIOLENCE

