



# CHOOSE PEACE



Activity Guide   
2025





# Planning Choose Peace Week 2025

## Speak Life. End Bullying

### 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](http://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

Peace Across Broward Day

A Minute of Silence for A Moment of Peace

Gratitude Wall


Chalk4Peace

Wishes4Peace

Pinwheels4Peace

For additional activities and resources, see rest of guide and please visit

[www.browardschools.com/choosepeace](http://www.browardschools.com/choosepeace) or [www.choosepeacestopviolence.org](http://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.



- 
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.



# Choose Peace/Stop Violence Message Development Tips

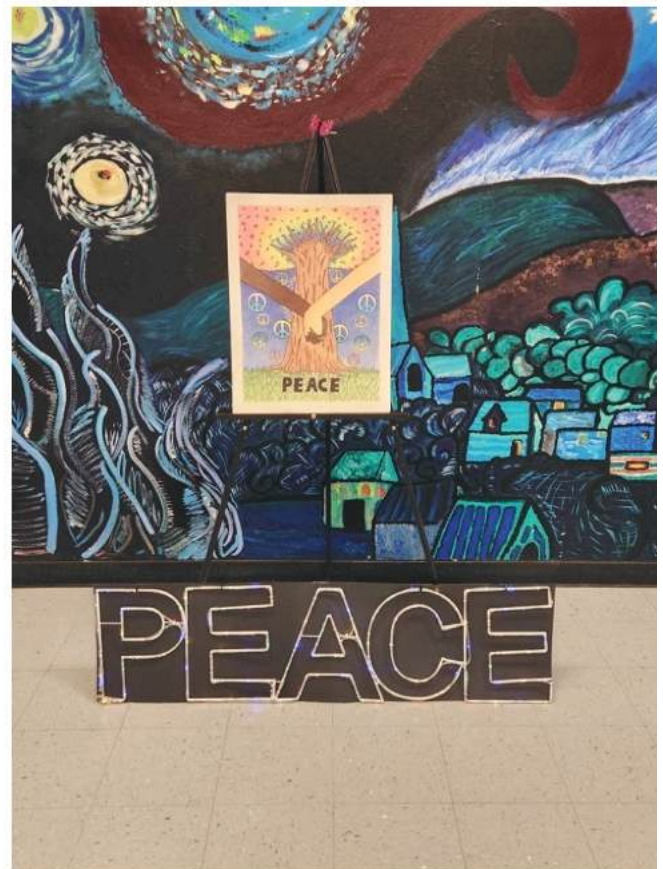
Campaign messages should be designed to correct the misperception about bullying and violence and to promote kindness.

As you are planning, promoting and delivering your Choose Peace Week activities, we ask that you keep the following messaging techniques in mind.

**Your messages should promote what is good and healthy.**

- Avoid being prescriptive, preachy or autocratic
- Should not use scare tactics
- Should portray the message in a creative manner and in a positive light
- Use the words "Choose Peace/Stop Violence"
- Must be colorful
- Include a graphic
- Should represent the theme in a creative way
- Your messages should promote what is good and healthy
- Share your student's hard work on social media!

@ChoosePeaceStopViolence @browardschools @unitedwaybroward #ChoosePeace #Unitedistheway #leadingthechange







Ramblewood MS

Friday, September 26



On this year's Peace Across Broward Day, wear something **WHITE** to represent hope, peace and uncover the positive in our schools and communities.

We encourage schools and community members to **wear something white** to promote peace, hope and unity. Let's continue to **CULTIVATE A CULTURE OF PEACE and POSITIVE NORMS** by promoting kindness and gratitude.

 [www.choosepeacestopviolence.org](http://www.choosepeacestopviolence.org)  @choozpeace   @choosepeacestopviolence  
#choozpeace #browardprevention #leadingthechange #LIVEUNITEDBroward





# A Minute of Silence for a Moment of Peace

## For your school, workplace, and community



**GOAL:** Encourage individuals to think about and reflect upon peace.

**MATERIALS:** People

**AGES:** All ages

**WHEN:** Sept. 22 at Noon



On Monday, September 22, **observe a minute of silence** at 12:00 noon and meditate to envision peace. This simple act will create a “peace wave” around the world and become a shared act of peace in which everyone can participate.

### Instructions:

Gather around a peace pole or in any peaceful area that can accommodate your group. Hold hands as you observe a minute of peace at noon. Include this universal statement – ***“May Peace Prevail On Earth”*** – to begin and/or end your gathering



# A Minute of Silence for a Moment of Peace

For your school, workplace, community

**AIM:** Encourage individuals to think about and reflect on peace.

**MATERIALS:** people

**AGES:** All ages

**WHEN:** Sept. 22 @ 12:00 noon (all time zones)



*City of Coral Springs*

On Sept. 22 for a global minute in all time zones across the world, meditate or pray for, to envision peace. This simple act will create a “peace wave” around the world and becomes a shared act of peace building in which everyone can participate. Be present and send all positive energy to the universe.

## Instructions:

Gather around a Peace pole or in any peaceful area that can accommodate your gathering. Hold hands as you observe a minute of peace at noon. Include this universal statement – “**May Peace Prevail On Earth**” – to begin and/or end your gathering.

*Silver Trails MS*





# CHALK4PEACE & Action4Peace

A sidewalk painting festival which happens WORLDWIDE every September.

**AIM:** Encourage individuals to express messages of inspiration and visions for a more peaceful community and reflect on peace.

**MATERIALS:** Chalk, places to draw, water, buckets, paper, towels, ladders

**AGES:** All ages

**TIME:** Choose Peace Week

**For your school, workplace, and community.**

**Make it a team effort.** Include principals, teachers; students, parents, families, and PTA.



Cypress Bay HS

## Instructions:

Provide a prominent, safe location to draw; your school, sidewalks, parking lots, walls or a local site. The best surfaces are smooth concrete or asphalt, or smooth but not polished granite.

**Register:** To receive a starter kit with chalk, register on-line with [www.choosepeacestopviolence.org](http://www.choosepeacestopviolence.org). Chalk availability is limited! When buying additional chalk, talk to your local art store, tell them it's for Chalk4Peace, or check with your Dollar Stores.

**Group project:** Take some rope and a big piece of sidewalk chalk. Tie the chalk and have someone hold the end of the rope tight to a center point. Pulling the rope tight, draw one big circle, then repeat a smaller circle 2-3 ft smaller. Get someone who can draw straight lines and create the inner lines with a long 2x4 or a surveyor's chalk line. Make these lines bold with chalk, white tempera poster paints or marking chalk spray. Scatter some loose chalk pieces inside the lines and watch it happen.

## Publicize your event.

Download flyers and posters from [www.choosepeacestopviolence.org](http://www.choosepeacestopviolence.org). Invite your local community leaders. Tell your local TV & radio station & local newspaper about your event with a press release. Take pictures **BEFORE IT RAINS** (it's what the ladder is for, to get a good view of the art.)



Urban League of Broward County



Silver Trail MS

# IMAGINE PEACE Wish Tree Project

**It's Time for Action**

**The Action is PEACE**

**Think PEACE, Act PEACE, Spread PEACE**

**PEACE is POWER!**

Yoko Ono Lennon

**AIM:** Encourage individuals at your school, workplace, community. to think about and reflect on peace.

**MATERIALS:** Tree, pencils, Wish tags.

**AGES:** All ages

**TIME:** Ongoing



Westchester ES

## Instructions:

Choose a tree or create a large tree display in a visible location, preferably shaded from rain if outdoors. Suitable locations indoors could be lobby, reception area, cafeteria, fitness center, etc. Have the tree on display for Choose Peace Week Sept. 19-24 or during September- International Peace Month. (Note when choosing a tree outdoors, trees are traditionally native, local and indigenous.)

Download display sign from [www.choosepeacetopviolence.org](http://www.choosepeacetopviolence.org) or create your own sign inviting students, visitors, staff etc., to hang their message or quote for peace in your Wish Tree. To create Wish Tags you can use paper and string (use our template for tags) or buy [pre-strung white gift tags](#). If outdoors, we suggest buying waterproof paper.

Place the tags in a basket or box, add pencils and encourage everyone in your school, workplace, or community to participate.

**NOTE:** This would be a perfect Community Project.

In addition to having a physical Wish Tree at your location, students can continue to contribute to the over the 1,000,000 wishes collected by sending wishes via Twitter @IPTower, by email [wish@imaginepeacetower.com](mailto:wish@imaginepeacetower.com) or mail a postcard to Imagine Peace Tower P.O. Box 121 Reykjavik, Iceland.

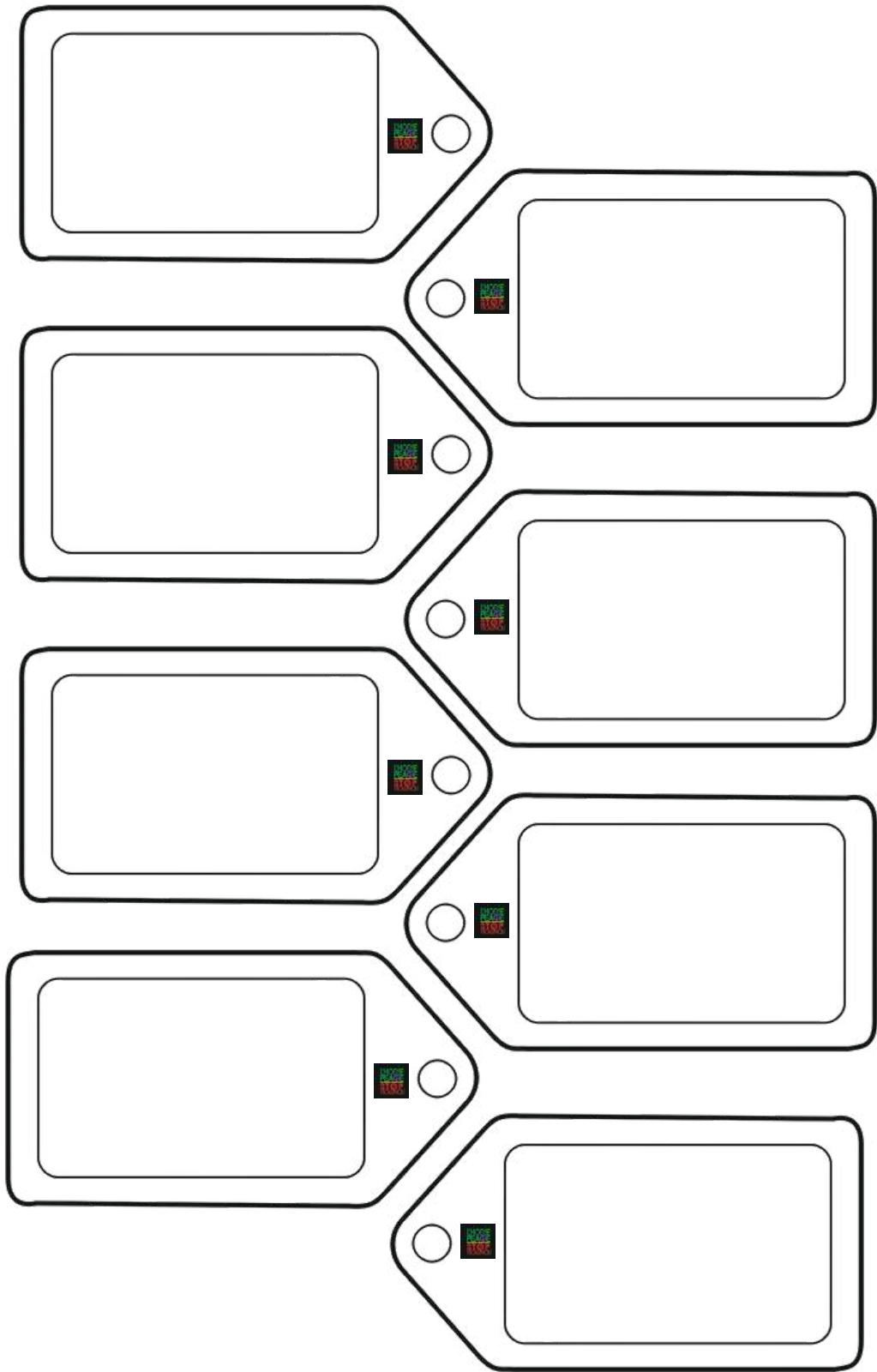


Photo by Millenium 6-12

The wish trees were inspired by Yoko Ono and John Lennon's Imagine Peace Tree to promote world peace. More information at [www.imaginepeace.com](http://www.imaginepeace.com)

**Since 2008 Iceland has been ranked the most peaceful country in the world.**







# Pinwheels for Peace

**AIM:** To engage children to share their messages of peace

**MATERIALS:** Scissors, straight pins, pencils with erasers, colored pencil or markers

**AGES:** 5-10

**TIME:** 30 minutes

## Introduction:

Discuss with the children what peace means to them and what words or pictures might symbolize peace.

## Instructions:

Show the children how to cut out the pinwheel square template following the line on the template. Cut in diagonally from all corners leaving about 2 inches of center uncut and decorate.

To create the pinwheel (more information at [www.pinwheelsforpeace.com](http://www.pinwheelsforpeace.com) )

- Gently bend (don't fold one of the cut corners to the center point.
- Skip the next cut corner and bend the next one.
- Skip and bend until four points meet in the center
- Stick the straight pin through all four points AND the back of the pinwheel. Stick the pin into the pencil eraser. Find some wind to test it out.



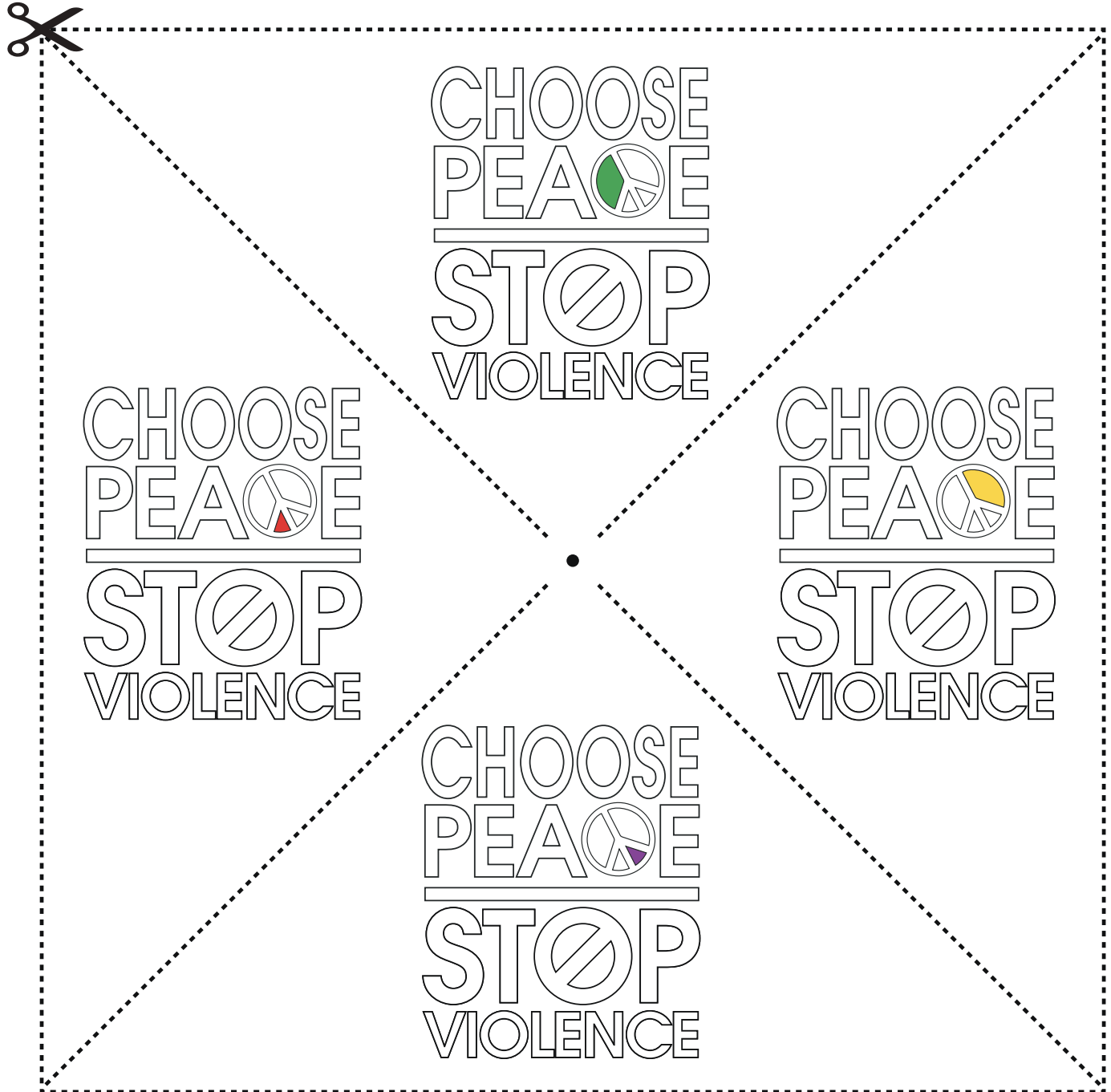
Westchester ES

Cypress Bay HS



# Pinwheel for Peace

CHOOSE  
PEACE





# Gratitude Lesson

## Gratitude Activities

### •ASSIGNMENT-

1. Watch the Gratitude Experiment Video [https://youtu.be/Et\\_mZJWtzKQ](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.

### Other Activities

- Gratitude Jars - Cut out gratitude strips (Attached) and place in a jar for students to grab when desired
- Gratitude Prompts - Have students discuss gratitude by using the prompts attached and posting around the classroom or school



Lyons Creek MS



Glades MS Peer Counseling

**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. \_\_\_\_\_



## Self Love

I am perfect just the way I am.

I listen to the messages my body is sending me.

I tend to my body with care and compassion.

I fuel my body with nutritious food.

I appreciate my body for all it does for me.

My body is my oldest friend.

My body gives me the greatest gift of all...life.

I am more than my appearance.

It's ok for my body to change throughout my life.

## Self Love

My body deserves love.

I am beautiful inside and out.

I tend to my body with care and compassion.

I deserve to enjoy delicious whole foods.

My body works hard and deserves compassion.

I am more concerned with progress over perfection.

Anyone who doesn't see me for more than my body is not worthy of my time.

My body takes me places.

I am allowed to take up space.

## Self Love

Nobody has the power to make me  
feel bad about myself.

I move my body to heal my body.

I exercise regularly for longevity and  
strength.

I deserve to enjoy delicious whole foods.

My body can trust me to care for it  
and make healthy decisions daily.

I stretch regularly to increase my  
mobility and flexibility.

I deserve to feel body confidence.

My body is not a problem to be fixed.

I deserve to feel confident in my  
own skin.



# Happiness

I deserve happiness.

I choose to think positively about  
my life.

I find the fun in life.

I have the power to improve my mood.

Happiness is my birthright.

As I think positive, happy thoughts, my  
life lightens and brightens.

Bliss comes when I am optimistic.

I lift the spirits of all that I meet by my  
perpetual good cheer.

Every atom of my being is resonating  
with joy and happiness.

## Happiness

The deeper that sorrow carves my being, the more joy I can contain.

I enjoy life.

I play and laugh and dance freely.

I smile effortlessly.

I can find joy in any situation.

My circumstances do not determine where I will go, only where I will start.

I find peace within.

The key to my abundance is meeting limited circumstances with unlimited thoughts.

Only I can bring happiness to myself.

## Happiness

Every day I am having more and more fun.

I activate my brains feel-good chemicals by smiling often.

I am always able to find a reason to smile.

I am always happy because I only entertain happy thoughts.

I am a joyful being, enjoying life to the fullest.

I radiate positivity and attract positive people.

I cherish my happy memories and visit them often.

I choose to laugh at the outrageous things in my life.

I have unlimited reasons to be happy with my life.

## Calm Mind

I am safe and in control.

I am strong and resilient.

I know how to calm down.

This too shall pass.

I inhale peace and exhale worry.

I take things one present moment at a time.

I let go of what I cannot control.

I release the past.

Over and over and over again.

As I breathe, I am calm and relaxed.

## Calm Mind

I can slow my breath whenever I choose.

I show myself love and compassion, even  
when I'm feeling anxious.

I choose to see the beauty in my  
surroundings.

I trust myself to navigate through this.

I release fear and welcome peace.

I trust the journey and divine timing.

I can handle whatever comes my way.

I speak to myself with kindness.

I let go of intrusive thoughts.



## Calm Mind

I have the tools I need to face challenges  
that come my way.

I am grounded in this moment

I release tension with every exhale.

It's OK to say no.

External stress doesn't need to affect me.

I trust the journey and divine timing.

I can handle whatever comes my way.

It is safe to rest.

It's OK to ask for help.

## Personal Growth

I am patient with myself as I progress.

Every day, I grow in confidence and strength.

I have the power to reframe my challenges into opportunities for growth.

I believe in my abilities.

I am committed to my goals.

Success is a result of my continuous personal evolution.

I'll make every effort to succeed, and the reward will be worth it.

I'm proud of myself.

Meeting any goal is worth celebrating, no matter how big or small.

## Personal Growth

I am passionate about reaching my goals.

I am grateful for my talents, and I utilize them to their full potential.

I have the power to reframe my challenges into opportunities for growth.

I am constantly improving in all aspects of my life.

I do my best every day.

I am a natural leader.

I take action and fail forward.

I build healthy habits that lead me closer to my goals.

I am becoming the best version of myself day by day.

## Personal Growth

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All I need is within me right now.

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I am a living, breathing example of motivation.

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I am inspiring people through my work.

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I love learning and learn new skills and concepts with ease.

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I stay focused.

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I am a punctual person and respect others' time.

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I am endlessly creative.

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I release all self-doubt.

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I am efficient with my time and capable of achieving my goals for today.

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## Wealth and Abundance

I am worthy of having everything I desire.

I welcome impeccable financial wellness.

Wealth chooses me.

I am wise enough to manage my wealth wonderfully.

My time is incredibly expensive.

My life is rich in opportunities.

I am in the habit of effortlessly attracting money every day.

All of my dreams manifest in perfect timing.

I am a powerful manifester.



## Wealth and Abundance

---

I invest in myself and my future.

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Money often comes to me in wonderful  
and unexpected ways.

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I make money in my sleep.

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I release all resistance to earning high.

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It is safe for me to be wealthier than I  
ever have been before.

---

I am financially free and all my  
needs are met.

---

I am able to financially care for  
myself and my loved ones with ease.

---

I trust that I am healing from any harmful  
thought patterns about money.

---

I have a positive relationship with  
saving money.

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## Wealth and Abundance

I make smart investments that set me up for the future.

I work smarter, not harder, to build wealth.

I have a positive relationship with spending money.

I release scarcity mentality, in its place I have rich money habits.

I am delighted every time I check my bank accounts.

I am a magnet for innovative ideas that align me with the financial increase.

It is easy for me to acquire money and wealth.

I unlearn debt and confidently manage my money.









My actions lead to financial prosperity.



Grateful  
for...



THERE IS  
ALWAYS A  
REASON TO BE  
GRATEFUL



CHOOSE  
TO BE  
GRATEFUL

THANKFUL  
FOR...



GRATITUDE  
IS THE BEST  
ATTITUDE




GRATITUDE  
CHANGES  
EVERYTHING

Directions: Cut out labels and attach to jars, buckets, baskets, envelopes or other containers.

 SO MUCH  
TO BE  
THANKFUL  
FOR   
 

 I AM  
GRATEFUL  
FOR...

 GRATEFUL   
FOR THE   
LITTLE    
THINGS    
     


 GRATITUDE  
TURNS WHAT WE  
HAVE INTO ENOUGH

 ALWAYS  
GRATEFUL 

GRATEFUL  
 FOR   
EVERYTHING

Directions: Cut out labels and attach to jars, buckets, baskets, envelopes or other containers.



I am most thankful for...



How would the world be different if everyone was grateful?



Today- Right Now



This year I am most thankful for



Top 3 things I am most grateful for



Simple Things in Life



Act of Kindness



Makes me smile



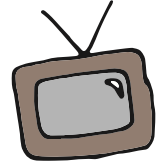
Animal



Transportation



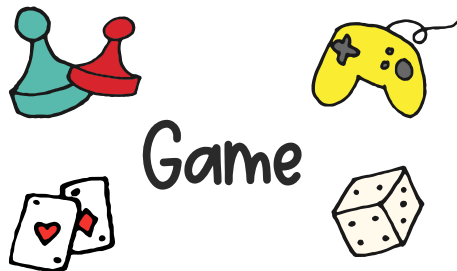
Technology



TV Series



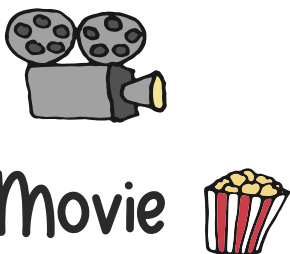
Food



Game



Clothing Item



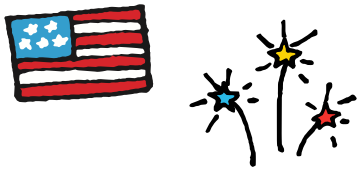
Movie



Book



Advice I Received



Freedoms



Invention



Discovery



Celebration



Gift I Received



Memory



Experience



Morning



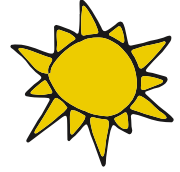
Evening



Spring



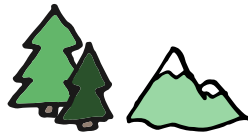
Autumn



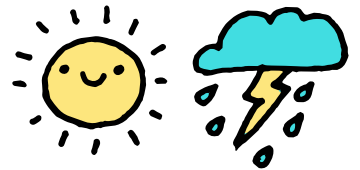
Summer



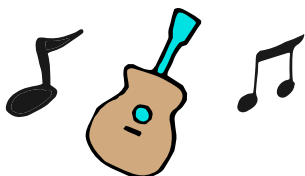
Winter



Nature



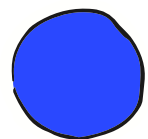
Weather



Music

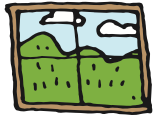


Square



Round





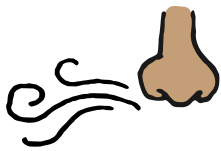
View



Sound



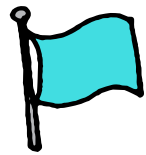
Taste



Smell



My Home



My Country



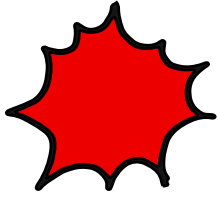
Place



Place  
I have traveled



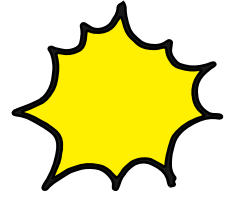
Local Spot



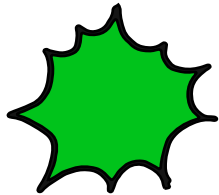
Red



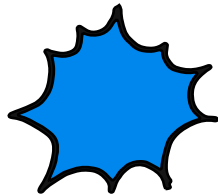
Orange



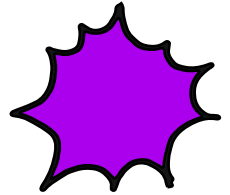
Yellow



Green



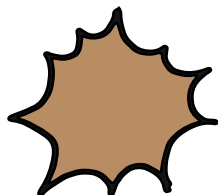
Blue



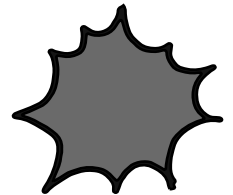
Purple



Pink



Brown



Gray/Black



Personal Strength



About Myself-  
Who I Am



An Accomplishment  
or Goal



Opportunities



Challenge or obstacle  
I overcame



Compliment I received



My Past



My Future



Place I have visited



My Community



About my Family



School



Friend



Mentor or Coach



Teacher



Leader



Someone who  
supports  
and  
encourages me



Someone  
just a phone  
call away



Family Member



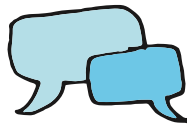
Something in my  
daily life



Someone I met  
recently



Someone who always  
makes me smile



Someone who  
listens to me



Person who  
inspires me



Someone I can  
always count on



Someone who spends  
time with me



Relationship



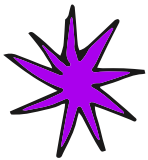
The World



I get to  
spend time...



Something Invisible



I am able to...



Something  
I cannot touch



Activity that brings  
me joy



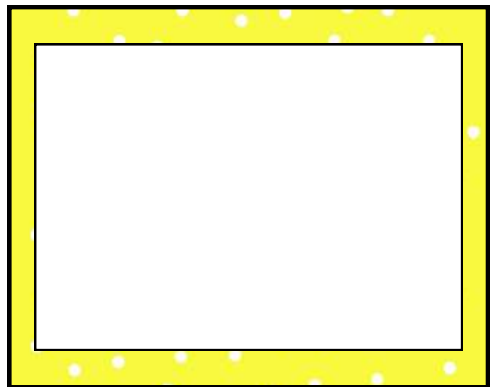
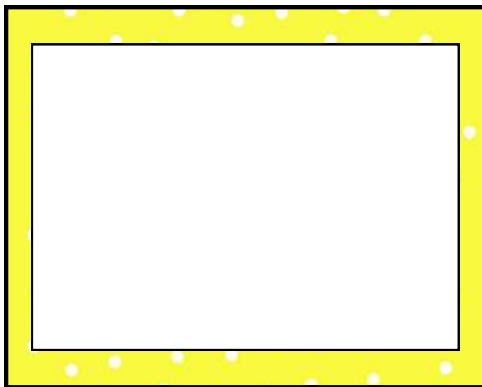
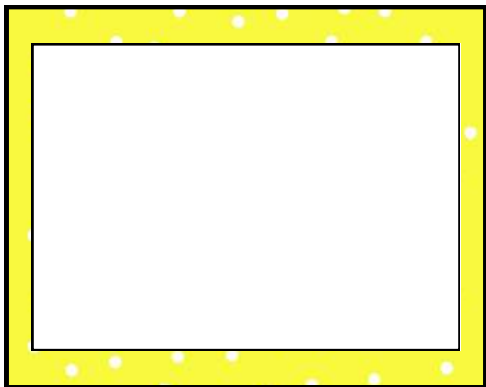
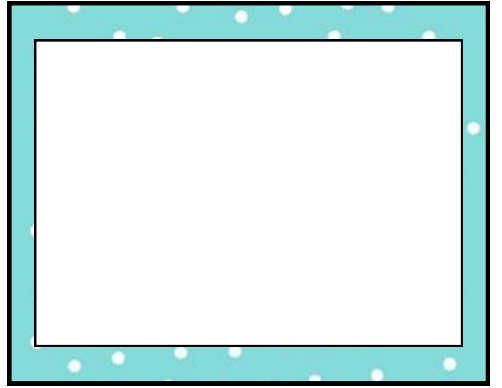
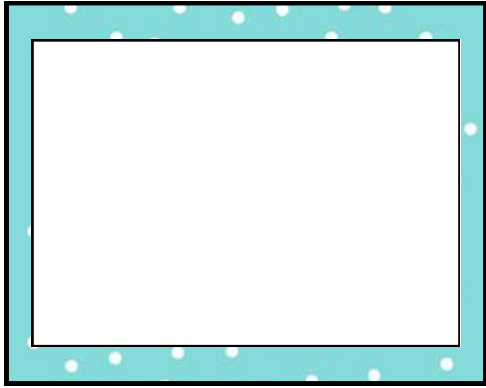
Something money  
can't buy



Special Moment



Something about  
my life right now



## CLIP ART, BORDERS & FONTS CREDITS

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<https://www.etsy.com/shop/LemonadePixel>



<https://www.teacherspayteachers.com/Store/Kaitlynn-Albani>



## 50 Ways to Promote Peace

1. Treat all people with kindness, regardless of race, gender orientation, sexual orientation, religion, etc.
2. Attend a peace rally
3. Write to your government (local and federal)
4. Create a peaceful affirmation/mantra
5. Don't engage in violence of any kind
6. Don't purchase weapons
7. Embrace diversity and get to know other cultures by traveling the world and doing research
8. Start a collection to donate to a charity
9. Volunteer for the Peace Corps
10. If you have a platform, use it to educate
11. Advocate for animal rights (including slaughter laws)
12. Meditate and teach/encourage others to meditate
13. Organize community projects to build camaraderie (group mural, clean-up, etc.)
14. Think about other people's intentions vs. their outcome
15. Never honk your car horn unless you're unsafe.
16. Make art installations with the word "peace" or the peace symbol
17. When you see someone who is in trouble, help them
18. Learn mediation/conflict resolution skills
19. Advocate peace with T-shirts, bumper stickers, patches, etc.
20. Call out people when you see them being sexist, racist, etc.
21. Spend time in nature
22. Stay abreast of current events
23. Take a break from watching the news when you need to
24. Register to vote (and actually vote!)
25. Create a safe space/sanctuary in your home
26. Engage in random acts of kindness on a regular basis
27. Hang Tibetan prayer flags
28. Reduce your carbon footprint
29. Try hard not to judge others
30. Research influential peace promoters in history
31. Talk to kids about peaceful virtues early on
32. Have a plan for dangerous situations of all types (being mugged, a house fire, etc.)
33. Respect your environment (i.e. don't litter)
34. Sign a peace pledge
35. Think about any prejudices you might have and explore why they are a part of you, with the ultimate goal being that you release them
36. Learn about symbols of peace and use tangible examples as reminders in your own home, workspace, car, etc.
37. Attend local government meetings
38. Forgive others, even long-standing enemies
39. Read books about peace and recommend them to your friends
40. Help the homeless



41. Volunteer at a shelter
  42. Take a nonviolent crisis intervention class
  43. Develop meaningful relationships outside your own race
  44. Sign an appeal to end nuclear threats
  45. Host art/music/poetry events with the theme of peace
  46. Be patient in all aspects of life
  47. Learn what the main causes of violence in your city are
  48. Practice self-love and care so you can radiate goodness to others
  49. Say you're sorry, when necessary, even it's belated
  50. Define what the word "peace" means to you
- Source: <https://uncustomary.org/50-ways-promote-peace/>

### Other questions to consider:

1. How do you promote a culture of peace?
2. What does peace mean to you?
3. How else can we promote peace in our lives?
4. How do you speak life to others

### Fostering Peace and Sustainable Development

Sustainable Development goal 15.2: Life on Land – provides the implementation of sustainable management of all types of forest, halt deforestation, restore degraded forests and sustainability increase afforestation and reforestation globally. By joining the Peace Pole movement, The Choose Peace/Stop Violence program aligns with United Nations goal 15.2. In addition, promotes peace, hope, solidarity and kindness every time a Peace Pole is planted in Broward County. <https://www.un.org/sustainabledevelopment/biodiversity/>



# The Broward Peace Pole Project

The Broward Peace Pole project was started in 2010 by the Choose Peace/Stop Violence funded by The United Way of Broward County, Broward County Schools and Children's Services Council of Broward County.

The Choose Peace/Stop Violence focuses on youth violence and bullying prevention. The positive social norm campaign inspires students be part of the solution by taking small steps to prevent injustice at their school and community by adopting a non-violence approach to problem solving, prevent bullying, and encouraging a "culture of inclusion" within schools. CPSV currently sponsors Choose Peace/Agents of Change clubs in 50 middle and high schools. At the completion of the program, schools receive a Peace Pole.

Schools are recognized yearly for participation in Choose Peace Week activities and promoting a culture of Peace and Kind-ness at their schools and community. During Choose Peace Week, a random selection is made, and one school is awarded a Peace Pole. Schools are expected to organize a school-wide dedication/planting ceremony involving the school and/or class that worked on the Choose Peace projects.

Every time a Peace Pole is purchased, 10 trees will be planted in Africa. There is 3,500 Peace Poles planted globally with the environmental impact of 35,000 trees planted, too.

## Schools that have received Peace Poles



Deerfield Beach ES



# 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.*



# TRUSTED ADULT POSTCARD



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# Kindness Cards

**AIM:** Create a Kindness Card and leave it somewhere in your community to brighten up someone's day. Inspired by: Pembroke Pines Charter Elementary School - FSU Campus

**MATERIALS:** paper, pen, pencil, markers, crayons, scissors

**AGES:** All ages

## Instructions

1. Cut a piece of paper into a business sized card (3.5 X 2 inches).
  2. On the front of the card write: "Kindness is Magic" and list different random acts of kindness. If you have space, draw a smiley face or peace sign, too!
  3. On the back of the card write: "From a student at insert your school name here! Magic doesn't come from the world, it comes from people and their kindness, that's where magic comes from. Pass on the magic!"
  4. Leave your Kindness Card somewhere in your community!
- Share your kindness with us: @ChoozPeace @browardschools @unitedwayofbroward  
#choozpeace #liveunited #leadingthechange



New Renaissance MS



Coral Glades HS



Coral Glades HS

*Thank your teacher. Donate a used book. Give a loved one a hug. Hold a door open. loved one a hug. Hold a door open.*

# KINDESS CARD TEMPLATE



KINDESS IS MAGIC



KINDESS IS MAGIC



KINDESS IS MAGIC



# 30 Acts of Kindness Challenge

Being Kind Counts

- 1) Give three compliments to strangers
- 2) Give three compliments to people you know
- 3) Donate an item to someone in need
- 4) Leave your favorite book somewhere with a note for someone to enjoy it
- 5) Leave flowers or a note on someone's car telling them to have a nice day
- 6) Pay for the car behind you in a drive through
- 7) Thank a soldier, police officer, firefighter
- 8) Smile at everyone you see
- 9) Make dinner for a friend for no reason
- 10) Write a letter to someone important to you and thank them
- 11) Take someone's shopping cart inside the store for them
- 12) Donate food to the food bank
- 13) Write a letter to someone serving in the military (find address)
- 14) Volunteer doing something
- 15) Go through your closet and find things to donate
- 16) Do something nice for your neighbor
- 17) Bake cookies and drop them off at friends or local police or fire station
- 18) Spend all day only saying kind things
- 19) When you are going on an errand ask a friend if they need you to pick up anything
- 20) Spend all day having kind thoughts
- 21) Offer to watch a friend's kid or pet
- 22) Hold open a door for someone else
- 23) Donate to your favorite charity
- 24) Leave coupons you won't need at the store.
- 25) Do a random act of kindness
- 26) Take a minute to tell someone's boss they are doing a great job
- 27) Flush a toilet that is full of poo in a retail store, (not sure about this one)
- 28) Smile, just because and make sure you are looking at a person.
- 29) Place .25 in a purse you are looking at in a store, it will be a treasure to the next person
- 30) Give a gift card to the church donation basket



South Plantation HS



# A Heart of Positive Messages

## Materials

Positive messages

Glue

Construction paper (red and white)

Markers

## Instructions:

- Provide a heart template for students to create more hearts.
- Teacher will create positive messages and put all those messages in a box or any other container. Words will represent love, respect, kindness, etc.
- Students will choose which word to use to create phrases such as “be kind”, or “respect others property.”
- Students will glue phrases and messages to the framed heart they were given by the teachers and place messages on the wall in a shape of a heart.

This activity was inspired by teachers at Pembroke Pines ES





# 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.



# Create a Peace Garden

**AIM:** Create a symbol of hope for the future and commitment to peace within yourself and the community. A space for conflict resolution, cross cultural understanding, compassion, communication and friendship.

**MATERIALS:** A site with good drainage, access to water, plants, dream/ friendship bench

**AGES:** All ages

**TIME:** Ongoing

For a full how to, curriculum and guide visit:

[www.choosepeacestopviolence.org](http://www.choosepeacestopviolence.org)



## Instructions:

Choose a site with good drainage. Request on sites can be made to local municipal parks and/or nurseries. The compacted ground before planting. Discuss soil types, water access, class and school use. Involve the School Board, ground personnel, and requests for help can be made to local Municipal Parks and/or nurseries as well as PTA.

Hold class discussions on the design aspects that focus on peace and protecting bio-diversity. Discuss the design ideas with students and what they would select for the garden. \*See the design sheet at the end of this kit. Students can visit the outside space using mathematical and spatial concepts before drawing their personal designs.\*

Invite students to draw a design of their own peace garden. Discuss individual feelings about the peace garden. Ask students to use all their 'senses' as they select plant species. Students then write a page about their own peace garden concept. A committee chooses a compilation of the designs.

Teachers can invent ways to use the peace garden as a tool to aid the school curriculum. The planting and management by every class of their own garden will be part of the reason that the school continues to become safer and the community becomes involved and remains involved.

## Hold a dedication Ceremony

### Main items in the Peace Garden:

- The Dream Bench and the Friendship Bench for friendly conflict resolution. The Friendship Bench is a place to learn the skills of breathing to relax, and for solving conflicts through compassion, communication and friendship – all lessons from nature.
- Planting vegetables and fruits for food security which can help food banks. Many schools plant a “pizza garden” - green peppers, tomatoes, basil, onions, mushrooms etc.
- A healing garden – for example herbs that can be used for stopping the itch of mosquito bites, a cancer garden, plants that have a soothing smell. This is particularly useful for students who are acting out.
- The path of peace could be walked with eyes closed, to identify species by touch, smell, or rubbing a leaf. It could also have a series of sounds, both natural and sculptured, that can be recorded, listed and written about.
- Other gardens could be roof top gardens, an indoor tropical garden with a place for special objects, or a water garden.



f. Use the following “Elements of Learning” as you develop your school curriculum. You may like to consider these as you link and expand your ideas.

- i. I : Information Input.
- ii. O : Organizing the information.
- iii. D: Demonstrate the organization.
- iv. E: Expressive response to the information through the arts.



Silver Shores ES



Cypress Bay HS

Gulfstream Early Learning Center



North Andrews ES



Miramar HS



# Peace Collage

Peace Collage In celebration of National Peace Day on September 21st, your child can create a colorful peace collage, using magazine clippings and colorful pieces of paper. Along with honing fine motor skills, he'll learn more about the concept of peace and harmony.

## What You Need:

- Old magazines and newspapers
- Scrap paper
- Pencil
- Sheet of white paper
- Scissors
- Glue
- Markers

## What You Do:

1. Start by discussing with your child what peace means to him. He can create a list of all the words that pop into his head to use later with his collage.
2. Now he can go on a scavenger hunt around the house for all those magazines and newspapers hiding in the corners of the house. He can begin searching through them for peaceful images and any of the words he had added to his list.
3. Offer your child a pair of scissors and encourage him to cut out what he finds.
4. Once he's cut lots of pictures and words, your child can begin the arrangement of the peace collage on a larger sheet of white paper. Along with using some glue to secure the cut papers, he can think about arrangement and design, challenging his creativity!
5. Encourage your child to keep working until his peace collage is complete and his entire paper is covered.

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Source: <https://www.education.com/download-pdf/activity/88873/>



Walter C. Young MS



# Peace Mobile

**AIM:** To engage children to share their messages of peace

**MATERIALS:** Doves (template) – 1 per child, hearts (template) – 6 per child, ribbon (6" length) – 6 per child, glue, scissors and markers

**AGES:** 3-10

**TIME:** 30 minutes



## Introduction:

Discuss with the children what peace means to them and what words or pictures might symbolize peace.

## Instructions:

Hand out 6 hearts to each child (older children can cut out the templates themselves). Have them write or draw their messages of peace on the hearts using the markers.

After the children have finished their messages for peace, hand out the dove, ribbon and glue. The children will then attach their messages to their dove by gluing the ribbon to the back of the hearts and the bottom of the dove. Some children may need assistance with this part of the activity.

Allow the doves to dry and then put them on display around the school, during peace week to share with visitors your messages of peace.

Adapted from: Holiday Crafts 4 Kids – [www.holidaycrafts4kids.com/MLK\\_dovemobile.htm](http://www.holidaycrafts4kids.com/MLK_dovemobile.htm)



Westchester ES



Forest Glen MS



# My Act of Peace

**AIM:** To encourage children to engage in peace on a daily basis

**MATERIALS:** Journals, markers, pencils

**AGES:** 6-12

**TIME:** 10-15 minutes per day

## Introduction:

Brainstorm ways we can promote peace everyday, i.e. include others, share, and help others, etc. For one week (or month) we will be tracking our acts of peace in our journals.

## Instructions:

Challenge the children to commit to one act of peace per day. Have the children create a journal at the end of each day to track their act of peace. They can use both stories and pictures in their journal.

At the end of the month have the group share a couple of their acts of peace with everyone. Share these acts of peace with visitors and families and encourage the children to continue this at home with their family.

Glades MS





# Hand Banner

**AIM:** To encourage children to engage in peace on a daily basis

**MATERIALS:** range of skin colored paper or card, glue stick, paper and pens for writing, or a print out of the Martin Luther King quotes

**AGES:** Preschool to middle school

This hand banner craft makes a good class or family project. Why not make the banner long enough to circle a room so it joins together in a unified circle? Each child can use a different quote and think about its meaning.

## Instructions:

Cut out a number of handprints, making half left hands and half right hands. Either cut out and glue on one of the MLK quotes (on the back of this page) to each hand or have children research and write on their own.

Take one left hand and one right hand and glue the ends of the index fingers and thumbs together. Make lots of pairs of hands in the same way.

Glue the pairs together by overlapping the little finger and the edge of the palm. Hang your banner.



Walter C. Young MS



# Coffee Cup Peace Sleeves

Inspired by Karen Alfieri, Sunrise MS

**AIM:** To encourage the community to engage in peace. Decorate coffee sleeves with messages of peace that Starbucks customers will receive upon purchasing a coffee.

**MATERIALS:** Acrylic paint, Sharpie paint markers medium tip, coffee cup sleeves, Avery 8160 labels 1" x 2-5/8

**AGES:** 5th grade to 12th grade



## Preparation:

Contact your local Starbucks coffee shop close to your school to obtain several hundred coffee cup sleeves. Explain that Broward County Schools celebrates the annual Peace Week in September and that your school would like to collaborate to share messages of peace with your local community. Explain that your students will decorate the coffee cup sleeves with peace messages so that the coffee shop can hand them out to their customers when they purchase coffee during Peace Week September 19 - 22.

## Instructions:

In the weeks leading up to Peace week challenge your students to commit to decorate several hundred sleeves. Create a peace sign or message using the shape of the logo on the front of the sleeve. We suggest to use acrylic paint to cover the semi-circle logo and decorate with peace messages when dry. Print enough labels with your school name to be placed on the back side of every decorated coffee sleeve. (Example (your school name)... School celebrates "Peace Across Broward Day" September 21. Deliver the sleeves in advance of peace week to the coffee shop so they can hand them out.



Sunrise MS



Glades MS

# Peace Poem

**AIM:** Understanding the different ways people view peace

**MATERIALS:** Markers, paper (one per child)

**AGES:** 5-12

**TIME:** 30 minutes

## Introduction:

Talk with the children about what peace means to them and brainstorm different words that represent peace to them.

## Instructions:

Hand out a paper and markers to each child. Each child will create an acrostic poem using the word "PEACE" or what peace means to them. You may want to create an example depending on the age of the children.

## Discussion:

Have each child present their poem to the rest of the group. Once everyone has had the opportunity to share their poem, discuss with the children the differences and similarities of each poem.

1. Were there lots of similar words/phrases used in the poems? Why or why not?
2. Does peace mean the same thing to everyone?
3. If we all describe peace differently, how can we all work together to create peace?

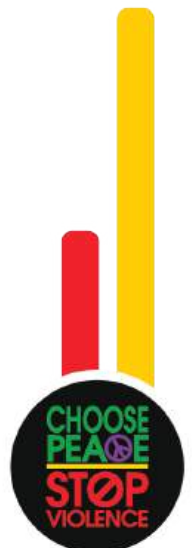
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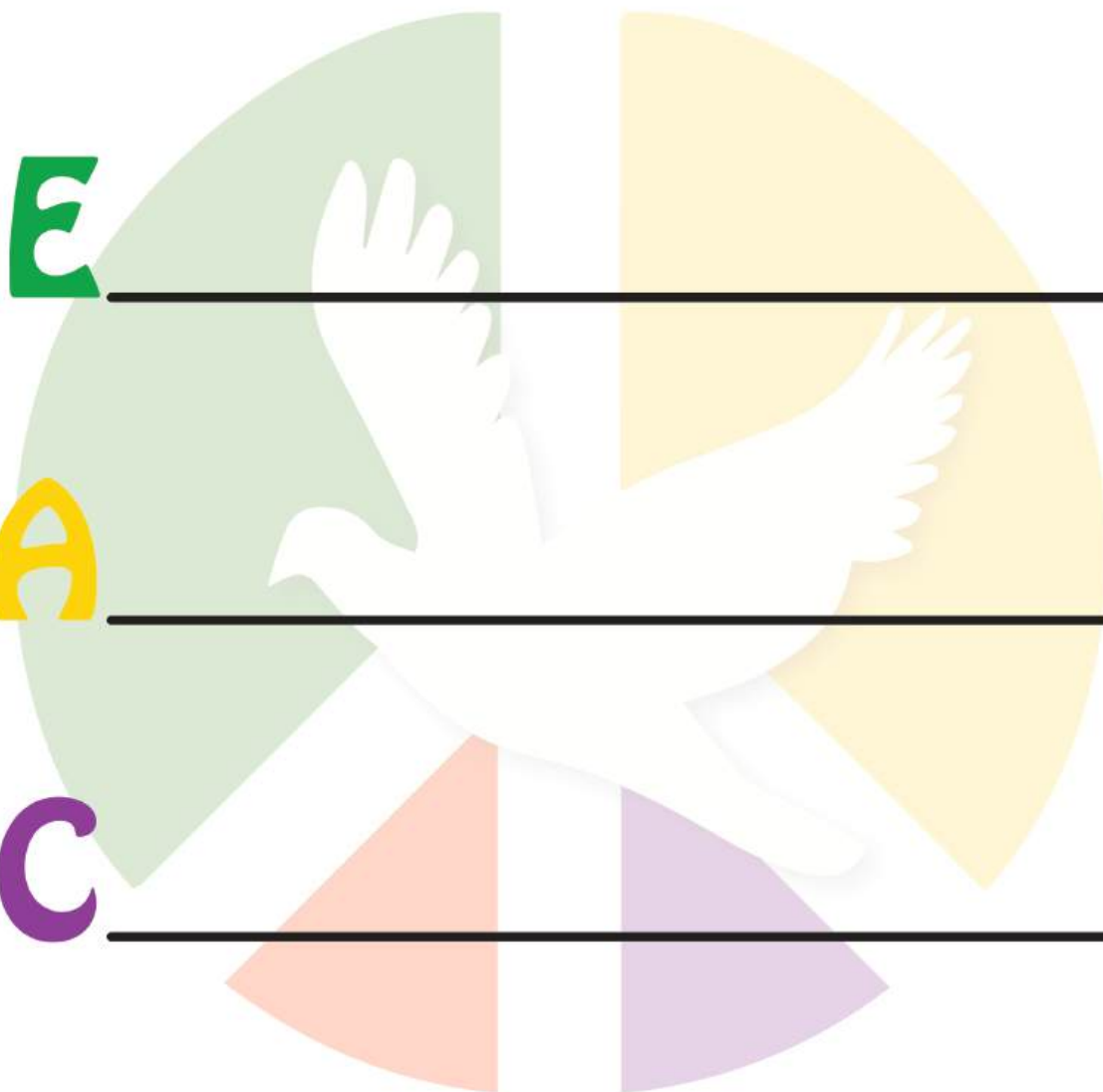
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# Kindness Rocks

**AIM:** To promote kindness and peace

Adopted from the Kindness Rock Project

**MATERIALS:** rocks size 3" to 6", pens, non-toxic paint, non-toxic sealant, brushes

**AGES:** All ages

For more information visit <https://www.thekindnessrocksproject.com/howto>



## Pines is Kind Event

## INSTRUCTIONS:

- Check your local craft store or garden center to purchase some rocks.
- Prepare the rocks by painting them with non-toxic paint. This will prepare the rocks surface for your artwork/writing and seal the rock so your paint pens will last longer.
- Use paint pens to create your artwork.
- Topcoat your art with a non-toxic clear sealant. This will protect the artwork from the elements and the paint from altering the environment.



## South Plantation HS



**AIM:** To create a feeling of interconnectedness and show the impact of individuals

**MATERIALS:** Large poster board cut into puzzle shapes (one per person), markers, crayons, other drawing materials, tape/sticky tack

**AGES:** 12+

**TIME:** 20-30 minutes

## Introduction:

Discuss how we all have similarities and differences. Discuss how these things create a rich fabric for our society, and that both differences and similarities contribute to a better world.



Silver Shores ES

## Instructions:

Hand out one puzzle piece to each youth (if you have additional puzzle pieces distribute to the youth once they have completed their first piece). Encourage the youth to draw, write or decorate the puzzle piece as a representation of their own unique self, showcasing their interests, abilities, etc. When everyone has completed their puzzle pieces, have them assemble the puzzle together and display it in a visible location.

## Discussion:

Discuss and reflect with the youth that although everyone has something different on their puzzle piece, they all fit together to make the whole picture.

1. How does this compare to your lives?
2. How is this reflected in your day-to-day interactions with others?



Parkway MS

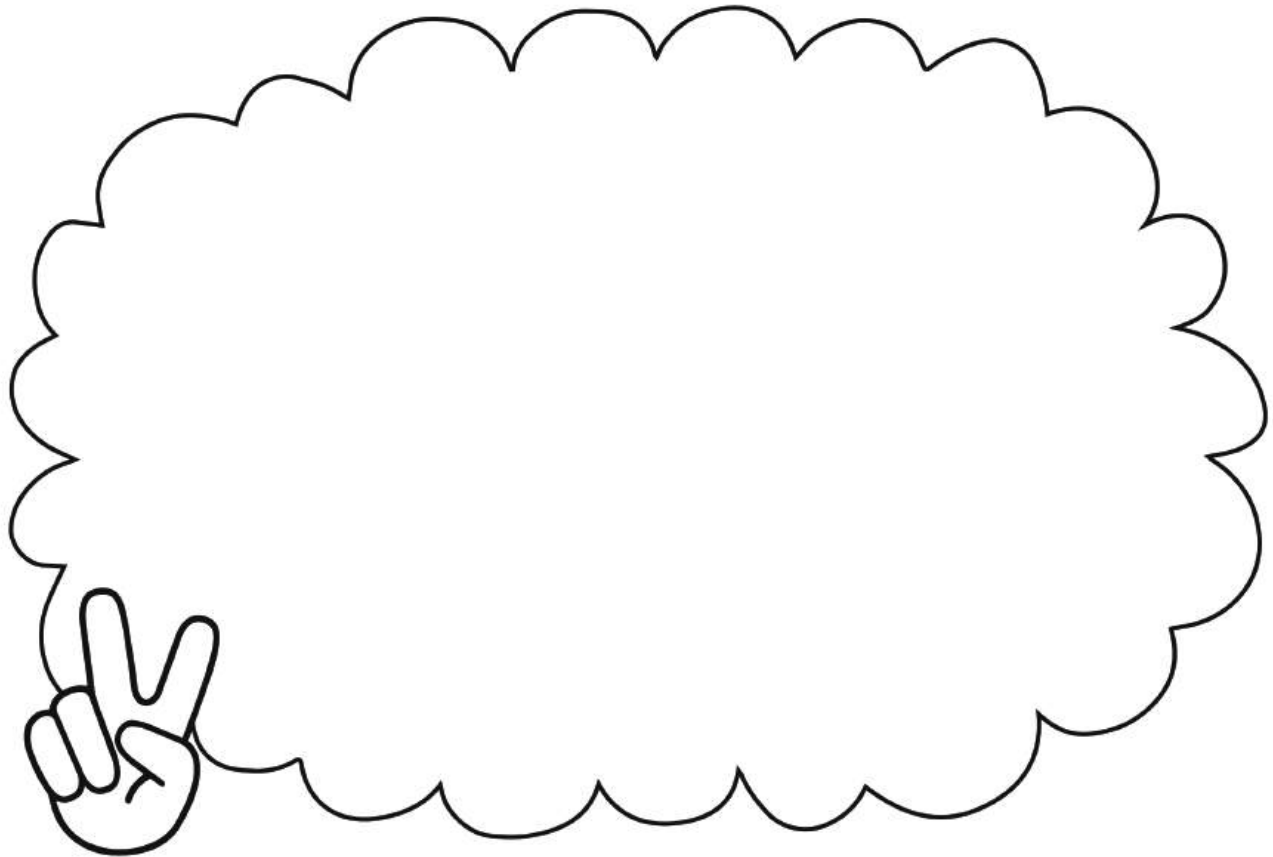
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How can we have

**PEACE**



at school?



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*From Teaching Peace Activity Book*



CHOOSE  
PEACE   
STOP   
VIOLENCE

