

Discussion Guide for Peacemakers

What follows are suggestions for thinking, talking, writing, and drawing that can be done by one or more people of all ages. The circles can become the basis for a group collage expressing each individual's pledge to be a maker of peace.

Peacemaker Pledge

I am a maker of peace.

To me, peace looks like togetherness, sounds like laughter, and feels like happy times.

I will make peace within myself, at home, in my community and in our world each day.

Written by Oaklawn Elementary School Student Council, Menomonie, WI (2008)

Times to Discuss—examples of good times

- After supper
- Around a campfire
- In the car
- At a family meeting
- With a small group of friends or classmates
- When you have some relaxed time—not in a rush
- When a concern is fresh on your mind, but you and the others are calm enough to have an open heart

Who to involve?

You and a friend or a bigger group—all people can be peacemakers!

How to start?

Start by being in touch with your feelings, in general—ask yourself and others to “check-in” and to share how they are feeling right now, emotionally or physically. By doing this you are honoring each person’s unique current situation—their basket of thoughts and emotions in the moment.

From this point, you may see that some are not ready to talk about peace, but may be willing to listen quietly or engage in some other quiet task.

Materials Needed:

This guide, the page of 4 circles (or draw your own); markers, crayons, pens. Print pledge cards using the pdf available at www.wispeace.org. You can also make a pledge poster if you use a single pledge card pdf and enlarge to whatever size you like. Feel free to copy enough for your situation.

Start by reading the peace pledge by yourself or together with others. We suggest you take each line of the peace pledge to explore how each person is and can be a peacemaker.

1. I am a maker of peace...

When have you felt like a peacemaker? What did you do when you were the peacemaker? If you cannot think of a time, then remember a time you saw someone else be a peacemaker. What did they do?

2. To me, peace looks like togetherness, sounds like laughter, and feels like happy times...

There is probably a very long list of what peace looks, sounds, and feels like! Think about what it means to you. Draw or write in the circle to show what "Peace is..." to you. You may have lots of ideas about peace; choose one or two and put them in the circle.

3. I will make peace within myself, at home, in my community and in my world each day...

This is the part of the pledge where action happens!

Peace within myself:

The place to start is inside. *Pay attention* to your heart, your mind, your body. Be kind *to yourself*. Some people find it helpful to have quiet time to calm the body; some people exercise and then are able to relax. What works for you?

Once you are feeling peaceful inside, think of things *you* could do at home, in the community and in the world to create peace. Write or draw your ideas in the circles provided. Your action can be very simple and help make things more peaceful.

Suggestions for using the circles when you are finished

- Cut out and glue circles to a page with other people's circles
- Make a big poster for your whole class or for your family
- Create an artistic display of individual circles of peacemaking
- Share your ideas with someone who may be curious

Resources for Further Study or Action

[Parenting From the Heart](#) –Jack Pransky

[Parenting With Heart](#) –Kathy Marshall

[The Peace Book](#) –Todd Park (In the MORE System)

[Planting Seeds: Practicing Mindfulness with Children](#) –
Thich Nhat Hanh, Parallax Press

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Access to study guide and way to create pledge cards at www.wispeace.org

PEACE IS..

**PEACE AT
HOME**

**PEACE IN THE
COMMUNITY**

**PEACE IN THE
WORLD**