

# 64 Days of Peace in the Classroom

*Empowering children  
to create peaceful classroom communities  
Primary Grades*

A SEASON FOR  
NONVIOLENCE



carry the vision

A Season for Nonviolence is a national 64-day educational, media, and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world.

Purpose Statement of the Association of Global New Thought that created the Season is-

- Our purpose is to create an awareness of nonviolent principles and practices as a powerful way to heal, transform and empower our lives and communities.
- Through an educational and community action campaign, we are honoring those who are using nonviolence to build a community that honors the dignity and worth of every human being.
- We are demonstrating that every person can move the world in the direction of peace through their daily nonviolent choice and action.
- For more information, go to: <http://www.64days.org/>

**Week 1: Non-violence or peace begins with learning how to be more compassionate with ourselves. We speak and act with respect, honor, and reverence for our own being.**

**Day 1: Courage** - Have a parent light a candle for you. Make a wish for peace then blow out the candle to release the wish into the world

**Day 2: Smiling** - Smile at 3 people that you don't know today or that you might not usually smile at.

**Day 3: Appreciations** - Tell each member of your family one thing you like about them. Do this for friends as well.

**Day 4: Caring** - Make a list or tell a parent 3 or more ways you care for yourself.

**Day 5: Believing** - Finish this sentence with something good about yourself. I am ....

**Day 6: Simplicity** - Cleaning up the clutter in your room

**Day 7: Education** - Read a book today

**Week 2: This week we will work on creating a quiet center within ourselves. Feeling centered and calm allows us to respond to situations peacefully.**

**Day 8: Healing** - Remember a time when your feelings were hurt. How did you take care of the hurt? Share this experience with a family member or friend.

**Day 9: Dreaming** - Draw a picture or write a poem about your dream for peace in the world.

**Day 10: Faith** - Draw something you want to happen to you.

**Day 11: Contemplation** - Sit quietly listening to your breath for as long as you wish.

**Day 12: Groundedness** - Look around your bedroom and notice everything. Close your eyes and have a parent or sibling count how many things you can remember.

**Day 13: Creativity** - Share a song or dance with your family or write a story about peace and share it with someone.

**Day 14: Humility** - Tell someone about a mistake you made and how you might have done it differently.

**Week 3: Being kind to ourselves can soon be turned into a practice of being kind to others. Try it!**

**Day 15: Reverence** - Take a walk in nature and collect three things. Please avoid your neighbor's yard and flowers.

**Day 16: Gratitude** - Before bedtime, think of 3 things you are grateful for, draw or write them down. Bring it to school the next morning.

**Day 17: Integrity** - Tell someone you trust about a feeling you have about something that bothers you.

**Day 18: Freedom** - No matter your age, there are things you can do now that you couldn't even two years ago. Think about one and tell a parent or grandparent.

**Day 19: Acceptance** - 3 times today, look into the mirror and just say "I love you." How cute is that?

**Day 20: Self-forgiveness** - Be gentle with yourself. Spend today only saying kind things about yourself.

**Day 21: Inspiration** - Draw a picture or write a story about one of your heroes or someone you respect.

**Week 4: This week's main idea is that the more compassionate we are with others, the more they can begin to interact with us in positive ways.**

**Day 22: Mission** - Make a collage of important things you want in life. Not material things but ideas like "Peace in my family", love, kindness, etc. Feel free to bring it in to share with the class.

**Day 23: Prayer** - Start and end your day by saying, "Peace Begins With Me". Review your day with someone you trust. Talk about how peace began with you today and how it might begin with you in the future.

**Day 24: Harmony** - Say something nice to someone you don't always get along with or whom you are struggling with. You can do it!

**Day 25: Friendliness** - Say hello to someone new today. Maybe even shake his or her hand.

**Day 26: Respect** - Speak only with kindness today. Make sure to avoid name calling or put downs.

**Day 27: Generosity** - Clean out your closet or toy box today. After checking with your parents, choose something to give to someone who doesn't have as much as you. Think about how it feels after you do it.

**Day 28: Listening** - Have a parent tell you a joke or story while you listen carefully. Tell it back to them with as much detail as possible. How did you do?

**Week 5: In order to create a Peaceful World, we must learn to practice peace or nonviolence in our day to day interactions.**

**Day 29: Forgiveness** - If someone has said or done something that hurt you, let them know you are ready to forgive them and that you are no longer angry.

**Day 30: Amends** - What action can you take to change a behavior that makes someone you love unhappy? Draw it or write down (and do it!).

**Day 31: Praising** - Give every member of you family a compliment today. Tell them something that they did that was great.

**Day 32: Patience** - practice this toolbox tool today by listening without interruption and allowing others to go first.

**Day 33: Acknowledgment** - Choose one person to make an award for, tell them what you notice that is special about them and why they are important to you. We will share these for the next two weeks. More info. to follow.

**Day 34: Love** - say, "I love you" to your parents, grandparents, siblings and anyone else that you need to. Write an "I love you" note for someone.

**Day 35: Understanding** - Send every stranger that you meet to day a silent thought like: I know you are doing your best or a simple I love you.

**Week 6: Peacefulness does not depend on others being a particular way. When we choose to be peaceful in relationship, we invite others to be peaceful in return.**

**Day 36: Mindfulness** - Color within the lines today. Draw anything you want today and be mindful of the lines. Mindfulness is like using all the toolbox tools at once!

**Day 37: Graciousness** - Use your please and thank you tool all day today. Let you brother, sister, or friend go first today or choose first today.

**Day 38: Kindness** - Do 3 kind acts today. For example: help someone do something, clean up after someone else, help your parents out, etc.

**Day 39: Dialogue** - Choose not to argue today. Remember to discuss problems while using your toolbox tool - "using your words" today.

**Day 40: Unity** - Notice how everyone on this beautiful planet is connected today. Make a collage of faces which may have different color, sizes, shapes, and ages. Yet notice how they are all the same too!

**Day 41: Openness** - Try something new today, like a new food.

**Day 42: Accountability** - Create a "Peace Place" in your home and be willing to go there when you are ready to talk out a disagreement or struggle. It can also be used to make up to someone you have hurt.

**Week 7: This week's goal is to notice (fully see) and understand others even when we are not in agreement.**

**Day 43: Uniqueness** - Look in the mirror and find something about you that is different from mom or dad. Now think about things that you enjoy doing that are different than your closest friends.

**Day 44: Cooperation** - Work with a family member to create a story together. Take turns adding a word at a time. Write down the story and bring it to share.

**Day 45: Mastery** - When you feel yourself getting angry today, count back from 10 to 1. Then take a deep breath and smile.

**Day 46: Compassion** - Draw a picture of yourself taking care of someone who needs your help.

**Day 47: Disarmament** - Choose not to watch TV, movies, or videos that have weapons today.

**Day 48: Ecology** - Walk around your neighborhood today looking for things to pick up and/or recycle.

**Day 49: Honor** - Say a quiet "thank you" before each meal today.

**Week 8: Our goal is to stand for truth and take action that honors every human being.**

**Day 50: Choice** - Our job today is to realize and appreciate when we get to choose. Also today, try to notice A, B, and C choices. A choices are chosen by the adults in your life (an example might be something regarding safety, like riding dirt bikes). B choices are things the child and adults work out together (e.g. dinners for the week, homework time). C choices would made by the child alone (e.g. what to play).

**Day 51: Advocacy** - Stand up for someone who is being treated unfairly. Say, "That's not fair."

**Day 52: Equality** - Today, avoid competing with friends and siblings. Share things evenly today.

**Day 53: Action** - Do something nice for your home today. Pick flowers, do a special chore, make some art, come up with your own idea.

**Day 54: Giving** - Make a gift for a family member or friend. There's never a bad time to give and you don't need a special reason.

**Day 55: Responsibility** - Pick up trash around your house or neighborhood. Take care of things you know you are supposed to do. How many responsibilities did you remember yourself today?

**Day 56: Self-sufficiency** - Make one meal by yourself today (make sure your parents agree). Do you chores without reminders today.

**Week 9 - By practicing being peaceful, we become better citizens of the world.**

**Day 57: Service** - Help someone in your family with a chore or task that is not yours.

**Day 58: Citizenship** - Follow through on your agreements today and follow the rules in the larger community, too. Give yourself a citizenship award for keeping agreements and following the rules.

**Day 59: Intervention** - Talk to your parents about things that worry you or questions you have about growing up.

**Day 60: Witnessing** - Share a story with a parent or elder about seeing someone do something wrong. What was it? What did you do in the situation. Were you a participant, bystander, or advocate?

**Day 61: Peace** - Ask an adult to help you plant a seed or start in a little pot or somewhere in your garden. Think of it as your "Peace Plant".

**Day 62: Commitment** - Take care of your Peace Plant every day. Talk to it, sing to it, water it, confide in it, wish on it, and more.

**Day 63: Release** - Remember the candle that you lit on the first day of this journey towards peace? Light it again, think of all you have learned, and (when you are ready) blow it out once more to release all that you have learned out into the world.

**Day 64: Celebration** - Plan a Peace Party with your family. Share appreciations and things you are grateful for. Think about ways that you have positively affected the world around you.