

Peace Day Activity Ideas for Middle School Students

The United Nations International Day of Peace (**Peace Day**) is observed worldwide on (and around) **September 21**. Peace Day provides a powerful opportunity for students to consider the concept of positive peace and how they can be active peacebuilders in their world.

- Try Peace Breathing! Go to: <http://bit.ly/1fdBjMu> for instructions. Teachers can also watch the free 24 minute video about mindfulness for kids: <http://bit.ly/1HmOrcd>.
- Observe a minute of silence in the spirit of our desire for peace.
- Engage in acts of kindness in your school and community by sharing encouraging words or a thoughtful note.
- Take a photo of an image that speaks peace to you and share on Instagram, Facebook or Twitter with #peaceday #peacedayphilly and #SDPActForPeace.
- Reach out to local officials via Twitter or letter and tell them what peace means to you in your community.
- Create a peace poster that expresses what peace means to you.
- Create Peace Cranes - writing a poem or message of peace before folding - and give them to others as a reminder of peace. More info: <http://peacecraneproject.org>.
- Invite someone who is doing nonviolence or social justice work for a special assembly or interactive workshop.
- Learn about the Principles of Nonviolence developed by Martin Luther King Jr. (download PDF at: <http://www.peacedayphilly.org/what-can-you-do/non-violence/>). Create artwork, essay, song, rap or poem inspired by these principles.
- Peace Day is an important day worldwide for humanitarian aid and service. Organize or take part in a local service project. How does helping others build peace and greater understanding?
- Write peace poetry using haikus or free prose, and then present them and/or display them around the school.
- Teachers, teach one of the lessons from “Teaching Tolerance” - <https://www.tolerance.org/classroom-resources>.

Find many more ideas in the “What Can You Do?” section of www.peacedayphilly.org, or create your own Peace Day activities.