



# PEACE DAY PHILLY



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

[#peacedayphilly](https://twitter.com/peacedayphilly)





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@peacedayphilly



## What is Peace Day Philly?

Peace Day Philly is the local initiative for the United Nations International Day of Peace, September 21. The organization encourages, collaborates on, and offers programs and activities related to personal, local, and global peace and justice on or around September 21. Millions of people across the country and around the world observe Peace Day. 150 local organizations have taken part in Peace Day Philly over the past 10 years.

## Why Get Involved In Peace Day?

By getting involved, you will be joining with people of all ages around the world engaging in activities to build peace and justice on the same global day. By involving your organization, you will benefit by using Peace Day as a platform for your work related to peace and justice.

## What Can You Do?

View our  
video here:

There are many peace and justice activities that people and organizations can create for Peace Day. Here are just a few:

Host a gathering around  
community issues

Observe the global minute  
of silence at noon (in all time  
zones across the world on 9/21)

Have kids make peace  
pledges and peace art

Organize a panel discussion  
related to race and peace



Peace Day Philly activities can take place in schools, community centers, parks, organizations, and homes. These diverse actions on and around Peace Day can have an impact far beyond one day. Schedule your activity on or around September 21 to be a part of Peace Day Philly - we'll add your program to and acknowledge your organization on our website. You and your staff can also attend one of our free online or in-person programs.

Find more ideas for getting involved here:  
[www.peacedayphilly.org/what-can-you-do](http://www.peacedayphilly.org/what-can-you-do)





This year's global Peace Day theme is:

# ACTIONS FOR PEACE

our ambition for the #GlobalGoals

INTERNATIONAL DAY OF PEACE

21 September 2023 | #peaceday

**"Our world needs peace - now more than ever. Together, let us take action now to build a more inclusive, sustainable, and peaceful world for all."**

*- UN Secretary-General António Guterres*

**To learn more about the UN International Day of Peace and Peace Day Philly, go to:**

**[www.peacedayphilly.org](http://www.peacedayphilly.org)**



# COMMUNITY ACTIVITIES

## PEACE DAY PHILLY



Here are some suggestions for community peace activities, though you are encouraged to create your own that reflect the vision and hopes of your own community! Activities, online and in-person, can take place on or around September 21 to be a part of Peace Day Philly.

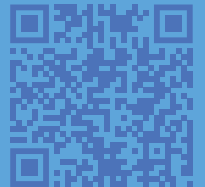
### #peaceday is Sept. 21

- ▶ Break up into groups and create a presentation about ending racism
- ▶ Gather together community members, leaders, police, and youth for a peace & unity march or dialogue
- ▶ Write an Op-Ed about the challenges to peace in your community and paths to greater peace
- ▶ Organize an online or in-person peace vigil or interfaith dialogue
- ▶ Does your community have a garden? Take a few hours to tend to it
- ▶ Host an online or in-person discussion about police & community relations
- ▶ Reach out to someone on your block that might need a kind word or note
- ▶ Organize a neighborhood clean-up in your community

▶ Give youth a chance to share their thoughts on topics of race and equality

▶ Dance, sing, and play music in the spirit of PEACE!

▶ Do Chalk 4 Peace and other peace crafts with kids in your home or community. Go here for more art ideas:



▶ Purchase and "Plant" a Peace Pole with "May Peace Prevail on Earth" written on different languages. Learn more about Peace Poles here:



# ARTS ACTIVITIES

## PEACE DAY PHILLY



Here are some suggestions for peace art activities, though you are encouraged to create your own that reflect your creative vision! Activities, online and in-person, can take place on or around September 21 to be a part of Peace Day Philly.

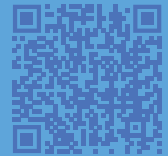
**#peaceday is Sept. 21**

- ▶ Using the 2022 Global Peace Day theme, **End Racism. Build Peace.**, create a piece of poetry or art

- ▶ Order and show one of the free social justice videos from Learning for Justice



- ▶ Experience the photo essay "We Will Breathe" from the Global Oneness Project



- ▶ Take part in the global Peace Crane Project



- ▶ Create a peace banner with words & images of peace and hang in your community center or school

- ▶ Engage your neighborhood or school in the Peace Flag Project



- ▶ Host a gathering at your school or community center with foods of different cultures

- ▶ Create a peace pledge with artwork and writing

- ▶ Create a peace collage with words & images of peace

- ▶ Create an intercultural dance performance

- ▶ Write an essay about ending racism with illustrations





# PEACE DAY

# ACTIVITY IDEAS

## for Elementary 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.

**1** Try out Peace Breathing!

**2** Observe a minute of silence in the spirit of our desire for peace.

**3** Draw/write a Peace Pledge (see template).

**4** Create a collaborative peace poster or collage with images and words that communicate peace. Display it in a prominent place in the classroom/school.

**5** Share an act of kindness (a kind note or drawing) with a classmate or teacher. Kindness goes far!

**6** Create and display Peace Flags.

**7** Talk about bullying. What is it? How can you help yourself or someone else who is being bullied?



Find more ideas in the “What Can You Do?” section of [www.peacedayphilly.org](http://www.peacedayphilly.org)



Watch “I Will Be a Hummingbird” and talk/write about it



Read a multicultural book about peace



Teachers: Use one of the lessons from “Teaching Tolerance”





# 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.

Follow **@peacedayphilly** on Twitter. Share your peace actions and photos that speak peace to you during the week of Peace Day on social media using:

**#peacedayphilly**

**#peaceday**

**1**

Try out Peace Breathing!

**2**

Have a speaker come to your class to talk about racism and non-violence.

**3**

Observe a minute of silence in the spirit of our desire for peace.



Write peace poetry using haikus or free prose, and then present them to your class.

**4**

**5**

Create a peace poster based on this year's global theme.

**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?**

**Find more ideas in the "What Can You Do?" section of [www.peacedayphilly.org](http://www.peacedayphilly.org)**



Learn more about the UN's Sustainable Development Goals



Make and give away peace cranes!



Teachers: Use one of the lessons from "Teaching Tolerance"





# PEACE DAY ACTIVITY IDEAS for High 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.

Follow **@peacedayphilly** on Twitter. Share your peace actions and photos that speak peace to you during the week of Peace Day on social media using:

**#peacedayphilly**    **#peaceday**

**1**

Use class time sometime during the week of Peace Day to discuss cyberbullying. Collaboratively write a class peace pledge that relates to the global Peace Day theme.

Write a poem or essay related to the global Peace Day theme.

**2**

**3**

Break up into groups and create a presentation about ending racism.

Reach out to local officials via Twitter or letter to tell them what peace means to you in your community.

**4**

**5**

Invite someone who is doing non-violence or social justice work for a special assembly or interactive workshop.

**What are the challenges to creating a more peaceful world?  
What kind of actions can students take to make a difference?**

**Find more ideas in the "What Can You Do?" section of  
[www.peacedayphilly.org](http://www.peacedayphilly.org)**



Learn more about the UN's Sustainable Development Goals



Make and give away peace cranes!

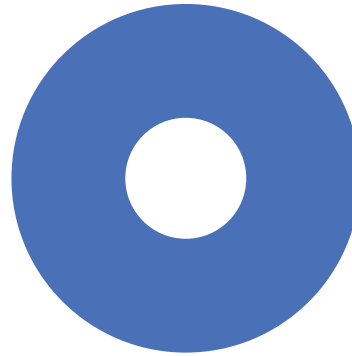


Teachers can use one of the lessons or films of Learning for Justice

# PEACE BREATHING

The ability to calm yourself, improve concentration and think clearly. It all starts with breathing.

inhale... **WORLD**



exhale... **PEACE**

We are always breathing!

But is your breathing shallow or deep? Create good breathing habits by breathing deeply every day.

Anyone can do **Peace Breathing**. Give it a try.  
Share it with others.

1. Sit up and begin to notice your breathing. For less distraction, you can close your eyes.
2. Place one hand on your stomach and inhale slowly and quietly through your nose, feeling your stomach move out (this is not a big motion). Pause for a moment.
3. Exhale slowly and quietly through your nose, feeling your stomach move in (this is not a big motion). Repeat for 3 breaths.
4. Rest both hands on your lap. Inhale slowly and quietly the same way as before, thinking "world." Pause for a moment.
5. Exhale slowly and quietly the same as before, thinking "peace." Repeat "World Peace" Breathing for seven breaths or more.
6. Once you are accustomed to Peace Breathing, start from step 4. Make a goal to do at least seven breaths a day.

Practice **Peace Breathing** regularly to:

- Improve your ability to concentrate and think clearly
- Calm yourself before a test or presentation
- Reduce arguments and negative reactions
- Develop good breathing habits for increased energy and better health
- Gain a larger perspective by thinking of peace for the world

**Peace Breathe on the move! With your eyes open, try World Peace Breathing when you're at home, on the street, in the halls, waiting in line, riding the bus, playing sports, etc. With Peace Breathing On the Move, you can defuse stressful situations before they escalate.**



**PEACE DAY PHILLY**  
personal · local · global

# MY PEACE PLEDGE

I will respect myself and others in my words and actions.

I will make amends when I make choices that are not peaceful.

I will seek out opportunities to build peace and make a positive difference in my school and community.

I will reject bullying, discrimination, and cultural insensitivity, and stand in support of the right to peace for anyone being bullied.

I will consider others and the environment when I make daily choices.

**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Date:** \_\_\_\_\_



**PEACE DAY PHILLY**  
*personal · local · global*



# MY PEACE PLEDGE

**First Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

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# May Peace Prevail in Philadelphia

## May Peace Prevail On Earth

### #peacedayphilly

We hope you'll join us in observing Peace Day in whatever way is meaningful for you, your school, and your community. Know that – on **September 21** – you join with people across the city and around the world in diverse ways to envision and build peace and justice together.

**Share your peace and justice activities on social media!**



**To get in touch, contact us:**  
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**(215)688-6127**

**#peaceday is Sept. 21**

