



PEACE DAY PHILLY
www.peacedayphilly.org

10 Actions for Peace Day

- 1 Plan a special activity with your partner, family or a friend
- 2 Choose a peace or justice activity from the [UN International Day of Peace site](http://www.un.org/en/observances/peace-day/).
<https://tinyurl.com/ythpmzxs>
- 3 Encourage schools to engage students in peace activities Sept. 21 (Peace Day) through Sept. 25. See [our home page](#) and the [What Can You Do? page](#) for youth activity ideas!
- 4 Post about #peaceday, the International Day of Peace, on your social media with images and words that say peace and unity to you
- 5 Choose something from Philadelphia Citizen's "Do Something" Guide:
<https://thephiladelphiacitizen.org/do-something/>
- 6 Make and write down a commitment that you will make to increase peace in your own life
- 7 Reach out to someone you have had conflict with and make a gesture of peace
- 8 On Peace Day, Sept. 21, view one or two videos of Walk for Peace (or meditate on your own):
Monk Leader's Inspiring Speech at American University.
Mindful breathing only: 15:02 - 20:08 (about 6 mins):
<https://tinyurl.com/7h3a5jk7>

Buddhist monks final 'Walk for Peace' meditation at Lincoln Memorial in Washington, D.C. Meditation only starting at 7:40 - 19:53 (about 12 minutes):
<https://tinyurl.com/bdfscjnv>
- 9 Plan a lunch and learn session on a peace, non-violence, justice or unity-building at your workplace or where you volunteer sometime during Peace Day Philly
- 10 Download AWorld, the App of the United Nations ActNow Campaign

For more ideas, go to:
<https://www.peacedayphilly.org/what-can-you-do/>

