



ymcainspirepeace

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# PEACE BUILDING

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ACTIVITY GUIDE 2009

## YMCA Canada Peace Week Activity Guide

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QUESTIONS? Please contact us at [services@ymca.ca](mailto:services@ymca.ca)



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THINK IT, SAY IT, DO IT!

# Introduction

This activity guide is designed to assist educators, like you, who engage others in exploring the many dimensions of peace and peace building. As you use the activities, we hope you will be inspired to see how each of us can create a better more peaceful world.

In celebration of 25 years of building peace YMCA Canada has created a new identity to renew the YMCA's commitment to peace building. The central theme of the identity is "ymca inspire peace". Inspiring others to become actively engaged in peace, in their everyday lives, is the goal of the YMCA's peace efforts. And we hope people will be inspired by the work of the YMCA in Canada and around the world.

The identity also includes the positioning statement, "Think it. Say it. Do it!" This is the means to the end for inspiring peace. We first want individuals to think about their role in peace, then to share their message or ideas about peace with others, and finally, to engage in peaceful actions. Our actions can inspire others to become involved and engaged in peace.

The four linked together symbols convey aspects of peace. The dove and olive branch together signify the arrival of peace. The heart denotes a personal commitment to peace. The hand expresses passing on or sharing the message with others and the peace symbol implies world peace or our end goal. The colour green was chosen to incorporate environmental stewardship, an increasingly important component of YMCA Peace Week.

This Activity Guide is filled with educational activities for children, youth and adults that nurture inner peace and help us imagine and create a peaceful world. The guide, which explores peace on many different levels, offers ways to think about peace in our daily lives and taps into our ability to change the world.

Activities included in this guide have been implemented in programs at local YMCAs. We hope you will find them an exciting and inspiring way to begin a discussion about peace at your YMCA.

## ACTIVITY 1

# Peace Mobile

**AIM:** To engage children to share their messages of peace.

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**MATERIALS:** Doves (template) – 1 per child, hearts (template) – 6 per child, ribbon (6" length) – 6 per child, glue, scissors and markers

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**AGES:** 3-10

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**TIME:** 30 minutes

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### Introduction:

Discuss with the children what peace means to them and what words or pictures might symbolize peace.

### Instructions:

Hand out 6 hearts to each child (for older children you can have them cut out the templates themselves). Have them write or draw their messages of peace on the hearts using the markers.

After the children have finished their messages for peace, hand out the dove, ribbon and glue. The children will then attach their messages to their dove by gluing the ribbon to the back of the hearts and the bottom of the dove (some children may need assistance with this part of the activity).

Allow the doves to dry and then put them on display in your centre during peace week to share with visitors your messages of peace.

Adapted from: Holiday Crafts 4 Kids – [www.holidaycrafts4kids.com/MLK\\_dovemobile.htm](http://www.holidaycrafts4kids.com/MLK_dovemobile.htm)

# ACTIVITY 1 – PEACE MOBILE

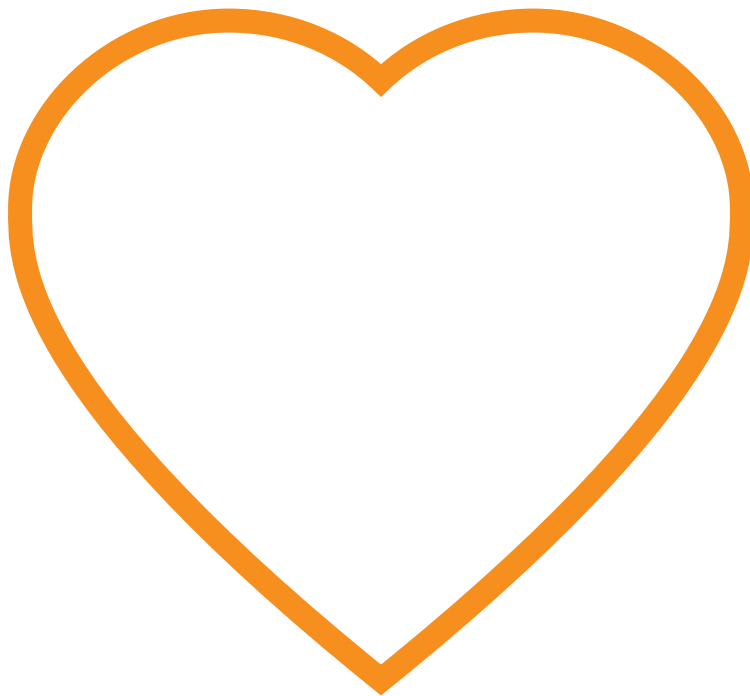
DOVE TEMPLATE

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HEART TEMPLATE

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## ACTIVITY 2

# Praise Tag

**AIM:** To encourage positive self-esteem through active play.

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**MATERIALS:** None

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**AGES:** 6-12

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**TIME:** 15-20 minutes

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### Instructions:

Line up children on one side of the gym or field. Ask for a volunteer to be “it” who will try to catch other players.

When the game begins the children will try to avoid being tagged by “it”. If a child is caught they must then freeze in their spot. To be able to rejoin the game the child who is frozen must be complimented (on a skill or positive attribute) by another player.

Once unfrozen the child may join the game again. You can change “it” throughout the game to give other children an opportunity to experience the role.

The game ends when all players are frozen or after a certain time limit.

### Debrief:

After the game discuss with the children how they felt to receive positive comments from the other children. Encourage this as an ongoing behaviour within the group.

Discuss how this activity relates to life and why it is important to treat others the way you would like to be treated.

Adapted from: Freeze Tag

## ACTIVITY 3

# My Act of Peace

**AIM:** To encourage children to engage in peace on a daily basis.

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**MATERIALS:** Journals, markers, pencils

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**AGES:** 6-12

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**TIME:** 10-15 minutes per day

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### **Introduction:**

Brainstorm with the group ways in which we can promote peace within daily life, i.e. include others, share, and help others, etc. For one week (or month) we will be tracking our acts of peace in our journals.

### **Instructions:**

Challenge the children to one act of peace per day.

Have the children create a journal at the end of each day to track their act of peace. They can use both stories and pictures in their journal.

At the end of the month have the group share a couple of their acts of peace with everyone.

Share these acts of peace with visitors and families and encourage the children to continue this at home with their family.

Source: YMCA Canada

## ACTIVITY 4

# Cultural Masks

**AIM:** To explore cultural diversity

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**MATERIALS:** Paper, various art supplies and masks (examples)

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**AGES:** 6-12

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**TIME:** 30 minutes

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### Introduction:

In many countries around the world they have masks that represent a part of their unique culture. Masks traditionally cover the face and are used to hide an identity, for entertainment, or for performance. Across the globe masks are a powerful sign of expression used in performance both theatrically and ritually, as well as a form of art.

Show children the different masks from around the world and discuss with them the different designs and the brief history of masks as outlined above.

Ask the children to share their ideas of when or why someone might wear a mask.

### Instructions:

Using the art supplies provided the children are to create masks illustrating things about themselves and their own diversity. They can include their family heritage and the children's style.

Once the children have completed their masks have them share with the group and describe what the different aspects mean. How do the masks show their identities?

Source: YMCAs of Cambridge and Kitchener-Waterloo

## ACTIVITY 4 – CULTURAL MASKS



1) AFRICAN HAND CARVED WOODEN MASK



2) CARNIVAL MASK FROM VENICE

## ACTIVITY 5

# Multicultural Collage

**AIM:** Children use mixed media to create a collage that represents the diversity in Canada.

**MATERIALS:** Construction paper, scrap paper, magazine photos, scrap material, scissors, glue and poster board for backing

**AGES:** 5-12

**TIME:** 30 minutes

### Instructions:

Tell the children that they are each going to create a collage using any or all of the media you have collected. Explain that they are to use the variety of materials to represent the diversity of people in this country.

Encourage students to think of ways they might use the materials to represent multiculturalism.

To stimulate student thinking, suggest the following possibilities:

1. Show a structure, such as the CN Tower. Use many different faces, colours of scrap paper, and textures to build up the figure.
2. Form the composite portrait of a single person, with features from pictures of many different people.
3. Show a building using bits from many different pictures.
4. Create a map of the country. Give it a three-dimensional effect by using different kinds of material.

Have students share their work and give an oral explanation of how and why they chose their design.

Source – Education Place Activity – [www.eduplace.com/activity/multicoll.html](http://www.eduplace.com/activity/multicoll.html)

## ACTIVITY 6

# Diversity

**AIM:** To explore diversity.

**MATERIALS:** Leaves (one colour), markers and flipchart paper

**AGES:** 13-18

**TIME:** 30 minutes

### Introduction:

Brainstorm diversity and record key points.

1. What does diversity mean to you?
2. Why is it important to discuss diversity?
3. How does society address issues of diversity?
4. How is diversity viewed in your community? How does this affect you personally?

### Instructions:

Hand out one leaf to every participant. Ask them to look at the leaves while you speak about how most often we just think a leaf is a leaf, we do not see their differences.

Allow the youth a few minutes to get to know their leaf, create a story for their leaf. After the five minutes, allow each participant 1 minute to share with the group why their leaf is unique.

After everyone has shared thank them and collect the leaves in a bag. At the front of the room ask them "do you now believe that all leaves are the same? Why or why not?"

Place the leaves out on a table or the floor and ask participants in small groups to come retrieve their leaves. Once everyone has located their leaf, ask the question. "Was it easy to find your leaf? Why or why not?"

### Debrief:

1. How did the activity make you think about how we view diversity?
2. What do you feel you will take away from this activity?

Once activity is complete compost the leaves outside.

Note: To adapt this activity for older youth increase the focus on brainstorming and discussion on diversity and their views on diversity in their communities.

Source: YMCAs of Cambridge and Kitchener-Waterloo

## ACTIVITY 7

# The Peace Lens

**AIM:** To explore peace through art.

**MATERIALS:** Video cameras, markers and flipchart paper

**AGES:** 13-19

**TIME:** 3-4 hours (can be broken into smaller sessions)

### Introduction:

Discuss with youth YMCA Peace Week and give a brief history of how your Association celebrates Peace Week. Share with them that this year we are celebrating 25 years of peace building. Ask the youth to share ways they have been involved in Peace Week in the past.

Discuss peace with youth. Engage them in an open discussion about peace and record any key points for reference. Use the following questions to begin your discussion:

1. What does peace mean to you?
2. What signifies peace or reminds them of peace (flowers, peace signs, etc.)
3. How do they view peace?

### Instructions – Videos:

Divide the group into video teams with 3-5 youth per team. Explain to the teams that their task is to capture on film what peace means to them. Start/Stop filming technique is recommended unless you have editing programs available.

Explain basic camera techniques and let them have a few minutes to practice using the cameras. Provide youth with timelines and boundaries.

Send the youth to film their videos. Stay in a designated area so they can find you for any questions.

### Debrief:

1. Discuss how successful they were at filming their idea of peace.
2. What challenges did they encounter?

Set up a time to view the videos as a group. An awards show or a movie night is a good way to showcase the youth's work.

Source: YMCAs of Cambridge and Kitchener-Waterloo

## ACTIVITY 8

# Peace Pictionary

**AIM:** Explore peace symbols through creativity.

**MATERIALS:** Lego and 2 copies of each set of Peace Cue Cards (templates)

**AGES:** 13-19

**TIME:** 30 minutes

### Introduction:

Talk to youth about how sometimes we associate words or symbols with peace. Explain that you are now going to play a game that uses some common ideas of peace.

### Instructions:

Divide youth into four groups and partner each group up with another group to play. There will be two games running at the same time.

Each game will be given Set 1 cue cards with peace symbols.

Teams will choose one clue and create the clue as an image using Lego pieces. Teams building the construction are not permitted to speak to each other. Opposing teams may guess at any time.

Teams have 3-5 minutes to guess what the other team is constructing. Once the team has guessed or time has elapsed the next team will choose their clue. Each team is awarded one point for each correct guess.

Once both games have finished Set 1 switch opponents and play again using Set 2.

At the end of both games the team with the most combined points is the winner.

### Debrief:

1. Why are certain symbols associated with peace?
2. What other symbols might you associate with peace and why?

Adapted from "Global Youth Forum Activity Guide by YMCA of Windsor and Essex, YMCA of Greater Toronto and the YMCAs of Cambridge and Kitchener-Waterloo

## ACTIVITY 8 – PEACE PICTIONARY

### PEACE PICTIONARY CUE CARDS – SET 1

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DOVE	HANDSHAKE	PEACE
CANADA	EARTH	FRIENDS

### PEACE PICTIONARY CUE CARDS – SET 2

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OLIVE BRANCH	SMILE	YMCA
NATURE	LOVE	MUSIC

## ACTIVITY 9

# A Cultural Party

**AIM:** Address stereotypes in society and encourage youth to view all people as individuals.

**MATERIALS:** Nametags (with names of countries) – enough for 1 per participant

**AGES:** 13-19

**TIME:** 20–30 minutes

### Introduction:

Brainstorm some typical stereotypes and discuss with the youth how they view these.

1. Why is it negative to use stereotypes?
2. What are some outcomes of using stereotypes?
3. Who is most affected by stereotypes?

### Instructions:

Youth will stand in a circle facing outwards.

Leader will stand inside the circle and attach country name tags on the backs of each of the youth (i.e. China, Mexico, Pakistan, USA, South Africa, etc.).

Youth are then told that they will be taking on the role of an individual from the country written on their nametag. They are instructed to mingle with others.

Ask youth to observe how they are being treated by others, and based on these behaviours, they will attempt to guess which country they are from.

After a few minutes of mingling, ask the youth to return to the circle. Each person will have the opportunity to guess which country is on their nametag and explain why based on the behaviours they encountered.

### Debrief:

It is important to debrief this activity to address any emotions that may have arisen.

1. How did you feel about the way others behaved towards you?
2. How did you modify your behaviour towards others based on their country?
3. Do you think these behaviours are a realistic representation of how people are treated? Why?
4. What can you personally do to reduce behaviours that stereotype others?

Adapted from “Global Youth Forum Activity Guide by YMCA of Windsor and Essex, YMCA of Greater Toronto and the YMCAs of Cambridge and Kitchener-Waterloo

## ACTIVITY 10

# Peace Jeopardy

**AIM:** To enhance knowledge about world peace.

**MATERIALS:** Jeopardy questions, cue cards, markers and noisemakers (one per team)

**AGES:** 13-19

**TIME:** 20-30 minutes

### Preparation:

Using questions provided create Jeopardy cards with point value on one side and statement on the other.

### Instructions:

Divide the group into 3-4 teams, depending on number of youth.

Give each team a noisemaker that they will use to buzz in.

Select a team to start by choosing the category and points value. Read the statement allowed.

Teams are allowed to buzz in at any time. The team who answers the question correctly receives the points. Teams must form their answer in the form of a question.

Play until all cards have been selected.

**Daily Double:** If a team gets a Daily Double they are the only ones able to answer and they are able to wager as many points as they would like.

*Hint:* You may want to briefly discuss Peace Week before playing.

## ACTIVITY 10 – PEACE JEOPARDY

### Questions:

#### YMCA PEACE WEEK

100 – November 21-28 (When is YMCA Peace Week?)

200 – “ymca inspire peace” (What is the new Peace Week concept?)

500 – 25 (How many years have YMCAs been celebrating Peace Week?)

1000 – Peace Medallion (What does the YMCA award to local peacemakers?)

#### FAMOUS PEACEMAKERS

100 – There is an annual peace walk in recognition of this man’s work. (Who is Mahatma Gandhi?)

200 – She is a nun who ministered to the poor, sick and dying in India. (Who is Mother Teresa?)

500 – This man had a dream. (Who is Martin Luther King Jr.?) DAILY DOUBLE

1000 – The head of state and the spiritual leader for Tibetan people. (Who is the Dalai Lama?)

#### SIGNS AND SYMBOLS

100 – The fruit of peace grows on this. (What is the olive branch?)

200 – Gestured often by activists in the peace movement. (What is the peace sign?)

500 – This spreads its wings for peace. (What is the dove?)

1000 – This beats for peace. (What is the heart?)

#### MOSAIC OF PEACE

100 – Relaxing postures and breathing techniques. (What is yoga?)

200 – Relaxation of the mind. (What is meditation?) DAILY DOUBLE

300 – They sang “Give peace a chance”. – (Who are the Beatles?)

400 – Internationally recognized peace award. (What is the Nobel Peace Prize?)

Source: YMCAs of Cambridge and Kitchener-Waterloo

## ACTIVITY 11

# Web of Strength

**AIM:** To encourage cooperation and to demonstrate the strength in working together as a team.

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**MATERIALS:** Rope and 2 poles or trees

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**AGES:** 13-19

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**TIME:** 30-45 minutes

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### Introduction:

Explain to the youth that there are many negative factors at play that can lead to bad situations. The youth will work together to combat these negative factors and influences.

### Instructions:

Set up a spider web structure using the rope tied to the poles or trees. Vary the size of holes, but make sure there are big enough for a youth to fit through.

Explain to the youth that this is a web of negative influences. They will work together as a team to get all the youth through the negative influences safely.

Rules:

1. Only 1 person through at a time.
2. Each hole can only be used once.
3. You may not touch the rope. If someone makes contact with the rope, the team must start over. (baggy clothes don't count)
4. Once a team member crosses they must stay on the other side.

### Debrief:

1. Ask youth if this was an easy task?
2. How did the team's strategy change throughout the activity?
3. Why is it important to work as a team?

Source: YMCA of Hamilton/Burlington/Brantford

## ACTIVITY 12

# The Giving Tree

**AIM:** To promote health and environmental stewardship through peace

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**MATERIALS:** Large Tree cut out, leaf cut outs (template), tape and markers

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**AGES:** 20+

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**TIME:** Ongoing

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### Instructions:

Create a large tree display and post in a visible location (i.e. lobby, fitness centre, newcomer or employment centre, pool etc.). Create a large sign with instructions “What will you give (up) for Peace Week to improve your health, the environment and promote peace?”

Cut out leaf templates and write a few examples to attach to the display.

“For peace I will give up driving for one week”

“For peace I will give my change to help plant a tree”

Have the tree on display for Peace Week and encourage members, staff and volunteers to participate.

Source: YMCAs of Cambridge and Kitchener-Waterloo

## ACTIVITY 12 – THE GIVING TREE

LEAF TEMPLATE

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## ACTIVITY 13

# Peace of Art

**AIM:** To explore peace through art.

**MATERIALS:** Participants provide their own material of choice.

**AGES:** 20+

**TIME:** Varies depending on art project.

### **Introduction:**

Peace of Art is an art contest to engage adults in Peace Week.

Each submission should represent the artist's interpretation of "ymca inspire peace".

You will want to create promotional material to advertise the contest using newsletters, emails, posters, and your website.

You can provide the artists time and space within the YMCA to complete their art projects.

### **Instructions:**

Participants are to complete and submit art of all mediums to the YMCA. The art will be displayed at local YMCAs during Peace Week. All artwork should represent "ymca inspire peace".

During Peace Week (possibly at an event) the winners of the art contest should be announced.

A great way to gain media exposure is to invite local media to attend the event where the winners will be announced.

Source: YMCA of Simcoe/Muskoka

## ACTIVITY 14

# Pay it Forward

**AIM:** To inspire others to spread the message of peace.

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**MATERIALS:** None

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**AGES:** 20+

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**TIME:** 5 minutes + follow up

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### Instructions:

At the beginning of fitness classes during Peace Week explain that this is YMCA Peace Week and that all across the Associations we are working together to inspire peace.

Challenge fitness class participants to “pay it forward” to at least one other person during the week. Share ideas of how they might achieve this i.e. hold doors for people, share your umbrella, volunteer, donate to charity, buy a stranger a coffee, etc.

### Follow Up:

At the next class or as you see members during the week, check in with them to see how their “pay it forward” is going.

Ask participants to share with the class what they did and what were the reactions of others?

Source: YMCA Canada

## ACTIVITY 15

# H<sub>2</sub>O For Peace

**AIM:** To create awareness and promote peace with all members.

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**MATERIALS:** YMCA water bottles, peace quote labels (samples attached), and peace quiz (samples attached)

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**AGES:** 20+

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**TIME:** Ongoing

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### **Introduction:**

YMCA Peace Week is a great time to promote peace among members and participants.

Ahead of time create peace bottles by sticking “peace quote labels” onto YMCA water bottles (using quotes provided). You will need to print off multiple copies of each quote to have enough for all bottles.

### **Instructions:**

Choose a time period to pass along the message of peace and have quiz and water at the membership desk.

When members sign in ask them one peace trivia question. If members respond correctly award them with peace water bottle to use to re-hydrate their body during their workout as well as inspire their mind with the message of peace. You can also give members who answer incorrectly both the answer and the peace water.

This can also be an activity to open a staff or volunteer meeting during Peace Week.

## ACTIVITY 15 – H2O FOR PEACE

### Sample Peace Quotes:

*A smile is the beginning of peace.* – Mother Teresa

*Peace, like charity, begins at home.* – Franklin Delano Roosevelt

*When you make peace with yourself, you make peace with the world.* – Maha Ghosananda

*First keep the peace within yourself, then you can also bring peace to others.* – Thomas A. Kempis

*If you want to make peace, you don't talk to your friends. You talk to your enemies.* – Moshe Dayan

*I do not want peace that passeth understanding. I want the understanding which bringeth peace.*  
– Helen Keller

*We seek peace, knowing that peace is the climate of freedom.* – Dwight D. Eisenhower

*There was never a good war or a bad peace.* – Benjamin Franklin

*Imagine all the people living life in peace.* – John Lennon

*Peace cannot be kept by force. It can only be achieved by understanding.* – Albert Einstein

*Peace is always beautiful.* – Walt Whitman

### Sample Peace Trivia:

1. When is YMCA Peace Week? A) November 21-28 2009 or 3rd week of November
2. What is the theme of YMCA Peace Week? A) "ymca inspire peace – Think it. Say it. Do it."
3. Who is one person who represents peace to you? A) open answer
4. What is a symbol of peace? A) dove, peace sign, heart, olive branch, etc.
5. Name one organization that works towards peace? A) United Nations, YMCA, Canadian Peace Congress, Project Ploughshare, Greenpeace, etc.
6. How many years has YMCA Peace Week been running? A) 25
7. What is one thing you can do to promote peace? A) open answer
8. What is one way that the YMCA recognizes peacemakers? A) Peace Medallion

Adapted from YMCA of Hamilton/Burlington/Brantford

## ACTIVITY 16

# Inner Strength

**AIM:** To encourage fitness of the mind and spirit during personal training sessions.

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**MATERIALS:** None

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**AGES:** 20+

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**TIME:** 5-10 minutes

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### Instructions:

Personal training sessions are a great time to strengthen the trainee's mind and spirit.

During Peace Week promote peaceful actions with spirit, mind and body by incorporating peace quotes during warm up or cool down, incorporating yoga or meditation into the session.

Challenge your trainees to during their workouts for the week to incorporate a focus on their inner peace through the use of meditation or a peaceful time into their regular workouts. This will encourage them to build their inner strength and peace of mind.

### Follow Up:

At your next session follow up with the trainee to see if they incorporated peaceful exercises into their workouts during the week. Ask them what overall effect it had on them during their workout and in their week as a whole.

Source: YMCA Canada

## ACTIVITY 17

# First Impression

**AIM:** To discover that first impressions of people are not always true.

**MATERIALS:** The Herman Grid (1 per person)

**AGES:** 20+

**TIME:** 20 minutes

### Instructions:

Pass out copies of “The Herman Grid”. Ask participants to share their first impressions of this image. Ask if they see gray dots in the white spaces.

### Discussion:

Are the gray dots really there?

This is an example of how we sometimes see things that don’t exist.

In the large group or smaller groups (depending on size) share and discuss the following:

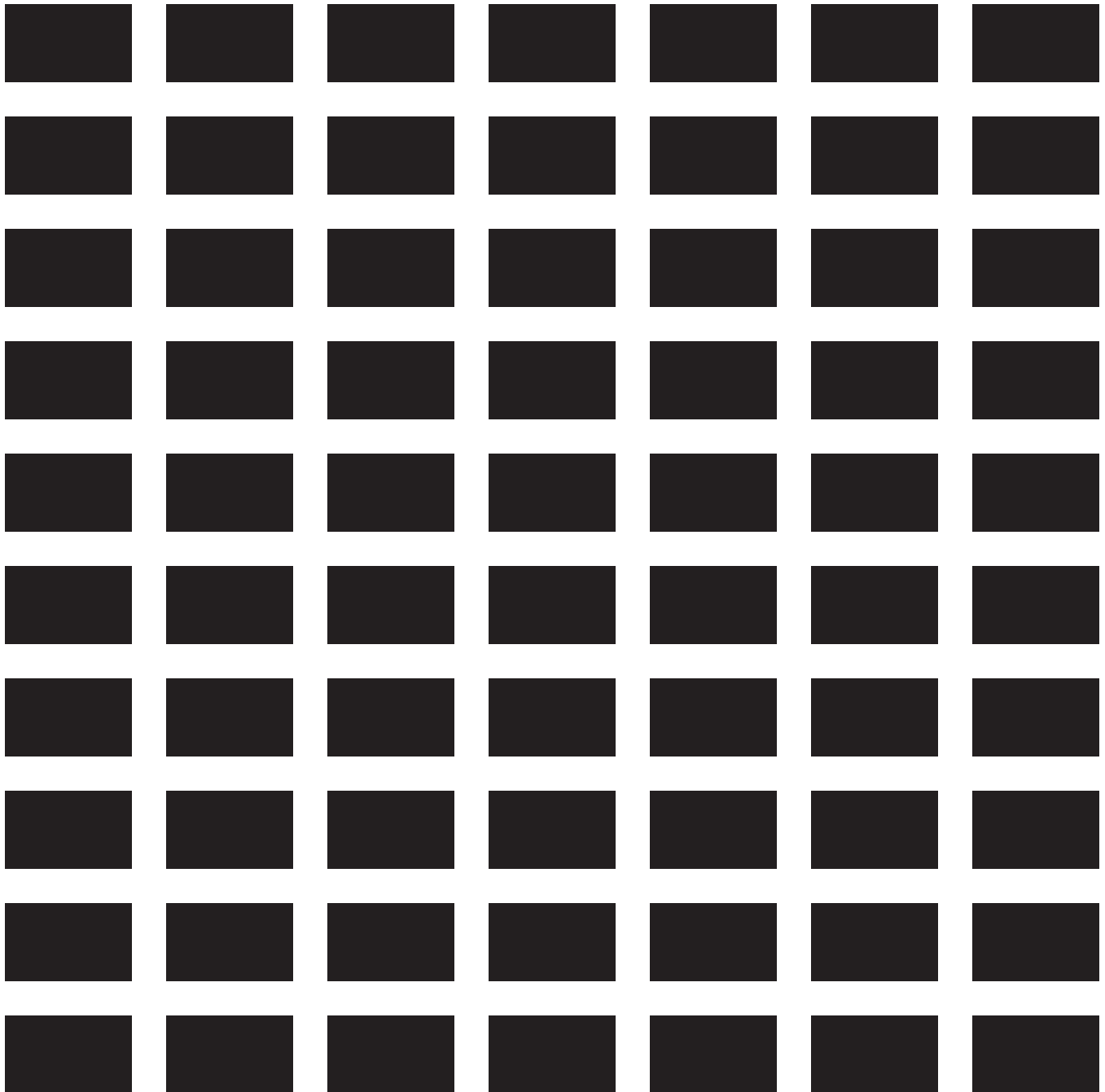
1. Have you ever had a wrong first impression of someone who had a different background or came from another culture?
2. Has someone from a different background or another culture had a wrong first impression of you?

Adapted from “Diversity Activities for Youth and Adults” Penn State College for Agricultural Sciences, Agricultural Research and Cooperative Education

## ACTIVITY 17 – FIRST IMPRESSION

### THE HERMAN GRID

By staring at the black squares, you will see gray dots appearing at the intersection of the horizontal and vertical white.



# Involving YMCA Staff, Volunteers, Members and Participants in Peace Week

## Staff & Volunteers

- Officially mark Peace Week by posting Peace Week posters, banners and displays.
- Using the t-shirt design available on YMCA Canada's Intranet produce Peace Week T-shirts and encourage all YMCA staff (front desk, fitness, pool and custodial staff, etc.) and volunteers to wear a Peace Week t-shirt and the new Peace Week pin for the duration of the week.
- Create a Peace Week organizing committee of interested staff and volunteers who will develop and plan how your Association is going to celebrate Peace Week.
- Inform YMCA staff about Peace Week by including it on the agenda of Staff Meetings in the month of November.

## Special Events

- Peace Medallion – Host a ceremony to recognize a local peace builder and award a Peace Medallion at a Peace Medallion ceremony. More information is available on YMCA Canada's Intranet.
- Peace Celebration Meal – Hold a Peace Breakfast/Brunch/Dinner with an invited keynote speaker to make a presentation on peace issues and peace building.
- Offer special workshops to staff and volunteers on multicultural or diversity awareness, on positive discipline approaches, on stress reduction and relaxation techniques or on how to create an open and tolerant workplace.

## Volunteer Development

- Mark Peace Week activities by recognizing the contributions of your YMCA volunteers. Reward a special volunteer or volunteers by presenting them with a new Peace Week pin.
- Host a volunteer appreciation dinner. Recognize volunteers who are active within your International or Newcomer Settlement program, and making a difference.

## TIP SHEET

### Health, Fitness and Recreation

- Decorate the gym, swimming pool and/or conditioning room space with Peace Week posters, displays on your International partners, or some other Peace Week related theme (environment, water issues, etc.). For example, you could decorate the pool area as if it was an underwater coral reef.
- Incorporate yoga, meditation or other stress reduction activities into fitness classes.
- Hand out Peace Week tattoos to participants.

### Teach Peace Building

- Incorporate cooperative and/or international games or activities into fitness classes.
- Offer special workshops on how to incorporate stress reduction or relaxation techniques into participants' daily routines.

### Children & Youth

- Arts & crafts – Invite young participants to create the most original image of what peace means to them. Artwork could include decorated paper doves, hands or other shapes that are used to signify peace. Create a display of the artwork for all members, staff, volunteers, participants and participant families to see.
- Banners & Murals – Invite participants to create a Peace Week mural or banner with images and words showing what peace means to them. Display it in a prominent place and make it a “work in progress” asking your participants, members and staff (children, youth, and adults) to make a creative contribution to a canvas or craft paper background.
- Create a “Peace Centre” by designating an area within the child care, day care or youth centres as the space to resolve conflicts with each other in non-violent ways. Post pictures of children talking to each other, post rules that you have written on sentence strips or charts. Cover a table with the peace sign for the participants to sit around and develop their solutions.
- Games – Incorporate non-competitive or cooperative games in your child care, day care, after-school and youth programs during Peace Week.
- Cultural Awareness – Incorporate cultural awareness activities in your child care program, focusing on countries which children in the program may come from. Integrate stories, music and games from other countries into regular activities in the weeks leading up to and including Peace Week.
- Learning Activities – Use a learning activity to inspire children and youth to think about how they can contribute to peaceful relations among people.
- Peacemaker of the Day – Select and celebrate a “Junior Peacemaker of the Day” for each day of the week in child care, day care, after school and youth programs.

### Youth Leadership Activities

- Explore Peace – Hold sessions on the YMCA’s role as a social justice agency through using the YMCA Peace Statement and other related resources. Encourage the youth participants to start a peace petition or a collection of peace pledges.
- Involve your Youth Leader Corps and/or other youth participants in the planning and delivery of Peace Week activities.
- Hold a conference for youth to explore issues relating to peace and peace building.
- Host a sleepover or camp week for Youth Leader Corps on the theme of peace building.

### Employment

- Officially mark Peace Week by posting Peace Week posters, banners and displays.
- Offer special workshops to staff and participants on stress reduction and relaxation techniques and strategies for dealing with or overcoming stress in their daily lives.
- Host an “Open House” or special event for participants and explain how the celebration of Peace Week relates to the overall mission of the YMCA.

### Newcomers

- Officially mark Peace Week by posting Peace Week posters, banners and displays.
- Create a display to explore and celebrate diverse cultures and geographical origins of staff and participants of the Settlement & Newcomer services and/or to highlight how Peace Week relates to the overall mission of the YMCA.
- Offer special workshops to staff and participants on stress reduction and relaxation techniques and strategies for dealing with or overcoming stress in their daily lives.

Adapted from YMCA Canada’s YMCA World Peace Week Manual and “Suggestions for Total Association Involvement in Peace Week” – YMCA of Fredericton

# Involving the Community in Peace

## Displays

- Create a Display – Secure space in local schools, libraries, community centres or even City Hall and mount a Peace Week display. The display could include Peace Week posters, peace quotes, information on the YMCA Peace Medallion and past recipients, or information or photos about your overseas YMCA partners.
- Peace Flags – Arrange for your local municipal or City government to fly a specially designed Peace Week flag or even the United Nations flag in front of City Hall (or elsewhere) for the duration of Peace Week.

## Communications & Awareness Building

- Greeting Cards – Express messages of peace in greeting cards designed, decorated, and written by children and youth in your programs, and mail them to your members, volunteers, donors, community partners, etc. or just display them in your Association.
- Community Partners – Create and distribute Peace Week information packages (posters, background information, Peace Medallion nomination forms etc.) to your community partners, libraries, schools and other local organizations, and invite them to attend and participate in your Association's Peace Week activities.
- Elected Officials – Distribute a Peace Week media release and Peace Week package to local elected officials (MP, MPP, mayor, etc.) to inform them about how your YMCA works to promote peace and justice in your community, and invite these officials to attend and participate in your Association's Peace Week activities.

## Utilize the Media

- Media Releases – Distribute a Peace Week media release and Peace Week package to local media outlets (newspapers, radio, and television) to inform them about how your YMCA works to promote peace and justice in your community, and invite them to attend and participate in your Association's Peace Week activities.
- Television & Radio – Contact your local community cable and radio stations and see if they would be willing to arrange for special Peace Week programming. Programming could include PSAs, on-air promotion of your Association's Peace Week activities or the showing of a film on international or peace issues.

### **Award a Peace Medallion**

- Recognize a local peace builder and award a Peace Medallion at a Peace Medallion ceremony. The Peace Medallion ceremony could be held at your YMCA or within the community depending on the size of the anticipated audience. More information on the Peace Medallion is available on YMCA Canada's Intranet.

### **Community Partnerships**

- Schools – Work with your local schools to develop and conduct Peace Week presentations, workshops and other learning experiences for students (children and youth). Events could be held at the YMCA or at one or more of the local schools.
- Community Service Groups – Work with your local community services groups, including local Y's Men's Clubs, to develop and conduct Peace Week presentations, workshops and other learning experiences for group members and/or members of the public.
- Community Partners – Invite one or more of your community partners or local organizations (Oxfam, Amnesty International, Greenpeace, CUSO etc.) to participate in a joint Peace Week activity to raise awareness about a particular issue and how it relates to peace building.
- Interfaith Services – Invite representatives from the various religious faiths in your community to hold an Inter-Faith Service for Peace. Encourage participation by YMCA staff, members and participants as well as members of these other communities.
- YMCA Open House – Hold an "Open House" for all members of your community with a range of games and education activities for children, youth and adults. You could hold an "Open House" within YMCA program areas such as child care, employment or Immigrant/Settlement Services.
- Peace Week Proclamation – Ask your City Council to formally declare YMCA Peace Week. Create a Peace Week display in a public area at City Hall or another municipal building or arrange for a Peace Week flag raising ceremony.

Adapted from YMCA Canada's YMCA World Peace Week Manual and "Suggestions for Total Association Involvement in Peace Week" – YMCA of Fredericton

## WEBSITES

### Children & Youth Issues

Free The Children (youth engagement) – [www.freethechildren.com](http://www.freethechildren.com)

Peace Child International (youth engagement and peace building) – [www.peacechild.org](http://www.peacechild.org)

Street Kids International (street affected children) – [www.streetkids.org](http://www.streetkids.org)

Taking It Global (youth engagement) – [www.tigweb.org](http://www.tigweb.org)

War Child (youth engagement) – [www.warchild.ca](http://www.warchild.ca)

Youth Action Net (youth engagement) – [www.youthactionnet.org](http://www.youthactionnet.org)

Youth Action Network (youth engagement) – [www.youthactionnetwork.org](http://www.youthactionnetwork.org)

YOUCAN (youth engagement & peace building) – [www.youcan.ca](http://www.youcan.ca)

Youth in Motion (youth engagement) – [www.youth-in-motion.ca](http://www.youth-in-motion.ca)

### Development Education Sources

Development Education Ireland (development education) – [www.developmenteducation.ie](http://www.developmenteducation.ie)

Educators for Social Responsibility (educational resources) – [www.esrnational.org](http://www.esrnational.org)

Our World (educational quizzes for children) – [www.ourworld.ca](http://www.ourworld.ca)

UN Cyber School Bus (global education) – [www.un.org/Pubs/CyberSchoolBus](http://www.un.org/Pubs/CyberSchoolBus)

Peace Education – [www.un.org/cyberschoolbus/peace/index.asp](http://www.un.org/cyberschoolbus/peace/index.asp)

## WEBSITES

### Engaging Civil Society

Global Citizens for Change (civil engagement on global issues) – [www.citizens4change.org](http://www.citizens4change.org)

Global Exchange (civil society & human rights issues) – [www.globalexchange.org](http://www.globalexchange.org)

Current Campaigns – [www.globalexchange.org/getInvolved/actnow/](http://www.globalexchange.org/getInvolved/actnow/)

Educational and Teaching materials – Fair Trade – [www.globalexchange.org/campaigns/fairtrade/cocoa/chocolatekids.html](http://www.globalexchange.org/campaigns/fairtrade/cocoa/chocolatekids.html)

One World (civil society network) – [www.oneworld.net](http://www.oneworld.net)

Education Channel – [www.learningchannel.org](http://www.learningchannel.org)

Children’s Channel – [www.oneworld.net/penguin/](http://www.oneworld.net/penguin/)

New Internationalist Magazine (international and development issues) – [www.newint.org](http://www.newint.org)

### Environment

Greenpeace Canada (environmental issues) – [www.greenpeace.ca](http://www.greenpeace.ca)

Water Aid (water issues) – [www.wateraid.org.uk](http://www.wateraid.org.uk)

– Learning Zone for students and teachers – [www.wateraid.org.uk/learn\\_zone/](http://www.wateraid.org.uk/learn_zone/)

WaterCan/EauVive (water issues) – [www.watercan.com](http://www.watercan.com)

– Resources – [www.watercan.com/learnmore/resources.htm](http://www.watercan.com/learnmore/resources.htm)

### Health

Médecins sans Frontières/Doctors without Borders Canada (health issues) – [www.msf.ca](http://www.msf.ca)

### Housing

Habitat For Humanity Canada (housing) – [www.habitat.ca](http://www.habitat.ca)

Habitat International (housing) – [www.habitat.org](http://www.habitat.org)

Rooftops Canada/Abri International (housing) – [www.rooftops.ca](http://www.rooftops.ca)

## WEBSITES

### International Development – General

Interact Introduction to International Trade – [www.christian-aid.org.uk/campaign/trade/highway/launch5.htm](http://www.christian-aid.org.uk/campaign/trade/highway/launch5.htm)

Global Gang website for children and teachers – [www.globalgang.org.uk](http://www.globalgang.org.uk)

CARE Canada (international development) – [www.care.ca](http://www.care.ca)

Development & Peace (international development) – [www.devp.org](http://www.devp.org)

Campaign on Water – [www.devp.org/testA/current.htm](http://www.devp.org/testA/current.htm)

Oxfam Canada (international development) – [www.oxfam.ca](http://www.oxfam.ca)

Oxfam UK (international development) – [www.oxfam.org.uk](http://www.oxfam.org.uk)

– Resources – [www.oxfam.org.uk/what\\_we\\_do/resources/index.htm](http://www.oxfam.org.uk/what_we_do/resources/index.htm)

– Cool Planet for Teachers – [www.oxfam.org.uk/coolplanet/index.htm](http://www.oxfam.org.uk/coolplanet/index.htm)

– “Milking It” International Trade primer – [www.oxfam.org.uk/coolplanet/milkingit/](http://www.oxfam.org.uk/coolplanet/milkingit/)

– Fair Trade – [www.oxfam.org.uk/what\\_we\\_do/fairtrade/index.htm](http://www.oxfam.org.uk/what_we_do/fairtrade/index.htm)

Make Trade Fair Campaign – [www.maketradefair.com/en/index.htm](http://www.maketradefair.com/en/index.htm)

UNICEF Canada (international development) – [www.unicef.ca](http://www.unicef.ca)

### International Trade & Labour Issues

Maquila Solidarity Network (international labour issues) – [www.maquilasolidarity.org](http://www.maquilasolidarity.org)

TransFair Canada (Fair Trade) – [www.transfair.ca](http://www.transfair.ca)

### Peace Building

Canadian Centres for Teaching Peace (peace building) – [www.peace.ca](http://www.peace.ca)

Peace Jam (peace building) – [www.peacejam.org](http://www.peacejam.org)

Project Ploughshares (peace & disarmament issues) – [www.ploughshares.ca](http://www.ploughshares.ca)

UNESCO Peace Manifesto 2000 (peace building) – [www.unesco.org/manifesto2000](http://www.unesco.org/manifesto2000)

Waging Peace (peace building) – [www.wagingpeace.org](http://www.wagingpeace.org)

## WEBSITES

### Poverty Reduction

UN Millennium Development Goals (global poverty reduction & development)

– [www.un.org/millenniumgoals](http://www.un.org/millenniumgoals)

– [www.developmentgoals.org](http://www.developmentgoals.org)

– [www.millenniumcampaign.com](http://www.millenniumcampaign.com)

Make Poverty History (global poverty reduction & education) – [www.makepovertyhistory.org](http://www.makepovertyhistory.org)

### Refugees

UNHCR (UN Agency for refugees) – [www.unhcr.org/cgi-bin/txis/vtx/home](http://www.unhcr.org/cgi-bin/txis/vtx/home)

### Volunteering Overseas

Canada World Youth (volunteer overseas) – [www.cwy-jcm.org](http://www.cwy-jcm.org)

Crossroads Canada (volunteer overseas) – [www.cciorg.ca](http://www.cciorg.ca)

CUSO (volunteer overseas) – [www.cuso.ca](http://www.cuso.ca)

WUSC (volunteer overseas) – [www.wusc.ca](http://www.wusc.ca)

Youth Challenge International (volunteer overseas) – [www.yci.org](http://www.yci.org)