



Acts of Peace



In the table below, paste the acts of peace you would like to do over the next week. Cut the ones you want from the bottom of the page and stick them here. When you have finished, can you create 3 of your own acts of peace?

	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>
My own idea:	<input checked="" type="checkbox"/>
My own idea:	<input checked="" type="checkbox"/>
My own idea:	<input checked="" type="checkbox"/>

- Forgive yourself or someone else.
- Smile at 20 people.
- Let someone else go ahead of you. Do this 5 times.
- Be kind to an animal.
- Help someone who is hurt on the playground.
- Invite others to play your game.
- Paint a peace sign.
- Sit and breathe calmly.
- Read a story to someone younger than you.
- Make a new friend.



Acts of Peace

In the table below, write out the acts of peace you would like to do over the next week. Choose five acts from the selection at the bottom of the page and then see if you can create five of your own.

	<input checked="" type="checkbox"/>
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My own idea:	<input checked="" type="checkbox"/>
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- Sit and breathe calmly.
- Read a story to someone younger than you.
- Make a new friend.
- Help others resolve an argument.



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