

Peace Resource Center Workshop
Appropriate for Third, Fourth and Fifth Grade
Hearts and Crafts and Hands for Peace

Materials:

Construction paper, paper heart, scissors, glue sticks or glue, tape, easels, cardboard, pencils, markers, poster with Affirmation definition, chart with positive words, 6 small containers, enough small cards for each student to have 6, some pre-cut colored paper hands (for those who have trouble cutting), large cardboard with peace sign drawn on it, book: **Peace Begins with You** by Katherine Scholes.

Room Preparation: Place post it notes with each student's name on one where you would like them to hang their finished heart.

Post the following agenda:

Game
Name Tags
Agenda Preview
Hearts Talk and Affirmation Activity
Peace Begins with You
Hands for Peace (Snacks available during this activity)
Circle
Closing

(A) **Icebreaker:** Would you rather?

Point to each side of the room where you want students to move as you give them choices.

Would you rather?

go water skiing or snow skiing?

read or do math?

have a lot of siblings or no siblings?

eat ice cream or pizza?

see a baseball game or a football game?

be in a play or be in a musical performance?

play outside or inside?

camp out or visit another city?

have a skateboard or a surfboard?

have a field trip or stay in class?

5 min.

Nametags, Agenda Preview- students seated on rugs
5 min., 10 total

(B) Affirmation Hearts

Students should be seated at tables.

Show students a paper heart and ask them what it represents to them.

Share the thought that hearts might represent our connections to other people. Babies can hear their mothers' hearts beat before they are born, and they continue to be comforted by the same heartbeat when their mothers hold them close.

We give hearts at Valentine's Day. We "Heart" something, which means that we like it.

Crumple up the paper heart, and ask students what that might represent. It can represent hurt feelings, or a broken heart. Smooth the heart out as best you can, and observe that it's still got a lot of wrinkles. Ask: What does that remind you of? Perhaps it's like the unkind words that you can't put back in your mouth. Or that it might be hard to forget words that are unkind.

(A) Introduce Affirmation: Affirmation is the idea that it's possible to find good and admirable qualities in every human being. That person might not be your friend, but you can still notice some things that you like. Let students know that they are going to practice finding and naming the good in their classmates. Each student will hang up a heart with their name on it and others will put positive words on their heart. Ask for a show of hands- how many heard positive words so far today? Express hope that they will hear more by the end of the time together.
7 min., 17 total

Introduce Activity: Affirmation Hearts: have construction paper at each student's place. Demonstrate to students how to draw a heart by folding the paper in the middle, and drawing half of the heart on one side. Students cut out their hearts and write their name somewhere on it. Guide students where to tape their hearts up on walls or easels.
10 min., 27 total

Then...have each child write their name on six cards and put them in six different containers. Mix these up and have each child pull one card from each container. If they pull their own name, they put it back and try again.
10 min. 37 total
Ask each student to write a positive, complimentary word on the back of the name card. If they need help thinking of words, they can pick a word from a list you provide. Give students glue sticks to glue their words to a classmate's heart.
15 min. 52 total

Below is a list:

adventurous	artistic	athletic	brave	calm	cheerful	confident
considerate	cooperative	creative	curious	dependable	easygoing	encouraging
fair	friendly	funny	generous	good at...	graceful	helpful
honest	humorous	imaginative	independent	intelligent	kind	loyal
patient	pleasant	polite	positive	quick	reliable	skilled at...
smart in...	sweet	talented at...	thoughtful	trustworthy	wise	

Leave the hearts posted until it is close to the time to leave.

(B) Gather students on the rugs for the next activity. Ask students to give thumbs up or thumbs down on the last activity. Ask if affirmation has a connection to peace. What might some connections be?
5 min. 57 total

Read: Peace Begins With You Book by Katherine Scholes

(Consider skipping the page with the molotov cocktail pic, and reading only some of the last two pages, which don't have illustrations)

After reading: what are some ways to grow peace?

During this time, a helper can take down the hearts and have them ready to give to the students.

11 min. 68 total

(A) Introduce Art Activity: Making A Giant Peace Sign from colored paper hand cutouts.

Show students some colored paper hands that were prepared beforehand. Let students know that you want them to trace and cut out their hands four times. **Have a poster** to show the four topics to be written on the hands.

Have a big peace sign outlined on a large piece of cardboard. As students finish one of their four hands, ask them to bring it to you to place on the peace sign. Continue gluing hands to the peace sign until students finish tasks. If some students finish their four hands sooner, they can continue to make more hands, or assist a classmate with theirs.

What can YOU do?

-to be more peaceful inside, -to be more peaceful in school, -to be more peaceful in my family,
-to help the world be more peaceful

25 min. 93 total

Snack/ bathroom break

15 min. 108 min. total

(B) Circle:

If time, distribute hearts. If not, give them to the teacher to distribute back at school

Gather students together for two (as time allows) circle questions:

What did you like about today?

What is something peaceful you can plan to do from now on?

10 min. 118 min. total

Closing: Stand Up for Peace

Ask students to take the hands of the persons beside them and help each other stand up without touching the floor.

2 min. 120 total