

PEACE WORK: MOSAIC VALUES!

What value does each letter in Mosaic stand for? What's one example of how you practice it in class or at home?

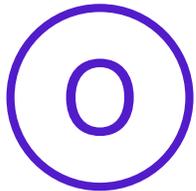


is for

I practice it when I

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is for

I practice it when I

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I practice it when I

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is for

I practice it when I

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PEACE WORK: INTERCONNECTEDNESS!

We are all interconnected: all of our actions effect everyone else. Everything we do is an opportunity to spread peace into the world!

What are 3 things you can do today to spread peace in your home, in your school, and in your community?

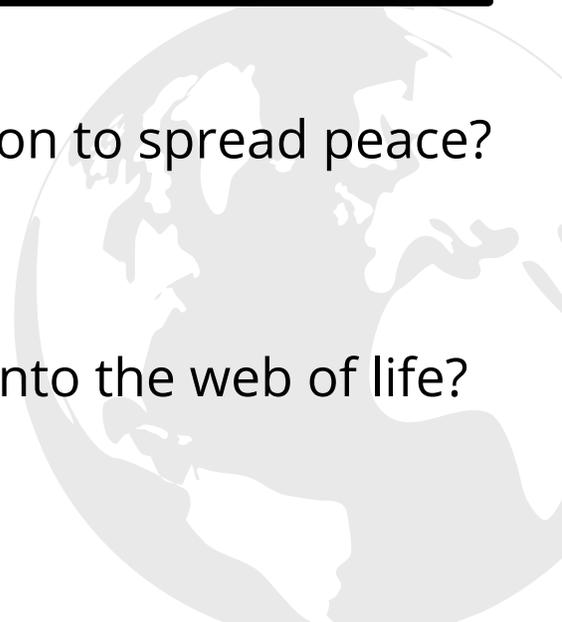
1

2

3

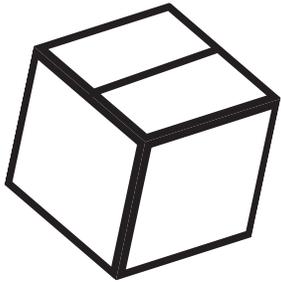
How did others feel when you took an action to spread peace?

How did you feel when you spread peace into the web of life?



PEACE WORK: BREAK DOWN STEREOTYPES!

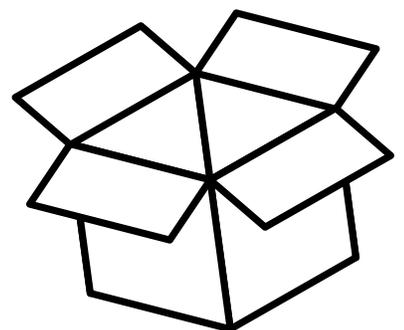
Think about 1-3 labels people put on you before they know who you really are. Write and draw the boxes you are put in.



People think I am...

Now, who are you on the inside, without those stereotypes? Write the words and draw what you feel describes the real you!

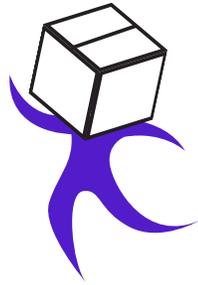
But really I am...



PEACE WORK: RE-SPECT!

Our brains pre-judge people, sometimes without us even knowing it! We can unlock our brains by catching the labels and judgements, and looking again. Think of 3 people in your life: how did your first impression change once you re-respected them?

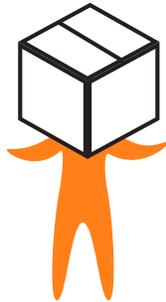
When I first met/saw _____
I thought they were:



After *respecting* them, I
learned they were:



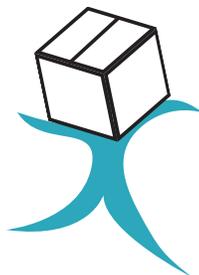
When I first met/saw _____
I thought they were:



After *respecting* them, I
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When I first met/saw _____
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PEACE WORK: LISTENING & EMPATHY!

With a partner, share about something that is happening right now (or in the past) that is a problem, argument, or something that doesn't feel good in your heart.

When it's your partner's turn to share, it's your turn to listen!

My partner shared about...

I imagine my partner felt...

While I was listening to their story I felt...



PEACE WORK: ASSERTIVENESS!

What is assertiveness?

Think of a time when you were passive or aggressive.
What happened, and what did you say and do?

Now, if you had a redo, what would your
assertive response be instead?





Sometimes in the moment, it is hard to know what to say to be an assertive ally. Practicing short assertive responses can make it easier!

When someone is being teased, I can say...

When I see someone being excluded, I can say...

When I hear a joke that is offensive, I can say...

When there is a hurtful rumor being spread about someone, I can say...

You gotta be calm, cool, collected, confident, and clear!



PEACE WORK: CONFLICT RESOLUTION!

Think of a conflict or problem you are having right now.
Write your own I-Statement!

I feel

When I

Because I need

And could you

Examples of heart feelings

- Upset
- Mad
- Sad
- Embarrassed
- Frustrated
- Annoyed
- Scared
- Worried

Examples of heart needs

- Love
- Happiness
- Comfort
- Community
- Support
- Respect
- Safety
- Fairness



Here are some examples of I-Statements

I feel upset and embarrassed

When I am teased about my body size

Because I need respect and confidence

And could you stop making comments about how I look?

I feel mad

When my things are taken from me

Because I need fairness

And could you ask me before taking my toy?

I feel annoyed and frustrated

When I see a messy kitchen

Because I need support, safety, and respect

And could you put your dishes in the dishwasher and wipe down the counter after meals?

PRO TIPS!

- A hard feeling is like an alarm, it tells you that a heart need is missing
- Describe what happened *to you*, without blame
- Make a *specific* request: what do you want to happen now and next time?