



Communities of Peace 2008

40 Days of Peace

www.serviceforpeace.org

www.40daysofpeace.org

Connecting People to Peace through Service

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PEACEMAKER

The 40 Days of Peace initiative brings together schools, colleges, community organizations, neighborhoods and law enforcement agencies to promote greater cooperation and a sustainable reduction in violence in our communities. **PEACEMAKER** is a 40 Day or six-week program designed for a **teacher or facilitator to lead a class** or an entire school to reduce aggressive or hurtful language and behavior, and to create an environment of kindness and cooperation.

The steps surrounding **PEACEMAKER** involve identifying negative word and actions; making a commitment to boycott and correct them; and providing encouragement for positive words and actions. **Tie these into the 40 Peace Messages.**

Each week will conclude with a period of guided reflection and discussion by the teacher or facilitator. The weekly reflection can consist of group discussion, art, journaling, writing, song, dance, video, or any other format with which the student wishes to convey his/her reflection. These reflections can be posted to MySpace, Facebook, or YouTube.

STAGE ONE: Weeks One and Two

Boycott Negative Words and Actions

- Identify the negative words, actions and behaviors you tend to use.
- Make a commitment to boycott them.
- Catch yourself when you say or do something negative or hurtful. Put the brakes on. STOP when you want to say or do something mean spirited. Stop looking for something to criticize.
- Start with your own family. Extend to friends, classmates and others. Challenge yourself in every relationship.
- Practice for the first seven days.
- During the Class/Group reflection at the end of Week 1, identify the challenges and successes.
- For those who say "It didn't work, I failed," encourage them to get back up, make a new commitment, and try again.

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- During Week 2, apply any lessons and realizations from Week 1 and build momentum as a **PEACEMAKER**.

Remember that in relationships it is a waste of time and energy in trying to control others. The only person you can control is yourself, and your response to a situation. If you are confronted with a negative circumstance, and react to it negatively, it creates a toxic environment. Be conscious of what you say and how you react. Strive for a positive and respectful approach. Start noticing the difference it makes.

STAGE TWO: Weeks Three and Four

Add Positive Words

- During the Individual and Class/Group reflection at the end of Week 2, further identify challenges and successes. Build on these in as you go into Week 3.
- Add a new component for Weeks Three and Four, by adding positive words. Start by focusing on what others are doing RIGHT. Step forward and give a compliment or some kind of positive encouragement.
- Explain to others your commitment to being a PeaceMaker during the 40 Days of Peace.
- During the Individual and Class/Group reflection at the end of Week 3, identify any challenges and successes.
- During Week 4, apply the lessons and insights from Week 3 and build further momentum as a **PEACEMAKER**.

It takes small steps to make great leaps. As you are sharing, what did you notice that was different? What is changing? How do you communicate and interact with your peers, teachers, family members, etc? What impact has this had?

STAGE THREE: Weeks Five and Six

Add Positive Actions

- During Weeks Five and Six ADD good actions in terms of service. For example: cook a meal, clean the kitchen, do something kind for a classmate, etc.
- Inspire a friend or another student to get involved with a positive service experience.
- During the Individual and Class/Group reflection at the end of Week 5, identify any challenges and successes.
- During Week 6, apply any lessons learned from Week 5.

Celebrate the 40 Days of Peace

- At the end of Week 6, do a final Individual and Class/Group reflection.
- What did you learn? Is this worth doing for another 40 Days, perhaps 400 days?
- Celebrate your efforts with friends, family, and classmates.
- You have direct control over your life. You can make a difference in the lives of others
- Continue to challenge yourself and others on your journey of being a **PEACEMAKER**:

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