

PAUSE for peace ♦ PLEDGE for peace

PAUSE for Peace Breathing

Sit up and begin to notice your breathing. For less distraction, close your eyes.
Inhale slowly and quietly, thinking “world.”
Exhale slowly and quietly, thinking “peace.”
Continue for two minutes.

Practice Peace Breathing regularly to:

- improve your ability to concentrate and think clearly.
- calm yourself before a test, presentation or other times of stress.
- reduce arguments and negative reactions.
- develop good breathing habits for increased energy and better health.
- gain a larger perspective by thinking of peace for the world.

PLEDGE for Peace Building

The ability to be a peacemaker starts with a promise to yourself. Read it. Say it. Sign it. Live it.

Build the Peace Pledge

I believe that we must and we can Build the Peace every day. Every person, in every family, school, community, city and country. I believe that my own thoughts, words and actions make a difference. Therefore, from this day forward, I pledge in my daily life to: respect all life, reject violence, share with others, listen to understand, preserve the planet and rediscover solidarity. We must and we can build a “beloved community.”

Name

Date

Optional Extension Activities

Feel free to use any of these activities as a starting point and adapt to your own students.

Activity 1

Have each student create a poster that illustrates one of these six concepts:

1. Respect all life.
2. Reject violence.
3. Share with others.
4. Listen to understand.
5. Preserve the planet.
6. Rediscover solidarity.

Activity 2

Have students keep a Build the Peace journal for a set number of weeks. Each day students will write one example of how they put into practice one or more of the six concepts from Activity 1. At the end of each week, ask students to share one of their journal entries and talk about how putting that concept into practice made them feel.

Activity 3

For this activity, students will work in six small groups. Assign one of the concepts from Activity 1 to each group. Have each group discuss ways to put the concept into action for themselves, their families, neighborhoods and school community. Each group will share when everyone comes back together.

Activity 4

Introduce students to Dr. King's philosophy of the [Beloved Community](#) and ask them to come up with action plans to build a Beloved Community in their families, neighborhoods and school community.

