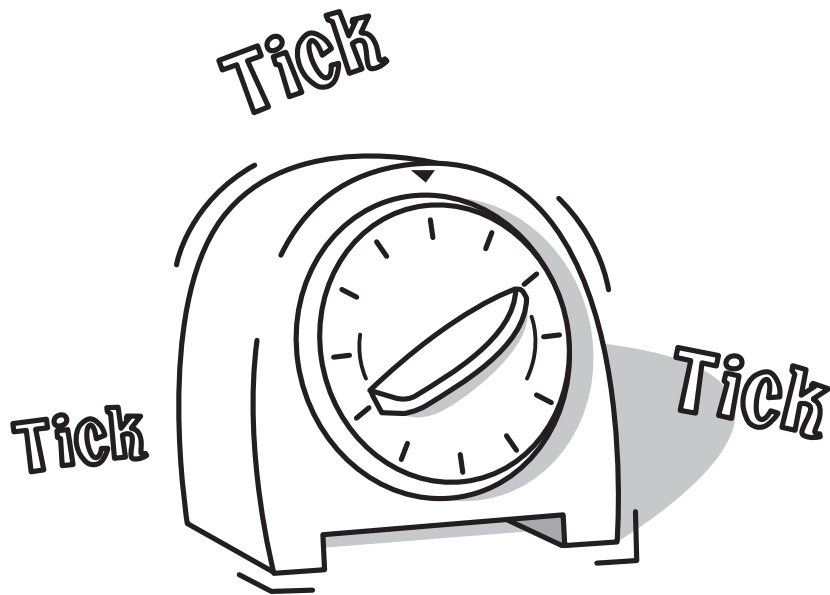


Minute Recipes for Building Peace



Teachers, counselors, and administrators who are already using PeaceBuilders have developed this list of recipes and ideas. It is an excellent resource.

1-Minute Recipes

- Give a compliment.
- Smile; use eye contact.
- Use a personal name and a positive statement. "_____ I appreciate how quietly you are working."
- Use touch or hugs appropriately.
- Ask personal questions. "What do you like to do when you get home?"
- Recognize changes and show interest. "I really like how you are acting today. Did something happen to make you feel better about our group?"
- Give rewards.
- Use courtesy.
- Shake hands.
- Ask about how school and home are going.
- Sit next to someone new.
- Compliment people over the PA system. "Today we are recognizing _____ because he/she helped (the custodian) clean up our site."
- Share a cookie or food.
- Tell a joke a day.
- Teach a vocabulary word related to increasing peace over the PA system.

PEACEFUL BEHAVIOR MANAGEMENT

5-Minute Recipes

- Smile and greet each child.
- Share positive thoughts.
- Play calming music in cafeteria, bus, or room.
- Read a positive 5-minute story. (See the PeaceBuilders Book List in the PeacePack™)
- Pair students together to share one positive thing that has happened to him/her.
- Ask questions and listen to the answers.
- Write a positive note to someone.
- Share yourself with others.
- Do a favor.
- Open a door, carry a package, or help with some other task.
- Have children suggest ways to increase the peace.
- Share a positive thought: "I heard about a good thing today when . . ."
- Ask someone for his or her opinion.
- Listen for five minutes with no judgment or response.
- Model adult PeaceBuilding.
- Call a child's home and praise the child.
- Describe a Wise Person you know.
- Have children and adults keep a journal of how they built peace in the last 24 hours.

10-Minute Recipes

- Write personal notes to several people.
- Role-play solutions to some problems.
- Discuss good news.
- Have children brainstorm solutions to a problem.
- Have children write a positive note to someone they hurt.
- Sit down and talk with a child or staff member.
- Greet people in the hall.
- Decorate an environment.
- Make some cookies or popcorn to share.
- Read to someone.
- Shoot some hoops with a child.
- Share a problem.
- Ask someone for help.
- Keep a Peace Journal: "One way I increased the peace today . . ." (See the list of example journal starters located in *The Treasures Section of the PeacePack*.)
- Create a Feelings Chart in Class.

PEACEFUL BEHAVIOR MANAGEMENT

30-Minute Recipes

- Have children make video role-plays and show the video at an assembly.
- Share experiences of how you have increased the peace.
- Categorize and sort “peace” activities.
- Find newspaper articles that show peace skills.
- Write and produce short plays.
- Play cooperative games where everyone wins. (For examples, see PeaceBuilders Treasures and PeaceBuilding During Outdoor Play Sections of the PeacePack.)
- Build communication with other sites.
- Brainstorm solutions.
- Create and test projects or ideas that build peace.
- Use current events to design peaceful solutions.
- Create personal posters to show goals.
- Interact with children through games. (For examples, see the PeaceBuilders Treasures and PeaceBuilding During Outdoor Play Sections of the PeacePack.)
- Have lunch with someone.

60-Minute Recipes

- Table-hop in the cafeteria.
- Create lunchtime activities that include everyone.
- Encourage children to present performances.
- Promote presentations by older children to younger children.
- Rewrite historical events with peaceful solutions.
- Rewrite fairy tales with peaceful solutions using the PeaceBuilders Principles.
- Practice relaxation and visualization.

