



PeaceBuilders®

PeaceRelease

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Dear Partners,

Here we are again, at the end of the year looking back. Since it is often our tendency to note primarily the things we failed to accomplish so that we can add them to next year's to do list, I'd like to recommend that you take time to consciously review this year's many PeaceBuilding achievements. Did you help one child feel better? If you can say yes to that, you have a lot to be proud of.

By coaching young people to give up put-downs, and by modeling this challenging PeaceBuilders Principle, you are doing immeasurable good. Children mimic what they see and hear; and sadly, they see and hear put-downs by the hundreds each week. Fortunately, we can offset this negative influence by discussing put-downs and the damage they do. Most importantly, we can instill in young people the knowledge that they have the power to impact those around them in positive, peaceful, uplifting ways.

Since the suggested PeaceBuilders Implementation Plan lists *Give Up Put-Downs* as the focal Principle for December, you will find included in this month's newsletter activity ideas, book suggestions and quotes that emphasize this important theme while reminding PeaceBuilders to "be the change they wish to see in the world" and to inspire others to do all the small things required to create a peaceful environment.

We, at PeacePartners Inc., wish you a holiday season and a New Year free from put-downs and filled with peace.

PeaceBuilders Activity Ideas

Staff Activity-Round Robin Praise:

Break staff into small groups of five or six. Give the participants a piece of paper and ask them to write their name at the top; then ask them to pass their paper to the right. Now everyone has someone else's page in front on them. Their task is to write something they think that person does to positively affect others (staff, students, parents, etc.). After one minute, everyone will pass the page in front of them to the right and that person adds his/her comment to the page. The activity is complete when everyone in the group has added his/her comments to each page.

*This activity can easily be adapted for small groups of young people.

Activity-Words are Gifts:

Discuss the power of words. Let young people know that words are gifts; and like actual gifts, words may be accepted or not. When someone gives us a gift we want (such as words of praise) we can accept the gift and say "Thank you." On the other hand, when someone gives us something we do not want (such as a put-down) we do not have to accept it. We can simply say "No thank you." We are not required to accept **or believe** the put-downs people give us. The following role-play activity teaches young people appropriate reactions to both praise and put-downs.

Ask young people to generate a list of things for which they often praise each other (helping with a homework problem, always trying hard, etc.) and a separate list of put-downs they hear or use (specific name calling and other rude comments or actions, etc.).

To model the appropriate response to put-downs the adult leader will read from the list of put-downs the group has created. After each put-down the young people will respond in unison "No thank you! I do not accept that." Remind the children that the things people say are not necessarily realistic or true.

To model appropriate responses to praise, break the young people into pairs. Have one person choose a praise from the list that their partner deserves or that he/she wants to give that person. After receiving the praise, the other child responds by saying "Thank you for the praise." He/she may add another sentence like "That makes me feel good," or "I'm glad you think that about me." The children in each pair should switch roles so that each one has an opportunity to praise and be praised.

Finish the activity by reminding them that as they interact with each other from here on out, they should think about their words as gifts and make sure they give gifts that will be appreciated and that will lift others up rather than drag them down.

Inspirational Quotations

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make, which over time, add up to big differences that we cannot foresee." - Marian Wright Edelman

"We are injured and hurt emotionally, not so much by other people or what they say and don't say, but by our own attitude and our own response." -Maxwell Maltz

"The more man meditates upon good thoughts, the better will be his world and the world at large." -Confucius

"When anger rises, think of the consequences." -Confucius

PeaceBuilder in History: Confucius (551-479 BC)

Confucius was a Chinese social philosopher. His philosophy emphasized personal and governmental morality, self-cultivation, and emulation of moral role-models (wise people). In order to build peace, he urged people to think deeply for themselves and to relentlessly study the outside world.

Confucius believed that both the government and those who are governed are to be principled and virtuous. He believed that all people should be treated respectfully and should act respectfully regardless of their station. His philosophies are appreciated today as much as they were during his life and they are relevant to people of all nations, religions and affiliations.

As a man of peace and as a voice for people of all social classes, Confucius is a laudable PeaceBuilder in history and a role-model for us all.

PeaceBuilders Book Suggestions:

Words Are Not for Hurting (Free Spirit Publishing, 2004). Author: Elizabeth Verdick. Reading level: Preschool - grade 2. This book helps children learn to take responsibility for what they say and urges them to think before they speak. The author reminds kids that they choose both what they say and how they say it.



How to Handle Bullies, Teasers and Other Meanies: A Book That Takes the Nuisance Out of Name Calling and Other Nonsense (Ingram Book Co., 1995). Author: Kate Cohen-Posey. Reading level: grades 4 - 7. This book focuses on verbal bullying and offers

techniques to rebuff a bully's slurs. It gives parents, teachers, and counselors a method to help young people help themselves.

Have a Nice Life: My Book for Your Life (AuthorHouse, 2007). Author: Nick Nice. Reading level: young adult. This author connects with a modern reader in a refreshing way. He motivates young adults to transform their own lives with his unique blend of spiritual wisdom, worldly knowledge, satire, and humor.

Bangladesh Cyclone

We've all heard the terrible stories of the devastation caused by the November 15th cyclone in Bangladesh. Thousands died and many are still missing. Sadly, of those who survived, many have lost their homes and livelihoods. Thousands of children and their families are still without shelter, food and water, and medicine.



There are many ways we can help. Perhaps the most effective way, is to send money to assist with recovery. Since young people may not have much money but do have the will to help others, consider holding a penny drive at your site. When many people contribute just a little, the result can be astounding. Very quickly the dollar amount will grow to an impressive sum.

The Associated Press has put together a list of aid agencies to which you can send the funds you collect. Please visit the following website to view the list:
<http://ap.google.com/article/ALeqM5hd9Pbzz8YE6C1p2f4NRtmEfUIZhAD8T15CI00>.

One person alone may not be able to do much, but all of us working together can make an enormous difference. Let's all do our part to build peace by helping those who are suffering the loss of loved ones, property and their source of livelihood in Bangladesh.



New Program Materials are HERE!

PeacePack, PeacePack for Teens, PeacePack for Young Children, PeaceBuilding Beyond School on disc.

This is the same curriculum we currently provide in printed binders but in a brand new, simple format! Everything contained in our binders is now available at the click of a mouse. It's easy to view and easy to print out.

Please call us at 1-877-4-peacenow to learn about discounts and to place your order. You can also order online at www.peacebuilders.com.

PeaceBuilders now offers Continuing Education Units!

Good news! We are happy to offer yet another important incentive for partners who join us at a PeaceBuilders training! When you attend any formal PeaceBuilders Workshop facilitated by PeacePartners, Inc., you are eligible for Continuing Education Units from California State University, Long Beach.

Call us at 1-877-4-peacenow for more information.



PeaceBuilders stickers are a great tool for recognizing

and rewarding young people!

Did you know. . . ?

- Stickers are a fun way to recognize students' efforts on school work.
- Stickers can be presented to children by playground and cafeteria employees as recognition of PeaceBuilding actions.
- Stickers can be used as an emblem of PeaceBuilders pride.
- Stickers are available for parents' purchase at the Members Only discount.
- Stickers can be used on progress charts that make young people eligible for a special incentives from site administration.

Discount Price: \$35.00 for 20 sticker packs (over 950 stickers at a 50% discount!)

Regular Price: \$3.50 per pack (\$70.00 for 20 packs)

2008 PeaceBuilders Implementation Calendar *Get yours before they're gone!*



Thank you for your orders for the 2008 PeaceBuilders Implementation Calendar. We appreciate your comments about the fun, pertinent activity ideas and great photos that are included within.

We still have some calendars in stock, but supplies are limited, so place your order soon!

If you would like to purchase a copy for yourself or for your staff, colleagues, or family you can do so by calling our toll free number (877-4-peacenow) or visiting our website:

www.peacebuilders.com.

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