



# PeaceBuilders®

## PeaceRelease

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### Dear Partners,

From ongoing experience, we know that children learn behavior by observing, imitating and practicing. They learn to talk, to eat with utensils, and to give affection through this process. They even learn how to treat others by watching and emulating role-models.

When they watch adults *Praise People, Give Up Put-Downs, Seek Wise People, Notice Hurts, Right Wrongs and Help Others*, children learn to use these important skills to navigate through each day, to nurture relationships, to achieve goals, and to make their environment and the world a more peaceful, satisfying place.

There is no denying, then, that we must step up to the plate and be the wise people--the role models--they expect and need us to be. It is not enough to teach a lesson and to have an expectation.

We start by treating them with respect and by modeling PeaceBuilders behaviors in all our interactions with them and with our adult colleagues--even when we're tired, frustrated or angry and even with people who make it hard to be a PeaceBuilder. Young people will not take the challenge to build peace seriously unless they see that we adults do.

We continue by doing what we can to improve the world around us. We choose to interact positively with other people in all situations. We care about others and make it evident in our actions. We lend a hand to those in need.

The good news is that the more practice we get, the better PeaceBuilders we become. It is said that practice makes perfect; I'm not so sure that is true, but it certainly does build peace.

## PeaceBuilders Activity Ideas

### Staff Activity: What Makes You a Wise Person?

Begin this month's staff meeting by brainstorming a list of the traits possessed by wise people. Once a long list is generated, ask staff members to choose the wise traits they possess from the list and write them on a piece of paper.

Break them into pairs and ask them to trade lists and to note the traits they have in common. Then ask them to find one or two traits on their partner's list that are not on their own but that they would like to develop in themselves. Ask them to discuss with their partner how they were able to develop the particular trait (was it through parent modeling, constant practice, a self help book, etc.?).







