

International Day of Peace



**Jane Goodall Institute
Roots & Shoots**



Contents

- We celebrate International Day of Peace	3
- What is International Day of Peace?	4
- Why does Roots & Shoots celebrate International Day of Peace?	4
- Jane Goodall as UN Messenger of Peace	4
• Swift Day	5
• Thoughts and Conversations on the Theme of "Peace"	6
- Brainstorming	6
- Find a definition for "Peace"	6
- Peace discussion	6
- The 17 Sustainable Development Goals	7
- Words related to Peace/Peace Alphabet	7
- Peace charter	7
- Making promises of peace	8
- What can we do for people affected by war?	8
- Jane Goodall's Peace Speech	8
- Inspirational words from Jane Goodall on International Day of Peace	9

ACTIVITIES

• Make Peace Doves	11
- Origami-Dove	12
- Dove from recycled materials	15
- Dove from natural materials	17
- Big peace dove	17
- Mobile with peace doves	27
- Dove in the tree	29
• Planting Hope	29
• Peace pole	32
• Design cards	33
• Paint stones	34
• Formation of a dove of peace/peace sign	34
• Let's become a tree!	35
• Intercultural Peace picnic	36
• Sing "Circle the World"	36
- Song lyrics	37
• Appropriate reading for International Day of Peace	38
• "Game for Peace"	38
• Peace game	38
• Peace tree with handprints	38
• Peace Day Challenge	38



Dr. Jane Goodall, DBE was first appointed as a UN Messenger of Peace in a ceremony at the United Nations in September 2002 by then Secretary General Kofi Annan. Reappointed by Secretary General Ban ki Moon, she remains in this important role today.

The designated UN Day of Peace is 21st September.

“With the Peace Doves, we remind everyone of the truth they sometimes forget - that peace is possible. We celebrate all that is free and noble in the human spirit. And we celebrate all that so many people have done throughout the year - and will do next year - to create a better world for all,” said Dr. Goodall. For the thousands of Roots & Shoots members around the world peace is a way of life. With Roots & Shoots, peace is possible, between us, with the environment and with the animals.

Let's Celebrate Together!

We want to inspire young people of all ages and everyone who wants to make a better world, to think about peace in the world and in everyday life. Celebrate International Day of Peace in the classroom, at work, with the family or with friends, with these suggested activities and lesson ideas! Participants will discuss what peace is, how it can be observed and how they can contribute to a peaceful everyday life. With the help of these materials, young people of all ages can develop an awareness of the importance of peace in the sense of "global learning".

The group activities consist of two parts:

- **Collaborative part: The concept of peace is defined by a group**
- **Creative part: youth have the opportunity to make their own peace project - a peace dove for example, and can also contribute their own ideas.**

Let this guide be a springboard for more of your ideas and activities to celebrate International Day of Peace! These activities can be carried out independently, or combined into a bigger activity. On behalf of Roots & Shoots, we would like to encourage you to make a pact for peace or bring up your own ideas and start a small or large project around September 21st!

Please send us 1-2 photos of the activities you have done to mail@rootsandshoots.global or share the photos on our Facebook page (<https://www.facebook.com/rootsandshootsglobal>) with #rootsandshoots #PeaceDay.

We would like to share your great activities via social media as a part of our global Roots & Shoots network. If you don't want the photos/ videos/ stories to be shared, please let us know when you send them.

Your Roots & Shoots Team



Jane Goodall Institute
Roots & Shoots

What is the International Day of Peace?

The designated United Nations (UN) Day of Peace is 21st September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

This date is a call to all people to stop any hostilities on this day and to work for a peaceful coexistence. In doing so, International Day of Peace calls for a worldwide ceasefire and absolute non-violence.



"This day shall be officially designated and celebrated as the International Day of Peace and shall be used to strengthen the idea of peace both within and among countries and people."

Why does Roots & Shoots celebrate International Day of Peace?

Dr. Goodall established Roots & Shoots International Day of Peace in 2004 in honour of the UN Day of Peace and to encourage Roots & Shoots members and other interested individuals to promote peace in their communities and around the globe. In addition to participating in community activities to share culture and break down the barriers between us, Roots & Shoots members, families and friends craft Giant Peace Dove Puppets from reused materials in their neighborhoods, to symbolise their commitment to peace. Roots & Shoots Peace Day may be held on any day around 21st September each year, to allow maximum local participation as some groups prefer to include their families and prefer a weekend or even some weeks of peace day activities.

Jane Goodall as UN Messenger of Peace

Today, Dr. Jane Goodall travels around the world, writing, speaking and spreading hope through action, encouraging each of us to "use the gift of our life to make the world a better place." "As a conservationist, humanitarian and crusader for the ethical treatment of animals, she is a global force for compassion and a UN Messenger of Peace."



Secretary-General Kofi Annan appointed Jane Goodall as a UN Messenger of Peace, honouring her for a remarkable career that demonstrated her "dedication to what is best in mankind." He also said, "This is a great addition to our team," paying tribute to Dr. Goodall "[as] someone who has always believed in sustainable development and conservation."

Swift Day - a Peace Project example

Roots & Shoots goes beyond all borders, it unites young people from all ages all around the world, regardless of the cultural or language differences between various countries.

A clear example of this is the project around Swift Day, which was created by, and is still supported by Martine Wauters. This project brought together young people around the world (Belgium, South Africa, Puerto Rico, Argentina, France, Tanzania, Burundi, Spain, Austria, Israel, China, Chile and many others) who wanted to raise awareness about the migration of these birds by observing them locally, learning about them, how to protect them and sharing their discoveries with other Roots & Shoots groups.

This activity became a symbol of peace which was reflected in the many activities around this day, such as: drawings, putting up nest boxes for them, organizing a "virtual migration" of swifts with individual messages and creating awareness through campaigns in schools and communities.

Swift Day is celebrated every year on June 7th. Next year we hope to have the participation of Roots & Shoots groups from around the world, to unite again beyond all borders.



Jane Goodall Institute
Roots & Shoots

Thoughts and discussions on the topic of "Peace"

Now that the participants already know what is celebrated on International Day of Peace and why Jane Goodall became a UN Messenger of Peace, they can start to think about the word "peace", what do they think it means? It is important to encourage them to find their own opinions and answers.



The following activities are examples which strengthen the ts' competencies in thinking for themselves:

Brainstorming

Write the word "peace" in large letters on the board. Ask the participants what they understand by peace and what words they associate with it. It is best to write these words directly on the board. Words like "war" can be written, but should be crossed out. During brainstorming, you can discuss both large-scale (international) peace and small-scale peace (among family, friends, community).

Find a definition for "Peace"

Now ask the participants how they would define peace. You can start the definition with "Peace is when...". "What is peace?" express it graphically or in writing and then discuss it. Here, they can write down their thoughts, for example, on pieces of paper, which are then discussed in the session.

Peace discussion

Discuss the meaning of peace and International Day of Peace with the students. As you do so, ask some of the following questions:

- Why is peace important?
- Why is there a need for International Day of Peace?
- What does it mean to you to be at peace with yourself?
- Where or with whom do you experience peace? (In nature? At home, with your family? When you play with your pets?) Why?
- How are the environment and animals also connected to peace?
- What leads to peace?
- What can you do yourself to keep or restore peace?



Collaboration: Discussions on Peace

The 17 Sustainable Development Goals

The United Nations' 17 Sustainable Development Goals (SDGs) are intended to serve as building blocks for peace. Each Roots & Shoots project follows one or more of these goals.

In small groups, participants can familiarize themselves with one of these goals and then present it to the group, along with an example of how this goal can be implemented.

Next, each group should think of a question about their sustainability goal and write it down. The coordinators/mentors then collect these and test the knowledge of the group (for example with a Kahoot quiz).

Finally, reflect together about the SDGs, if there is anything missing or something that could be improved.

Words related to peace/peace alphabet

Everyone writes down one or more words for themselves for each letter of the alphabet (except X and Y). If the brainstorming was done on the word "peace," have the participants try to find other words than those already listed on the board (can be in other languages).

Alternatively, get the group to think about what languages they can say the word "peace" in? Learn the word "peace" or a short sentence about it from each other in different languages.

Or each participant can write the word "peace" vertically on a piece of paper and think of a matching word for each initial letter, like in a crossword puzzle.

Peace Charter

This activity is about developing a peace charter together as a group. To do this, collect answers to questions like this:

How should we treat each other in this group, and our fellow human beings, animals and nature in general?

Write them all on a large poster. These resolutions should serve to keep peace inside and outside the group - both among people, with animals and the environment. Once the rules are written, the participants can paint the charter. Post the peace charter in the room/school/center.



Jane Goodall Institute
Roots & Shoots

Making promises of peace

Get the participants to consider peace in their environment by making a peace promise to commit to. This sensitizes them to peaceful interaction in their immediate environment within a defined framework. Accompanied by their fellows, they can reflect on and practice awareness of things that build peace in relationships and contributes to a more peaceful coexistence.

For example:

- I tell a person every day what I like about him or her
- When I'm angry, I do not raise my voice.
- I try to spend my free time not only with my friends, but perhaps also with someone who is a bit reserved and often stands alone.

What can we do for people who are affected by war?

Now that the topic of peace has been explored, the participants can think about how to help people who aren't living in peaceful communities. We have learnt from wars like Ukraine, Yemen, Syria etc. that we need to support communities affected by war however we can e.g. fundraising, advocating and education. Collect ideas in the group for how to help, write them on the board and decide which of these ideas can be implemented. Be sure to discuss strategies which increase our awareness, empathy and gratitude, as well as strategies which can bring in monetary value - or both.

E.g Organising benefit at a school or social center. Things can be selfmade, drawn, baked, etc. to be sold at the benefit. The money collected is donated to a fundraiser chosen by the group, and they can learn more through the benefit.

Another possibility is to ask the participants to bring items, products, etc. from home that can be used as donations in refugee homes/arrival centers.

Jane Goodall's Peace Speech

Anyone who has ever heard Jane Goodall knows that her words are a powerful tool, and can invoke change. After the group has watched a video of Jane talking about peace, they can discuss the content of the speech together. You can find this encouraging and thought-provoking speech by Jane for International Day of Peace at the link below:

<https://www.youtube.com/watch?v=TJqYuLb1ubo>

And you can check this year's speech by following us on social media:



Jane Goodall Institute
Roots & Shoots



RootsandShootsGlobal



rootsandshootsglobal

Inspirational words from Jane Goodall on International Day of Peace

In the course of the International Day of Peace it is also important to talk about current conflicts and wars and to remind the participants that a society living in peace cannot be taken for granted! For the introduction to this very stressful topic, the following poem can be read to the class.

Prayer for World Peace by Dr. Jane Goodall

*We pray for social justice,
for the alleviation of the crippling poverty
that condemns millions of people around the world
to lives of misery – hungry, sick, and utterly without hope.
We pray for the children who are starving, who are condemned to homelessness,
slave labour, and prostitution, and especially for those forced to fight,
to kill and torture even members of their own family.
We pray for the victims of violence and war,
for those wounded in body and for those wounded in mind.
We pray for the multitudes of refugees,
forced from their homes to alien places through war
or through the utter destruction of their environment.
We pray for an end to cruelty, whether to humans or other animals,
for an end to bullying, and torture in all its forms.
We pray that we may learn the peace that comes with forgiving
and the strength we gain in loving;
that we may learn to take nothing for granted in this life;
that we may learn to see and understand with our hearts;
that we may learn to rejoice in our being.
We pray for these things with humility;
we pray because of the hope that is within us,
and because of a faith in the ultimate triumph of the human spirit;
we pray because of our love for Creation,
and because of our trust in God.
We pray, above all, for peace throughout the world.”
Dr. Jane Goodall*



**Jane Goodall Institute
Roots & Shoots**



©Sofia Klackl



©Daniela Matejschek



Jane Goodall Institute
Roots & Shoots

Section 2: Creative Projects

Get your group involved in some crafts to celebrate International Day of Peace!

Follow this colour coordination for age-appropriate projects:

Ages 6-10:



Ages 11-14:



All Ages:



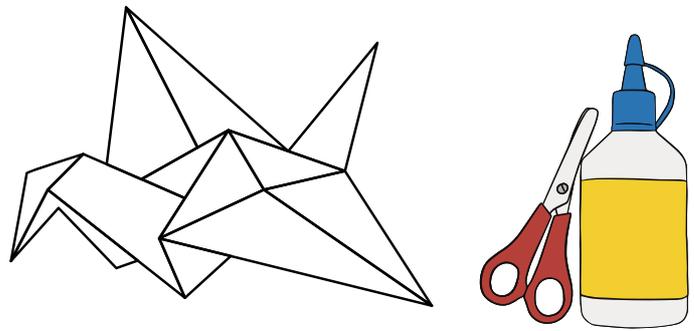
Ages 14+:



If a page is coloured in one of these shades, it is marked for that age range.



Making Peace Doves



Make some Peace Doves as a display to celebrate peace!

Fold, cut out or build some Large or many small peace doves. These can then be positioned in the school or labeled with peace wishes and distributed in the community or town.

There are different versions of peace doves, depending on the time you have and materials available:

- Origami doves
- Doves made from recycled or natural materials
- Doves can be painted or drawn on the floor with chalk or natural materials.
- If the group is very motivated, try making a giant peace dove!

Once it is finished, participants can carry it around, spreading the message of peace to their families and friends. And don't forget that no matter how big and what material the doves are made of, the students automatically become peace ambassadors when they make a peace dove -

Congratulations!



Jane Goodall Institute
Roots & Shoots

Origami-dove

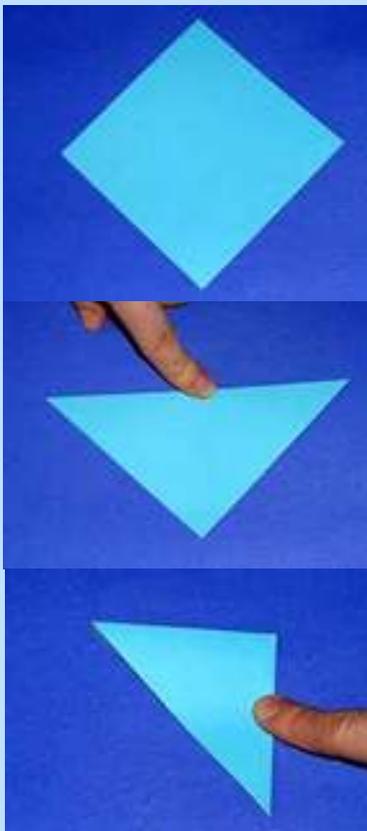


Origami doves are folded from colored paper and can have messages of peace written on them. With these, the sign of peace can be hung in the classroom, school building, public places, or given to family and friends.

You will need:

a paper square, a needle and thread to hang it up.

Folding Instructions:



- Place the paper in front of you so that one corner faces you.

- Fold the upper corner onto the lower one.

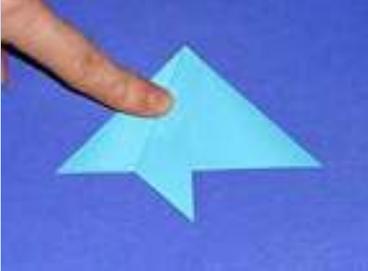
- Draw the fold line (also the other fold lines) with your finger.



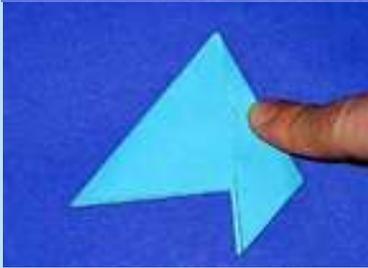
Jane Goodall Institute
Roots & Shoots



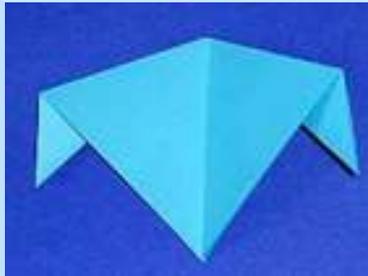
- Then fold the right corner onto the left one.



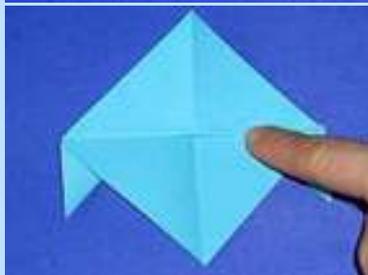
- Turn the triangle so that the longest side is at the bottom.



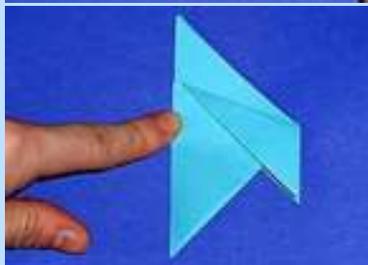
- Fold the overlying left edge to the vertical center line.
- Turn the fold.
- Fold the right edge to the vertical center line.



- Unfold the paper once.



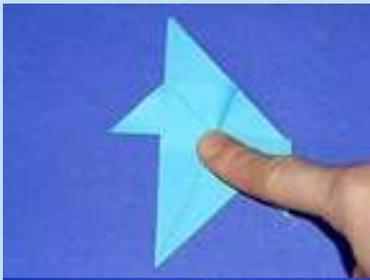
- Fold the overlying bottom tip up.



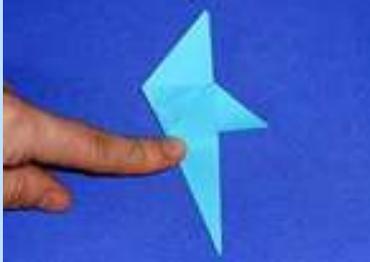
- Then fold the left half over the right half.



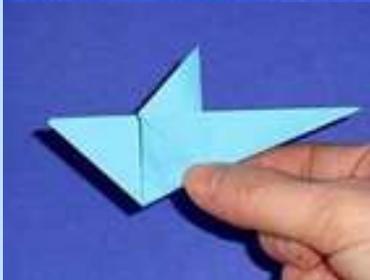
Jane Goodall Institute
Roots & Shoots



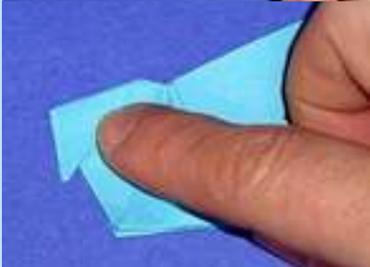
- Fold the overlying right bottom edge over the left.



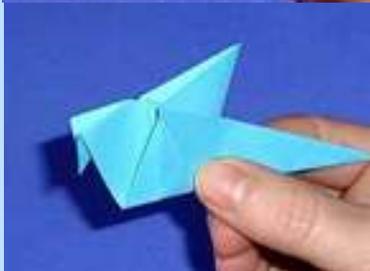
- Turn the folded paper.
- Fold the left bottom edge onto the right one.



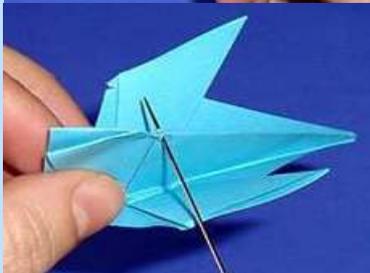
- A dove can now already be seen.



- Fold the left tip down at a slight angle.



- Fold it back again and fold the tip inwards on the fold lines.



- Finally, pull a thread through the body and ready!



Jane Goodall Institute
Roots & Shoots

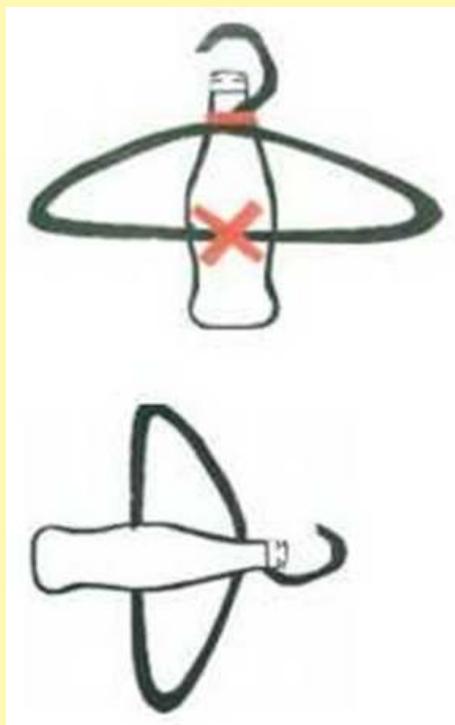
Dove from recycled materials – "Upcycled Dove"

Where there is consumption, there is almost always waste - packaging, leftovers, broken objects. Especially plastic waste is a big problem for the environment, which is why there is the possibility to make the peace dove out of used plastic bottles and clothes hangers. The fact of recycling waste again and making something new out of it gives the dove the name "Upcycled dove".

Materials needed:

- 1 0,5 l plastic bottle
- 1 wire coat hanger (do not use plastic or wooden hangers, they cannot be bent)
- 6 white plastic bags
- 4 sticks (you can use plastic tubes, bamboo pole, etc.)
- 1 pair of scissors
- 1 white tape
- 1 black felt-tip pen (waterproof)
- some white string

Building instructions:



Step 1:

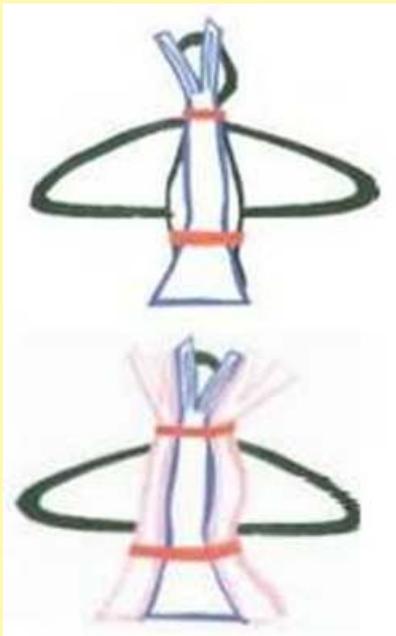
Prepare the empty plastic bottle
Remove the label and clean the inside of the bottle as well as possible.

Step 2:

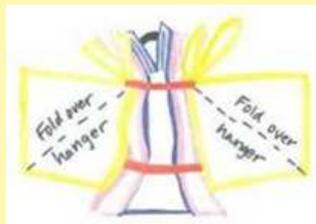
Create the shape of the peace dove by attaching the wire coat hanger.

- Put the bottle on the table.
- Place the hanger at the top of the bottle so that the neck of the bottle is under the hook of the hanger.
- Attach the hanger to the belly of the bottle in the shape of an "X".
- Turn the hook so that it points downward. The hook will later become the head of the dove of peace.
- Place the bottle on the table so that the hanger is on the table.

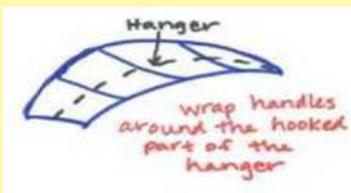




Step 3: Form the "body" of the peace dove Take a plastic bag.
Place the plastic bag on the bottle so that the loops are at the top of the bottle. Attach the plastic bag to the neck of the bottle and to the bottom of the bottle with the white tape. Caution. Leave the loops free, do not tape them down! You will need them later for the head of the peace dove. Leave the plastic bag in the middle of the bottle a little looser to form the body! Next, tape a plastic bag to each side of the bottle. The front belly of the bottle should now be covered with plastic bags.



Step 4: Attach the "wings" of the peace dove Attach plastic bags to the neck of the bottle on two sides using the white tape.
Fold the plastic bag over the hanger to cover the wings and tape the corners.



Step 5: Make the "back" of the dove of peace Turn the bottle over like this.
Attach a plastic bag to the back of the bottle as in step 3. Cover the entire back with white plastic bag.



Photo courtesy of Ryan Morris/Apix

Step 6: Shape the "head" of the peace dove Wrap the loose loops of the plastic bags around the hook of the coat hanger.
Secure the head with tape and use the tape to shape the head. Use the black felt pen to draw eyes on it.

Step 7: Make the "feathers" of your peace dove Using your scissors, cut the ends of the wings into strips. This will make the strips look like feathers!

Step 8: Let your peace dove fly!
Attach a long string to the neck of the peace dove (the ends should be the same length). Then attach another string to the tail of your dove. Wrap the two ends of the string around one stick each and fix them with tape. Now you can use the two sticks to make your peace dove fly.

Dove from natural materials

Spreading the dove of peace does not necessarily have to be done with crafted doves. Doves can just as easily be placed on the yardfloor with pieces of wood/sticks, stones, seeds, flowers, leaves, or possibly even shells. And even if this way doesn't result in a permanent sign of peace, a picture of the artwork can just as easily immortalize the dove and keep it flying into eternity.

Giant peace dove



First created by the Roots & Shoots University Students in Wisconsin in honour of Dr. Goodall's appointment, Giant Peace Dove Puppets have flown in almost 100 countries in past years, in city parks, gardens, convention centers, refugee camps etc. Held high by young hands, the Doves have spread their wings everywhere, including the Colosseum in Rome, a monastery in Mongolia, the base of Mount Fuji, they've been floated down the river in Jackson Hole Wyoming and even fluttered from the peak of Mount Kilimanjaro in Tanzania.

As a UN Messenger of Peace, Dr. Jane Goodall has launched a worldwide campaign for the International Day of Peace. She is calling on young people from all ages all over the world, to make giant peace doves and let them "fly" as symbols of the worldwide longing for peace.

Jane's dream is that one day many of these "Peace Doves" will be visible around the globe on the UN International Day of Peace and that they can even be seen on satellite images.



Jane Goodall Institute
Roots & Shoots

Building instructions for the Giant Peace Dove

Materials needed:

- Four used sheets/blankets (from a single or double bed) needed for the body and wings of the dove. If you like to double up on the head, a fifth sheet. (Tip: If you don't have old sheets, ask in hotels, hospitals or industrial laundries).
- Two bicycle inner tubes (the soft tube inside the bicycle tire); The tubes are cut into strips and used to tie parts together. (Tip: Ask at a bike store where they also change tires and have old inner tubes left over. Or call there the day before so they'll pick up the tubes for you instead of throwing them away).
- Rabbit hutch grid, (91 cm x 1, 83 m), to use to form the head of the dove. (Tip: If you can't get this grid from a farmer, gardener or groundskeeper, try a hardware store. However, inquire if the grid is sold by the yard).
- Black and white acrylic or latex paint for painting eyes and beak, about ½ liter per color;
- Three 10-foot poles of bamboo, aluminum, or plain wooden broomsticks. (Tip: If you don't have broom mop or tent poles, it's best to get bamboo poles from a garden center).
- A wooden rung, pole or bamboo pole about 46cm long and about 4cm in diameter.

Tools:

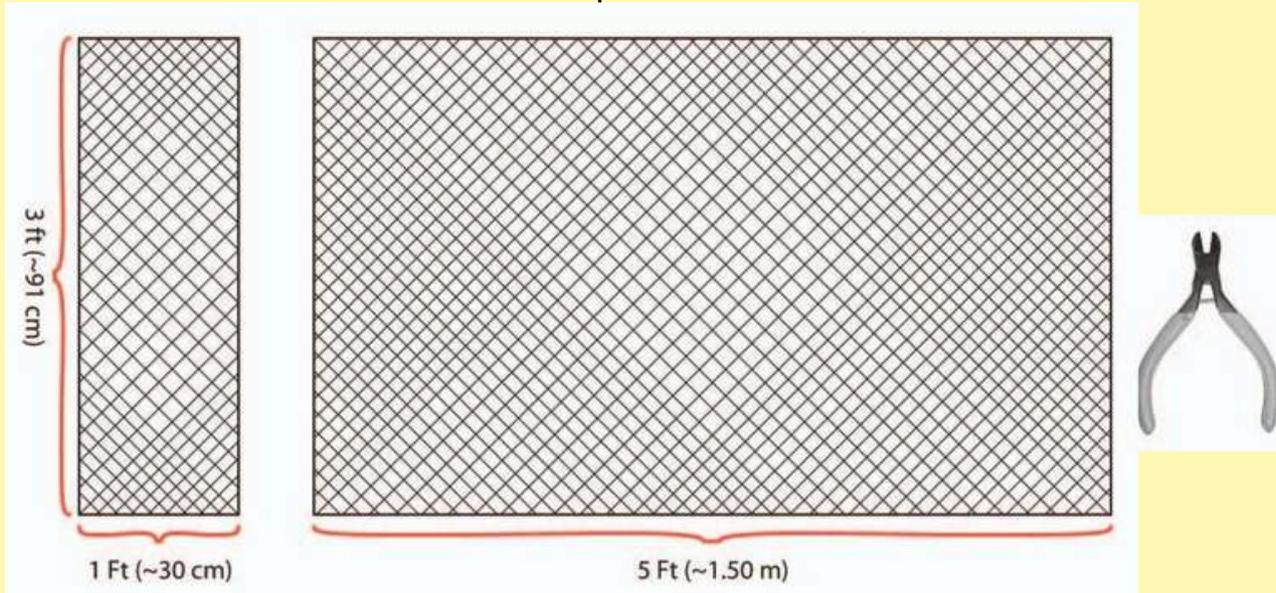
- Wire pliers
- Scissors
- Tape measure
- paintbrush
- needle-nose pliers
- Fabric adhesive tape (gaffer tape)
- Needles or safety pins
- Sewing machine (for sewing the sheets together to cover the wings, body and head of the dove. You can also use a thick sewing needle and thread, or stitching pliers.



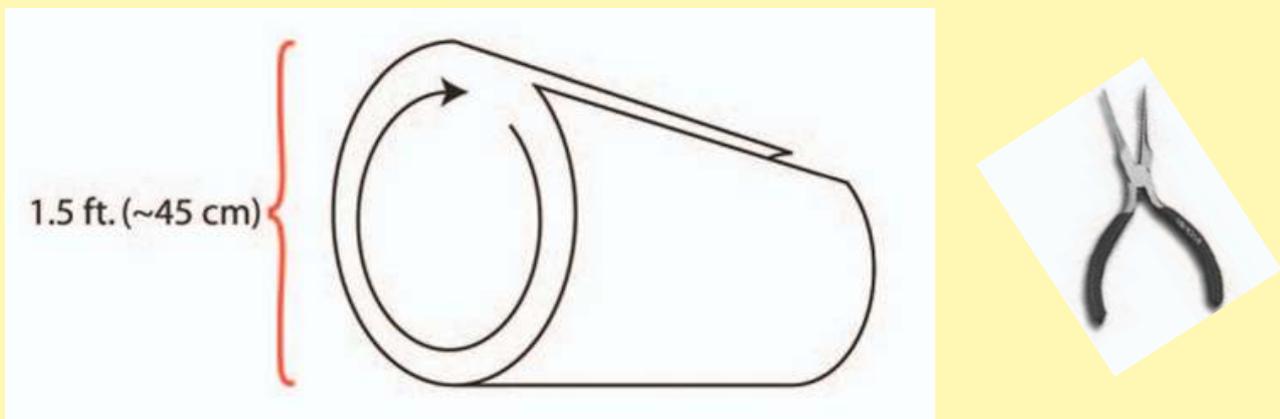
Jane Goodall Institute
Roots & Shoots

Working steps

Step 1: Cut your 6 ft. of chicken wire into a 1 ft. x 3 ft. piece and a 5 ft. x 3 ft. piece



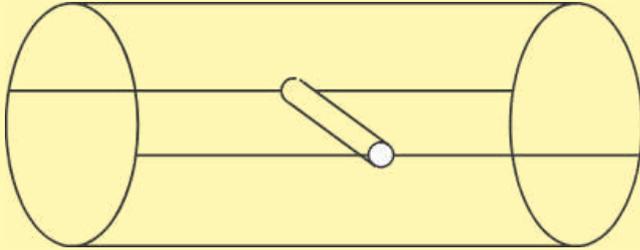
Step 2: With the larger piece, form a cylinder 1.5 ft. in diameter. Use needle-nose pliers (or your fingers) to fasten the overlapping layers to each other, twisting the loose wires together.



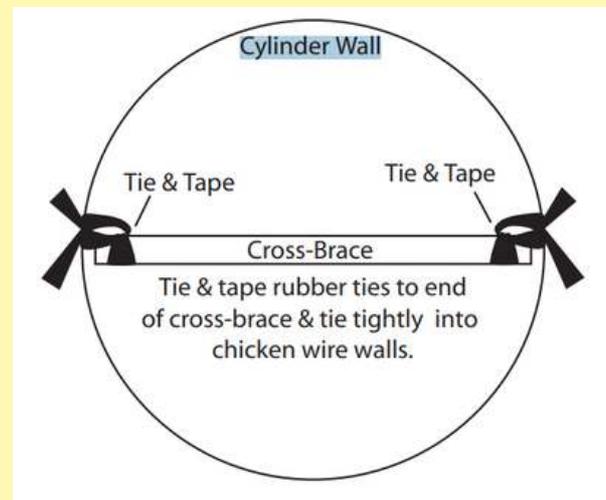
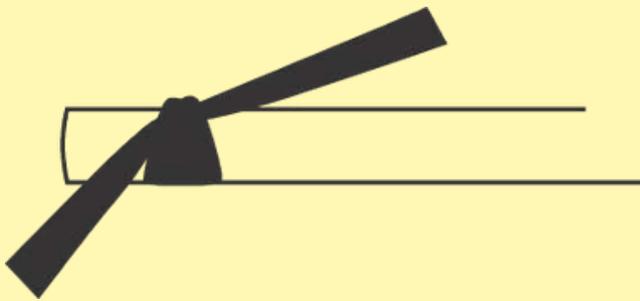
Jane Goodall Institute
Roots & Shoots

Step 3:

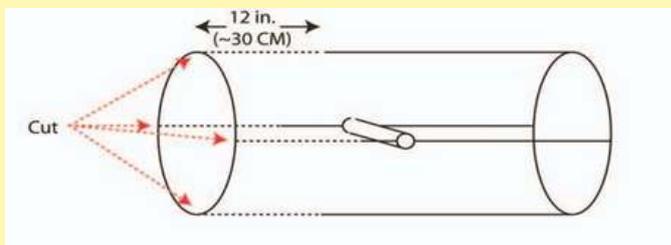
- Add a cross brace to stabilize the head. To do this, first cut the rubber bicycle inner tubes into strips about 1 in. wide.
- Tie or tape the strips to each end of your dowel or stick, as pictured.
- Insert the dowel into the chicken wire cylinder and tie each end to the wire using the rubber strips.



Place cross beam in center of cylinder

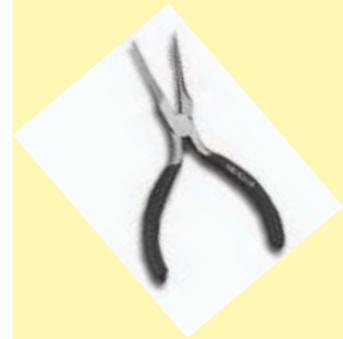
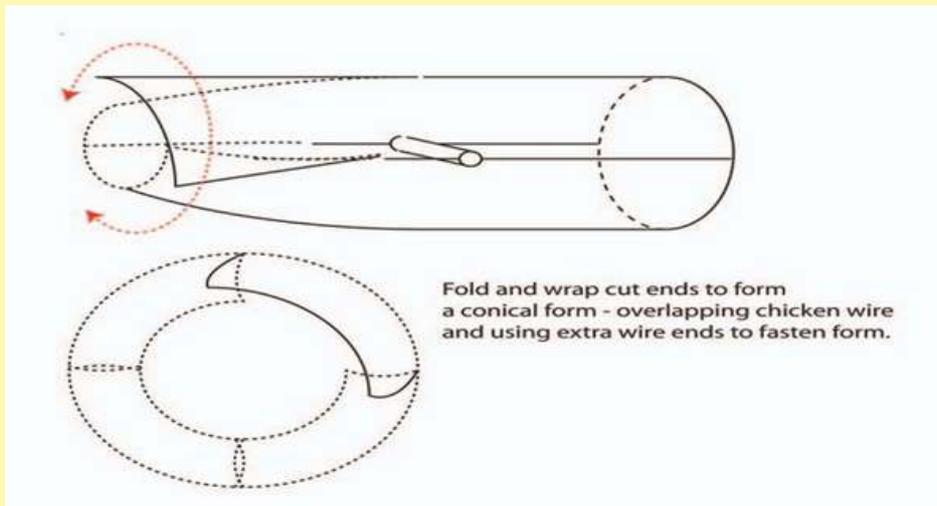


Step 4: On one end, snip cylinder at 12, 3, 6 and 9 o'clock (as shown). The incisions should be about 12 in. long.



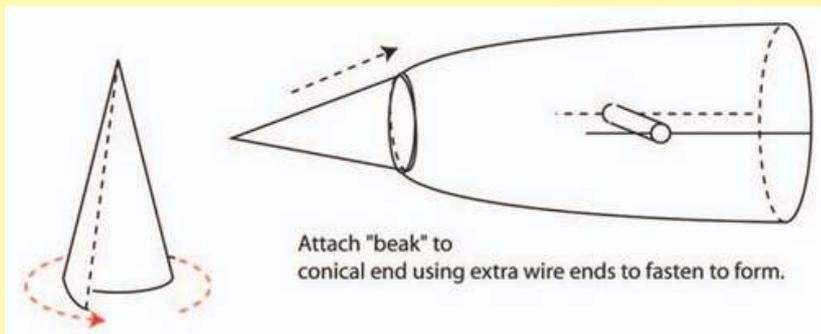
Jane Goodall Institute
Roots & Shoots

Step 5: Fold wire into contour shown and secure by bending cut wire ends through over lapped chicken wire.



Step 6:

- From your 1 ft. x 3 ft. piece of chicken wire, cut a 1 ft. x 1.5 ft. piece of chicken wire and form it into a cone.
- Attach this cone to your head form (as a beak) using needle-nose pliers to wrap excess wire to the dove head.

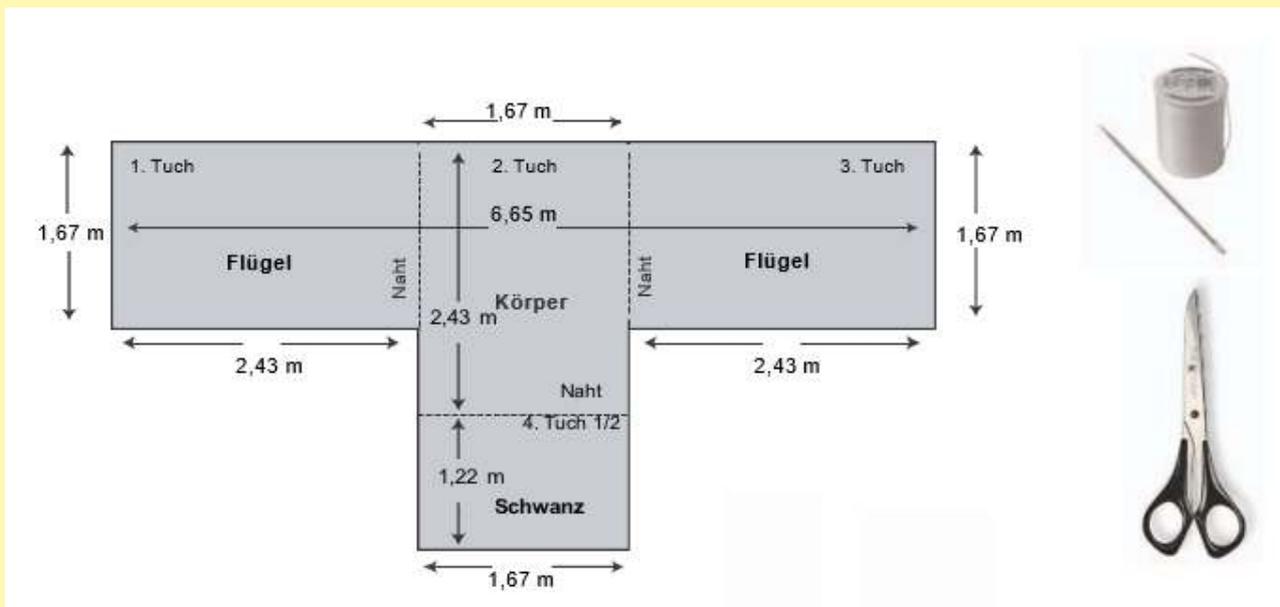


Step 7:

- Cut four sheets to size. (8 ft. x 5.5 ft.)
- Lay out three sheets as pictured to form the body and wings of the dove.
- Cut the fourth sheet in half (width-wise, not lengthwise) to form two pieces 5.5 ft. x 4 ft. Lay out one half as the tail as shown. Set the other half aside for covering the head of the dove.
- Stitch or staple, where indicated.

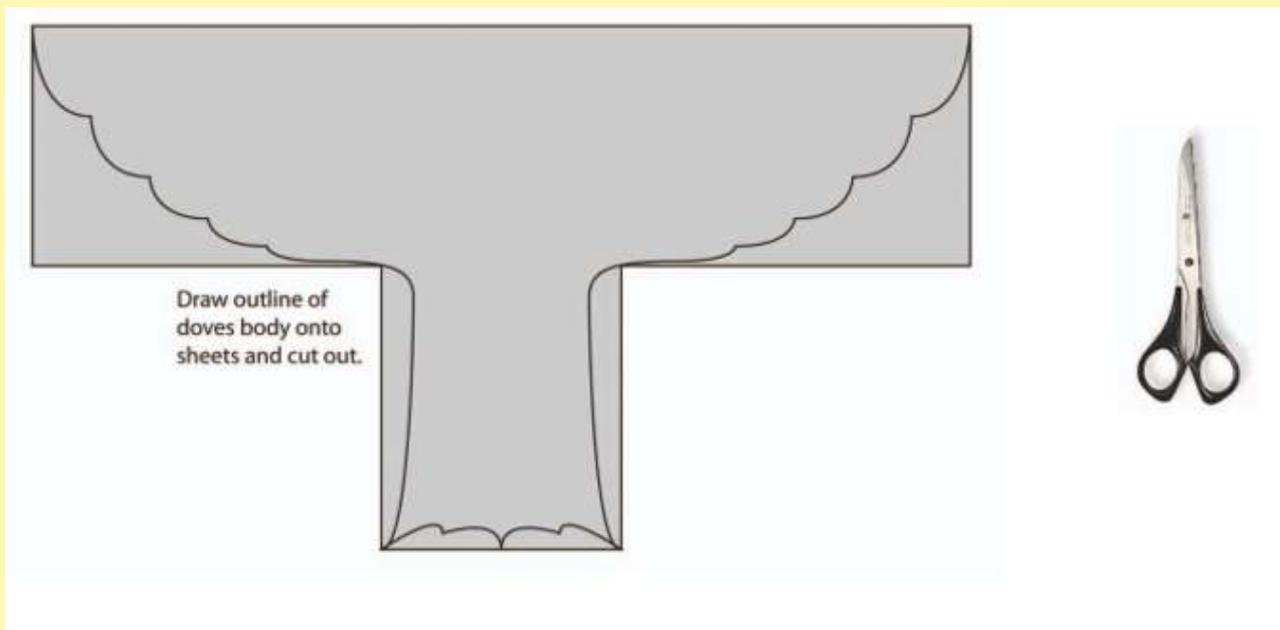


Jane Goodall Institute
Roots & Shoots



Step 8:

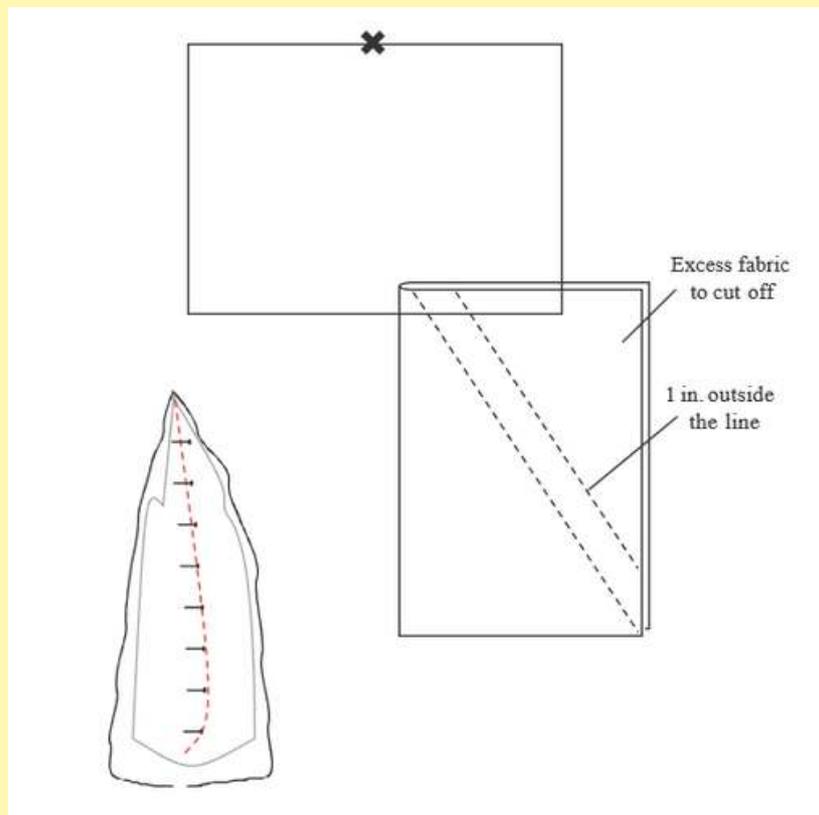
- Draw the bird's body on the sheets as shown. Cut out the left side of the body.
- Fold this to right side and cut the remainder of the body. Now both sides will be identical.



Jane Goodall Institute
Roots & Shoots

Step 9: Cover the dove head with sheets:

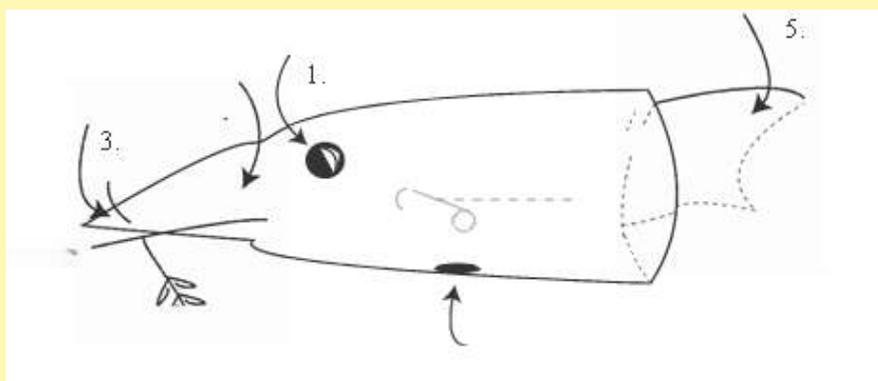
- Stand the chicken wire dove head with the beak up.
- Use the second half of the 5.5 ft. by 4 ft. sheet and mark the center of one of the longer sides of the sheet. Hold that point to the tip of the beak.
- Wrap the sheet around the chicken wire head. Starting at the top of the beak, use pins to hold the sheet together, pulling the sheet snug. There should be extra fabric left when you reach the base of the head. Don't cut this off—it is used later to cover the “neck” of the dove.
- Using a light pencil draw a faint line along the pin path.
- Pull the sheet off of the chicken wire. Cut off excess material, leaving about a 1 in. margin from the penciled line. Sew or staple along the line. A little loose is better than too tight.



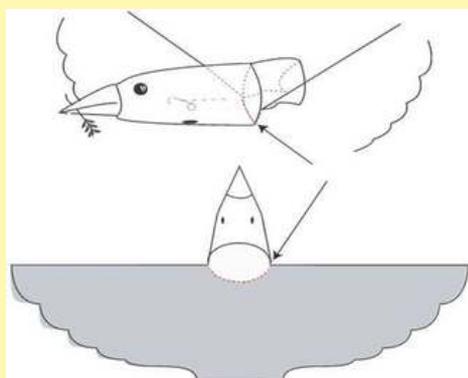
**Jane Goodall Institute
Roots & Shoots**

Step 10:

- Pull final seam tight and stitch or staple.
- Pull fabric sock off of head-form, turn inside out and slip back over form with seams inward.
- (Optional) Repeat the above to add a second layer of fabric for the head. This prevents the wire from showing through the sheets.
- Paint eye black, leaving a white highlight.
- Paint beak yellow.
- Add olive branch (take a stem with leaves and pierce it through your dove's beak).
- Cut a 2 in. slit in the sheets and wire for support pole that you will insert directly below the cross-brace.
- The sheet that hangs down in the neck area can be cut into a feather pattern or serrated edge.



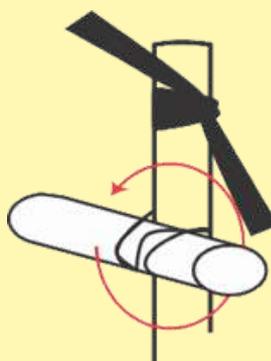
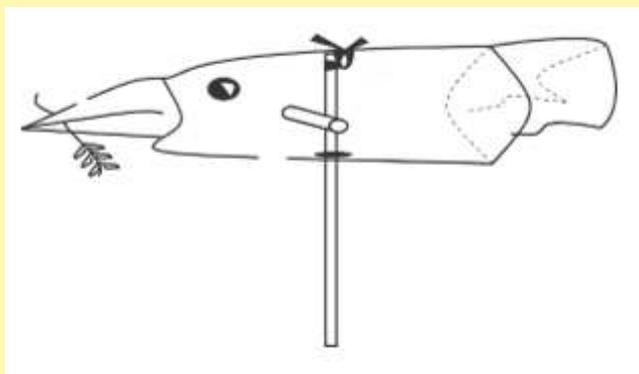
Step 11: Attach body to the bottom of the neck by stapling or stitching as shown. The top neck flap hangs on top of the body.



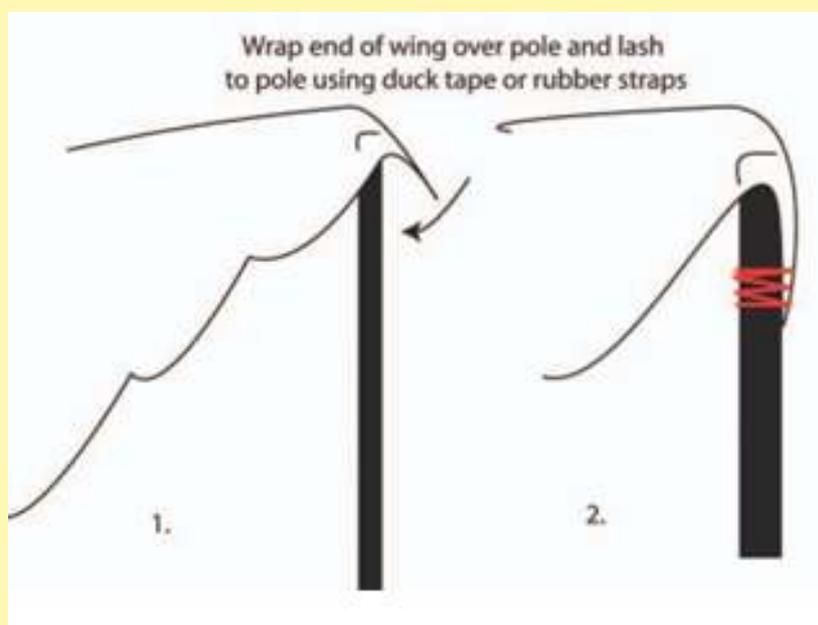
Jane Goodall Institute
Roots & Shoots

Step 12: Attach the pole that will hold up the dove's head:

- Tie or tape a rubber inner-tube strip to the end of one of the bamboo, aluminum or broomstick poles.
- Insert the pole through the hole at the bottom of the dove's head.
- Using the rubber strip, tie the top of the pole to the chicken wire at the top of the dove's head, on the inside.
- To further stabilize the dove's head, use another rubber strip to tie the pole to the cross brace as pictured.



Step 13: Attach longer poles to wing tips with rubber ties or elastic.



Jane Goodall Institute
Roots & Shoots

Flying your Peace Dove

1. Fly the wings higher than the head to create a traditional peace dove pose.
2. Keep wings fully stretched from the head to give full wing span.
3. If wind is blowing from behind or swirling, it's best to use a fourth or fifth person to hold up the tail.

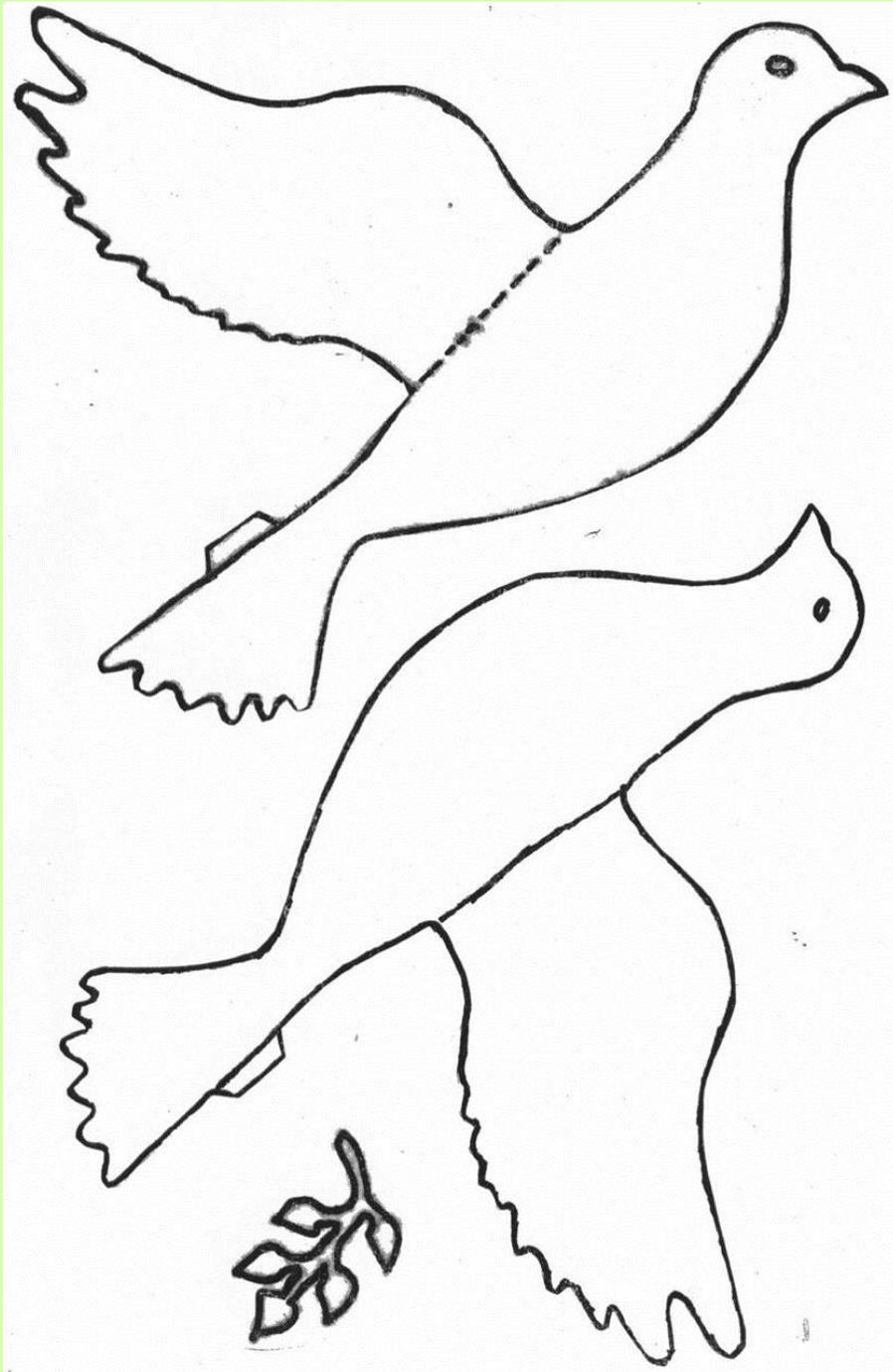


Jane Goodall Institute
Roots & Shoots

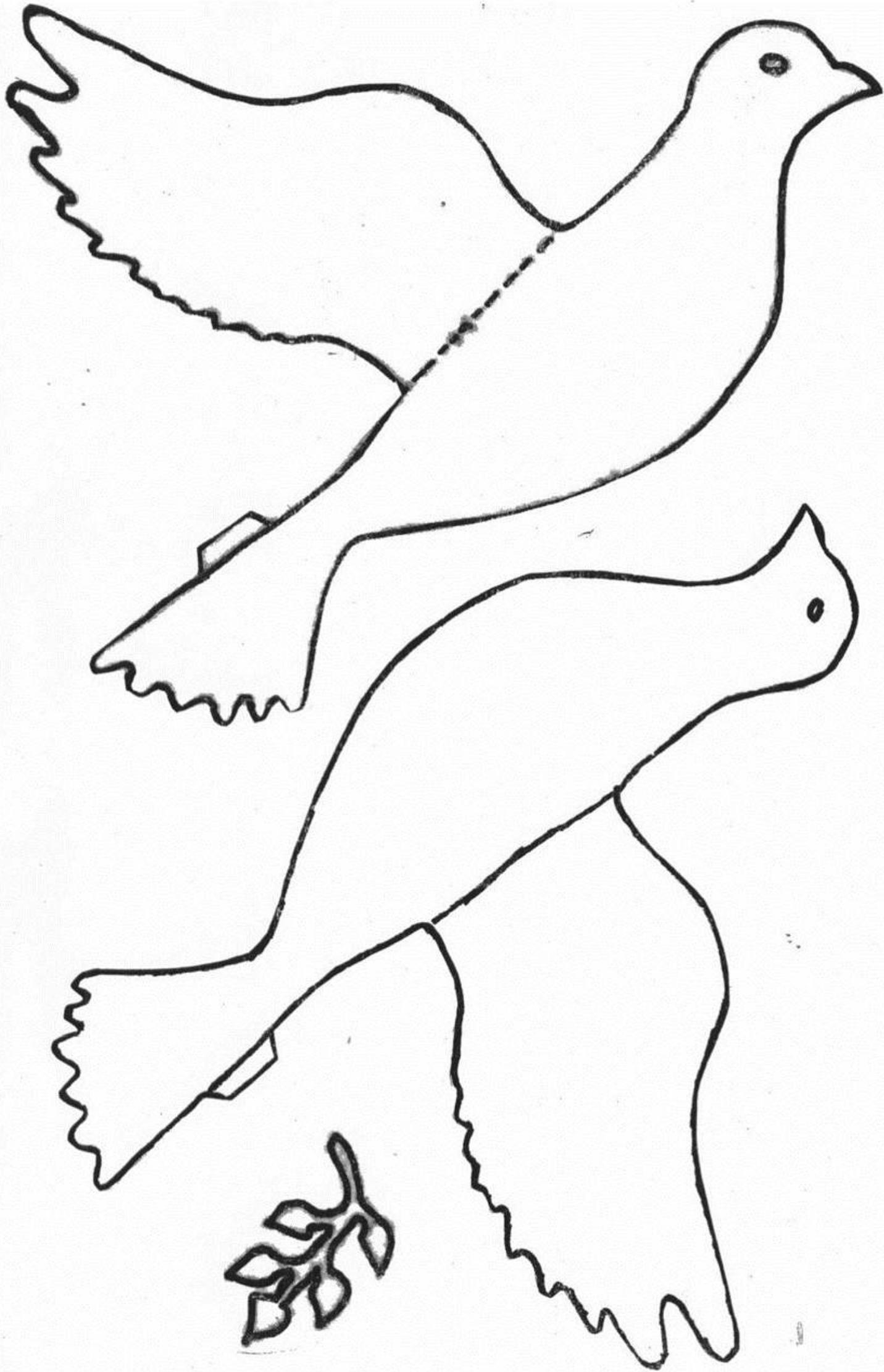
Mobile with peace doves

If there are participants with younger siblings who are still in strollers, they can make a mobile with peace doves. This way, peace can be placed in the cradle of their sibling. For this purpose, doves can be made, painted or colored in according to the age of the crafting participants.

A full dove template is available on the next page for you to print.



Jane Goodall Institute
Roots & Shoots





Dove in a tree

Peace wishes can also be in the form of doves hanging from a tree in the schoolyard or in a nearby park. The idea here is to write on the self-designed peace doves the answers to the questions "What does peace mean to you?", "How do you make the world a peaceful place?"/"What does it take to live together peacefully?". These should be attached to a piece of string and hung on a special tree, so that in the end the tree will be full of these beautiful messages and everyone can read the thoughts and wishes! For younger participants, doves can also be cut out of paper and easily painted according to their mood. Be careful not to damage the tree, or the animals that live in it.

Planting Hope



We want you to think about a message of peace you and your group would like to put out into the world and combine it with a powerful action to make a real difference for the planet; planting a native tree.

Trees and plants represent hope, new life, growth and development. They enrich the environment and our lives. They help people, animals and the planet, in line with the core goals and values of Roots & Shoots.





Make your own recycled paper with seeds:



You will need:

- Old newspapers
- A wooden frame the size you want
- Paper
- A fly screen
- 2 pieces of cotton (you can use an old t-shirt) the size of the frame or larger
- 2 wooden plates
- Water
- A large bowl (the frame must fit inside)
- A mixer

Instructions:

- Attach the grid to the frame so that it looks like a sieve.
- Cut the old newspaper into small pieces and put them in enough water for a few minutes.
- Put the paper in the mixer and add more water. Blend it until the small pieces are no longer visible. When you are done blending, you can add some native seeds to it.
- Put all the mixture into the large bowl and insert the frame with the grid into the bowl up to the bottom.
- When the grid is covered with paper, carefully take it out. Cover it with part of the old T-shirt and put one of the wooden plates on it. Then press lightly on it and turn it all over together.
- Take away the frame, put the second part of the T-shirt on it, cover it with the second wooden plate and press lightly on it.
- Then put something heavy on it and leave it like this for a few minutes until all the water has dripped off.
- Give away the wooden plate and T-shirt piece and let everything dry completely.
- Finally, very carefully take off the second piece of the t-shirt and your recycled paper is ready! Now that you're a pro, next time you can add pressed flowers to the edge or use ink (food coloring) when you mix everything with the mixer.



PLANTING HOPE

How to plant your homemade seed paper:

1. Soak the paper for 12 hours.
2. Then cover with 1 cm of soil
3. Don't forget to water it every day
4. Wait a few days for it to germinate, and put it near a window or outdoors, and make sure it can get enough sunlight but not directly.



Jane Goodall Institute
Roots & Shoots



Peace Pole

What is a Peace Pole?

A Peace Pole is an international symbol and monument to peace. The pole is decorated and has the words “May Peace Prevail On Earth” in a different language on each side.

The Peace Pole Project was an initiative of The World Peace Prayer Society (<http://www.worldpeace.org>), an international non-profit organisation dedicated to uniting the hearts of humanity through the universal message of peace. The Peace Pole Project transcends race, religions and politics to spread the message of peace.

Roots & Shoots groups from all over the world are also taking part in the campaign and presenting their peace bars on September 21st.

Places with Peace Poles:

- Pyramids in Egypt
- Mt Everest in Nepal
- The US Pentagon
- The United Nations Headquarters

It is estimated there are more than 200 000 Peace Poles around the world.



Jane Goodall Institute
Roots & Shoots

Materials Needed

- A pole
- Preferably four sided piece of wood, for example cedar (contact your local hardware store for a donated piece of wood). It is important that it is sustainable wood.
- Look for the straightest piece you can find
- Preferably 230cm long and each side wide enough to write “May Peace Prevail On Earth”
 - Acrylic paint white and black
 - Sand paper
- 1 piece 80 grit and 1 piece 220 grit
 - Sanding block
 - Cloth
 - Paintbrushes
- Large ones to paint/decorate the pole and small one to write “May Peace Prevail On Earth”
 - Shovel
- To dig a hole to put your Peace Pole in
 - Get creative!
- Anything else you would like to use to decorate your Peace Pole
 - Translations
- Research what 4 languages you would like displayed on your Peace Pole

Design cards (for all ages)

Designing cards is also an idea to give participants a chance to thank someone or just send a sign of peace.



Jane Goodall Institute
Roots & Shoots



Painting stones

In keeping with the International Day of Peace, you can also simply paint stones and give them away as good luck charms or place them in the schoolyard or at the park, as souvenirs at a collection point. For this assignment, it makes sense to think about the symbolism of the painting in advance with the group. For example, participants can begin by drawing peace symbols they know on the blackboard. In a second step, they can think about the symbolism of these symbols and research their origin in small groups. Perhaps new symbols from other cultures will be found?



Formation of a peace dove, peace sign

All participants will gather on the sports field, wearing a white shirt or holding a white piece of sheet upon their head. They will set up in the form of a previously outlined dove or peace sign. Afterwards, a photo can be taken from above a window or taken with a drone.





Let's become a tree!

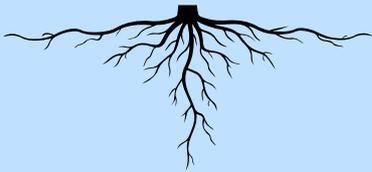
The idea of this activity is to encourage the group to transform into a tree and become one tree living together, thus becoming more aware of the environment and more mindful of the natural community that exists. Jane summarized this years ago with the words:

"We must learn to live in peace and harmony. With each other as humans, but also with all animals and the environment that surrounds us."

Dr. Jane Goodall

How to become a tree:

Step 1: The group is divided into small groups, each representing a different part of the tree.



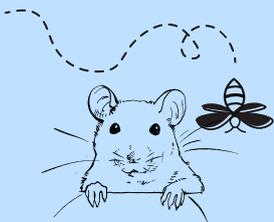
- Roots: Roots are especially important because they absorb all the nutrients from the soil. The participants in this group lie on the ground in a circle. The legs point to the center while the outstretched arms and fingers are used to absorb the nutrients. The root players slurp loudly.



- Trunk: The trunk is the strongest part of the tree. It keeps the balance, stabilizes the branches, and transports all the nutrients from the roots to the leaves. The four participants in this group are connected to the roots and stand very firm and strong. Two people represent the heartwood and transport the water from the roots up to the leaves with a loud "Hui". The remaining two form the sapwood and immediately transport the produced food downwards with "Wui".



- Branches and leaves: In the middle of the trunk stand 4 other people, which form the branches and leaves with stretched arms and fingers and gain energy.



- Tree inhabitants: birds, mammals, insects, etc. are buzzing around the tree. A few members of this group may act as pollinators others as pests trying to get through the bark of the tree.

Step 2: Build your tree starting with the roots by arranging your group members: Roots- Trunk - Branches - Leaves and possibly flowers.

Step 3: Animals visit the tree and stories of danger or pollination can be acted out. Fruits can also be formed and new trees can be created while the old ones die.



The enjoyment of eating together is one of the many things that unites us as humans!

While eating rationally is about fueling the body, a meal can also become a social event, such as a shared picnic. Each person should prepare their own favorite foods from their own culture at home and bring them to the picnic, thus contributing to a rich buffet.



By preparing the buffet and eating together, the sense of community in the group is strengthened and at the same time awareness of the cultures represented in the group or community is raised. In addition to a happy feast, a transfer of knowledge can take place by asking the participants to tell a story about the food they brought (origin, family history, cultural significance, ingredients).

This is a beautiful occasion to learn about each other's culture!

Make sure you take some photos and share them with us, we would love to try some new recipes and learn more about your culture.



Challenge: Try to make your favorite recipe vegan and let us know how it goes!



Sing the song “Circle the World”, written by Dana Lyons

Singing a song together strengthens the sense of community. Singing also lifts your mood because it releases happy hormones! Everyone should feel this positive energy on International Day of Peace. Another activity is therefore the singing of the song "Circle the world", which is all about peace and was written by Dana Lyons, for Jane Goodall and Roots & Shoots . Feel free to send us a video of the group singing. Below you will find the link to an example:

<https://www.youtube.com/watch?v=3mE6VMRt3Uw>

Even if you don't get to sing in a group, don't be afraid to sing to yourself as you go about your day!



**Jane Goodall Institute
Roots & Shoots**

CIRCLE THE WORLD

By Dana Lyons

What if we could circle the world
Flying peace doves beneath the sun
Giant twenty foot wings of fabric
That are handmade by everyone
Once a year we circle the world
Saying ain't it time to bury the guns
Our time has come and we have begun
To Circle the World
It's a dream and it's a vision
It's a prayer that we may see
When every person, every creature
Will be treated with dignity
When every war will be a memory
We never shall repeat
Our time has come and we have begun
To Circle the World
It's a parade and it's a party
Giant puppets with many drums
It's a song with many rhythms
That is sung in many tongues
It's a giant snake dance
In every country beneath the sun
Our time has come and we have begun
To circle the world



Jane Goodall Institute
Roots & Shoots

Appropriate reading for the International Day of Peace

Suitable readings for World Peace could be stories about hope, war and peace. For example, the story "A Handful of Stars" by Rafik Schami would be suitable. Either, get the participants to read the story as a group reading, or have someone read it aloud.

"Game for Peace"

Many ideas have been presented on the previous pages, now challenge your group to create a "Game for Peace" themselves. The aim is to give free rein to their imagination and to become creative in the spirit of peace. Have fun! Don't forget to share your game with us!

Peace Game

Each participant has a piece of paper and pen in hand. Starting at the back of the room everyone moves around. There is space on the paper for appreciative words to be written on it for each other. These can be compliments for the other person or things you appreciate or like about them.

Peace tree with handprints

For this task, a tree trunk is drawn in the middle of a large poster and the outlines of hands are drawn on the branches instead of leaves. The participants can add messages of peace to these outlines as they wish (e.g. keywords such as tolerance, respect, etc.)

Peace Day Challenge

Under the following link you can also participate with your group in the Peace Challenge from the Roots & Shoots Team in USA:

<https://www.rootsandshoots.org/take-action/events/international-day-of-peace/>



Jane Goodall Institute
Roots & Shoots



Share your work and your ideas with us!



As Roots & Shoots is part of a global network, we would like to show the great activities also on social media. If you do not want the photos, videos and stories to be shared, please let us know when you send them.



Send your photos/videos to:

mail@rootsandshoots.global or share the photos on our Facebook page
(<https://www.facebook.com/rootsandshootsglobal>)

Follow along with other projects on our social media accounts:



RootsandShootsGlobal



rootsandshootsglobal