



Peace Day Challenge

In honor of the United Nations' International Day of Peace, we challenge you to complete as many acts of peace as possible.

Acts of Peace

- Smile at 25 people
- Learn to say "Peace" in 5 languages
- Volunteer or raise funds for a worthy cause
- Take a deep breath
- Design and display a peace-themed poster
- Say "Good Morning" to 5 people
- Make a wish for a child in another country
- Share food with someone in need
- Compliment 5 people
- Draw a peace sign in the sand or dirt
- Play a collaborative game
- Pick up litter in your community
- List 5 things you're grateful for
- Thank your caregiver creatively
- Help a sick or hurt person
- Write a peace poem
- Discuss the meaning of peace
- Plant or hug a tree
- Brighten an elder's day
- Do yoga for 10 minutes
- Write to a pen pal in another country
- Uplift a friend in need
- Read a book to a younger child
- Make a new friend
- Recycle or reuse your litter
- Recite the Kids for Peace "Peace Pledge"
- Advocate for a cause you believe in
- Design a gratitude card for someone
- Learn 5 facts about a Noble Peace Prize Laureate
- Send a note to your personal peace hero
- Be kind to an animal
- Connect with nature for 10 minutes
- Discover 1 fact about the United Nations
- Create a dove, flag, or pinwheel for peace
- Make a treat for your neighbor
- Apologize and make things right
- Thank a community leader
- Speak in a kind way
- Start a peace chapter or club
- Meditate for 10 minutes
- Do a happy dance
- Sing a song for peace
- Hug your sibling or friend
- Forgive yourself or someone else
- Interview an elder about his or her life
- Lend your skills to help someone
- Learn about a different culture
- Look for the best in others
- Create your own act of peace
- Congratulate yourself for being a peacebuilder

KidsforPeaceGlobal.org