

YOUTH PEACE WEEK 2021

**INNER PEACE FOR
OUTWARD ACTION**



**THE PEACE
FOUNDATION**

Te Tuapapa Rongomau o Aotearoa

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Kia Ora!

The theme for Youth Peace Week 2021 is 'Inner Peace for Outward Action'.

All of us want to make the world a better place. We talk a lot about how we can help others - it's so important! But something we don't talk about very much is how to look after ourselves.

This is a bit strange when you think about it, because how well we care for others is connected to how well we take care of ourselves.

Some people think love is only about other people, but have you noticed how much that leaves out? We can also love animals, the land, the natural environment, and - of course - ourselves.

All of the visionary thinkers on love emphasise the importance of self-love. Black lesbian poet Audre Lorde believed that it is impossible to give and receive love without first loving ourselves. Similarly, Vietnamese Zen Master Thich Nhat Hanh writes, 'Caring for yourself, re-establishing peace in yourself, is the basic condition for helping someone else.'

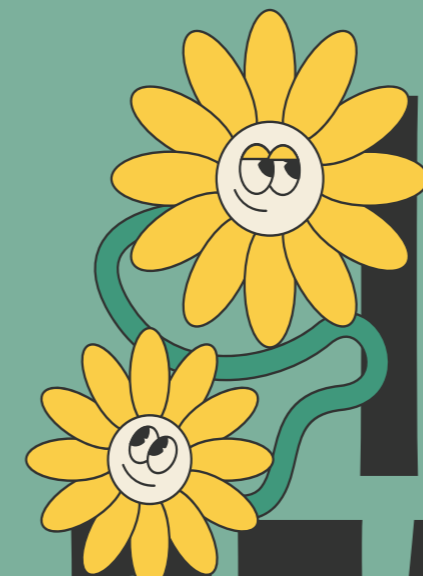
When we show ourselves love, we nurture inner peace. This helps to ensure that we are happy and healthy. It also means we're much better able to take care of others. All of us have to deal with difficult experiences. As humans, we sometimes experience embarrassment, insecurity, and guilt.

When we love ourselves - by showing ourselves care, understanding, and forgiveness - we develop loving skills that we can then bring to our relationships with others.

What does self-love look like for you? It might involve karakia, meditation, spending time in nature - or something else entirely! For me, it means taking time to read, talking about my feelings with people I trust, and having lots of cuddles with my cat Minnie. This Peace Week, I hope you will discover more strategies for taking care of yourself. Your inner peace is important for all of us.

Me te aroha,

Philip (Piripi) McKibbin



INNER PEACE FOR OUTWARD ACTION



Introduction

Inner peace for outward action refers to how, if we focus on our own health and well-being, we will act in a more peaceful way towards others. This will lead us to spread peace to our friends and families and everyone we interact with.

This toolkit takes the concepts of Te Whare Tapa Whā developed by Mason Durie and applies them in a way that is hopefully applicable to everyone in Aotearoa and around the world. The main concepts that are highlighted are those of TaHa Tinana (physical well-being), TaHa Hinengaro (mental and emotional well-being), TaHa Whānau, (social well-being), and TaHa Wairau (spiritual well-being).

The toolkit provides an introduction to these concepts, explains how these concepts can be useful to us, before providing activities that can be used in class, in the community or privately to improve our well-being.

We'd love to hear all about the amazing activities you get up to so make sure to check out the competition details later in the toolkit for a chance to win some cool prizes!

01 TAHA WHĀNAU

What is Social Wellbeing?

Our social well-being is made up of several important factors. These include the way we care for others, the way we connect with others, our sense of belonging, and our ability to create positive relationships and have a system of support. This is applicable to everyone we come into contact with from our family to our friends and can even be applied to other people we interact with.

The way we care for others is not only important to their well-being but also our own. When we do nice things for other people and encourage them to succeed, we feel good about ourselves. This is important and also helps us to build relationships with people. If we support them then they will support us and this creates the basis for our support network and links to the other aspects of our social well-being.

Our connection with others is another key aspect of taha whānau. Everybody needs connections with other people in order to build the life they want. These are built between everyone we interact with. The more effort we put into our

relationship with someone, the better that relationship will be and the more connected we will be with this person. This connection creates trust with others, an essential part of our social well-being as it allows us to share our secrets and our feelings without feeling judged.

This leads into our sense of belonging. Belonging refers to our ability to fit in with a group and feel as though we are accepted. When we feel as though we belong, we can be ourselves without worry. This is incredibly important for our growth and for our well-being. When we have a good support network all aspects of our life become easier. Our support network can help us overcome any issues and also build us up when we achieve something or help us get through a period of stress or sadness. It is important to remember that this support system is there to support us and that we are there to support our friends. We must be prepared to talk to our friends if this is not occurring and make sure that we are being lifted up rather than being pushed down.



HOW DO OUR ACTIONS IMPACT OUR SOCIAL WELLBEING?

Every interaction that we make with someone has an impact on both our and their social well-being. We can do a number of things to ensure that these interactions have a positive effect on our well-being.

Being positive is a good way of being likeable and increasing the number of positive interactions we have with others. There are many simple ways we can do this. Smiling is the easiest one. If we go into every interaction with a smile on our face others are more likely to also do the same and this small action can impact others in a meaningful way. By putting effort into our friendships and interactions the level of trust and closeness we feel can increase. It involves anything from planning an activity to simply asking someone how they are.

Meeting new people is another good way of improving our social well-being. Everyone has different perspectives and ideas on a wide range of topics. By increasing the range of people that we talk to we increase the number of opinions we hear. This allows us to grow and makes us more rounded and understanding people.

Social media has become a key area for many people to socialise in recent times. While social media allows us to connect with people we would otherwise fall out of contact with, such as friends who are no longer in the same country as us, it is also dangerous when these interactions replace face-to-face

interactions. It's important that we make sure to engage with social media in a healthy way that doesn't negatively impact our well-being.

Covid-19 has provided a difficult challenge to face-to-face interactions. When lockdowns occur we are not able to see our friends and other forms of socialising is required. In these situations social media can be utilised to help us stay connected. Video calling is a good way of checking in on people and allows us to have proper conversations that can easily be misunderstood over text.

Even in these times, though, this should not be our only interaction as we should make an effort to connect with our family and those we are living with. Our families are our most important connection. They are always there for us. Despite this it is still important to put effort into our relationships with them. By helping our parents cook dinner or playing a game with them we open up better communication and a better relationship with them. This gives us more support and increases our level of understanding and respect for one another.

Our wider community can also be an important source of social support. Many communities organise gatherings and social events for their members. Getting involved in these groups is a good way to meet new people and increase our social circles.

HOW CAN WE IMPROVE THIS?

01

Join a Club

By joining a new club, you can easily meet new people and extend your social group. Clubs are available through your school but also in the community and cover a large range of subjects from sports, to debating, to board games. There are clubs for everyone and if you can't find a club you can always start one yourself!

02

Connecting Through Kai

The process of gathering, preparing, cooking, and eating food is social. By getting involved with our friends and whānau while they do these activities we can connect not only with them but with our spiritual side as well. This includes a wide variety of activities we can get involved in.

- Gathering herbs, plants from the ngahere (bush) such as the pikopiko, vegies, crops.
- Learning how to be respectful of our environment when collecting kai such as the importance of karakia (prayer) to thank the atua (Māori gods).
- Cooking and eating together - potluck, hangī, barbecue, campfire etc.

03

Kapa Haka

Most schools or communities have kapa haka groups. These are a great way to get involved with the culture of Aotearoa and meet new people. Even if these groups are not available there are other ways we can get involved. The internet has many resources which can help us connect with this side of our heritage. Some fun activities you can do with your friends and whānau include singing waiata or practising poi.

04

Talk to Someone New

Introducing yourself to someone you have never met is a great way to make more friends and increase your social circle. This could be as easy as sitting with someone new at lunch and introducing yourself. It will not only improve your social well-being but also the person you talk to.

05

Arts and Crafts (Toi Māori)

This is an important part of Māori culture but is also applicable to all cultures. Arts and craft are a great way to connect and learn about our family. Our relationships are improved by sitting around a table or on a mat sharing stories and simply being present. If we want to connect to Māori heritage a couple of cool activities we can do include weaving with flax (harakeke) or carving (whakairo).

06

Korero Māori

Another good way to connect with our heritage is to learn some basic Te reo Māori and use this during social occasions. There are several useful occasions that are perfect for this:

- Pōwhiri - learning how to welcome people traditionally on to a marae.
- Karakia - learning prayer.
- Pūrākau - traditional story telling.
- Whakapapa/Pepeha/ Mihimihi - learning about genealogy, where we come from, important landmarks and connections to the land.
- Wānanga - learning about language, cultures and traditions.

07

Staying Safe Online

Take a look at the Netsafe Statistics in Aotearoa and have a discussion about online dangers and safety with students. How do you deal with being bullied? Is there more your school could be doing to help you?

02



TAHA HINENGARO MENTAL & EMOTIONAL WELLBEING

Our mental and emotional well-being is the way we view ourselves in the universe and the way we express this through our feelings and actions. All these aspects interact with one another and if any part of them is not functioning well we can end up mentally unwell. Our view of ourselves includes things such as our self-worth and our confidence to be ourselves. Everyone is important; everyone has a purpose; everyone is valuable; everyone deserves to be happy. Once we understand that we deserve all the opportunities we are offered and that we deserve to be happy our confidence can increase, and our well-being can be improved. This is as important as our physical well-being because, when our brains are unhealthy, we cannot enjoy our lives to the fullest.

Mental illness is a widespread issue among many young people and in Aotearoa, almost one third of the population have had experiences with mental health challenges. The best thing you can do for someone who has a mental illness is to support them and point them to a professional who can help them. It is also still possible for someone suffering mental illness to have flourishing mental health if they feel connected, are functioning well, and feel good. Regardless of the situation you are in, whether it be a lot of stress and sadness, or struggling with a mental illness, it is still important to look after your mental well-being.

Another important and linked part of this is our emotional well-being and the way we express this. People experience everything they do in slightly different ways and everyone has a wide range of emotions they feel every day. These can be confusing and hard to understand but it is important to know that they are all natural, even negative emotions have a role to play in our well-being. Being able to identify and empathise with others plays an incredibly important role in fostering positive emotional well-being. In 2020, the Health Promotion Agency in Aotearoa found that individuals are more likely to know about the mental health issues of their friends than of the people they live with. We must also understand that our friends and family may not experience or show emotions in the same way as us, so it is important to show respect for the way that others are feeling.

HOW DO OUR ACTIONS IMPACT OUR MENTAL AND EMOTIONAL WELL-BEING?

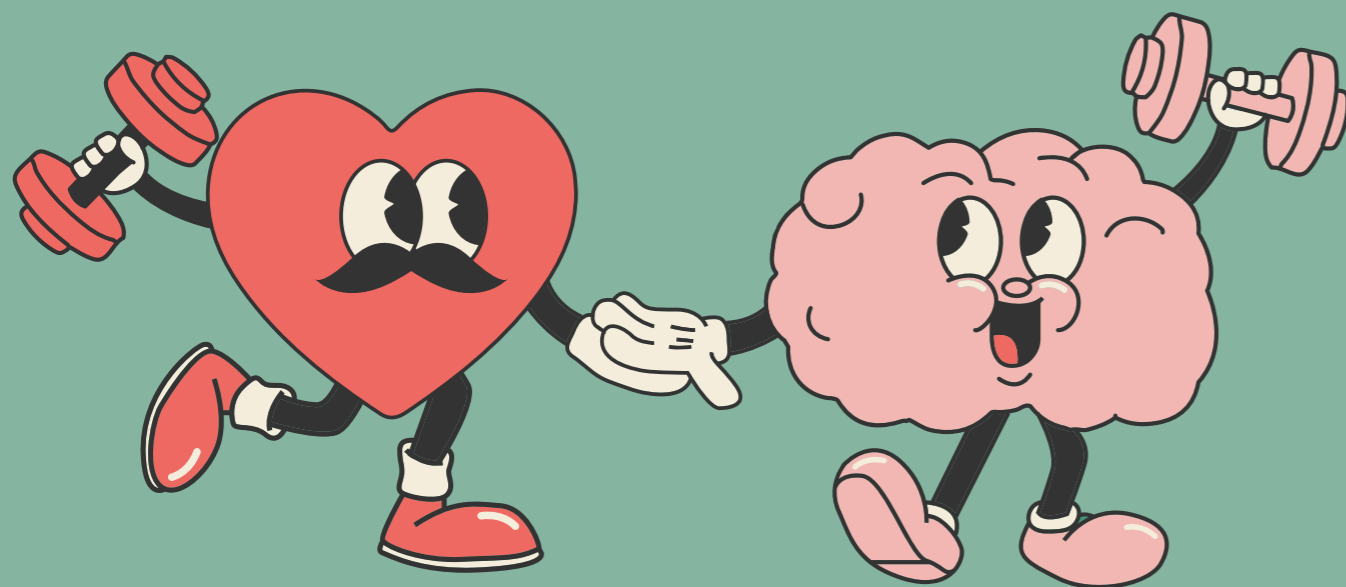
Everything we do has an impact on our own and on others' mental and emotional well-being. It is therefore important that what we choose to do improves these factors and we focus on this kind of well-being.

Being active and productive is an integral way of improving our mental and emotional well-being. By getting up and going outside or even doing some homework, levels of stress and anxiety go down and we feel better. Going outside also allows us to feel at peace with ourselves. Nature has a calming effect on us so going for a walk in a forest or to the beach and swimming can help improve our mood.

Socialising is another important factor that can improve our mental and emotional well-being. Humans are not solitary beings and so it is important that we talk and interact with others. This could be through playing games with friends and family or calling people you can't meet up with in person.

These factors are especially important during lockdowns. It is very easy to get into bad habits and neglect our mental and emotional health when we cannot socialise in person with people and our usual activities are cancelled. In these circumstances it is crucial to make an effort to socialise with both people in your bubble as well as checking in with friends online.

It is also important to remember that our actions don't only influence our own mental and emotional well-being but also those around us. Our self-esteem is an important part of our well-being so when you make negative comments about others or leave people out of social groups you harm their self-esteem. We must therefore be careful not to unnecessarily hurt others and focus on how we can ensure that everyone around us can improve their mental and emotional well-being.



HOW CAN WE IMPROVE THIS?

There are many simple activities that we can integrate into our daily routines to help improve our mental and emotional health.

Meet Up With Friends

Watching birds or the stars, or even just listening to the sounds of nature can help. Socialising is a key way we can improve the way we feel. When we feel accepted in a group our self-esteem is improved and we feel safe.



Go Outside

One of the best ways to improve your mental and emotional well-being is to go outside. This could be as simple as a 15 minute walk in a park or along a beach but this will improve your mood and make you feel more relaxed.



Keep a Diary

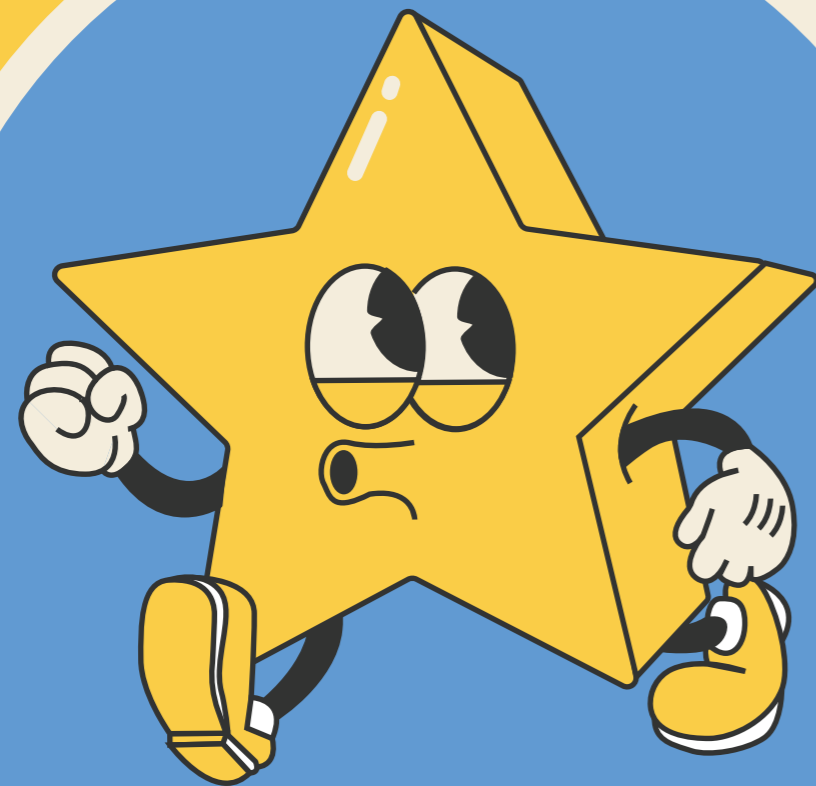
Being more in tune with ourselves helps us understand our needs. One way of doing this is by writing about your experiences and how certain things make you feel. This allows you to reflect on what you enjoy in life and what upsets you.



Talk To A Counsellor

Your school will have services that are designed to help you with your mental and emotional health. These are there to be used so if you are feeling down utilise these resources. They will be confidential so you will be able to talk about anything with them without the fear of rumours being spread or being bullied.





TAHA WAIRUA
✦ SPIRITUAL ✦

03

What is it?

Our spiritual well-being encompasses all the things that we believe in. This stretches from the things we are passionate about, to our sense of belonging and culture, and even to our religion. When these things combine well our spiritual well-being is in a positive state and we are at peace.

Our passions shape who we are. Finding what we are passionate about motivates us towards our goals and helps to define these goals. We can have many passions and put as much or as little effort into them. This does not mean that they are less valuable to us. By identifying what our passions are, however, we can understand how we can get the most enjoyment and feel fulfilled.

Another important part of our spiritual well-being is our culture. This refers to the ways in which we relate to our community and where we are from. In New Zealand many people come from different cultures and have different backgrounds. Everyone also relates to their culture in their own way. It is important for us to understand our own culture and what parts of this culture we identify with and embrace while also understanding and respecting the cultures of those around us. Our faith is also an important part of our spiritual well-being. This is what we believe in. Whether this is a religion or just our personal values and morals, everyone has some sort of faith. Understanding our beliefs and our faith helps us to guide our lives and make choices. It is also important to respect the faith of others and do our best to understand them so we can live together harmoniously. Linking to all of these aspects is our identity. Our identity is a complex mix of things that we use to identify ourselves. This is very personal and very different for every person. It is important to understand our own identity and what makes us who we are. If we do not understand this ourselves it is very difficult for others to understand it. This stretches over all other aspects of our spiritual well-being relating to our passions, cultures, and faith.

How do our actions affect it?

The way we think about our actions has a large influence on our spiritual well-being. If we have a positive attitude, then we are more likely to feel connected to what we are doing and enjoy it. This connection will allow us to find our passions more easily which will drive us to be the best we can be. Similarly, by actively trying to be mindful about our actions we can connect better with our spirituality.

Another important aspect of our spirituality is connecting with our ancestors and our family history. Connecting to this can be done by talking to our parents or grandparents or someone from our community. This helps our understanding of ourselves. Our religion is another important aspect of our spiritual well-being which is affected by our everyday activities. If we realise what is important to us and what we believe in we can act in a way that fulfils us. Everyone believes in something whether that is a higher power or what is right and wrong, it is important to understand this. Once we do, we can act in a way that makes us feel good about ourselves and drives us towards acting more positively in society.

HOW CAN WE IMPROVE THIS?



Reflection

The best way to improve our spiritual well-being is to reflect on our beliefs, faith and identity. This can be done on our own at any time in any place by just thinking about it and trying to understand what we want from life and what morals we live by. This is most likely constantly changing for everyone as our experiences shape our lives. There are also more structured ways of improving our spiritual well-being.



Meditation

Meditation helps us become more self-aware. It also improves our imagination and creativity. It has a number of other effects on other aspects of our well-being by decreasing stress and negative emotions too. Meditation can be achieved alone, with the help of a meditation leader in a group, or by following videos online.



Mindfulness

Mindfulness is the ability to be fully present at any moment in time. Being mindful allows us to understand what it is we are actually experiencing and allows us to connect with the moment well. It is possible to do this at every moment of the day so being aware of this and thinking about it will help us connect with what we do. There are plenty of resources online to try to improve our ability to be mindful which will help us reflect on the world and therefore improve our spiritual well-being.

04

Physical wellbeing is the connection between our body and our well-being. When we think of peace, we often think of being calm and relaxed. A key way of feeling like this is making sure our bodies are looked after. The most obvious way this can be seen is in our ability to fight illness. When our bodies are healthy and strong, we will be able to fight off illness far easier than when our physical well-being is lacking. In the short term, other factors can show us that we need to focus on our physical well-being. Tiredness is one of the most obvious indicators that our bodies give us, telling us that we need more sleep, need to do more exercise, or are not getting the right nutrients we need. Without our physical well-being it is very difficult to achieve what we want to at school and in our communities.

TAHA TINANA PHYSICAL WELLBEING





Everything we do impacts our physical well-being. From the way we travel to school to what we eat to when we go to bed. Making healthy choices is paramount to remaining healthy. Our body directly reflects the way we treat it. If we treat it well, our bodies will treat us well, giving us energy and the ability to do what we want. When we fall behind on this and fail to treat our physical well-being with the respect it needs, we become tired and prone to illness.

In 2019, Sport New Zealand found that 42% of young people were not getting the recommended 7 hours of physical activity a week. Although it may be hard to prioritise our physical well-being, it is important to try as it reduces stress and allows us to be in top shape ready to deal with anything that is thrown at us. Each aspect of our well-being has a strong impact on the others. As such, when we are in a positive physical state, we feel better and we have the energy to socialise with others.

How can we improve this?

As we have such a large influence over our physical wellbeing, there are many ways in which we can improve this. Some examples include:

Sleep

Focusing on the way we sleep and when we sleep is important. Everybody has an internal clock that requires us to sleep about 8 hours every night. Due to this internal clock it is very important for our bodies to get into a routine. By setting a bedtime and sticking to it our bodies become used to this. After a week of doing this you will notice that you begin to feel more awake and healthier. You will be able to focus more in school and have more energy throughout the day.

Challenge: Keep a journal of when you go to bed every day. Explain how you have felt physically over the day. Attempt to keep your bedtime as constant as possible. Reflect on your journal after a week to see if you have begun to feel better.

Exercise

Exercising is an easy way to receive an instant boost of energy and improve our physical well-being. A fun way of doing this is to join a sports team. This builds other important skills including cooperation but by physically exerting ourselves it also helps to set us up for the day and stay engaged. While joining a

sports team may be intimidating for some people there are many other ways of exercising that anyone can take part in. A good example of this is to walk or cycle to school rather than driving. This is a great way to start your day and set yourself up for a successful day at school. Similarly, physical activity can be used to connect with New Zealand culture. Kapa haka or kani kani groups are a good example of this where we can get closer to our ancestors and also get some good exercise in.

Challenge: Walk or cycle to school every day. If you live too far away, drive until you are a 15 minute walk away, get dropped off there and walk the rest of the way. If students have smartphones, they can use fitness tracking apps to track how much they walk. This could be set up as a competition between students or between classes.

Nutrition

Eating well can drastically improve the way we function and how we feel. By improving our eating habits our physical well-being improves. This is easy to do and will save your families money in the meantime - a win-win! To do this try to ensure you eat at least 5 fruit and vegetables a day. This can easily be done by ensuring every meal includes these healthy foods and snacking on fruit. Māori television has many shows such as Easy Eats, Hunting Aotearoa and Kids Kai Kart that can show us how to incorporate some of these healthy foods into our diet.

Challenge: Keep track of the food that you eat and consciously try to increase the number of fruits and vegetables you eat. Review them within your class and identify ways in which you can improve. You could even run a competition between students to find who eats the most fruit and vegetables.



ACTIVITIES



Dollar Street	Dollar Street - https://www.gapminder.org/dollar-street Dollar Street is a website designed by a Swedish teacher to show the world where they stand in relation to everyone else. On a whiteboard draw a long straight line, labelling the left “poorest” and the right “richest”. Ask students to individually place themselves on this line depending on where they believe they sit on the scale of richest in the world to poorest in the world. Go onto the Dollar Street website and narrow the wealth parameters to where the students said they were placed. Look through the filters and allow students to choose which they want to see.
Help for the Homeless	Contact the local homeless shelter or food bank. Get students to bring in non-perishable items to donate. Facilitate a discussion with students around the challenges that homeless people face and how else we can support them.
Contact Local Charities	Get a speaker from a local charity to come into school and present on what their charity does and how the students could help with a particular local issue.
Engage with Community	Ask students what they perceive to be the biggest issues in their local community. Get them to plan a way in which they could help sort this problem out. Get the class to pick which idea they think is the most achievable/best and carry it out.
Engage with Families	Get the students to plan a day of stalls or performances related to peace that they can then show their parents at the end of the week. This could include writing a peaceful song or creating a film about peace or performing a speech about a specific topic. At the end of the week parents could be invited to an event where students can showcase their ideas.
Social Media	Create a social media page specifically designed to spread peace. This could be run by students where they could post photos and videos related to peace.
Family Pictures	Encourage students to bring photos of their friends and family to school and present them on their desk or in a certain work area. This reminds students of who is most important to them and who they can turn to when they have an issue with something.
Tūmanako Exhibition Visit	Take a look at the website below and see if you can get involved with the exhibition by creating your own artworks for peace. Make sure to check out the opening event too if you live near a participating city! www.sginz.org/tumanako

Breathing exercises	Breathing exercises help regulate our state of mind. Before beginning a lesson, spend a few minutes running through some breathing exercises with your students. A good resource to connect this to our culture is below: Hikitia te Hā Yoga
Yoga Lesson Plan	Hold a yoga session with students. Afterwards, discuss how it made you feel and what benefits for peace it could bring to your life if done regularly.
Symbols for Peace	Create a poster with a symbol for peace by using words for peace from different languages around the world. Hang these posters around the school to show students how to say peace to people from around the world.
Religious Responsiveness	How do different religions advocate for peace? Find resources relating to different religions and create posters educating each other about different belief systems. This will help with religious understanding and show students what other cultures think.
Rock Painting	Get students to paint peace symbols/messages on rocks. They can then keep these on them to remind them to remain peaceful and not get stressed. Alternatively, students could place them around the school to serve as a reminder of peace for each other.
Peace Club	Create a club at the school that celebrates peace and a peaceful mindset. This club could meet weekly to meditate or do yoga. They could also use this time to pursue other ideas suggested in this resource pack to encourage students to live with peace in mind throughout the year.
Peace Wall	Create a space for students to either write on a wall or put sticky notes on a wall with their ideas of what peace looks like. This could also be done with chalk outside. This will get students thinking about what peace means and is to them and may give them some ideas to help their community.
Mindfulness	Run a mindfulness workshop with your class. This can teach them how to reflect on themselves throughout the day. This website has some interesting information and videos/instructions for how this can be achieved: https://www.mindful.org/meditation/mindfulness-getting-started/

SOCIAL

SPIRITUAL

Random Act of Kindness	Get students to keep a kindness journal in which every day they write down a random act of kindness they did that day. This will get them thinking about what acts of kindness they can do and spread positivity around the school. At the end of the week these can be shared with their classes to show what they did to make those around them happy. If kids need any ideas this website gives a large range of ideas that could be useful: https://www.randomactsofkindness.org/kindness-ideas
Peaceful Space	Set up a room/space in the school where students can relax. Put paper/pens in the room so that they can create posters of what peace means to them and decorate the room how they like. Students can then use this space to come relax, de-stress, listen to music or even play music themselves.
Anonymous Positive Messages	Randomly assign each student to another student in the class. Get students to anonymously write a message to the student they have been assigned stating all the positive things about them. Hand the notes to the students who have been written about.
Nobel Peace Prize	Create a Nobel Peace Prize-style award for your school. Award it to the student who demonstrates inner peace for outward action the best over peace week. This could be through participation in activities or actively including people they do not know. Allow students and teachers to nominate winners anonymously by writing down the name of the nominee and the reason they should be nominated. https://ed.ted.com/lessons/how-does-the-nobel-peace-prize-work-adeline-couvelier-and-toril-rokseth
Compliment Battle	Get into pairs and battle your partner with compliments. This will make each member feel better about themselves while being fun and competitive.
Affirmation Jar	Fill a jar in your classroom with positive notes written by students. Allow kids to go and take a note out of the jar if they are feeling down or are in need of a pick-me-up.
Letters of Thanks	Get students to write a letter to someone that they are thankful for. It could be a parent or teacher or fellow student. In the letters, highlight the reason that they are thankful. This will spread peace both among those who send the letters and those who receive them.

Newspaper game	Split the class into groups of 4. Give each group a double page of a newspaper. Each member of the group has to stand on the newspaper, and no one is allowed to touch the floor. Once that is achieved the teams must fold the newspaper in half and go again. Keep folding the newspaper until one team is left. Teams are eliminated when they are no longer able to stand on the newspaper.
Blindfolded Obstacle Course	Pair up. Blindfold one person and then give the other a course they have to make the other person follow without touching them. This could be set out in chalk on the ground or be more complicated through the playground for example. To make this harder teams of 3 or 4 could be used where only one can see and has to guide the whole team through the course.
Meditation Sessions	Hold meditation sessions at your school either in class or during a lunchtime. Choose one student to guide the others through it and at the end come together and discuss how it made you feel.
Silent Paper Building	Split the class into groups. Give them all the same amount of paper and tape. Give them 2 minutes to design a bridge using only the resources provided. After 2 minutes no one is allowed to talk. Compare teams' bridges with each other. Set parameters for comparison such as strongest or longest.
The Human Knot	Stand in a circle. Everyone must hold the hands of different people opposite them. You must all try to untangle yourselves without letting go.

EMOTIONAL

PHYSICAL

PEACE WEEK COMPETITION

Thank you for taking part in Youth Peace Week 2021! We would love to hear all about what your team has achieved. The Peace Foundation invites you to send in documentation of your activities to go in the draw to win some prizes!

Pick one of the following topics and send your entry to the Peace Foundation to go into the draw:

SPEAK IT Write a speech or spoken word poem on peace and present this to the Peace Foundation.

SING IT Compose an original song or rap about celebrating peace and present this along with the lyrics.

DANCE IT Compose an original dance that celebrates peace and present this.

DRAW IT Create an original artwork on celebrating peace and present this.

Winners will be drawn from each category from both primary schools and secondary schools after Youth Peace Week and will receive \$100 cash to share among your team.

All participants that have registered, carried out an activity and sent us through documentation, will receive a certificate of participation from The Peace Foundation.

Criteria

Competition participants must have their school registered for Peace Week 2021. Go online to do this: www.peacefoundation.org.nz

Documentation should be sent through digitally as either a Microsoft Word file, PDF file, video or photograph to peaceweek@peacefoundation.org.nz

Make sure to include the release form that can be found on the next page.

Entries must be submitted by the 10th of August.

Supporting 'Students for Peace' in Pakistan

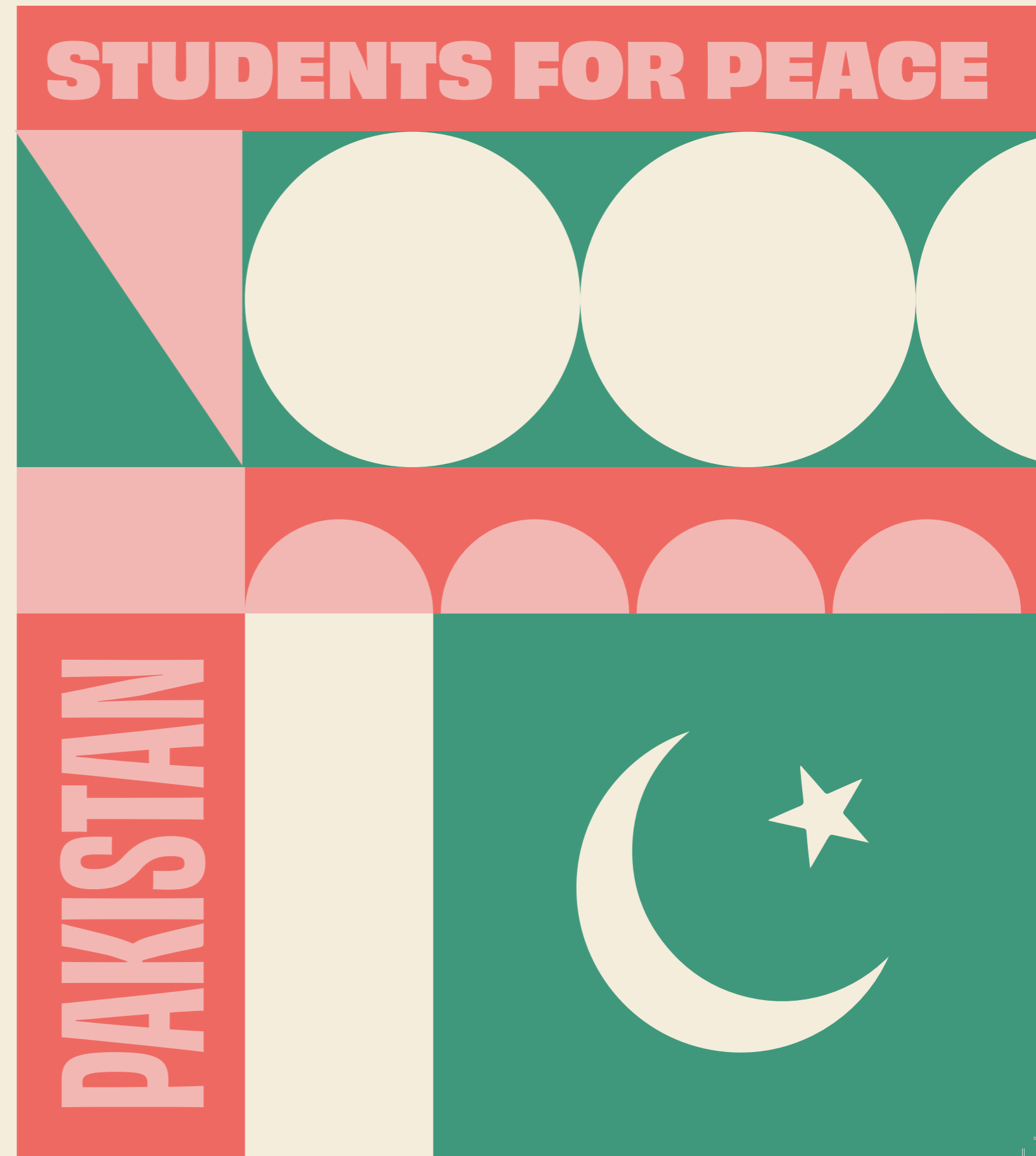
The Peace Foundation has been partnered with the Peace Education Welfare Organization (PEWO) since 2014. PEWO now supports 200 member schools and have been committed to promoting a culture of peace in Pakistan. In 2019, more than 80,000 students participated with 3,000 teachers across Pakistan in celebrating Youth Peace Week.

PEWO operates in the densely populated Lyari Town which is one of the most turbulent and underprivileged areas in Pakistan. Covid-19 has had a devastating effect on the community and its education systems. Schools have not had funding for more than three months and institutions have been unable to pay their staff. Pakistan is one of the worst hit regions in this part of the world and New Zealand schools are in a unique position to offer their help.

You can support PEWO with fundraising campaigns in your schools. A bake sale or mufti days are great ways to help schools in Pakistan. Send your proceeds to the Peace Foundation and we will send a bank transfer to PEWO. We will make sure they are aware it was your school that contributed to the total amount of funds received.

Get in touch with the Peace Foundation if you want more information on PEWO and how to support them.

Email: peaceweek@peacefoundation.org.nz





RELEASE FORM*

I the undersigned do hereby consent and agree that the Peace Foundation, its employees, or agents have the rights to use these photographs, videos or digital recordings of my project and to use these in any and all media now or hereafter known for the purpose of the promotion of Schools' Peace Week and other Peace Foundation activities.

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I have read and understand the above statement and am competent to execute the agreement.

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GUARDIAN NAME (IF UNDER 16)

SIGNATURE

DATE

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