

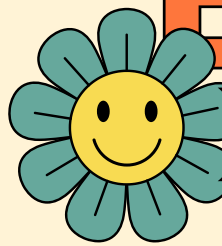
PEACE FEST: LETS CELEBRATE!

Te Hui Taurima a Rongo: Whakanuia!



Youth Peace Week 2025 - August 3rd-9th

BOOK A FREE REACT WORKSHOP

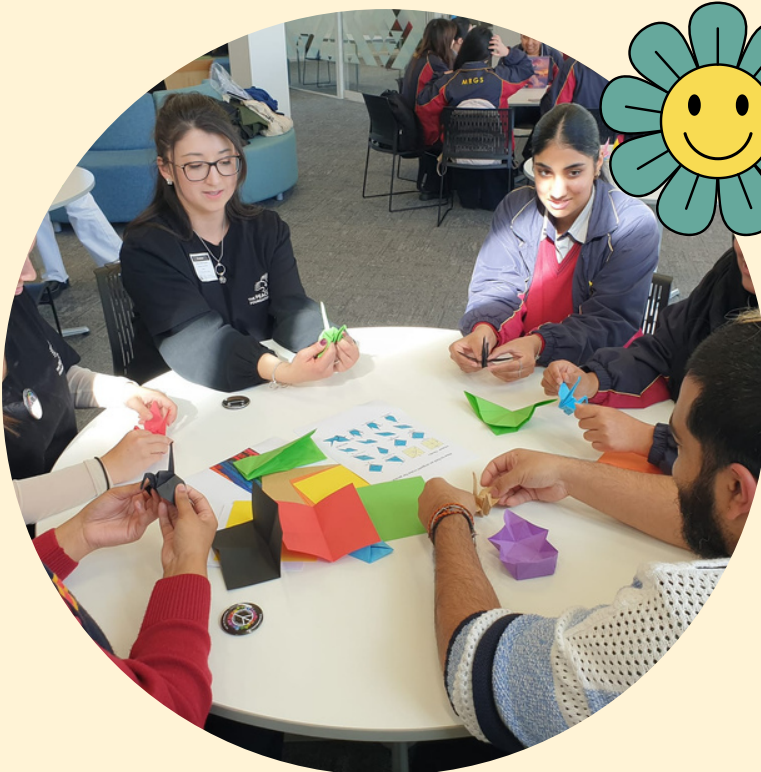


Are you and your students interested in FREE workshops that explore peace, conflict, and current affairs?

Our Responding to Armed Conflict (REACT) Workshops which are offered both in-person and virtually, are not only interactive, but also filled with valuable insights that are relevant to the world today. Our goal? To empower rangatahi with knowledge on disarmament and provide them with a platform to discuss peaceful conflict resolution.

Check out our range of REACT topics via the Peace Foundation website; we are also happy to tailor workshops to your kura's interests too. These workshops are best suited for groups of more than 15 people, so get your class/friends/workplace/kura together and enjoy!

If you would like to book your kura in, please fill out a form on our website and we will get back to you soon.



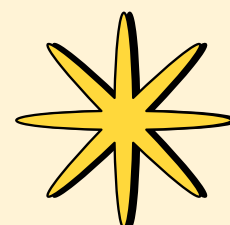
We have workshops on:

- ✓ The United Nations Sustainable Development Goals
- ✓ The Israel/Palestine Conflict
- ✓ Atomic Bombings of Hiroshima and Nagasaki (1945)
- ✓ North Korea
- ✓ Uniting for Peace
- ✓ Uniting for Climate Action
- ✓ Uniting for Education

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THE PEACE Te Rōpū
FOUNDATION Rongomau
o Aotearoa





FOREWORD

YVONNE DUNCAN (QSM)

PEACE FOUNDATION PATRON



Peace Week 2025 is very special as it is the 50th Anniversary of The Peace Foundation! The Peace Foundation has played important roles in achieving Nuclear Free NZ in 1987 and implementing Peace Education programmes in New Zealand schools since 1992. Like many people in NZ, my involvement with the Peace Movement began by joining protests against nuclear weapons. With Peace Education, I began right at the chalk-face in 1981. It was my second year teaching at an Auckland primary school when I was given a specially selected class of 36 students who had numerous learning and social challenges. Although an experienced teacher, I was having some difficulties handling the behaviour of some of the children. A staff member who saw I was in trouble, gave me a book called "Learning Peaceful Relationships," published by the Peace Foundation. This book was the start of a whole new direction in my teaching!

I began by using cooperative class relationship building activities but the idea I liked most was the mediation process. I taught the class the skills and process and a Peace Corner was established. There the class duty mediators of the day did mediations where the children learned to resolve their own conflicts without my help. At the end of the year the school principal visited our classroom and congratulated the children on their improved behaviour. He blew my mind by announcing that our class had achieved the best academic results of the 4 senior classes! Peace Education had resulted in both better relationships and improved academic performance!

A marble craze had taken over the school. During every interval and lunch break children were fighting and arguing when playing marbles. Duty teachers complained to the Deputy Principal, who threatened in assembly to ban marbles if the arguing and fighting over marbles continued.

Back in my class, one of the girls made a suggestion which was to have far reaching effects! "She said, "Why can't we have Marble Mediators?" I asked her to explain and she replied: "What we do in our classroom to solve problems we could do in the playground because we don't want marbles banned!"

My class offered their services at school assembly. They produced a banner, "Marble Mediators" which also said: "Come to the Marble Mediators in the playground and learn to solve your disputes peacefully if you don't want marbles banned!" The idea worked! Marbles were not banned. The children used the Marble Mediators during their playtime. They became general mediators for small disputes - a win-win for everyone!

CONTINUED ...

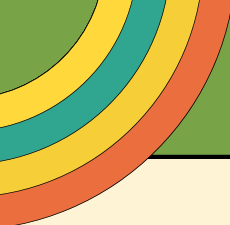
This experience led to me joining the Peace Foundation and later writing the Cool Schools Peer Mediation Programme. Mediators I talked to enjoyed the training in the mediation process and thought listening skills were very important because you listened for the facts and the feelings. They also enjoyed that students learned to solve minor problems themselves, mediators did not suggest solutions and there was a check back to see if their solutions were working or if more help was needed.

This Foreword would not be complete without mentioning Mount Roskill Grammar, the first secondary school trained in the Cool Schools Secondary Mediation Programme, now called, Leadership Through Peer Mediation, which I wrote the year I was employed by the Peace Foundation in 1994. Mount Roskill Grammar School has achieved great results with the programme over the past 30 years and acted as a model for other schools to visit. They have been a leading school in every Youth Peace Week and Auckland Youth Peace Symposium for more than 20 years.

My observations during years of training in both primary and secondary schools in NZ and overseas, was that students gained more awareness and understanding of conflict and the skills to de-escalate conflict. They feel empowered to problem-solve and have a sense of belonging to their school because they make such a positive contribution to giving service.

We must also celebrate the service given by the Peace Foundation which has employed school programme facilitators and produced the peer mediation programme resources required for schools throughout NZ to implement the programmes successfully now for over 30 years.





This year, we are celebrating the power of peace in everyday life! Peace Fest is about recognising the small and big ways we live peace each day – through kindness, respect, and compassion.

The Peace Foundation began with a few passionate people and has grown into a global movement, inspiring schools, families, and young leaders. We work with communities across New Zealand and the Pacific, helping to build understanding and respect between cultures.



Peace Fest: Let's Celebrate!



Peace Fest invites us to take a moment, look around, and say: “Yes — peace is happening here, in the choices we make every day.”

Together, we can celebrate peace as something real, something lived, and something worth protecting.



“PEACE ISN'T A DREAM. IT'S A DAILY CHOICE WE MAKE.”

Culture and Music

Music and dance have always been powerful ways to share messages of hope, connection, and change. Across cultures and festivals, they bring people together without needing words. From Holi's colourful dances in India, to the waiata and haka on Waitangi Day, to peace concerts around the world — music shows us how strong we are when we stand together.

Creating a Peace Playlist, learning a dance from a different culture, or singing together in a group can spark real joy and connection. When we share our art, we share our hearts.



Activity Ideas:

🎵 Create a Peace Playlist:

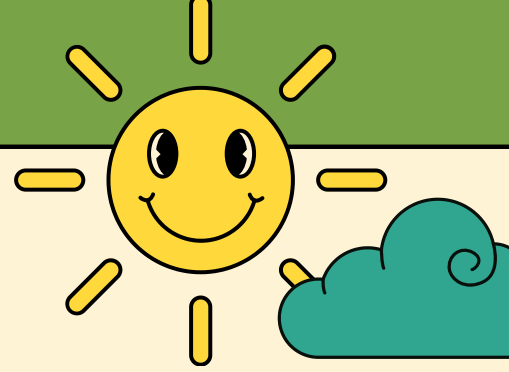
Songs that inspire hope, kindness, and unity.

🎶 Dance for Peace:

Organise a multicultural dance celebration!

🎤 Sing for Peace:

Come together in a group singalong.



Create a PEACE PLAYLIST

Music is powerful; It brings people together, lifts our spirits, and helps us express emotions when words aren't enough. For Peace Fest, we invite you to create a Peace Playlist – a collection of songs that inspire hope, kindness, strength, and unity.

Your challenge:

- Choose 5–10 songs that make you feel connected to others, remind you of peace, or inspire positive change.
- Think across different genres, cultures, and decades!
- Share your playlist with your classmates, friends, or whānau.
- Play your Peace Playlist during a Peace Fest celebration at school!

Remember:

Music can unite people across languages and borders.
Your playlist might be the soundtrack that reminds someone they are not alone.

Need ideas?

- 🎵 Imagine — John Lennon
- 🎵 Changes — 2Pac
- 🎵 Three Little Birds — Bob Marley
- 🎵 Fight Song — Rachel Platten
- 🎵 We Are the World — USA for Africa

“MUSIC IS THE UNIVERSAL
LANGUAGE OF MANKIND.”



Art and Expression

Art speaks where words sometimes can't. Through murals, poetry, music, and fashion, young people everywhere are sharing powerful messages of peace.

Artists like Kyle Holbrook, who paints peace murals around the world, and young poets writing for UNICEF remind us how creativity can heal, inspire, and unite us. Whether it's painting a mural, designing a peace t-shirt, or writing a poem - your art can change how someone sees the world.



Activity Ideas:

-  **Create a Peace Poster:**
Show what peace looks like through art.
-  **Fashion for Peace:**
Design an outfit inspired by peace and justice!

Create a PEACE POSTER

Art has the power to inspire change.

A simple drawing, painting, or design can speak louder than words – showing what peace looks and feels like through your eyes. For Peace Fest, we invite you to design your own Peace Poster to share a message of hope, unity, and kindness.

Your challenge:

- Create a poster that shows what peace means to you.
- Use drawings, words, symbols, or anything else that inspires you.
- Make it colourful, creative, and meaningful!

Some ideas to include:

- 🎨 Doves, olive branches, hands holding, earth symbols
- 🎨 Words like "Unity," "Kindness," "Whanaungatanga," "Hope"
- 🎨 Scenes of community, nature, friendship, or healing

Optional:

- Display your posters around your school, library, or community spaces.

Hold a mini Peace Poster Exhibition during Peace Week!



Community Action

Peace starts with small acts of kindness — a smile, a helping hand, a word of encouragement. Every time you choose kindness, you help create a ripple effect that spreads far beyond what you can see. Grassroots movements — like The Peace Foundation's peer mediation programmes for primary and secondary schools throughout Aotearoa, or the Malala Fund supporting education — show how real change begins with people like us, stepping up in their own communities. Volunteering is another way to celebrate peace. Helping at food banks, op shops, or local events strengthens our bonds and reminds us we all have a role in creating a kinder world.



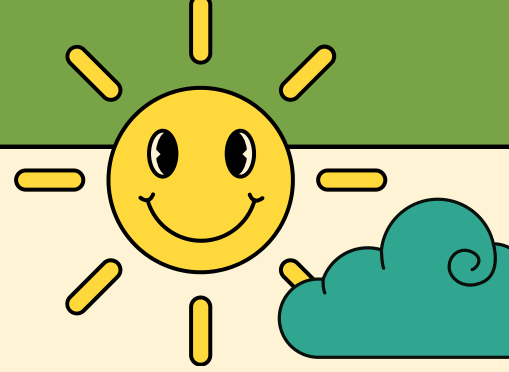
Activity Ideas:

Peace Picnic:

Share food, stories, and smiles with your community.

Kindness Chain:

Challenge your class or school to spread kindness all week!



Host a PEACE PICNIC

Sometimes the simplest things bring the biggest smiles. Sharing food, stories, and laughter is a beautiful way to celebrate peace and community. This Peace Fest, why not organise a Peace Picnic at your school, park, or local marae?

Your challenge:

- Plan a picnic where everyone brings a small dish to share.
- Invite your classmates, teachers, families, or neighbours.
- Add music, art, or storytelling to make it even more special!

Some ideas to make it awesome:

- 🍲 Decorate the picnic area with peace signs, colourful blankets, or paper cranes.
- 🎵 Bring along your Peace Playlist to play during the picnic.
- 🗣️ Share a short story, quote, or poem about peace during the gathering.
- 📸 Take lots of photos and tag us on social media!

Use the hashtags:

#2025YouthPeaceWeek
#PeaceFestLetsCelebrate
#ThePeaceFoundation2025

Optional:

- Create a “Kindness Wall” where people can add positive messages.
- Plant a tree or flowers after your picnic as a lasting symbol of peace.

Remember:

When we sit together, share food, and listen to each other, we create connections that build a stronger, more peaceful world.



Nature and Wellbeing

Spending time in nature helps us slow down, breathe deeper, and reconnect – with ourselves, with others, and with the planet. Green spaces like parks and gardens, and blue spaces like rivers and beaches, are proven to boost our wellbeing and help us feel calmer and more connected. Living sustainably: using only what we need and protecting our environment is a way to live out peace every day.



Activity Ideas:



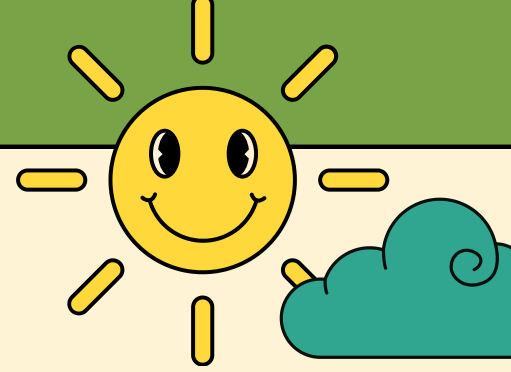
Plant for Peace:

Create a peace garden at school or home.



Eco-Challenge:

Organise a waste-free lunch or a beach clean-up!



Plant FOR PEACE

Planting a seed is a symbol of hope for the future.

When we care for the earth, we care for each other.

This Peace Fest, celebrate by planting something that will grow as a living reminder of your commitment to peace. Example: Your school could plant a Pohutukawa Tree for Peace! Write a plaque to commemorate this event and put this beside the tree.

Your challenge:

- Plant a tree, flowers, herbs, or even a small vegetable garden.
- Dedicate it as a symbol of peace and new beginnings.
- Take care of your plant and watch it grow over time!

Some ideas to make it special:

- 🌱 Add a small sign or plaque with a peace message next to your plant.
- 🌱 Plant as a class, team, or whānau to make it a shared project.
- 🌱 Choose native plants or pollinator-friendly flowers to help the environment too!

Optional:

- Create a "Peace Garden" at your school or local park.
- Host a small planting ceremony with music, poetry, or reflections on peace.

Remember:

Every tree, flower, and garden planted for peace reminds us that even small actions can make the world more beautiful and connected.



Sharing Peace Stories

Every story has the power to change someone's heart.

When we listen to others' experiences, their struggles, their hopes, we build understanding, empathy, and connection. Storytelling connects us across cultures and generations. Indigenous traditions, peace histories, and even podcasts and social media campaigns show how important it is to share our voices.

Your story matters, and sharing it could inspire someone else to take action for peace. Do read the Foreword. Yvonne Duncan's Peace Story about "Marble Mediators" is very inspiring!



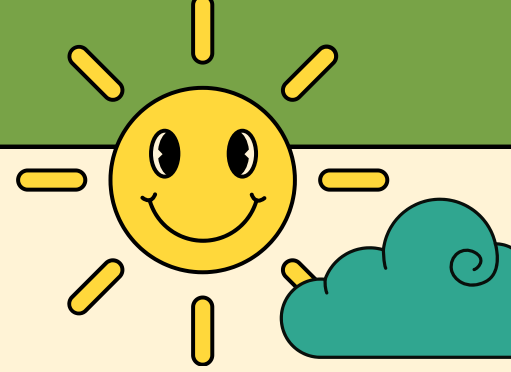
Activity Ideas:

Timeline of Peace:

Map important moments of peace in history.

Letters to the Future:

Write a letter imagining a peaceful world for the next generation.



Letters to THE FUTURE

Imagine a world where peace is the norm, not the exception.

This Peace Fest, take a moment to dream big — and write a letter to the future, sharing your hopes for a kinder, fairer world.

Your challenge:

- Write a letter to someone living 10, 50, or even 100 years from now.
- Describe the peaceful world you hope they are living in.
- Share your dreams, advice, and ideas for making peace last.

Some ideas to include:

- ✉ What does a peaceful world look like to you?
- ✉ What actions do we need to take today to make it happen?
- ✉ What lessons have we learned about kindness, equality, and respect?

Optional:

- Collect all the letters and create a Peace Time Capsule at your school.
- Share your letters on a classroom wall, school blog or in an assembly.

Remember:

Your hopes and ideas matter. What you write today could inspire generations tomorrow.

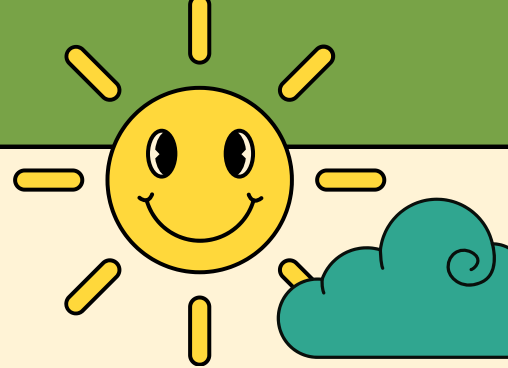


Peace Today

2025 is a big year for peace! It's 80 years since the end of WWII and the creation of the United Nations. It's also the UN's International Year of Peace and Trust — and the 50th anniversary of The Peace Foundation!

New Zealand remains one of the most peaceful countries in the world, leading global discussions on nuclear disarmament and indigenous rights. Across the globe, more countries are signing peace treaties and working together for a better future. There is still work to do — but we have so much to celebrate.





Get Involved!

YOUR TIME TO SHINE

Your voice matters — and there are so many ways to make a difference:

- ★ Join youth-led discussions at the Peace Symposium on 22 August.
- ★ Start Peace in Action Challenges at your school.
- ★ Take part in creative projects like peace hackathons or workshops.
- ★ Run a social media takeover and share your vision for peace.
- ★ Connect with mentors through the Youth Ambassador Programme.
- ★ Create a Peace Passport. Get it stamped each time you are involved with any peace activities or feeling 'at peace' with yourself.
- ★ Initiate a Peace Movement/March for Peace in your local school community. *Honk for Peace! What do we want? PEACE! When do we want it? NOW!*
- ★ Plan and organise a peace activity for International Day of Peace on 21 September.
- ★ Write a Peace Pledge or PeaceBuilders Pledge and sign it. Get your friends and family to do this too. Try to action your pledges each day so that you are building peace at home, at school and in your community.

Peace Fest isn't just for one week — it's a launchpad for action all year long!



PeaceBuilders Pledge

**I am a PeaceBuilder
I Pledge....**



**Show
Gratitude**

to show gratitude



Be Kind

**to be kind to myself
and others**



Listen MORE

to listen more than I speak



**Respect All
People**

**to respect people's
differences**



**Care for
our Earth**

to care for Planet Earth



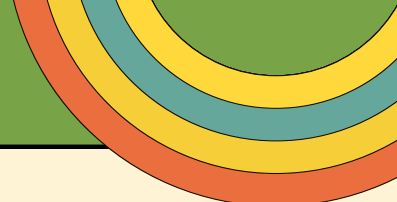
Help Others

to help others

**I will build peace at home, at
school, and in my community
each day.**



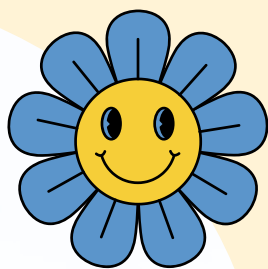
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50 Years of Peace Mahi at the Peace Foundation

This year, we celebrate 50 years of mahi for peace.

Since 1975, The Peace Foundation has helped thousands of students, teachers, families, and communities build a more peaceful Aotearoa – and beyond. From peer mediation in schools, to global peace education, to standing strong as a nuclear-free nation, the foundation's impact has grown through the actions of everyday people who believe in kindness, respect, and unity.

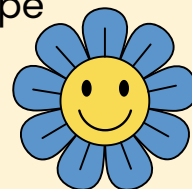


At the heart of this journey is one incredible peacebuilder:

♥ **Christina Barruel**

Christina has been part of The Peace Foundation for over 35 years. Her life's work! As Head of Peace Education for 20 of those years, she has trained thousands of teachers and student mediators supporting schools in New Zealand, Fiji, Tonga, Australia, Hong Kong, Pakistan, Japan, USA and even Iceland!

In 2024, Christina was awarded the Service to Dispute Resolution Award by Resolution Institute – a huge recognition of her lifelong dedication to peace. Her work has helped shape a generation of youth leaders and inspired schools to build stronger, more inclusive communities.



THANK YOU TO OUR CONTRIBUTORS

Christina Barruel
John Reichert
Olivia Shimasaki
Guy Patrick
Mari Gordon
Vitae Manuputty



Disarmament
Education UN
Implementation Fund

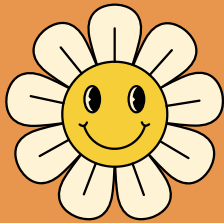
Youth Peace Ambassadors and Interns:

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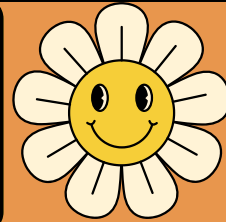




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