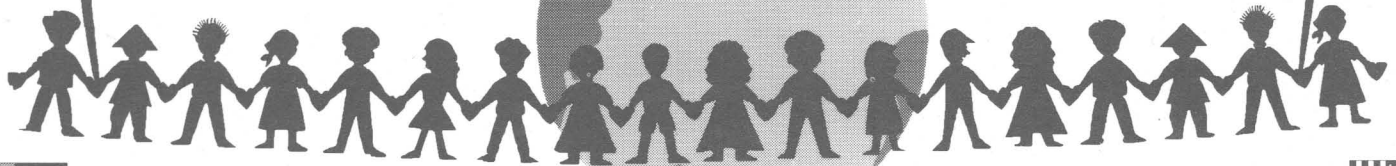


PEACE

PALS



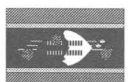
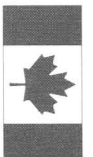
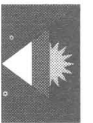
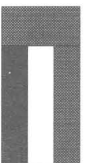
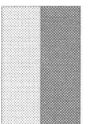
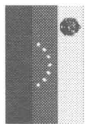
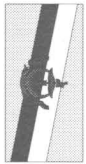
ACTIVITY GUIDE

for children

Join the international network of Peace Pals
learning about peace through

Arts • Communication • Friendship

May Peace Prevail On Earth



PEACE PALS

Peace Pals is about connecting with one another and caring for the earth. Learning to live in harmony with each other and in balance with nature leads to peace. Peace Pals will learn that all life is connected.

This project hopes to foster a better understanding and greater respect for the diversity of the human family. Knowing we can all contribute to a more peaceful world, each of us in our own way, we invite you to get involved.

The words **May Peace Prevail On Earth** express our dream for a positive future. In every language in the world the meaning of this simple idea is the same. We would like to share this message with as many people as possible. With your help we hope to build a network of Peace Pals representing every country on earth in the years ahead.

It is our hope that the friendships established among Peace Pals will continue to grow through the years and contribute in a positive way to a future where peace and harmony become a way of life.

HOW TO USE THIS GUIDE: We hope children and adults will use this guide as a way to come together and focus on peace. The activities and projects are suggestions to get you started. We encourage you to develop your own activities and share them with us.

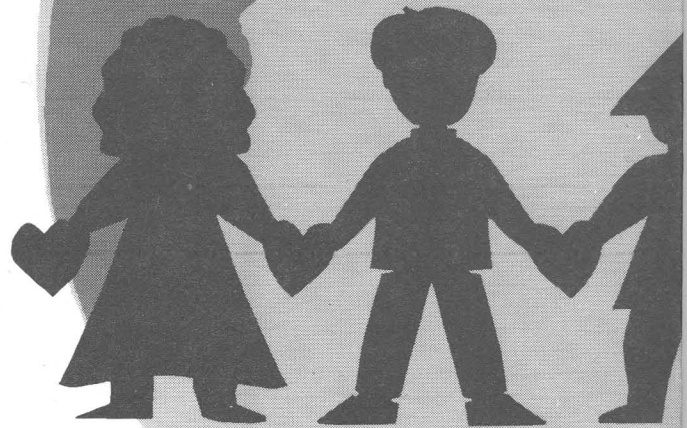
We hope you will enjoy the booklet and share it with your friends.

... *The Peace Pal Team*

Throughout the activity guide you will find language plates like the one below with the peace message written in different languages.

English

May Peace Prevail On Earth



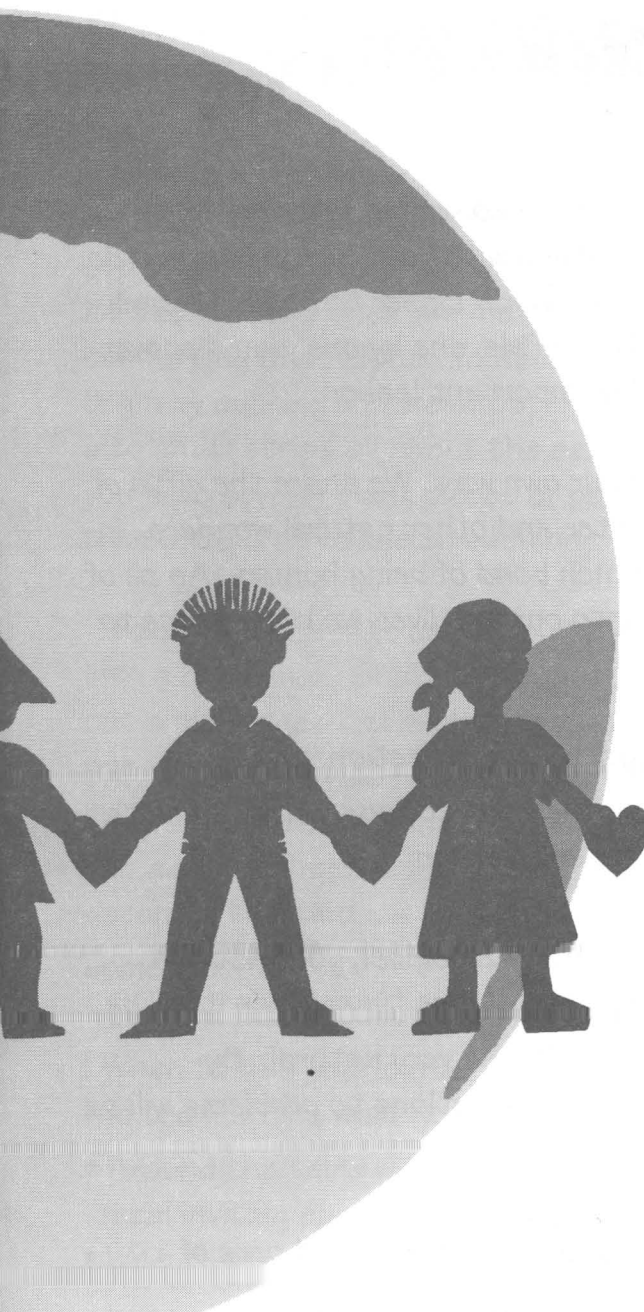
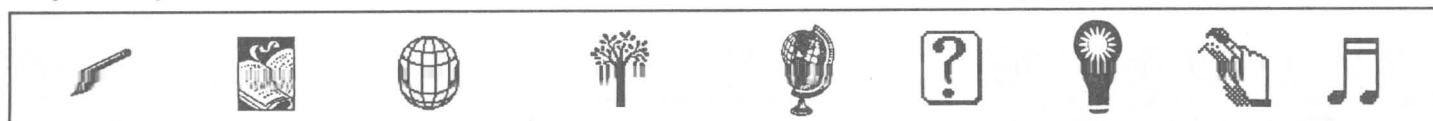


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TEACHERS AND PARENTS: We understand the important role of teachers and parents in providing children with a variety of educational opportunities. We welcome your suggestions and comments and would like to thank you for your help in introducing this project in your community.

No matter what the subject we feel children learn best with a "hands on" approach. By encouraging creative thinking and problem solving, we hope to prepare our children to live in the complex world of today and tomorrow. Learning about peace bridges many subject areas. This activity guide can be linked to existing curriculum in many ways. We will use icons to identify major subject areas as follows:



Language
Arts

Reading

Geography

Environment

Global
Studies

Problem
Solving

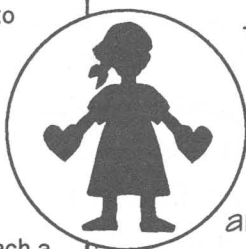
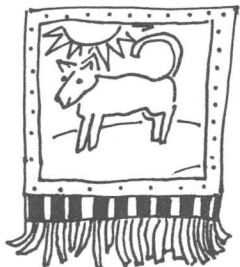
Creative
Thinking

Art

Music

Express Yourself

Buttons with a peace message or picture are lots of fun to make, to wear and to share. Buttons can be made from a variety of easy to find or recycled materials. Cut a shape from sturdy material and decorate using pencils, markers or paint. You can even glue a photo or other things to your button. Attach a safety pin to the back with tape or glue and wear with a smile. Trading these handmade buttons can be a wonderful exchange among Peace Pals.



Peace Begins With You

The best place to start is so simple we sometimes overlook it. Peace begins with you. Everything you do can bring you and the world closer to peace. We will be looking at how Peace Pals, one by one, can discover and teach others this important lesson.

All of us are special in our own way. We share the gifts of the earth, the air, the water and other natural wonders. In addition we share a common bond of being human. As all of us begin to bring peace into our own lives we bring peace to the world.

Every child has the right to love, affection, and understanding, as well as the right to food, shelter, health care, and a clean and safe environment.

Be loving and kind to others. Remember, your actions express your inner peace. There will be times when it will be difficult to remain peaceful. This is very natural. By remaining committed to peace, solutions to problems will be easier to find.

Peace begins with you. Start by taking good care of yourself. Include time in your day for exercise and play and a quiet time for reflection and rest. Spend time outdoors to enjoy nature. Start and end each day with a peaceful thought.

"It is possible to live in peace."

Mahatma Gandhi



French

Puisse la Paix régner dans le Monde



PEACE CARDS

Here is a present you can make for yourself, or share with others. A Peace Card is a small slip of paper with one or two words written on it. The words chosen are meant to be comforting and helpful. To make the cards you begin by cutting a piece of paper or card stock into small strips all about the same size. Once you have several blank pieces of paper, you then write a message on each one.

Fold each message up and put the papers into a container. Shake the cards up and pull out a message. You might choose more than one. Each word can be a reminder of peace. Think about the meaning of each word. You can add more messages at any time or decorate the cards. Invite friends to write some also.

When to use your cards

- In the morning when you wake up
- Around the table with your family before a meal inviting each person to pick a card
- With friends in your Peace Pal group
- Before bed time
- Anytime

The Peace Cards can be stored in any type of container or basket. It might be fun to decorate a recycled plastic tub or can. You may also want to sew a special pouch for your cards.



JOY
GOODNESS
SHARING
WISDOM
BEAUTY
PURITY
FREEDOM
GRATITUDE
TRUST
SINCERITY
HAPPINESS
KINDNESS
HOPE
PEACE
FRIENDSHIP
INFINITE LOVE
GOOD HEALTH





"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

John Muir

A Place for Peace

Is there a place where you can go and spend some time alone, or be with friends just to think about peace? Creating or finding your own place can be very enjoyable. A peace place can be indoors or outdoors. If outdoors, try to find a quiet place, perhaps under a tree, in a garden or park, or on a walk by the ocean, in the forest, or in the mountains. Spending time with nature will bring you close to the earth.

Indoors, a peace place is a spot set aside for your favorite things, books, special photos, or artwork that help you to feel peace and joy. What helps you feel peaceful? This could be flowers, leaves, rocks, crystals, a poem, or anything that is special to you.

In creating your own peace place, there are no rules. This place will be your own sanctuary where you can come and sit whenever you want to, a place where you can think about peace, a place you can come to if you feel upset. You might ask others to join you for some peace time when you want to share your special spot.



Japanese

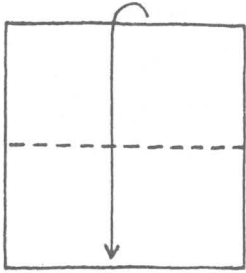
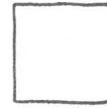
世界人類が平和でありますように



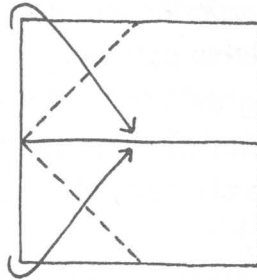
ORIGAMI DOVES

Worldwide, the dove is a symbol of peace. These doves can be made and hung as if flying around your home or room, or sent with a message to your Peace Pal.

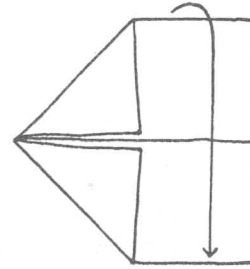
1. Start with a square piece of paper which you can make from any rectangle simply by folding up a short edge diagonally to meet the long side and cut off extra. Open flat.



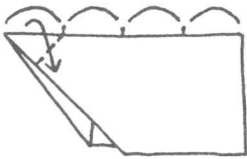
2. Fold square paper in half into rectangle and unfold again to lay flat.



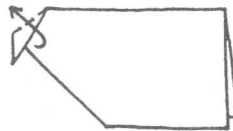
3. Fold (2) corners in to center line.



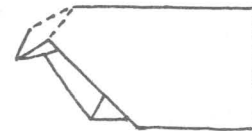
4. Fold paper in half with triangles inside.



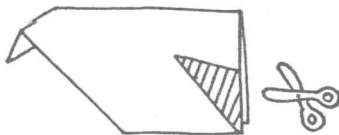
5. Fold head down about 1/4 of top edge, creasing well.



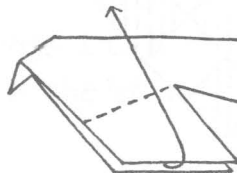
6. Fold head backwards on the same crease again creasing well.



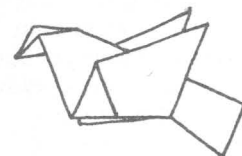
7. Return head to original position and push down on top fold, reversing the middle crease.



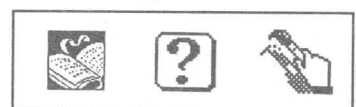
8. Draw triangle shape and cut away shaded area to make wing and tail.



9. Fold up wing. Turn Dove over and fold up other wing.

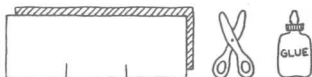


10. Completed Dove can be decorated or hung just like this.

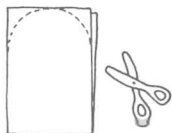




These **HEART BASKETS** are traditional Swedish ornaments that you can make anytime and send with a message of peace as a symbol of your affection to Peace Pals around the world. **You will need** paper, scissors and glue to complete the project.



Start with 2 rectangular pieces of paper – the long sides 3 times the length of the short side.



1. Fold both papers in half with the short sides together. Round off ends with scissors. These will be the curved edges of heart.



2. Make 2 cuts starting at the folded end, as long as the folded edge, dividing into three strips.

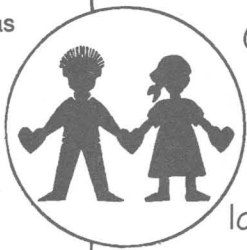


3. Weave the basket by passing the folded strips around and through each other, rather than over and under.



4. Start by weaving 1 strip of one piece around and through all 3 strips of the other piece. Do the opposite with the **second strip**, passing through where you went around before. Weave the last strip like the first. If done correctly, the basket will open up.

5. Attach a handle made from a long strip of paper by glueing ends to the inside of the basket.

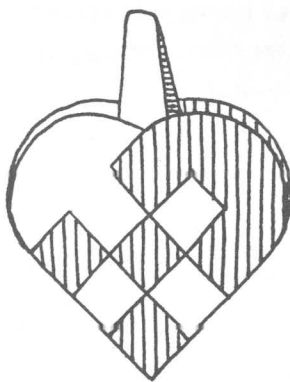


Family and Friends

Our friends can be like family . . . members of our family can be our friends. Friendship is based on love and trust. Friendship is a wonderful thing that happens between people when there is trust, honesty, love and other peaceful ingredients.

Sharing experiences with a friend can bring joy into your life. Friendship can last a lifetime. The deeper our friendship grows, the more we learn about ourselves. Having a close friend can help us share our troubles and can support us through difficult times.

One nice place to begin introducing your Peace Pal projects is to your friends. Ask your parents when you can invite your friends over for a Peace Pal party. Once you and your friends come together, you can begin some Peace Pal projects and play some games.



Hindi

विश्व में शांति रहे

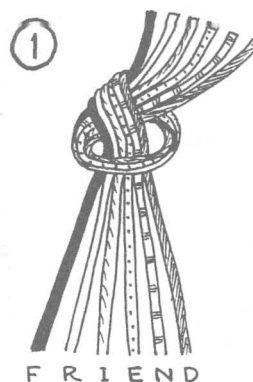


FRIENDSHIP BRACELET

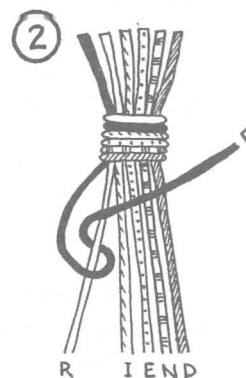
Weaving is a craft known around the world in all cultures throughout time. From making cloth for clothing to nets for fishing, this art has been, and still is, an important part of everyone's life. The **FRIENDSHIP BRACELET** is another weaving project that you can make and send to all your friends and Peace Pals, letting them know they are in your thoughts. Wearing the bracelet around their wrist or ankle will also help them to remember you!

You will need: 6 strands of yarn (or embroidery thread) each 24" (60cm) long. Each strand represents a letter in the word **FRIEND**. You may choose any colors you like.

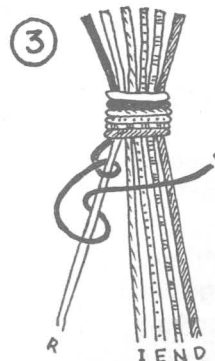
1. Gather the 6 ends and tie an overhand knot leaving a 8"~9" (21-23cm) tail. Arrange them in the order you would like for your bracelet. Attach knotted end to a table with tape or tie to a chair.



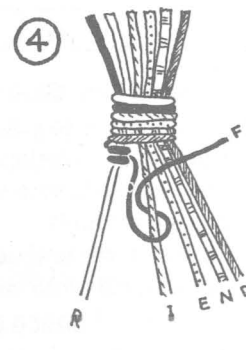
2. Take the first string on the left **F** and wrap it over and around the next string **R** to make a knot. Tighten by holding **R** and pulling up on string **F**.



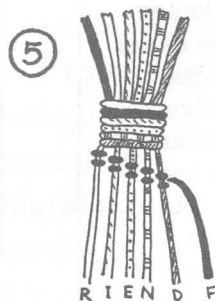
3. Make a second knot the same way with string **F** over and around string **R**. Pull up on **F** to tighten.



4. Now drop string **R** and pick up string **I**. Make two knots with string **F** over and around string **I**.



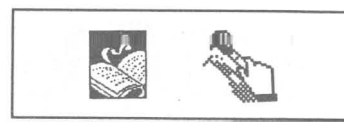
5. Repeat on strings **E**, **N**, and the last string **D** making two knots on each with string **F**. Now **F** will be on the right. This makes one complete row.



6. Continue the next row by taking the first string on the left, now string **R**, and making two knots over and around each of the other strings **I**, **E**, **N**, **D**, and **F**. With each row the string on the left is worked over to the right side.



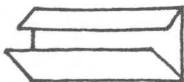
7. When you have woven enough to fit around your wrist, tie another overhand knot to complete. To wear the bracelet, tie the two ends together in a square knot and trim the extra strings.



Friendship Lantern

The **Friendship Lantern** was inspired by the International Peace Lantern Exchange Project which encourages children to create, exchange and float lanterns to promote world peace. This version, somewhat different, can be made just to catch the beauty of light and as an expression of peace. You can also mail one to your Peace Pal. **You will need:** posterboard or paper, art tissue paper scissors and glue.

1. Hold a rectangular piece of paper horizontally.
2. Fold the 2 long sides over towards the middle.



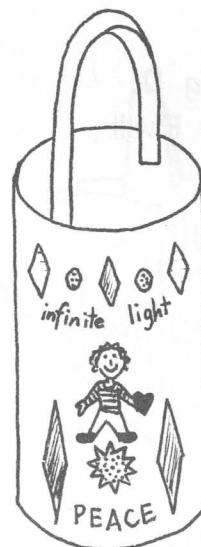
3. Cut out shapes along the folded edges, creating openings in the paper.



4. Open flat. Glue pieces of art tissue paper to cover the openings. Overlapping these will create new colors when the light shines through.
5. Turn over and decorate the lantern with your own images and thoughts of peace and friendship. You might include the message **May Peace Prevail On Earth.**
6. If you want to send the lantern to your Peace Pal, it will be easier to mail flat, before assembling.
7. To assemble, just glue short sides together, making a circular shape. For a handle, glue two ends of a strip of paper to the inside, at the top. Hang in a window or near a light to see the beautiful colors of your Friendship Lantern.

Writing

You might start to keep a journal or diary if you don't already do so. This is a good place to record your thoughts and feelings from day to day. More important than how much you write is to try to write everyday so that you develop a pattern of keeping your journal or diary current. You will find that you look forward to this time as it becomes an exercise in creativity and quiet reflection. Feel free to write in any style, to draw or to do anything else that comes to mind. Your book will become a treasure chest of memories for you to enjoy.



Spanish

Que La Paz Prevalezca En La Tierra



THE ARTS

The Artist is much like an explorer ~ seeking new worlds, new ways of seeing, and new ways of expressing ideas and feelings. By getting involved in the creative process we can discover things about ourselves as well.

Set up a time and place to do art. Experiment with techniques and materials, giving yourself the freedom to try new things. Allow for a mess, and clean up when you are done.

Set up a "Recycled Art Supply Box," collecting things like old wrapping paper and greeting cards, wood and fabric scraps, buttons, cardboard, paper tubes, etc., as well as interesting natural objects like stones, feathers, and seashells. These all can be used to inspire and create your art projects.

The imagination is one of the most wonderful gifts people have. It takes our imagination to invent or create anything. When we use our imagination, very often a picture will come to mind. Get comfortable, relax, and try to Picture this...

- ~You are in a favorite place.*
- ~What does it look like?*
- ~What are you doing?*
- ~How do you feel?*
- ~Are there other people with you?*
- ~Picture everyone around you happy.*
- ~Everything is peaceful.*
- ~Can you now picture your family, friends, and children around the world living peacefully?*
- ~What does it look like?*
- ~Take a few minutes to enjoy this scene.*

~ ~ ~ ~ ~

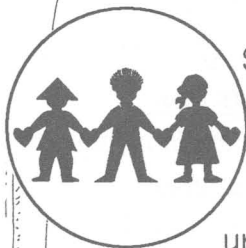
Now try to put this on paper, using images or words to express your ideas and feelings with others, with your Peace Pal, and with us to include in the Peace Pal Press.

Try to express the theme **May Peace Prevail On Earth** in as many ways as you can imagine. Here are some creative project suggestions:

Drawing~pencils, markers, crayons **Painting**~a variety of tools and paints **Printing**~cards and postcards **Sculpture**~clay, wood, metals **Collage**~mixed media **Weaving**~natural materials
Jewelry~with a message **Quilting**~ recycled fabrics **Murals**~paint or fabric **Banners**~paper or cloth **Books**~write and illustrate
Short Stories~fiction or non-fiction **Poems**~all forms
Puppet Shows~finger, hand, or shadow **Plays**~write and perform
Music~instrumental and vocal **Dances**~traditional and improvised



In the Classroom



Some trees are thousands of years old, making them the oldest living things on earth. Nature is a great teacher if we learn to listen. Like the tree with its roots planted in the earth, we can learn by building upon the knowledge of our ancestors. Each generation passes along to the next a wealth of knowledge to guide us in our lives. We in turn carry it on to the next generation and so on. We continue to add to this knowledge and it grows like the ancient tree.

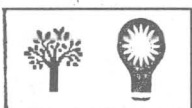
The branches of this tree reach out in all directions. You will find we spend our whole lives learning. The great variety of wisdom offers something for everyone. This is one of the great joys in our lives. Students and teachers, children and parents, young and old – we all learn from one another.

The classroom is a great place to learn to live in peace and harmony with the earth and with each other.

Students can share their ideas and concerns through creative projects and open discussions.

Hebrew

ישרה שלום עלי אדמות



CLASSROOM PROJECTS

An International Fair can be fun and offer an opportunity to explore our world. Organizing your own event will open the door to a variety of educational experiences. Divide the class into small working teams to encourage cooperative learning. Each team can choose a topic to research and prepare an exhibit or activity for the fair.

International Youth Fair A Celebration of Peace, the Earth and its People

Topics: ✓

games
songs and music
dances
art
food
holidays
clothing
climate
natural resources
habitats
environmental issues
recycling

Activities: ✓

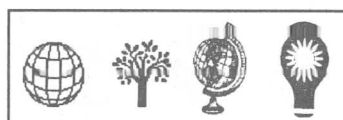
create world maps
highlighting areas of study
• make collage of pictures of children
• write or present a play or puppet show
• collect and prepare recipes
from around the world

PAINT A MURAL

assemble your own time capsule:
which objects would you choose to include
as we approach the turn of the century?

Projects throughout the year:

- Establish a classroom-to-classroom Peace Pal exchange
- Plan a "quiet place" on your school playground
- Participate in local food drives
- Plan a visit to a local hospital or nursing home
- Plan, plant and tend a garden or plant a tree
- Organize and conduct a clean-up drive of indoor/outdoor school areas
- Organize a recycling project in your class or school
- Plan a nature walk followed by a writing assignment inspired by your outing
- Create an Earth Day celebration
- Research and report on organizations making positive contributions in today's world
- Clip magazine or newspaper articles that relate to peace and bring in for discussion
- List as many ways as you can think of that you can contribute to a peaceful world





Where on Earth?

Can you find these on another map then mark them on the map below?

Longest Rivers:

Nile, Amazon, Mississippi, Yangtze, Murray, Volga

Mountain Ranges:

Andes, Rockies, Himalaya, Great Dividing Range

Highest Mountains:

Everest, Aconcagua, McKinley, Kilimanjaro

Deserts:

Sahara, Australian, Arabian, Gobi, Patagonia, Kalahari

Lakes and Inland Seas:

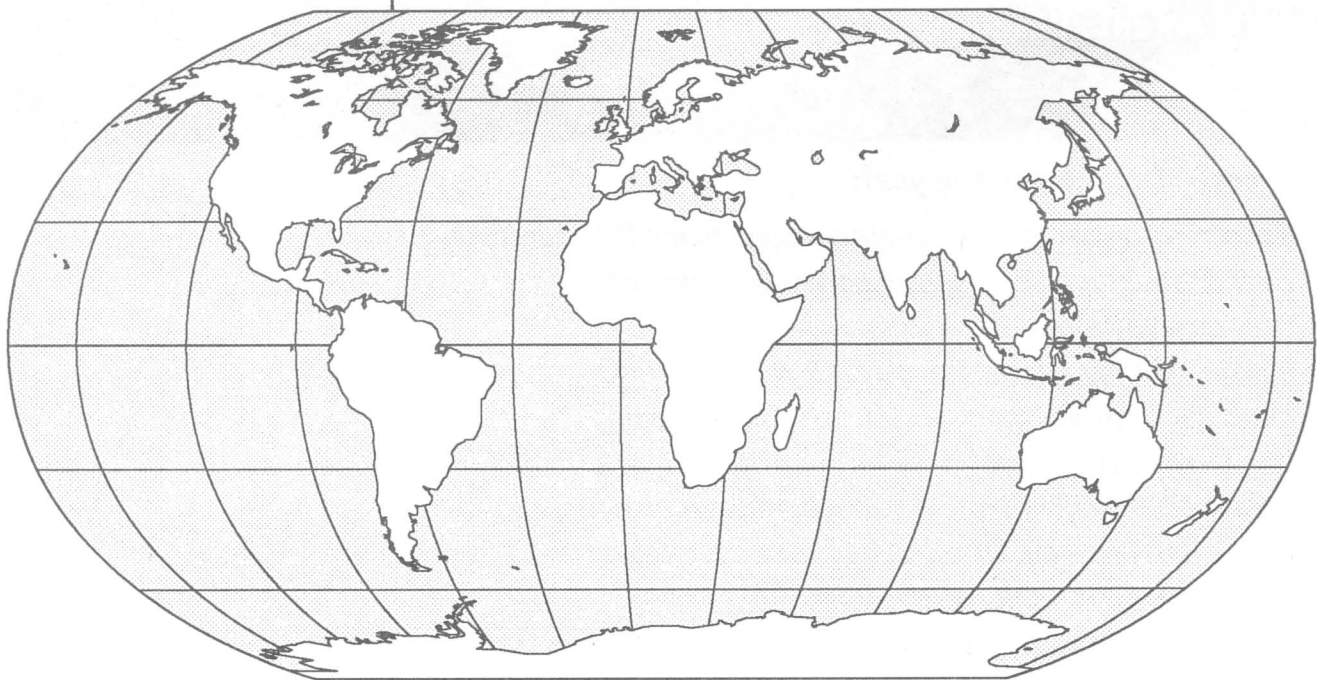
Caspian Sea, Superior, Victoria, Aral Sea, Huron, Michigan, Tanganyika

Geography

As Peace Pals, the study of geography will take us many places. Some of the names of these places will be familiar to us, others will sound far away and distant. Some may spark our curiosity and we will want to learn more about these places and the people that live there. We will visit the mountains, the deserts, the oceans, the cities and the little villages throughout the world. As Peace Pals we will experience what it is like to live in these places today, to be able to ask questions, to share with and hear from our friends in the Peace Pal network.

We will be able to travel up river through the Amazon, dine in Paris, venture into the outback of Australia, walk the Great Wall of China, and visit a farm in Iowa in the heartland of America. We will be travelers in the spirit of peace and walk the earth taking in the wonders large and small that make up the fabric of our world.

This will be a great and wonderful adventure.




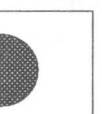


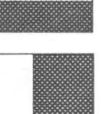



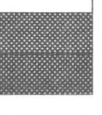

Arabic

السلام للعالم اجمع



LANGUAGE & FLAG MATCH

How many countries in the world do you know and how many flags can you identify? Try to connect the country name, flag and peace message written in the most widely-spoken language of each country. The language plates found throughout the book will help you if you need to review.

- | | | |
|---------------------------------|--|--|
| 1. SPAIN | (1)  | (a) May Peace Prevail On Earth |
| 2. THE UNITED STATES OF AMERICA | (2)  | (b) Puisse la Paix régner dans le Monde |
| 3. CHINA | (3)  | (c) Que La Paz Prevalezca En La Tierra |
| 4. JAPAN | (4)  | (d) ישראל שלום עלי אדמות |
| 5. SAUDI ARABIA | (5)  | (e) Да будет мир человечеству во всем мире |
| 6. RUSSIA | (6)  | (f) 世界人類が平和でありますように |
| 7. INDIA | (7)  | (g) 我們祈禱世界人類的和平 |
| 8. GERMANY | (8)  | (h) السلام للعالم اجمع |
| 9. FRANCE | (9)  | (i) Möge Friede auf Erden sein |
| 10. ISRAEL | (10)  | (j) विश्व में शांति रहे |

answers: (p)-(7)-(0)-(1)-(9)-(6)-(1)-(8)-(7)-(2)-(4)-(a)-(3)-(1)-(9)-(4)-(3)-(f)-(5)-(2)-(h),



Your Community

When we speak of community we think of the place where we live, work and play. The community also includes the people who share this space, their relationships and common interests. Communities can be thought of in different sizes from small villages to cities, from a local school to a university.

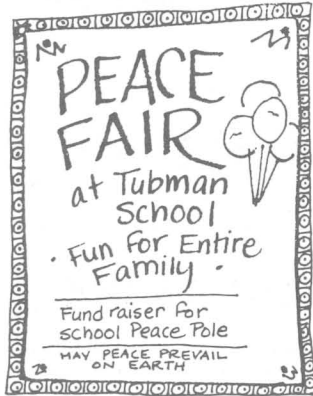


Some important questions to ask as part of a community are: What can we do to make the community a better place? What can we do to help others in our community? What are some ways we can bring peace into our community?

Some suggestions might be:

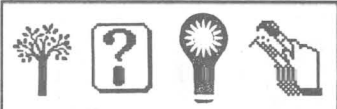
- **Recycle** - Participate in your community recycling program if you have one. If not, find out how to start one.
- **Environment** - Be active in a local environmental group to help preserve a natural spot in your community.
- **Senior Citizens** - Get to know the elders in your community by offering your assistance and friendship. They have many experiences and memories to share.
- **Community Organic Gardening** - This is a wonderful way to experience peace, giving people the opportunity to develop new relationships and a greater understanding of nature. A garden is a positive way to improve your local environment. The food grown can be shared among the gardeners or with others in need.

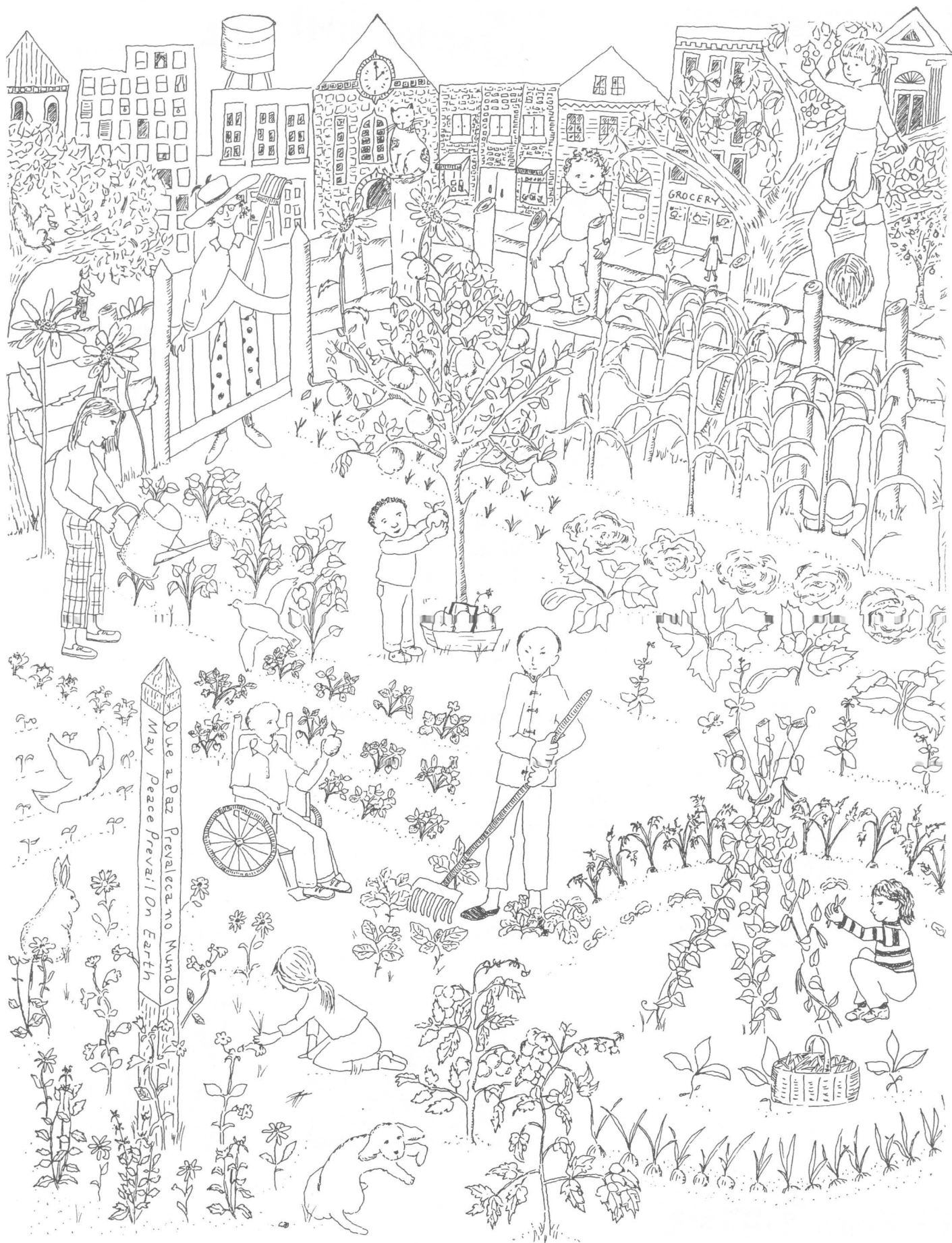
COMMUNITY BULLETIN BOARD



German

Möge Friede auf Erden sein



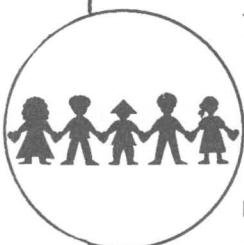


Color this peace garden



U.N. Member States and Observers as of 1/1/96

Afghanistan	Guatemala	
Albania	Guinea	
Algeria	Guinea-Bissau	
Andorra	Guyana	
Angola	Haiti	
Antigua and Barbuda	Honduras	
Argentina	Hungary	
Armenia	Iceland	
Australia	India	
Austria	Indonesia	
Azerbaijan	Iran	
The Bahamas	Iraq	
Bahrain	Ireland	Qatar
Bangladesh	Israel	Romania
Barbados	Italy	The Russian Federation
Belarus	Jamaica	Rwanda
Belgium	Japan	St. Kitts and Nevis
Belize	Jordan	Saint Lucia
Benin	Kazakhstan	St. Vincent and the Grenadines
Bhutan	Kenya	Samoa
Bolivia	North Korea	San Marino
Bosnia and Herzegovina	South Korea	Sao Tome and Principe
Botswana	Kuwait	Saudi Arabia
Brazil	Kyrgyzstan	Senegal
Brunei Darussalam	Laos	Seychelles
Bulgaria	Latvia	Sierra Leone
Burkina Faso	Lebanon	Singapore
Burundi	Lesotho	The Slovak Republic
Cambodia	Liberia	Slovenia
Cameroon	Libya	The Solomon Islands
Canada	Liechtenstein	Somalia
Cape Verde	Lithuania	South Africa
Central African Republic	Luxembourg	Spain
Chad	Macedonia	Sri Lanka
Chile	Madagascar	Sudan
China	Malawi	Suriname
Colombia	Malaysia	Swaziland
The Comoros	Maldives	Sweden
Congo	Mali	Switzerland
Costa Rica	Malta	Syria
Cote d'Ivoire	The Marshall Islands	Tajikistan
Croatia	Mauritania	Tanzania
Cuba	Mauritius	Thailand
Cyprus	Mexico	Togo
Czech Republic	Micronesia	Trinidad and Tobago
Denmark	Moldova	Tunisia
Djibouti	Monaco	Turkey
Dominica	Mongolia	Turkmenistan
The Dominican Republic	Morocco	Uganda
Ecuador	Mozambique	Ukraine
Egypt	Myanmar	United Arab Emirates
El Salvador	Namibia	United Kingdom
Equatorial Guinea	Nepal	United States of America
Eritrea	The Netherlands	Uruguay
Estonia	New Zealand	Uzbekistan
Ethiopia	Nicaragua	The Vatican
Fiji	Niger	Venezuela
Finland	Nigeria	Viet Nam
France	Norway	Yemen
Gabon	Oman	Yugoslavia
The Gambia	Pakistan	Zaire
Georgia	Palau	Zambia
Germany	Palestine	Zimbabwe
Ghana	Panama	
Greece	Papua New Guinea	
Grenada	Paraguay	
	Peru	
	The Philippines	
	Poland	
	Portugal	



International Community

The United Nations was created in 1945 to help keep international peace and develop friendly relations among nations. In the spirit of international cooperation, the member nations work together to resolve conflicts and build a more peaceful world.

Issues of human rights, equality, hunger, poverty, illness, and the environment are all addressed at the UN in an effort to find solutions to today's problems. The work of the UN has improved living conditions for millions of people around the world. There is still much work to do. The United Nations understands that education plays a key role for our common future.

To find out more about what the United Nations is doing you can write to: **Office of Public Information, United Nations Headquarters, New York, NY 10017 USA**

Here are some of the programs and agencies of the United Nations:

United Nations Children's Fund (UNICEF): Provides care for children in developing countries providing health, nutrition, sanitation and educational services.

United Nations Educational, Scientific and Cultural Organization (UNESCO): Promotes literacy through programs in teacher training, building schools, and developing textbooks. Also studies cultures and is active in the conservation of the world's books, art, and monuments.

United Nations Environmental Program (UNEP): Monitors changes in the environment and encourages sound environmental practices.



Chinese

我們祈禱世界人類的和平



THE NOBEL PEACE PRIZE

All throughout history, both written and spoken, individuals have made outstanding contributions to a more peaceful world. Through the spirit of giving and cooperation in their lives, they have set good examples for all of us.

There are stories and legends of men, women and children from all cultures who have made a difference in the world. Most go unrecognized, for it is in small ways that we teach the simple lessons of peace to one another. Others have devoted their lives to working for peace and are familiar names to us.

The Noble Peace Prize is awarded in Oslo, Norway, to individuals or groups for outstanding work in the field of peace. We have included a few of the Nobel Peace Prize winners here with the date they received this award.

You may want to read and write more about them in your studies. Find out about others who have received this prize.



1952

Albert Schweitzer

"The important thing in education is to make young people think for themselves."



1931

Jane Addams

"One generation after another has depended on its young."



1989

The Dalai Lama

"When we have inner peace, we can be at peace with those around us. When our community is in a state of peace, it can share that peace with neighboring communities and so on."



1979

Mother Teresa

"All works of love are works of peace."



1964

Martin Luther King Jr.

"I have a dream..."



Global Community

The Language of Harmony

We often speak of music as the universal language. Although there are many types of musical traditions and instruments from all over the world, music expresses feelings that are common to all people. Happiness, laughter, sorrow and joy . . . dancing and celebration are found in all walks of life.

Rhythm is a common thread that ties the language of music together. From the simple clapping of hands to a ceremonial drum to a symphony orchestra, rhythm is music in motion. The pulse or beat comes from nature. Our own hearts keep this rhythm of life.

All around us we can see patterns and cycles in nature. Day and night, the seasons, the tides all come and go in rhythm. We walk and breathe in rhythms. Take time to listen to nature, to your inner rhythms and to the quiet music of your own voice. As you will see, music is a language . . .

a language of harmony.



Our vision of peace now makes a full circle and embraces the planet as a whole. Seen from space, the earth is a beautiful sight. No boundaries divide the land. The earth is home to all of us. All over the world people belong to one human family, a global community.

Our image of Peace Pals holding hands around the globe is a dream of one world, one family connected by love and friendship. As we learn to understand and accept one another, we bring peace into the world.

Working together and sharing responsibility for the earth is to be part of this global community. Together we must care for the earth and the earth will provide for us. The natural resources of this planet are limited and we must learn to use them wisely. Walk gently on the earth, with care and respect, for it is our home.

We have come a long way on our adventure as Peace Pals, yet this is just the beginning. Now it is up to you to take the message of peace forward in your own way.

May Peace Prevail On Earth



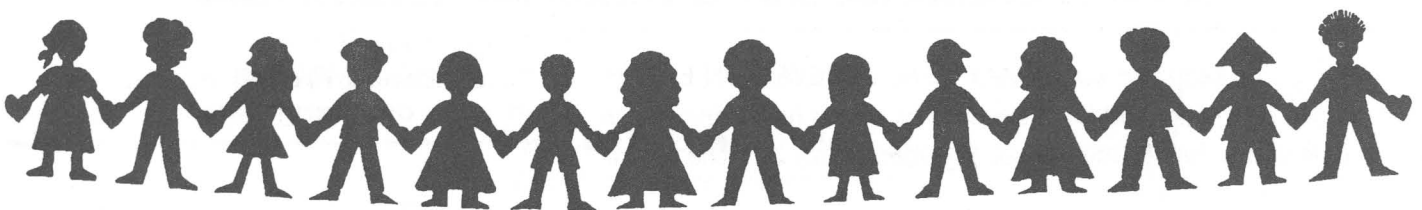
Russian

Да будет мир человечеству во всем мире



THE PEACE PAL SONG

This is a simple melody for you to learn and sing with your friends. As part of our music program we invite you make up your own song using the words May Peace Prevail On Earth. If you do, please send us a copy.



JOIN IN WRITING THE PEACE MESSAGE

We have left the language plate below blank for you to write in the peace message, **May Peace Prevail On Earth** in your own language or another that you might know.



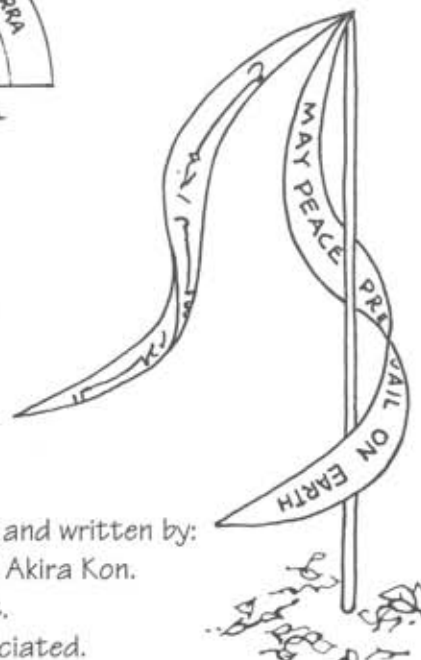
Peace Poles

The Peace Pole Project was started in 1976. Today over 100,000 peace poles are found throughout the world carrying the message, **May Peace Prevail On Earth** in the language of every culture. They have become symbols of international peace and friendship, reminding us to keep peace in our thoughts and in our hearts.

Peace poles bring people together in the spirit of peace and harmony. They are often given as gifts by groups or individuals to the community. They can be found in homes, schools, parks, gardens and other locations.

The planting of a peace pole can be a special event. Everyone can take part in planning a simple program and be creative with music, dance, poetry and other elements. Anyone can plant a peace pole. You can even design your own. We thought it would be fun to do this and have included a paper cutout pattern on the back of this page.

Building a peace pole as a school or community project is another way Peace Pals can work together for peace. For more information, guidelines and suggestions, write to our office at the address below.



PEACE PALS is a project of:

The World Peace Prayer Society
RR1, Box 118, Benton Road
Wassaic, NY 12592 USA
TEL (845) 877-6093
FAX (845) 877-6862



This activity guide is a Peace Pal team project designed and written by:
Victoria Christgau, Amy R. Farrell, Chris Farrell and Akira Kon.

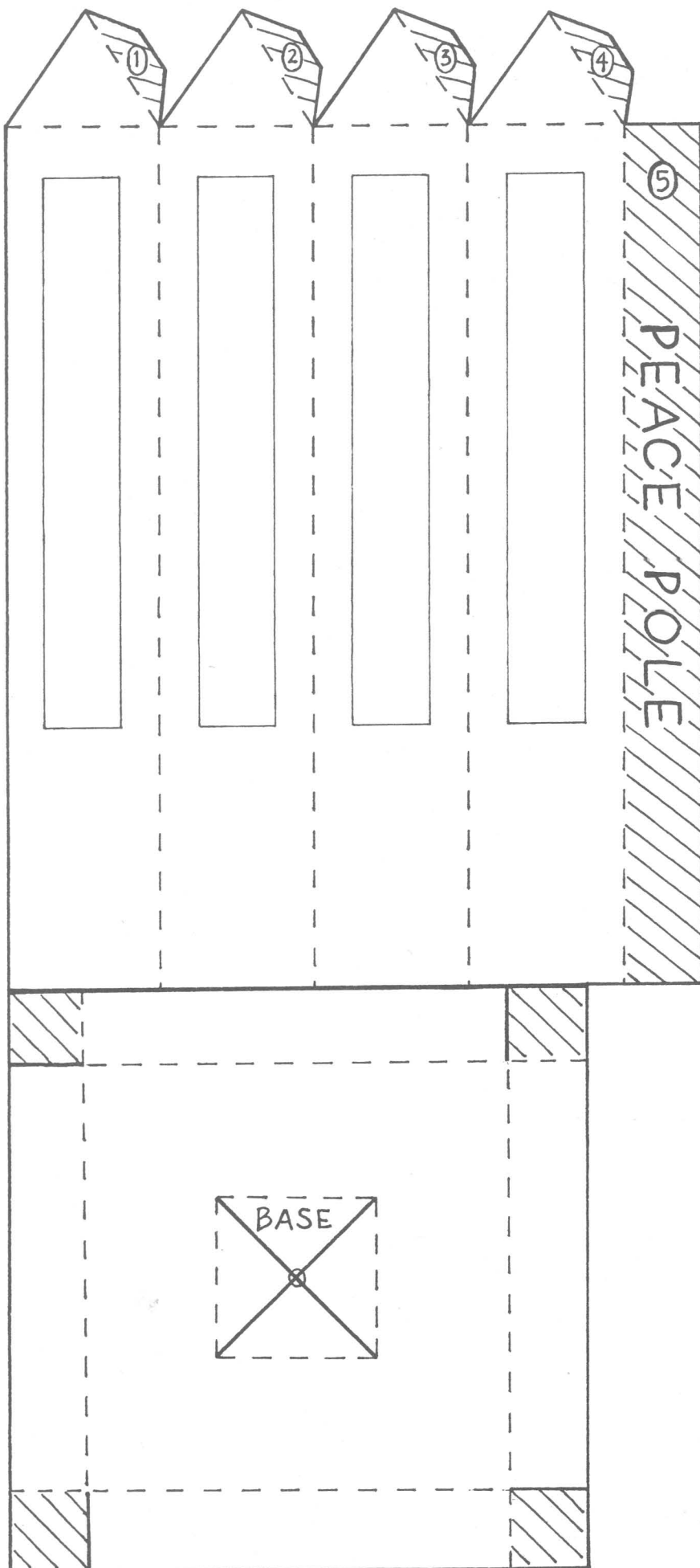
Additional copies are available on request.

Donations to cover printing expenses are appreciated.



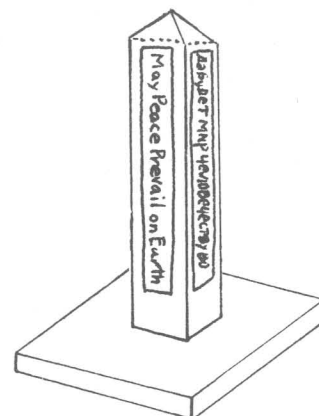
In keeping with our concern for the environment, this booklet is printed with soy-based ink on recycled paper.

WPPS is a non-profit organization. The WPPS was awarded Non-Governmental Organization (NGO) status by the UN in 1990



How to assemble your Peace Pole:

1. We suggest you photocopy this page if possible, rather than cut up the book.
2. You may color the Peace Pole any way you like. Do not color on glue tabs, fold lines or inside the boxes.
3. Choose the four language plates you would like on your Peace Pole from page 13. Photocopy these and cut out. Glue these plates to the pole. Or you can write the message **"May Peace Prevail On Earth"** in the languages of your choice inside the boxes.
4. You are now ready to carefully cut out your Peace Pole, cutting only on the solid lines.
5. With the language plates on the outside, fold in on all dotted lines, creasing sharply.
6. Assemble the Peace Pole with all tabs tucked on the inside.
7. Carefully aligning edges, start gluing with Tab 1. Press firmly to secure. Next glue Tabs 2, 3, and 4. Now glue Tab 5 inside, again very carefully aligning edges. Your Peace Pole is done!
8. Now assemble the base. Decorate before cutting. Cut along solid lines and fold on dotted lines.
9. Poke a hole at the center of X to cut along X. Fold triangles in.
10. Fold shaded tabs and glue to inside of neighboring side.
11. Put your Peace Pole in the stand.



May Peace Prevail On Earth