

Peace Rocks

Activities to Make the World a Better Place

Suggested Grades: K-8

OBJECTIVE

- To create peace-inspired art installations in nature

MATERIALS

- A basket with different size rocks
- A basket of colored Sharpies
- Glitter
- Glue

SETUP

- None

INSTRUCTIONS

1. Explain that the **International Day of Peace**, also known as the **World Peace Day**, occurs annually on September 21. It is dedicated to peace, or specifically the absence of war. It is observed by many nations, political groups, military groups, and peoples. The first year this holiday was celebrated was 1981.
2. Have each participant **select** a rock.
3. Have them **close** their eyes and, while holding their rock in their hands, have them **take** three deep breaths to clear their mind.



4. Take them through a **short guided meditation**:

Imagine you are in a peaceful place—somewhere in nature; a happy place. At the beach, a park, a field of flowers, camping in the woods. Look around. Who is there? What are others doing? What does it smell like? What time of year is it? Is it cold outside or hot? Now I want you to walk toward a garden or a stream of water.

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Peace Rocks continued

When you get there, look down and see your rock planted in the garden or nuzzled along the bank of the water. Notice that the rock has a word on it. You can't quite read it from where you are. Before you go closer to read the word, keep holding your rock in your left hand while putting your right hand over your heart. Now feel your heart under your hand. Beating. Beating. What is the word that comes into your heart when you think about peace in the world? Get that word clearly in your head and then look down at the rock in your garden or in the stream. What does your word say?

5. Have participants **open** their eyes and **share** the words they "saw" on their rocks. If they were not able to come up with a word during the visualization have them select a word to put on their rock.
6. Have participants **decorate** their rocks with that word.
7. When all the rocks are complete tell participants they will now **PLANT SOME PEACE IN THE WORLD** by **placing** them in your garden, around trees, in window sills, at parks, near ponds of water, etc.
8. **Ask** participants:
 - How will this process bring peace in the world?
 - How did this process make you feel as you were doing it?

DIAL IT DOWN

- Have participants draw a picture of a happy place on their rock.

Bonus: Have participants go "Planting for Peace" by hiding their peace rocks around the program, school, and community. It's a great way for young people to consider the impact they can have on their community.

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