



IDEAS FOR LIVING THE FIVE PEACE ACTIONS

Keep it simple/Make a difference

SEEK PEACE WITHIN YOURSELF AND OTHERS

- Listen
- Be present
- Relax
- Forgive others
- Meditate
- Exercise
- Be patient
- Be kind
- Be honest
- Take a walk in nature
- Be still
- Take a time out from social media
- Start a journal
- Apologize
- Forgive yourself
- Count your blessings
- Watch a sun rise/sun set
- Breath slowly
- Listen to music
- Be mindful
- Live in the moment
- Write daily positives
- Adopt an attitude of gratitude

REACH OUT IN SERVICE

- Volunteer
- Respond to emergencies
- Help a neighbor
- Tutor
- Be involved with a charity
- Donate your time
- Be a mentor
- Take a CPR class
- Give blood

- Send a child to camp
- Visit the elderly
- Welcome a neighbor
- Provide meals
- Pick up trash
- SMILE
- Let others share their story
- Give up your seat
- Hold open a door
- Offer joy to others
- Share

PROTECT THE ENVIRONMENT

- Recycle, reuse, repurpose, refill
- Buy in bulk
- Refuse plastic
- Use your own bags
- Buy used
- Conserve carbon energy
- TURN OFF LIGHTS
- Plant green
- Conserve hygiene water
- Car pool
- Use public transportation
- Do community environment clean ups
- Purchase recycled paper
- Choose organic foods
- Avoid toxic cleaners and chemicals

RESPECT DIVERSITY

- Smile at everyone
- Read to all children
- Inform yourself about all cultures
- Attend a cultural festival
- Welcome a new neighbor
- Use kind words to everyone
- Know your own prejudices
- Be sensitive to hurt
- Set an example for your children
- Try foods from another country
- Seek someone whose identity is different
- Ask questions
- See yourself as the other
- Identify similarities rather than the differences
- Play together, be happy together
- Celebrate cultural Holiday's

- Inform yourself about poverty, human rights, hunger, racism, sexism
- Talk to those on the other side

BE A RESPONSIBLE CITIZEN OF THE WORLD

- Treat people fairly
- Respect
- Vote
- Don't be a bully
- Set a positive example
- Resist supporting violence & sexism of toys, games, entertainment
- Discuss global news with family and friends
- Practice kindness
- Be honest
- Be generous
- Be empathetic
- Go to public forums
- Educate yourself on public policy
- Speak out respectfully
- Eliminate words of negativity from your vocabulary
- Replace put-downs with positive encouragement
- Replace sneers with smiles
- Seek a pen pal from another country
- Educate yourself and study issues
- Welcome people from another country into your home
- Become a volunteer for an organization that speaks to you