

Peace Colloquy Children's Programme

Saturday 24th March 2018

- 9am** **Welcome**
Getting to know each other games
- 9.30 am** **What does peace look like?**
Discussion
Poster making
- 10 am** **Peace within**
What can we do to find inner peace?
Breathing exercises
Guided meditation
Walk the labyrinth
- 11 am** **Peace with others**
Peacefully resolving conflict
Discussion
Activities
- 12pm** **Prayers for peace**
Looking at peace prayers
Compiling some daily prayers for peace to share
Writing peace poems
- 1pm** **Presenting the daily prayer for peace**
- 1.15pm** **Lunch and free time**
- 3.30pm** **Peace for the planet**
What can we do to respect the earth?
Reduce, reuse, recycle activities
Making bird feeders
Walk in the grounds, litter pick up
- 5pm** **Games, colouring, etc**
- 6pm** **Dinner**

Sunday 25th March 2018

- 10am** **Children's Quorum**
- 1pm** **Presenting the daily prayer for peace**
- 1.15pm** **My path to peace**
Activities, songs, discussion
- 3.30pm** **Home**