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