



Peace & peace education





What does peace mean to you?

The next exercise can be used with a group of young people.

Preparation: Print out the quotes and spread them on the floor.

Sit in a circle. Look at the peace quotes on the floor, in the middle of the circle. Pick a quote that speaks to you and feels close to how you understand peace. One by one, everyone shows what they chose, reads the quote, and if they wish, they can share how they interpret the message. When one person is speaking about their quote, the others listen without making comments. After the round, discuss and reflect together as a group.

““ You cannot find peace by avoiding life.

– Virginia Woolf

““ Be an encourager. The world has plenty of critics already.

– DaveWillis.org

““ When you have more than you need build a bigger table – not a higher fence.

““ Education is, quite simply, peace-building by another name. It is the most effective form of defense spending there is.

– Kofi Annan



Do not let the behavior of others destroy your inner peace.

– Dalai Lama



Peace is a journey of a thousand miles and it must be taken one step at a time.

– Lyndon B. Johnson



Education is the most powerful weapon which you can use to change the world.

– Nelson Mandela



Peace is not absence of conflict. It is the ability to handle conflict by peaceful means.

“ Peace is costly but it is worth the expense.

– African proverb

“ If it scares you, it might be a good thing to try.

– Seth Godin

“ Peace comes from within. Do not seek it without.

– Buddha

“ If you judge people, you have no time to love them.

– Mother Teresa

“ The more we sweat in peace the less we bleed in war.

– Vijaya Lakshmi Pandit
