



## Background

In 2004 we began to think about how we could help young people to have an understanding and experience of what 'peace' really means to them in their lives.

In order to reach as many children as possible, we felt that the best way to do this was to develop a programme that could be included in the everyday life of a school and delivered by the teachers.

This programme needed to 'tick boxes', as teachers are so busy fulfilling the needs of the curriculum that it would not work if they were then expected to deliver this programme as well as their many commitments!

Another requirement of the programme would be simplicity! Easy to use lessons and the resources to be easily attainable. To meet this requirement, we developed the training for teachers, the Lesson Plans all have aims, learning outcomes and easy to read guidelines. All resources, that are not in the classroom, are available either for download or Lesson Plans books and some resources are included if face-to-face-training is chosen.

After much research and gathering of resources and experiences from our teacher friends and colleagues in this country and around the world, the 'May Peace Prevail On Earth' school programme was born. The pilot took place in Fife in 2005.

We have now shortened the name of the programme to the '[Peace Prevails Programme](#)'.

## Vision

Our Vision is for young people to be confident and self-motivated to achieve their highest potential. With these qualities they will choose to contribute towards creating a positive, peaceful future for themselves and their world.



## Why a peace programme?

An understanding and experience of peace, can lead to the recognition of the **values** that sustain and expand this experience. Trust, honesty, sharing, caring and respect provide an environment for developing inclusiveness, equality and a sustainable feeling of peace.



## What is the programme?

The Peace Prevails Programme is a complete whole school resource for Primary School teachers to deliver as an integral part of their everyday classroom practice. Includes:

- Two Programmes: 5 – 7yrs and 8 – 11 yrs
- Lesson Plans and Resources for 8 x 1 ½ lessons and a Review Lesson per programme
- Curriculum matched aims, Experiences and Learning Outcomes
- Teacher Training: Blended Learning or Face-to-face
- School Licence and ongoing support
- Opportunities to network with schools nationally and internationally who are participating in the Peace Prevails Programme.



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## The Structure and Contents

<b>5 – 7 yr programme</b>	
Lessons 1 – 4	May Peace be in my Heart
Lesson 5	May Peace be within my Friends
Lesson 6	May Peace be within my Family
Lesson 7	May Peace be in my School
Lesson 8	May Peace be in my Community
Review	
<b>8 – 11 yr programme</b>	
Lessons 1 – 2	May Peace be in my Heart
Lesson 3	May Peace be within my Friends and Family
Lesson 4	May Peace be in my School
Lesson 5	May Peace be in my Community
Lesson 6	May Peace be in my Country
Lesson 7	May Peace be in All Living Beings
Lesson 8	May Peace Prevail On Earth
Review	

## Sample Aim, Experiences and Learning Outcomes

### LESSON 1

#### Introduction and 'May Peace be in my Heart'

**Time** 1 ½ Hours

**Aim** To enable the children to begin to discover what peace is and to recognise that it begins within each one of them.

#### Experiences and Learning Outcomes

The children will experience and learn that:

1. They can make choices about how they think and feel about people.
2. Peace can mean different things to different people and different cultures.
3. By choosing to think nice thoughts and do and say nice things to other people, they can help themselves and others to feel happy and peaceful.
4. Their thoughts, words and actions affect themselves and others.
5. Peace begins in their heart.
6. Peace is within them, it is always there if they look for it.

## Sample Lesson Structure

### Peace Agreements (Core Values)

(Discussion and Activity)

**Materials** Flip chart paper and pens

**Purpose**

- To identify and agree core values for the programme.
- To create an atmosphere of safety and respect.
- To help the children feel more at ease with each other.

**Tip** *This is a time to agree the behaviour needed to enable everyone to feel peaceful during these lessons.  
It can also link into a 'Values based' education programme, by recognising the values that are necessary to sustain and expand a feeling of 'peace'.*

**Activity** Ask the children to write on the blank flip chart what their behaviour should be like during the 'Peace' lessons, to enable everyone to feel peaceful. They are to take responsibility for their behaviour.  
Encourage the children to think of words like: respect, fun, listening, confidentiality etc.

Ask the children to sign the paper once it is completed – thereby taking ownership. You can also sign the paper if you wish.

**Tip** *It is a good idea to have these agreements available for each lesson of the programme, so that if necessary, you can refer back to them.*

## What areas of curricula can it link with?

This programme links with Health and Wellbeing, Global Citizenship, Inclusion, Equality, Ecology and the Environment, Geography, Literacy, Expressive Art, and can expand to link in with whole school and class projects.

## How can your school become licensed to deliver the programme?

The teachers who will deliver the programme need to undertake **teacher training** which consists of either one of the following:

### Blended Learning or Face-to-face learning

Please see 'Teacher Training' document for more information on these trainings.

## Head teachers' quotes

*'The Peace Prevails Programme is a powerful programme which we have embedded into our school curriculum for the past five years. It has influenced the culture of our school and enabled teachers and children to have an experience and a better understanding of 'peace' and how to create it in our lives. It has linked with the nurturing and restorative approaches which we follow at Lockerbie Primary School'*

*'I was eager for this programme to be in my school because it empowers my own teachers to appreciate the concepts and then teach. I believe that this sense of ultimate empowerment – (peace comes from within) and ultimate responsibility, (my peace resonates from me to others), raises every aspect of school life. It stimulates the natural love for learning, which also comes from within'.*

## Teacher's quote

*'I ran the Peace Prevails Programme in my Primary School in Oldham for several years in both KS1 and KS2. The Programme had a significant positive effect on our school in general, radiating social and emotional benefit throughout, not only for the children, but for the staff involved too. The ripple effect of the Programme also included a whole school connection with an interest in world-wide issues.*

*The impact on me as a teacher was powerful, I felt enabled to create thoughtful learning opportunities and the sense of community within the classroom increase.*



*Many children found they could find peace and relaxation within, improving concentration and patience levels, and decreasing stress and social clashes with others.'*

### **Children's quotes**

*'I liked it because I left school feeling calm and relaxed'*

*'I discovered that peace can be FUN'*

*'It makes me feel different when I am doing the programme. I never thought peace was so strong!'*

*'May peace be in all of us'*

*'It has made me understand how people feel'*

*'It has changed the way I think about peace, because if I say something nice, it makes people feel happy'*

*'I will never harm trees because they are living things just like me. And peace is not always religious'.*

