

A SEASON FOR
NONVIOLENCE



carry the vision

**Season for Nonviolence
Greater Dallas Task Force
www.64-days.org**

64 DAILY PRACTICES FOR CHILDREN

WEEK 1

Nonviolence begins with learning how to be more compassionate towards ourselves. We speak and act with respect, honor and reverence for our own being.

Day 1 – COURAGE (Jan. 30)

Have a parent light a candle for you. Make a wish for peace and release it by blowing out the candle.

Day 2 – SMILING (Jan. 31)

Smile at three people who look different than you.

Day 3 – APPRECIATION (Feb. 1)

Tell each member of your family one thing you like about them.

Day 4 – CARING (Feb. 2)

Make a list or tell your parent three ways you care for yourself.

Day 5 – BELIEVING (Feb. 3)

Finish this sentence with something good about yourself.

I am _____.

Day 6 – SIMPLICITY (Feb. 4)

Clean up the clutter in your bedroom today.

Day 7 – EDUCATION (Feb. 5)

Read a book today (or have a parent or older brother or sister read with you.)

WEEK 2

Building a quiet center within ourselves is the first act of peace making. Feeling centered and calm allows us to respond to situations peacefully.

Day 8 – HEALING (Feb. 6)

Remember a time when your feelings were hurt. Share this experience with a parent or sibling.

Day 9 – DREAMING (Feb. 7)

Draw a picture or write a poem about your dream for peace.

Day 10 – FAITH (Feb. 8)

Draw something you want to happen to you.

Day 11 – CONTEMPLATION (Feb. 9)

Sit quietly listening to nothing but your breath for as long as you wish.

Day 12 – GROUNDEDNESS (Feb. 10)

Look around your bedroom and notice everything. Then close your eyes and ask a parent or sibling to count how many things you tell them you can remember.

Day 13 – CREATIVITY (Feb. 11)

Do a dance or sing a song after dinner for your family. Or write a story about peace and share it with someone.

Day 14 – HUMILITY (Feb. 12)

Tell someone you trust about a mistake you made and how you might have done it differently.

WEEK 3

Being kind to ourselves can soon be turned into a practice of peacefulness toward others. Try it.

Day 15 – REVERENCE (Feb. 13)

Take a walk outside and collect three things from nature. A rock, a leaf, a feather, a seed or whatever you can find. Don't pick any flowers from the neighbor's yard.

Day 16 – GRATITUDE (Feb. 14)

Before you go to bed, think of three things for which you are grateful and write about them or draw a picture.

Day 17 – INTEGRITY (Feb. 15)

Today tell someone you trust about a feeling you have about something that bothers you.

Day 18 – FREEDOM (Feb. 16)

No matter how old you are, there are some things you can do now that you couldn't do even two years ago. Think about one of them and tell your parent or grandparent.

Day 19 – ACCEPTANCE (Feb. 17)

Three times today, just look in the mirror and say "I love you" to yourself.

Day 20 – SELF-FORGIVENESS (Feb. 18)

Be gentle with yourself. Spend today only saying good things to yourself.

Day 21 – INSPIRATION (Feb. 19)

Draw a picture or write a story of someone you think is a hero, someone you respect.

WEEK 4

The more we are compassionate to others, the more they can begin to interact with us in a positive way.

Day 22 – MISSION (Feb. 20)

Make a collage from pictures in magazines of all the things you want in your life.

Day 23 – PRAYER (Feb. 21)

Begin and end today by saying "Peace begins with me."

Day 24 – HARMONY (Feb. 22)

Say something nice today to someone you don't like too much.

Day 25 – FRIENDLINESS (Feb. 23)

Say hello to one new person today. Maybe shake their hand.

Day 26 – RESPECT (Feb. 24)

Speak only with kindness today. Use no name calling or put-downs.

Day 27 – GENEROSITY (Feb. 25)

Clean out your closet or toy chest and donate something to someone who doesn't have as much as you. Always ask your parents first.

Day 28 – LISTENING (Feb. 26)

Practice listening to your parent telling a joke or a story about something that happened to them. Repeat it back to them to see how well you listened.

WEEK 5

In order to create a peaceful world, we must learn to practice nonviolence with one another in our day-to-day interactions.

Day 29 – FORGIVENESS (Feb. 27)

If someone has done or said something that hurt you, let them know that you forgive and are not angry.

Day 30 – AMENDS (Feb. 28)

What action can you take to change a behavior that makes someone you love unhappy? Draw it or write it down.

Day 31 – PRAISING (March 1)

Give every member of your family a compliment today. Tell them something they did that was great!

Day 32 – PATIENCE (March 2)

Practice not interrupting anyone today.

Day 33 – ACKNOWLEDGEMENT (March 3)

Choose one person to make an award for. Tell them why they are important to you.

Day 34 – LOVE (March 4)

Say "I love you" to your parents, siblings and grandparents today. Write one "I love you" note.

Day 35 – UNDERSTANDING (March 5)

Send every stranger you meet today a silent (to yourself) "I love you" thought.

WEEK 6

Being peaceful does not depend on others being a particular way. But when we choose to be peaceful in relationship, we invite others to nonviolence in return.

Day 36 – MINDFULNESS (March 6)

Color within the lines today. Draw something, anything, and be mindful of the lines.

Day 37 – GRACIOUSNESS (March 7)

Say "please" and "thank you" all day. Let your brother or sister go first or sit in the front seat.

Day 38 – KINDNESS (March 8)

Do three kind things today. Help someone do something, clean up after someone else, or help your parents.

Day 39 – DIALOGUE (March 9)

Choose not to argue today. Discuss, but no arguing.

Day 40 – UNITY (March 10)

Make a collage of faces. Look in magazines for faces of different colors and shapes and ages.

Day 41 – OPENNESS (March 11)

Be willing to eat a new food today. Ask your Mom or Dad what it might be.

Day 42 – ACCOUNTABILITY (March 12)

Create a “Peace Place” in your home and be willing to go there to make up when you quarrel.

WEEK 7

We can see and understand another person whether or not we agree with them.

Day 43 – UNIQUENESS (March 13)

Look in the mirror and find something about you that’s different from your Mom or Dad.

Day 44 – COOPERATION (March 14)

Work with another family member to build a story. One word at a time, taking turns.

Day 45—MASTERY (March 15)

When you feel you are getting angry, count backward from 10 to 1. Breathe deeply and smile.

Day 46 – COMPASSION (March 16)

Draw a picture of taking care of someone who needs your help.

Day 47 – DISARMAMENT (March 17)

Do not watch TV, movies or videos today that use weapons.

Day 48 – ECOLOGY (March 18)

With a parent, pick up thrown away things in your neighborhood that can be recycled.

Day 49 – HONOR (March 19)

Say a quiet “thank you” before each meal.

WEEK 8

Nonviolence challenges us to stand for Truth and take action that honors every human being.

Day 50 – CHOICE (March 20)

Make a collage of things that are different from each other -- like salt and pepper, black and white, men and women, dogs and cats. Be glad you can choose.

Day 51 – ADVOCACY (March 21)

Stand up for someone who is treated unfairly today. Say, “That’s not fair.”

Day 52 – EQUALITY (March 22)

Today, do not compete with your siblings or friends. Make sure everything is fairly divided.

Day 53 – ACTION (March 23)

Do a special chore to brighten your bedroom. Pick flowers (if you Mom or Dad say OK), put up a new picture, or clean your room.

Day 54 – GIVING (March 24)

Make a gift for a family member or friend. There doesn’t have to be a special reason to give.

Day 55 – RESPONSIBILITY (March 25)

On your way to school or while playing, pick up any trash you see and dispose of it. Don’t forget to wash your hands.

Day 56 – SELF-SUFFICIENCY (March 26)

Do your chores and homework without being reminded.

WEEK 9

By practicing being peaceful, we become better citizens of the world.

Day 57 – SERVICE (March 27)

Help your Mom or Dad with a chore that is not yours.

Day 58 – CITIZENSHIP (March 28)

Follow the rules today. Give yourself a citizenship award for following the rules.

Day 59 – INTERVENTION (March 29)

Talk to your parents about drugs and alcohol. What questions do you have.

Day 60 – WITNESSING (March 30)

Share a story with your parent. Have you ever seen someone do something wrong? What was it? What happened?

Day 61 – PEACE (March 31)

Ask your Mom or Dad to help you plant a seed in a little pot. Think of it as your “peace plant.”

Day 62 – COMMITMENT (April 1)

Take care of your “peace plant” every day. Talk to it, sing to it, and water it.

Day 63 – RELEASE (April 2)

Remember the candle you began the Season for Nonviolence with? Ask your parent to light it again and blow it out once more to release all you learned.

WEEK 10

Strength grows when we release ill-will, anger and hate and replace it with an overflowing love for all

Days 64 and 65 – CELEBRATION (April 3 and 4)

Plan a peace party with your family. Ask them each to say one thing they are grateful for.

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