



ENHANCE YOUR **RED BALLOON** EXPERIENCE WITH THESE **CEEDS OF PEACE** TOOLS!

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Acts of Kindness: Encourage young people to perform a kind and selfless act for another person, to brighten or improve their day. Kind acts can be spontaneous or planned, but they should not be expectant of any return to the giver.

Buddy Bench: A simple idea to eliminate loneliness and isolation and foster friendship and inclusion on the play ground or in any public space. Create a Buddy Bench at your school or home. It is a safe space to sit when someone needs to talk or needs help in any way. It is important that the youth that will use the bench are educated beforehand about its purpose.

Conflict Resolution Drama: Practicing pro-social behaviors is essential to internalizing these dispositions. Have youth form small groups of 2-4. Hand out a sample age-typical conflict. Try acting out Pascal and the characters that bullied him and his balloon. Tell them to create two skits. One will demonstrate how not to solve a conflict by using harsh words that show anger and blame. The other will demonstrate how to best solve a conflict through the use of conflict resolution tools such as: "I" Statements, listening clearly, not interrupting, not being forceful, and re-stating what was said and asked. Discuss the pros and cons of both approaches.

Find the Light in Others: In small groups, each person has paper and pen (or this can be done orally). Each person writes their name on their paper, then passes it to their neighbor. Each person in the circle writes a positive trait about the person named on the paper, and the passing continues around the circle. See their kindness, compassion, talents, and strengths. Finally, each person should have their own sheet returned to them, with a list of their positive traits. Group share can follow, including reading aloud, starting with "I am....".

"I" Statements: Imagine you are Pascal....start a sentence with "I feel....". Describe how he feels, without including what the other person did. Do not fall into blaming! Now, be yourself, and start another sentence with "I feel...." and focus on yourself and not someone else. Try this any time you want to confront a behavior without attacking a person .



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Mindful Breathing: Teach youth how to breathe mindfully by having them lie down and put their hands on their bellies. Inhale deeply and exhale slowly. Repeat this at various times throughout the day. Breathe in peace, breathe out anger. Breathe in happiness, breathe out sadness.

Peace Table: Have youth design and decorate a peace table or space and plan activities to use the space for peaceful resolution, serenity, and problem solving. A peace table designates a place and expectations for how youth will engage with each other. Peacebuilding literature, small peace gardens, talking sticks, and other problem-solving tools are kept in this space.



Power of the Bystander: The bystander is one of the most critical persons in a conflict. Discuss the character who was the follower in *The Red Balloon*. He was egged on by the leader and did not prevent what happened. How could he have successfully intervened? What could he have said or done? Write down some statements and have youth say them out loud.

Upstander: A person who recognizes when something is wrong and then acts to make it right; doing one's best to help support and protect someone who is being hurt. What might an Upstander say or do, to show respect, courage, and leadership? "Leave Pascal alone", "Please don't do that", "I'm not going to do this with you. It's not our balloon", or "I don't want to play this game, it's mean. I'm going to do something else". What else could have been done or said? How could he have gone to get help?



Web of Life: Youth sit in a circle; holding a ball of yarn, they share one important thing about their time together. Then throw the ball to someone else while they hold on to their bit of yarn. The next person then shares, and so on. At the end, when everyone is holding their part of the yarn, a group leader can reinforce the interconnectedness of the youth, supported by a great "web" visual