



Community Guide & Agendas

Thematic Mini-Workshops for Peace Libraries, School Clubs, and Social Events

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Power of Goodness Community Events

- **Stories.** The [Power of Goodness Collection](#) includes stories from [Lighting Candles in the Dark](#) (FGC, 2001) and from Chechnya and Russia. Volunteers translated stories for more languages and added stories from other places. Please submit translations or stories to PeaceMinistries@FriendsPeaceTeams.org.
- **Facilitators.** Experienced community facilitators or AVP facilitators, through [AVP-USA](#), [AVP International](#), who have taken the AVP-[Cultures of Peace](#) special topic series, use these mini-agendas for 1.5 hour programs in peace libraries, school clubs and social events.
- **Agenda.** We use the Alternatives to Violence Project agenda format coordinating a short story with a theme from the AVP-Cultures of Peace special topics and follow a story reading with a discussion, activity, play, reflection and closing:

Agenda	1.25 hr	2 hr
● Welcome & Agreements	5	5
● Introductions	10	15
● Story Reading	5	10
● Discussion	15	20
● Activity	20	40
● Play	10	15
● Reflection	5	10
● <u>Closing</u>	<u>5</u>	<u>5</u>
● Total	75 min	120 min

- **Welcome & Agreements.** Greet participants and welcome them to the Power of Goodness session on *[the theme]*. Offer a short guided silence, such as: *We begin by stopping. Sit comfortably. Let your body and mind relax. Feel your breath and your heartbeat. Notice the unconditional gift of life. Open to the transforming power of life. Life is valuable, you are alive and valuable. Nothing you can say or do can make you any more valuable than you are right now. This is enough. Peace is already here.* Ask participants to each read one agreement. They may add a sentence on what it means to them or something important about it. Are we clear? Do we agree to practice?
- **Introductions.** Say your name and [sentence prompt]... in the whole group, small groups or pairs, depending on the group size and time. Model first for others to follow.
- **Story.** Read or tell a story, an abridged or long version. Practice before the event.
- **Discussion.** Discuss the story using question prompts in the whole group, small groups, or pairs, depending on size and time.. Give at least 3-4 minutes for each question for each person. (Minimum 2.5 minutes x 2 questions x 2 people = 10 minutes if in pairs, longer in small groups.) Tell the groups how much time they have to discuss. Remind people when it's time to switch.
- **Activity.** Select an activity that fits with the theme and story within the allocated time.
- **Play.** Select a game that fits with the theme and story or discharges emotion through movement or laughter within the allocated time.
- **Reflection.** Recall when the group got together and each activity, then ask what people liked, did not like or any suggestions for future events.
- **Closing.** One last word from each person or other closing gives people a sense of community.

Road Map, Approaches, Agreements, Principles and Key Concepts. Post any of these in short or in full, especially in locations where you plan to offer a limited or on-going series of events.

Cultures of Peace Road Map

Personal Transformation

Empowerment

Friendships
Affirmation
Communication
Cooperation

Resiliency

Agreements
Safety
Remembering
Reconnection

Social Transformation

Consensus

Transforming Power
Conviction
Transformation
Direction

Liberation

Equality
Simplicity
Liberty
Settlement

Approaches

- Respect everyone's goodness and capabilities
- Respect the Earth's beauty and generous abundance.
- Everyone's journey is different; include any age and background.
- Learn through experience, reflection and expression.
- Act as learner and teacher; follower and leader.
- Focus on learning and practice, not theology or therapy.
- Value commonality and diversity.
- Participate voluntarily, not required or coerced.
- Discern decisions together.
- Commit to personal change in private and public life.
- Enjoy! Experience a culture of peace: playful, awestruck, surprised, hospitable, loving...

Agreements for Peace

To live peacefully, I agree to practice:

Affirm myself and others; no put-downs or put-ups.

Stop, listen, and don't interrupt.

Speak simply and honestly, without fear of mistakes.

Speak from my own experience, not others' without permission.

Make friends, not enemies, with people like me and different.

Tend emotion, then speak directly to someone if in dispute.

Ask for and give hospitality, feedback and help.

Use what's needed and share the rest.

Use my rights to pass, privacy and consultation.

Volunteer myself only, not others.

Care for each person, the group, the community and the land.

Live in integrity with life's transforming power.

Permaculture Principles

- Observe and Interact
- Catch and Store Energy
- Obtain a Yield
- Apply **Self**-Regulation and Feedback
- Use and Value Renewables
- Produce No Waste
- Design from Patterns to Details
- Integrate Don't Segregate
- Use Small, Slow Solutions
- Use and Value Diversity
- Use Edges and Value the Marginal
- Creatively Use and Respond to Change

Integrated Key Concepts: Reflect on the relationship of these core ideas to the stories and themes. Become familiar with these ideas, thinking and language. Consider examples. Do not teach them during sessions, but be prepared and available to notice, pay attention to and support them when they arise from participants. Use a definition of a key term or one of these key concepts as a discussion tool related to the theme.

1. **Respect.** Respect everyone's goodness and capabilities. Make friends not enemies with people similar and different from yourself. Observe and interact with others and with nature. Enjoy! Experience a regenerative culture of peace: be playful, awestruck, surprised, hospitable, loving...
2. **Earth Care.** Respect the Earth's beauty and generous abundance. Use what's needed and share the rest fairly. Self-regulate by asking for and offering hospitality, feedback and help to produce no waste.
3. **Affirm.** Affirm myself and others, no put-downs or put-ups. Identify one's gifts, strengths, talents, characteristics without ranking anyone above or below another. Speak from my own experience not others' without permission. Value your own stories, reflect on and learn from them. Ask for permission you find another's story helpful to share. Remember everyone's journey is different, include all ages and backgrounds and value and rely on our diversity and commonality.
4. **Engage.** Participate voluntarily, not required or coerced. Volunteer yourself only, not others. Use your rights to pass and to ask for consultation. Catch and store energy to use the energy or effort when and as needed to move towards obtaining a yield (the fruit). Remember extra effort that does not turn into movement turns into damage. Follow the movement of life, love and conscience.
5. **Change.** Commit to personal change in private and public life. Live in integrity with life's transforming power. Use renewable energy using small slow solutions.
6. **Interact.** Act as learner and teacher, follower and leader, and discern decisions together. Stop, listen, don't interrupt, then speak simply and honestly, without fear of mistakes. Integrate rather than segregate valuing the edges and the marginal.
7. **Take Care and Learn.** Focus on learning and practice, not theology or therapy. Learn through experience, reflection and expression. Tend emotion, then speak directly if in dispute, taking

care of each person, group, community, and the natural world. Notice and design or organize from pattern to details.

Tips for Facilitating

Background. The Power of Goodness is a collection of true stories from around the world of how people reacted peacefully and nonviolently to people who had threatened or hurt them. The Story Collection is under the care of [Friends Peace Teams](#).

Stand Alone Events or Series. Power of Goodness events stand alone. You may do them in a series, with a stable or changing group.

Opening Statement: We believe peace is possible and necessary for our lives, health, learning and work. People working to create cultures of peace want to share what we know with you. In these Power of Goodness event we learn through stories, games, and activities.

Roadmap. Start with Empowerment, add Resiliency, Consensus, and Liberation when appropriate.

1. **Empowerment.** To begin, make friends, affirm each other, communicate and cooperate.
2. **Resiliency.** We learn to be peaceful even when it's hard by using our agreements, staying safe, remembering difficult things, and reconnecting after feeling hurt.
3. **Consensus.** We learn to think and make decisions together if we build our confidence and conviction, change ourselves and look for direction together.
4. **Liberation.** We learn to challenge oppression by valuing all life equally, focusing on simple, direct relationships, exchanging feedback and settling our disputes.

A Power for Good. You may ask as an introduction: Name and a power for good I have is... Or you may do an extended activity. Brainstorm: What do you think of as a power for good or the power of goodness? You can expand the brainstorm by asking the group: What powers for good do you have or see in your friends or family?

Introduction: A Power of Good... It's best to go around the circle and have everyone do a short word or statement. If time or group size prohibits this, then ask them to turn to someone next to you, or to get in small groups of 3-6 people, and tell each other your name and a power for good your have is... Tell them you'll give each person 2-3 minutes and tell them when it's time to switch. If the speaker finishes before you say switch, ask them to be silent, because often someone thinks of something else to say and may add that. Model what you want, "Okay, my name is _____ and one power for good I have is _____." Make sure you look up, speak clearly and confidently, and name something that has actually been powerful for you. Other examples: Name and ...

... something I've always wanted to do is...

... how I have experienced peace is...

... how we work together for peace is...

... how I have experienced peace is...

... how we work together for peace is...

Greetings. Greetings are sometimes hard... yes? Do you know why? Because they're not universal, they are different everywhere, even one person greets people differently depending on age, place, and situation. Who would like to volunteer? Role play or demonstrate greetings with a volunteer:

- How do kids greet? Adults? To your teachers? Are there other ways to greet? Who is that to, when and where? At church? On a farm? Other special occasions or places? Around the world? What greeting do you prefer? Thank you, you can sit down now.
- Greetings have basics that are universal: stop what you're doing, turn to and look at the person, smile! There's what we call the language of the face. Have you heard that before? We communicate with our bodies. What does this face say? (Give a few different faces and let them call out what they say.)
- Then take the next step of making friends: share your name, ask their name, and share one interesting thing about each of you. What are some good things to say when we greet someone new? If you brainstorm them, write them up on a board beside the powers for good, if you can.
 - *Please find someone you don't know or talk to often and tell each other your names and each of you tell something about yourself and ask the other person the same, using these new skills.*
 - *Was that easier to greet someone new or not? How?*
 - *If our goal is peace, can we begin with by greeting and getting to know even those people we do not like or get along with or consider our enemies?*

Agreements. Friendships are important for peace, but some of the worst violence is among loved ones at home or among friends and neighbors. Kids faces are visibly engaged at this idea, and they typically are nodding "yes". They know this is real. So if we want to be peaceful together, we need to have some agreements as well. If the group is small and old enough, ask: Can we go around and have one person read one of the agreements and add one sentence about what that agreement means to you? You may share in pairs: Changes I need to make to practice these agreements in my life. If the group is too large or young the facilitator may read, but ask to clarify any questions. Use a simpler version of the Cooperative Agreements for the PK-1 or in a very large or new group:

Agreements for Peace

To live peacefully, I agree to practice:

Affirm myself and others, no put-downs or put-ups.

Stop, listen, don't interrupt.

Speak simply and honestly, without fear of mistakes.

Speak from my own experience.

Use my right to pass.

Volunteer myself only.

Care for each person, community and nature.

Storytelling. Read, tell or enact a story — you can choose one or more from the book or the website Power-of-Goodness.info. Leave a long, silent pause afterwards to absorb the story. You may ask them to turn to someone next to them (or in small groups of #) and tell each other one thing you noticed in the story, or you thought was the main idea of the story.

Discussion. Give pairs or small groups discussion questions for the story, then in the whole group ask: Was there one thing you heard from someone else that was really interesting or a new idea for you?

Principles. If appropriate, ask how the principle(s) can be seen in the story, and how you might see them applied in your life.

Activity. We have interactive activities related to the stories, depending on age that take 20-35 minutes. After an activity, take 10-20 minutes to debrief the activity asking what they noticed. Additional prompts are: How did it feel? What did you learn? What will you do differently because you know this now? How did you see power operating there?

Game. If there's time and room, play a quick stationary or moving game. If possible, it's good to have people mix up their seating, including both adults and children. Use movement and laughter to "break the tension" and ground people.

Closing Circle. When we do close, it's good to let everyone say their name and one word about how they feel now or felt about the event or to do a brief closing activity.

Core Self Drawings. We introduce our 'core selves' and invite people to remember a time they felt totally alive: clear, calm, confident, courageous, curious, creative, compassionate, and draw or sculpt that feeling. Post these on the wall if you do a series of events, or let them take the drawings home.

Drawing. They also may draw a moment in the story they remember.

Messages of Peace: For older students or adults, we bring a couple cameras and ask them to interview each person, young or old, about what helps them remember and rely on powers of goodness in their lives, and write down the quotes or insights and take a picture to go with it. We post these on our Facebook page and share the inspiration with others.

Photographs. If we're allowed to take photos of kids and/or adults without faces, we need no written permission. If photos include faces of children, we need written photo permissions from the institution if it covers outside events, or we must bring our own forms.

Adapt for large & small groups of various ages, adults or kids and group sizes: know the activities and how long each takes, then watch the group and the clock, notice if the group moves faster or slower through the material, and only do what you have time to do. We may bring one or more facilitators, who may possibly scatter among a larger group, and teachers, parents or other adults may help when we put children into smaller groups.

Supplies. Bring what you need for your agenda. Ask the facility for a flip chart or chalk board, if you need. Sometimes we request a projector to project the artwork on a revolving loop while the event is happening to set the mood.

Align Stories, Questions, and Activities. Send suggested agendas for review, comment and feedback to PeaceMinistries@FriendsPeaceTeams.org.

BASIC SECTION: Simpler Stories and Concepts

GREETING AND FRIENDSHIP: *Mercy: A Poet's Memory*

Welcome and Introduction: Name and say your name and everyone responds, "Hi [repeat the name]."

Read, *Mercy: A Poet's Memory*

Discussion in Pairs

- Why did the woman want to help the men, even though they had hurt her family and friends?
- When has someone helped you see the good in yourself even though you made a mistake?
- Who do you feel or are told is your enemy? What is one thing you can do to make friends with them?

Core Self: Cut a circle from flip chart paper and write "Core Self" in the center. Write around it: compassionate, caring, calm, clear, confident, connected, creative, worthy, peaceful, capable, present. We are all good and capable in our core selves. Debrief after activity below:

- **Core Self Drawing (if not on craft table):** Imagine a time you remember just feeling like yourself without another thought in the world. (Use oil pastels if possible.)
- **Core Self Affirmations:** [Brainstorm good listening first, you may or may not write up the brainstorm.] In pairs, say your name and as many specific, concrete positive things about yourself, your core self, as you can in three minutes. (It will feel like a long time.)

Big Wind Blows (*for everyone who... say something that helps people get to know you*)

Reflect on Principles: Respect

- How is this an example of Matthew 5:44-48, Qu'ran 3:31/103 or 60:7, Bhagavad Gita-6.5, or other religious, spiritual or ethical teaching?

Howdy, Howdy, Howdy

Reflection and Closing: Affirmation Pyramid

AFFIRMATION: *Boot Under the Bed*

Welcome and Introduction: Name and something about me I respect about myself...

Read, *Boot Under the Bed*

Discussion What did you notice?

- How can you tell Elizabeth took care of herself so that she could take care of others?
- When have you seen the good in others when it was really hard to see? What helped you do it?
- How can you take care of yourself and show respect for yourself? How does that help you take care of and respect others?

Stand on a Line: Brainstorm how we take care of ourselves; write it up or not. One wall is 0% and the opposite wall is 100%. Do you get enough sleep? (clinical marker of wellness) When everyone picks a place to stand, say: Now don't move, just look at where you would like to stand. Once everyone has picked a place, now move to that place and look back at where you began and think of 1 or 2 specific, concrete things you can do right now to make that change you want. Interview people standing alone, then anyone who wants to speak in smaller to larger clumps. Debrief.

Reflect on Principles: Respect and Affirm.

Affirmation Sharing in Pairs OR Affirmation Shower (*if time is short*)

Big Wind Blows OR You're Amazing

Reflection and Closing: Affirmation Pyramid for the Group OR Around the circle, say your name and one word for what you are taking home.

CORE SELF AND SAFETY: *Anna and the Speckled Hen*

Welcome and Introduction: Name and a place I felt safe when I was younger (as a child)...

Read, *Anna and the Speckled Hen*

Discussion What did you notice?

- How did Anna find the strength to return the egg? Why was her mother proud of her?
- When did you do something hard because it was the right thing to do? How did it work out?

Principles: Affirm and Earth Care.

Step Into the Circle

Jailbreak

Reflection and Closing

TRANSFORMING POWER: *Seeds of Hope*

Welcome and Introduction: Name and a power of good I have is ...

Read, *Seeds of Hope*

Discussion What did you notice?

- Where were the moments of life's transforming power in the story?
- How can you plant seeds of hope in your community?

Principles: Engage and Change.

Brainstorm Violence and Nonviolence

Nonviolence Stories (*with pivotal moments*)

Transforming Power (*retitle brainstorm only or plus TP cards*)

What Cha Doin'? OR **Mandala**

Reflection and Closing

COMMUNICATION: *First Bitter, Then Sweet*

Welcome and Introduction: Name and how I feel when someone really listens to me is...

Read, *First Bitter, Then Sweet*

Discussion What did you notice?

- What changed the attitude of the Russian girls to the Chechen girls?
- When have you had a conversation with someone that totally changed your idea of them or people like them?

Principles: Interact.

Three Question Interview

Pass the Greeting OR Bump into Friends

Reflection and Closing

COOPERATION: *The Mosque II*

Welcome and Introduction: Name and a way I have helped others is... OR something I enjoy doing with others is...

Read, *The Mosque, part II*

Discussion What did you notice?

- Why did the villagers help build the mosque, even those who were not Muslims?
- When have you done something with people very different from yourself? What did you enjoy most about it and what was hard?

Principles: Respect, Engage, Take Care and Learn.

Create Monster OR Paper Tear OR Broken Squares

Back to Back

Reflection and Closing: Gift for a Friend

RESILIENCY: New Girl in School

Welcome and Introduction: Name and a time I faced a challenging situation and was very proud of how I faced it is..

Read, *New Girl in School*

Discussion What did you notice?

- How were the challenges both girls faced similar or different?
- How did their friendship help each of them?
- When have you been strong to do the right thing even when it was hard? What helped you do that?

OR

- How do you think Carol felt when the other schoolmates got up and left the lunch table?
- Why did she not get up and leave?
- Have you ever been left out? How did you feel?
- When have you included someone who was feeling left out and how?

Principles: Change and Interact.

Cooperative Construction

Scavenger Hunt (*in pairs*)

Reflection and Closing

RECONNECTION: *Jelly Beans*

Welcome and Introduction: Name and my favorite color and why ...

Read, *Jelly Beans*

Discussion What did you notice?

- Why can something as simple as sharing food change a relationship so much?
- When have you made really good friends by sharing a meal or a trip?

Principles: Interact, Take Care and Learn.

Position and Needs

Machine

Reflection and Closing

EQUALITY: *Mercy: A Poet's Memory*

Welcome and Introduction: Name and a person who loves me and why...

Read, *Mercy: A Poet's Memory*

Discussion What did you notice?

- Why did the policeman let the woman pass through to the soldiers?
- When have you overcome your prejudices to reached out to help someone?
- Who do you feel or are told is your enemy? What is one thing you can do to make friends with them?

Principles: Respect, Affirm, Change, Take Care and Learn

Core Self OR Service Project OR Build a Garden (*each makes a flower and put on green poster board*)

Pruee or Human Pretzel

Reflection and Closing

SIMPLICITY: *Weeding the Field*

Welcome and Introduction: Name and a life lesson or principle important to me is... OR a time I enjoyed a simple, direct interaction with a person, animal or nature was...

Read, *Weeding the Field*

Discussion What did you notice?

- Why does Hunta Khadji want to live off the fruits of his own labor?
- How could you apply an idea from the story in your life?

Principles: Earth Care and Take Care and Learn.

Companion Group (*on Conviction or Hard times that have changed me for the better*)

Scream / Laugh

Reflection and Closing

TRANSFORMATION: *Reunion*

Welcome and Introduction: Name and a time I had no idea what I was doing, but tried anyway...

Read, *Reunion*

Discussion What did you notice?

- What had to change inside him and in his behavior before he could meet his father?
- What has to change in you or your behavior in order to connect with new people?

Principles: Change, Interact, Take Care and Learn.

Available and Prepared Feedback

Want to Visit? Each person makes a “home” from paper or cloth on the floor, close enough to step from one to another. You can leave your house, but you have to ask for permission and greet people as you pass.

Reflection and Closing

FEEDBACK: *Experiment in Fairness*

Welcome and Introduction: Name and first time I remember noticing whether something was fair or not...

Read, *Experiment in Fairness*

Discussion What did you notice?

- When were the pivotal moments and what happened that changed the situation from unjust towards fairness?
- What makes something fair? Why might fairness require dialogue?

Principles: Respect, Earth Care. Fair means honest, right and lawful.

Pivotal Moments in Stories of Fairness (*use story protocol and identify pivotal moments*)

Pass the Dance

Reflection and Closing

SPEAK OUT: *Vigil for Peace*

Welcome and Introduction: Name and one thing you do to protect and enjoy the natural world is... OR one change I would like to see in my community is...

Read, *Vigil for Peace*

Discussion What did you notice?

- Who spoke out in the story and how?
- What do you feel passionately about for peace and justice with others and the natural world?

Principles: Engage, Interact, Take Care and Learn.

Speak Out
Sorry Honey, but I Just Can't Smile
Reflection and Closing

ADVANCED SECTION: More Complex Stories and Concepts

GREETING AND FRIENDSHIP II: *Allah is Merciful, Allah Needs Me*

Welcome and Introduction: Name and what I look for in a friend is... or what makes someone a friend...

Read, *Allah is Merciful, Allah Needs Me*

Discussion What did you notice?

- Who did Shaman make friends with in this story? What helped him make friends easily?
- When have you felt like you really wanted to help others and make friends with them?
- Who helped you to become the type of person you want to be?

Principles: Observe and interact. Make friends not enemies with people similar and different from yourself.

In Common

Mirror

Reflection and Closing: Gift Giving

AFFIRMATION II: *Silver Candlesticks*

Welcome and Introduction: Name and one thing that brings me great joy is ... **OR** one thing that makes me really happy is...

Read, *Silver Candlesticks*

Discussion What did you notice?

- In what ways did the priest relate to Jean as a full human being, to his goodness and capabilities?
- In what ways do you relate to the people around as full human beings, to their goodness and capabilities?
- What would have to change for you to treat people this way all the time?

Principles: Respect, Earth Care, Affirm.

Personal Mandala OR Build a Garden (*each makes a flower and put on green poster board*)

What'cha Doin'?

Reflection and Closing

CORE SELF AND SAFETY II: *The Healing Power of Forgiveness*

Welcome and Introduction: Name and a time I was safe because I listened and responded well to my emotions was...

Read, *The Healing Power of Forgiveness*

Discussion What did you notice?

- How did Aya Gayle take care of herself when she was so hurt?
- When have you restored a damaged relationship or situation?

Breakthrough

Jailbreak

Reflection and Closing

TRANSFORMING POWER II: *Sanctuary*

Welcome and Introduction: Name and a time I felt fully alive and engaged in life was...

Read, *Sanctuary*

Discussion What did you notice?

- Why did these people and community offer sanctuary to this family?
- Have you ever given someone your care and protection?
- Who in your community might need you and your friends care and protection?

Principles: Engage, Take Care and Learn.

Stories of Communities Who Gave Care and Protection (*pivotal moments*)

Sun and Umbrella / Big Wind Blows (*for those who...was you have taken care of others*)

Reflection and Closing

COMMUNICATION II: *He was Ready to Hit Me*

Welcome and Introduction: Name and I feel listened to when the listener...

Read, *He was Ready to Hit Me*

Discussion What did you notice?

- When did Calhoun listen to his conscience? What did his conscience lead him to do?
- When did you listen to your conscience and speak up or act on it?

Concentric Circles -- Good Listening

Principles: Engage and Interact.

Ms. Mumbly

Reflection and Closing

COOPERATION II: *The House that Love Built*

Welcome and Introduction: Name and a way I show love to others is...

Read, *The House that Love Built*

Discussion What did you notice?

- Why do you think the people volunteered to go and build houses after the war?
- Have you ever volunteered to help others when things are hard for them?
- Do you know ways to volunteer to help others in your community?

Principles: Engage, Take Care and Learn.

Broken Squares

Houses and Tenants

Reflection and Closing: Weave, Weave

RESILIENCY II: *To Forgive is Divine*

Welcome and Introduction: Name and how I know when something is fair is...

Read, *To Forgive is Divine*

Discussion What did you notice?

- What helped the father stand up for justice and peace? .. the son?
- Can you describe a time you stood up to something that was unjust?
- Resiliency is the ability to withstand or recover relatively quickly and well from potentially harmful situations. How do you see resiliency in the father? ... in the son?
- When have you been resilient in the face of injustice? What helped you?

Principles: Interact, Take Care and Learn.

River of Life (*focus on events of injustice and forgiveness and inner strengths and steps to do so*)

Yarn Toss -- what we offer to build a community

Reflection and Closing

RECONNECTION II: *Bocha*

Welcome and Introduction: Name and a time I reconnected with someone after a problem...

Read, *Bocha*

Discussion What did you notice?

- What do you imagine was going on inside Bocha?
- What made Bocha change his mind and decide not to harm Bersenak?
- Have you ever reconnected with someone who hurt you in the past?
- What inner strengths helped you do it?

Principles: Affirm.

River of Life

Houses and Tenants

Reflection and Closing

EQUALITY II: *First Bitter, Then Sweet*

Welcome and Introduction: Name and a person I trust and why...

Read, *First Bitter, Then Sweet*

Discussion What did you notice?

- Why did the Russians look down on the Chechens? Why did the girls believe the Chechens were bad?
- What changed their relationship and what created their friendships?
- Have you ever made friends with someone who others treated badly? What did you learn from that?

Principles: Respect, Interact.

Gathering for Sharing *on how can I stay aware of the goodness (core self) in myself and others?*

Crocs and Frogs

Reflection and Closing

SIMPLICITY II: *The Mosque I*

Welcome and Introduction: Name and a time I saw the good in another person who was different from me...

Read, *The Mosque, part I*

Discussion What did you notice?

- What did you notice in this story?
- Who thought positively about others and what happened as a result? (*jump in the river, look for the soldier to say thank you*)

Principles: Remember: Design from pattern to details.

Activity

Play / Game

Reflection and Closing

TRANSFORMATION II: *Neighbors*

Welcome and Introduction: Name and a change I am making in my personal life is... OR A time a stranger was kind to me.... OR A time I was scared of someone and they turned out to be nice...

Read, *Neighbors*

Discussion What did you notice?

- When have you settled a dispute that could have gone on for a long time, or seen someone do it in a way you really respected?

Principles: Remember: Use what's needed and share the rest fairly.

Labels OR

Fish-bowl Neighbor Dispute: Set two chairs in the center of the circle for two neighbors. Invite two people to start sitting in the chairs to settle a dispute that one neighbor built a fence on a large property, but it turns out to unintentionally slightly intrude onto the neighbor's property, which would be extremely expensive to correct and the neighbor cannot afford. Others in the group may tap into the two chairs in the center if they feel a person's idea is not working towards settlement and they have an idea they think will work. If someone taps in, and the person does not want to leave, you may ask: What do you think their / your strategy is? So you do / don't think it will work? Why? Referee tap ins. Debrief.

Bump Tag

Reflection and Closing

FEEDBACK II: *Planting Trees*

Welcome and Introduction: Name and one thing I do to care for and make peace with the Earth...

Read, *Planting Trees*

Discussion What did you notice?

- What did you notice in the story?
- Why did she have so much persistence; what kept her going?
- When have you persisted doing something that's right even though it's difficult.
- What would we have to change to live at peace with the Earth?

Principles: Remember: Self regulate and respond to feedback. Ask for and offer hospitality, help, and feedback.

Feedback Fishbowl

Turtle and Rabbit

Reflection and Closing

SPEAK OUT II: *Kunta-Hadji*

Welcome and Introduction: Name and

Read, *Kunta-Hadji*

Discussion What did you notice?

- What was the message of Kunta-Hadji? Why did an entire culture listen to and believe his message?
- Who do you or your family read to learn from their messages and what are their teachings?
- Have you ever shared a message from your heart and had others listen to you?

Principles: Change, Take Care and Learn.

Speak Out

Conductor

Reflection and Closing