

A kid's version

# The Season For Nonviolence

Day 61, Peace: Ask your mom or dad to help you plant a seed in a little pot for a peace plant.

Day 62, Commitment: Take care of your peace plant everyday. Talk to it, sing to it, and water it.

Day 63, Release: Remember the candle you began the Season with? Ask your parent to light it again and blow it out once more to release all you learned.

Day 64, Celebration: Plan a peace party with your family. Ask them each to say one thing they are grateful for.

64 Ways in 64 Days

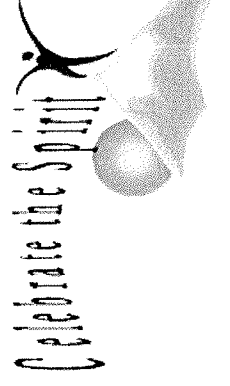
*Dear Parents,*

*This booklet is in many ways a family activity book. We tried to design 64 ways to affirm peace in your child's heart no matter what their age. For younger children, there will need to be some interpretation of words like intention, sibling, collage, etc.*

*We hope you find it useful in encouraging your child's participation in the beautiful Season For Nonviolence and a fun way to spend time together. We do not want to create another stress in your life by one more thing to accomplish when you return home from work. We both know from experience the challenges of being a working parent...if you miss a day or two or more, it's PERFECTLY OK!*

*If you have nieces or nephews or neighbor kids who would like one of these, feel free to copy it and spread it around.*

*Love and peace, Julie and Rev. Georgia*



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Once, before you were born, there lived two very brave men. One's name was Martin and the other Mohandas. Martin lived in the United States and Mohandas in India. Like you, they liked to see people laugh and sing and create new things and go wherever their parents let them go.

Unfortunately, they lived in a time when people with brown and black skin were not allowed to go wherever their parents let them go or do many of the things free people can do. Ask an adult in your house for some examples of what free people do now and you will be able to imagine what it would be like not to be able to do them. It made Martin and Mohandas very sad and angry so they decided to do something about it.

First, they talked to God for ideas as to what to do. They both understood they needed to use their words and not hit anyone or say bad things to them. They knew they needed to do and say those things which made God proud of them. They remembered other names for God were Freedom and Peace. They decided to live only in Freedom and in Peace. It was very hard and sometimes they cried and sometimes they may have stomped around their houses, but they always lived in Freedom and Peace. They never let anyone tell them where they could go or what they could create again. They were punished by people who tried to stop them, people who acted very mean because they didn't know any better. But they remembered God's other names, Freedom and Peace, and they didn't stop, not once, not ever.

Today, we're beginning 64 days of thanking Martin and Mohandas for their bravery and for making the world a much better place for all of us. Arun Gandhi, Mohandas' grandson, created a celebration called the Season For Nonviolence and we're participating by focusing on things we can do each day to remind us of Freedom and Peace.

#### **PARENT'S NOTE ON BACK COVER**

Day 49, Honor: Say a quiet thank you prayer before each meal.

Day 50, Choice: Make a collage of opposites like salt and pepper, red and blue, black and white, men and women, dogs and cats, etc.  
Celebrate choice.

Day 51, Advocacy: stand up for someone who is treated unfairly today. Say, "That's not fair!"

Day 52, Equality: Today, do not compete with your siblings. Make sure everything is fairly divided.

Day 53, Action: Do a special chore to brighten your bedroom: pick flowers (if your mom or dad says ok), put up a new picture, clean your dresser.

Day 54, Giving: Make a "for no special reason" gift for a family member or friend.

Day 55, Responsibility: On your way to school or while playing, pick up any trash you see and dispose of it. Wash your hands.

Day 56, Eco sufficiency: Do your chores and homework without being reminded..

Day 57, Service: Help your mom or dad with a chore that is not yours.

Day 58, Citizenship: Follow the rules today. Give yourself a citizenship award. What would it be for.

Day 59, Intervention: Talk to your parents about drugs/alcohol. What questions do you have.

Day 60, Witnessing: Share a story with your parent. Have you ever seen someone do something wrong? What was it? What happened?

Day 37, Graciousness: Say “please” and “thank you” all day. Let your brother or sister go first or sit in the front seat.

Day 38, Kindness: Perform 3 acts of kindness today. Help someone do something, clean up after someone else, rub your mom’s feet.

Day 39, Dialogue: Choose not to argue today. Discuss but no arguing.

Day 40, Unity. Make a collage of faces. Look in magazines for faces of different colors and shapes and ages.

Day 41, Openness: Be willing to eat a new food today. Ask your Mom or Dad what it might be.

Day 42, Accountability: Create a “Peace Place” in your home and be willing to go there to make up when you quarrel.

Day 43, Uniqueness: Look in the mirror and find something about you that’s different from your Mom or Dad.

Day 44, Cooperation: Work with another family member to build a story. One word at a time, taking turns.

Day 45, Mastery: When you feel you are getting angry, count backward from 10 to 1. Breathe deeply, smile.

Day 46, Compassion: Draw a picture of taking care of someone who needs your help.

Day 47, Disarmament: Do not watch TV, movies, or videos today that use weapons.

Day 48, Ecology: With a parent, pick up all recyclables in your home or neighborhood.

## **In Celebration of Martin Luther King, Jr. & Mohandas K. Gandhi and their dreams of peace in each heart.**

Day 1, Courage: Have a parent light a candle for you. Make a wish for peace and release it by blowing out the candle.

Day 2, Smiling: Smile at three people who look different than you.

Day 3, Appreciation: Tell each family member one thing you like about them.

Day 4, Caring: Make a list or tell your parent three ways you care for yourself.

Day 5, Believing: Finish this sentence with something good about yourself: I AM \_\_\_\_\_.

Day 6, Simplicity: Clean up the clutter in your bedroom today.

Day 7, Education: Read ( or have a parent or older sibling) a new book today. Idea: The Lovables.

Day 8, Healing: Remember a time when your feelings were hurt. Share this experience with a parent or sibling.

Day 9, Dreaming: Draw a picture or write a poem about your dream for peace.

Day 10, Faith: Draw something you want to happen to you.

Day 11, Meditation: Sit quietly listening to nothing but your breath for one minute.

Day 12, Groundedness: 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 remember.

Day 13, Creativity: Do a dance or sing a song after dinner for your whole family.

Day 14, Humility: Share with someone you trust a mistake you made and how you might have done it differently.

Day 15, Reverence: 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 neighbors yard.

Day 16, Gratitude: Before you go to bed, think of three things for which you are grateful and write or draw them.

Day 17, Integrity: Today tell someone you trust about a feeling you're not sure you should have.

Day 18, Freedom: 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: Three times today, just look in the mirror and say, "I love you" to yourself.

Day 20, Self Forgiveness: Be gentle with yourself, be sweet. Spend today only saying good things to yourself.

Day 21, Inspiration: Draw a picture or write a story of someone you think is a hero, someone you respect.

Day 22, Mission: Make a collage from pictures in magazines of all the things you want in your life.

Day 23, Prayer: Begin and end today with the statement: Peace begins with me."

Day 24, Harmony: Say something nice today to someone who you don't like too much.

Day 25, Friendliness: Say hello to one new person today. Maybe shake their hand.

Day 26, Respect: Speak only with kindness today. Use no name calling or put-downs.

Day 27, Generosity: 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: Practice listening to your parent tell a joke or a story about something that happened to them. Repeat it back to them to see how well you listened.

Day 29, Forgiveness: Write, or have your parent or sibling write down your words for a letter of apology. Who do you need to say, "I'm sorry" to?

Day 30, Amends: What action can you take to change a behavior that makes someone you love unhappy. Draw it or write it down.

Day 31, Praising: Give every member of your family praise to-day. Tell them something they did that was great!

Day 32, Patience: Practice not interrupting anyone today.

Day 33, Acknowledgement: Choose one person to make an award for. Tell them why they are important to you.

Day 34, Love: Say "I love you" to your parents, siblings and grandparents today. Write one "I love you" note.

Day, 35, Understanding. Send every stranger you meet today a silent (to yourself) "I love you" thought.

Day 36, Mindfulness: Color within the lines today. Draw something, anything, and be mindful of the lines.