



Kids for Peace

Uplifting Our World Through Love and Action

Ideas & Activities for Families During the COVID-19 Pandemic

As schools close, activities pause and self-quarantining is encouraged, we have a unique opportunity to “go within” and connect deeply with our families. We hope the below activities will help foster peace with our children, inspire fun with our families and shine a healing light of love upon our world. We’re all in this together!

ACTIVITIES FOR KIDS

Put Our Peace Pledge Into Action

I pledge to use my words to speak in a kind way.

- Send Peaceful Pen Pal letters to other kids in the USA. Sign up [here](#). Download our Peaceful Pen Pal [letter template](#).
- Create an entry for the “I am Powerful” Kids for Peace Book “Contest.” This will be our 5th book. Learn more: [Flier](#) & [Book Entry Form](#).
- Write and mail a card to a senior citizen who can no longer receive visitors due to the COVID-19 situation. If you don’t know an elder to write to, you may send a generic card to a “Grandfriend” at your closest senior living facility.
- Hold gratitude circles at dinnertime.
- Call or FaceTime friends, Grandparents, or Grandfriends just to say hello.
- Make up a poem with a positive message.
- Write positive messages on Post-It Notes and place on mirrors in your house.
- Make Peace Rocks. Paint rocks with kind words and place them around town to delight your neighbors.

I pledge to help others as I go throughout my day.

- Do household chores without being asked - make your bed, pick up your toys, clean your room/bathroom.
- Whenever possible, avoid time with people outside your family to help prevent the spread of COVID-19.
- Offer to pick up mail or run errands for elderly neighbors and leave shopping bags on their doorstep.





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ACTIVITIES FOR KIDS CONT'D

Put Our Peace Pledge Into Action Cont'd

I pledge to care for our earth with my healing heart and hands.

- Take a hike or visit the beach and pick up litter along the way.
- Learn about recycling in your community and discover something new.
- Water your plants, pick weeds.
- Harvest seeds from fruits and replant them.
- Learn about composting and practice in your own garden.

I pledge to respect people in each and every land.

- Discover something new about a different culture or a different country.
- Listen to music from different parts of the world.
- Pick at least one country from each continent and discover their favorite food/dish.

I pledge to join together as we unite the big and small.

- Send letters or cards to Senior Homes, Memory Care, Hospice facilities since they are not able to have visitors at this time.
- Spend time taking care of your pet - feed them, brush them, walk them, clean up after them.

I pledge to do my part to create PEACE for one and all.

- Design your own string of peace flags using old clothes, paint, or whatever materials you have available at home.
- Create a [kind rainbow](#).
- Practice [mindful breathing exercises](#).
- Do [yoga](#).

I PLEDGE TO USE MY WORDS
TO SPEAK IN A KIND WAY.
I PLEDGE
TO HELP OTHERS AS I GO
THROUGHOUT MY DAY. I PLEDGE TO
CARE FOR OUR EARTH
WITH MY HEALING HEART AND HANDS. I PLEDGE TO
RESPECT PEOPLE
IN EACH AND EVERY LAND.
I PLEDGE TO JOIN TOGETHER AS WE
UNITE THE BIG AND SMALL.
I PLEDGE TO DO MY PART TO
CREATE PEACE
FOR ONE AND ALL!

The Kids for Peace "Peace Pledge" ©2012 • What would the World look like if everyone followed the Peace Pledge?
Please send us your answer to info@kidsforpeaceglobal.org • www.KidsforPeaceGlobal.org



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FUN ACTIVITIES FOR FAMILIES

- Join our Happy Heart Hunt. Let's blanket our world with LOVE! It's simple! Just make a heart from any object and tape it to a street-facing window to send your love out to the world. Encourage all your friends to do the same. Then, in a few days, take a family walk to search for other hearts on houses. How fun it will be to watch the love grow! [Learn more](#)
- Host Family Game Night – get out the board games, decks of cards, chess sets and puzzles.
- Create an obstacle course with things from your home.
- Have a spontaneous dance party! Crank the tunes and DANCE!!
- [Play charades.](#)
- Clean your closets together. (Seriously!) Put on some fun music and then joyfully declutter. Keep only the things that are useful and spark joy.
- Create a family “masterpiece” out of [recycled items](#) from your decluttering.
- Listen to a podcast: “[Wow in the World](#)”.
- [Learn on-line together.](#)
- Teach your child a skill or a share a talent. Teach them to cook, change a tire, sew on a button, balance a checkbook, play the ukulele, etc.
- Go on a [scavenger hunt.](#)
- Explore nature. Continue to spend time outdoors. The fresh air is good for kids, and for us as parents. But please do this as a family rather than meeting up in groups.
- Create a [family vision board.](#)

Happy Heart Hunt

During the COVID-19 pandemic, let's send our love to the world!

It's easy!











1. Cut out a heart of any size from any material (craft paper, cardboard, wrapping paper, newspaper, fabric, etc).
2. Decorate your heart with a positive message or leave it blank.
3. Tape your heart to a street-facing window to show your love to all.
4. As word spreads, go on a family walk or drive & see how many happy hearts you can find.



♥ Kids for Peace ♥

KEEP LEARNING AT HOME

Free Online Resources

 pbskids.org	 play.prodigygame.com
 www.starfall.com	 www.khanacademy.org
 kids.nationalgeographic.com	 www.typingclub.com
 ABCMouse.com/redeem Use code: SCHOOL2568	 www.squigglepark.com
 scholastic.com/learnathome	 mysterydoug.com

www.funfirst.com



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VIRTUAL PLAYDATES AND CONNECTIONS

Use a free video platform to connect with other kids. Zoom, FaceTime, Skype, WhatsApp and Google Hangouts are some of our go-tos.

- Lego Masters – Create a LEGO challenge amongst a group of friends. Give the kids a timeframe to create. Send pictures of final creation on a video platform.
- Start a virtual book club for kids.
- Take a [Virtual Museum Tour](#) together.

HELPFUL TIPS FOR PARENTS

How to talk about COVID-19 with your children

- Meet children where they are.
- Help them feel like they're in control.
- Be realistic about them getting sick.
- Provide reassurance.
- Keep up a normal routine.

Sources/learn more:

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>
<https://www.psychologytoday.com/us/blog/hope-resilience/202003/how-talk-your-kids-about-covid-19>
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Self-care Ideas

We must remember to take care of ourselves so we can take good care of our children!

1. Seek accurate information from legitimate sources & set limits around news on COVID-19.
2. Look after yourself – exercise & meditate.
3. Reach out to others and support people around you.
4. Maintain a sense of hope and positive thinking.
5. Acknowledge your feelings.
6. Take time to talk with your children about the COVID-19 outbreak.
7. Ask for professional support.
8. Remember you are not alone.

Sources/learn more:

<https://www.mhe-sme.org/covid-19/>
<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>



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TIPS FOR PARENTS CONT'D

Create a Routine

While you are home with your children, a routine will be helpful for both your kids and you! We love to make plans, but stay flexible and leave room for the “magic” of the moment to happen.

- Use school as the framework and honor what had been your child’s routine.
- Dedicate time for play.
- Schedule in some easy indoor activities.
- Go to recess.
- Make a screen time routine.

Sources/learn more:

- <https://time.com/5803373/coronavirus-kids-at-home-activities/>
- <https://busytoddler.com/2020/03/indoor-activities/>

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B- wipe all door handles, light switches, and desk tops. C- Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids

INSPIRATION

This beautiful poem puts everything in perspective. [Lockdown – Hope for Humanity](#)





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CARING KIDS CORNER

Wise advice from kids during this unprecedented time

Does your child have advice for other kids or for adults? If so, please share and we will post in our weekly newsletter. Send advice to info@kidsforpeaceglobal.org.

- "Go outside and race your sibling from one end of your street to the other." James, 11
- "Make sure not to eat too much or too much junk." Jack, 9