



NONVIOLENCE

DAY 1

Good morning and welcome to *The Principal's Principles*. **NONVIOLENCE** is the practice of using peaceful means to solve a problem. What would you do if someone pushed you out of the lunch line and caused you to fall? It is a natural response to get mad and want to push back, but that usually just creates more problems! Instead, think of nonviolent ways you could handle the situation. You could talk to the person who pushed you and try to resolve the problem or ask a teacher for help. Instead of fighting or hurting someone, find a peaceful solution to your problem. That's what nonviolence is all about! Make it a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. **NONVIOLENCE** means to act and respond without harming another person. That's hard to remember if you get very, very mad! Everyone feels angry sometimes, and that's okay. The important principle is to learn how to express feelings of anger in nonviolent ways. The next time that you feel angry, think about trying one of these ways of cooling off: Take a few deep breaths and count to ten (or more if you need). Draw a picture of how you feel. Walk away until you feel calmer. Create your own way to respond peacefully. Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. Have you ever heard someone use the expression "brains over brawn"? It means that people who think and use good common sense usually accomplish more than people who rely on their muscle strength and physical force. **NONVIOLENCE** is a way of using your brainpower to triumph over muscle-power. It is a way to attack the problem without attacking the person. Imagine if everyone used their minds to "think" their way out of problems -- what a peaceful world we would have! Use your brainpower to make today a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. Have you ever known anyone who acted like a "bully"? A bully is someone who is mean to, threatens, and hurts other people. There is no reason one student should ever hurt another student on purpose. Help us "Ban Bully Behavior" at _____ (school name) by using **NONVIOLENT** ways to work through disagreements. Stand up for each other if you see someone being bossed around. Ask a teacher for help. Together, we can make our school "bully-free" today and everyday! Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. All week, we have been learning about **NONVIOLENCE**. While we cannot stop everyone from fighting wars and hurting people in other parts of the world, we can work hard to keep our school peaceful and free from violence. Have you ever thought about your words as weapons? They may not make a cut or a bruise on the outside, but they can cause painful wounds on the inside! Think about how much name-calling, put-downs, and mean teasing can hurt. One way we can create peace in our school is to avoid harming others with unkind words or actions. Make it a fabulous day!