



Nonviolence

NONVIOLENCE means to act and respond without harming another person.

NONVIOLENCE is the practice of using peaceful means to solve a problem.

Activity 1

Discuss with your child how **NONVIOLENCE** means to act and respond without harming another person. Explain how nonviolence is the practice of using peaceful means to solve a problem. Watch one of your child's favorite cartoons or TV shows together, and count the acts of violence during the show. Talk with your child about how people can get so used to seeing violence on TV or in video games that they do not realize that those same actions in real life will hurt people. Encourage your child to choose quality, nonviolent TV shows.

Activity 2

Teach your child that even though violence can not be eliminated everywhere in the world, together you can make your home a safe, healthy, and peaceful place. Ask your child what words he or she would use to describe a peaceful environment. Talk about the words and discuss why each was selected. Explain that every member of the family has an important role to play in creating a peaceful home. Have your child think of ways he or she can contribute as a peacemaker in the family. Examples could include being kind or helpful. Congratulate your child when peaceful actions are observed.

Activity 3

Discuss with your child, the quote: Bullies are just weak, frightened people who act tough to hide their insecurities. Ask your child to describe what it means to act like a "bully." Explain that some people use psychological or physical force (violence) to boss other people around. Talk to your child about appropriate ways to stand up for himself or herself and others who are being picked on. Some points you could discuss include:

- Talk to parents or teachers when there are problems with a bully.
- Make good friends who will stand beside you.
- Help someone who has been bullied.
- Teach your child suitable ways to defend himself or herself.
- Teach your child to avoid acting aggressively.

Encourage your child to always tell you when he or she feels threatened in any situation.

Activity 4

Help your child understand that it is a natural human response to feel angry when someone insults or mistreats us. Teach your child about the physical reactions that happen when a person feels angry. For example, muscles may get tense, the heart beats faster, breathing is accelerated, there is often a rush of energy, etc. Ask your child if he or she has ever noticed these physical symptoms when feeling mad. Discuss different ways to "cool down" rather than to react immediately with angry outbursts. Examples could include: taking deep breaths, counting to 10, walking away, singing a song, drawing a picture of how you are feeling, etc. Together enjoy practicing one of the "cool down" methods.

Activity 5

Together with your child, practice saying "Peace" in different languages. Two words from two different places are listed below:

- Ghana: Goom-jigi (goom-jee-jee)
- Hawaii: Maluhia (mah-loo-HEE-ah)

Teach your child that although the words look and sound very different, they both have the same meaning . . . Peace (freedom from violence). Explain that people in some parts of the world say "peace" instead of "hello", which shows that they are thinking about living peacefully.