

Plan to Implement
the Season for Nonviolence, January 30 – April 4, 2015
on School Grounds
With Extracurricular Club Activities

1. Let the student council appoint a committee and invite all the presidents and vice-presidents of all the clubs at its school to attend a meeting for the purpose of implementing the celebration of the Season for Nonviolence.
2. Let each club choose a weekly theme to promote a nonviolent lifestyle.

For example:

Student Council: Treat each other with kindness and compassion;

Sierra Club: Protect our natural resources, especially all animals;

Home Economics Club: Eat healthy to avoid obesity;

Thespians: Improve communication skills;

Forensics and Debate Teams: Improve listening skills;

Sports Clubs: Recreate nonviolently;

History Club: Point out important historical events of nonviolent movements;

Arts Club: Promote “peace cranes”; (Sadako Sasaki).

3. Let each club choose one of the many heroes of nonviolence.

For example:

Ruby Bridges, Rosa Parks, Cesar Chavez.

Nelson Mandela: Education is the most powerful weapon we have to change society.

For further information go to YouTube:

Virginia for Peace and Nonviolence

There is plenty of educational material: for instance: 64 Ways to Practice Nonviolence:

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One suggestion: Create **FREEDOM FROM FIGHTS FLAG**, and raise it the next day, when no fight was reported.