



# Kids for Peace

Uplifting Our World Through Love and Action

## Ideas & Activities for Families During the COVID-19

As schools close, activities pause and states issue stay-at-home orders, 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.

- **NEW:** Sing a happy song! Go curbside caroling with your family; create a music video and share far and wide; sing from your window like the [Italians](#), or simply sing along with the radio.
- **NEW:** List all the things that make you happy.
- Send [Peaceful Pen Pal](#) letters to other kids in the USA. Sign up [here](#). We already have 350+ youth from 32 states participating!
- 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](#).
- **NEW:** Write and mail a card through our [Loving Letters for Grandfriends project](#). Send cheer to a senior citizen who can no longer receive visitors due to the COVID-19 situation. [Learn More & Sign Up](#).
- 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.

- **NEW:** [Surprise delivery drivers with a gratitude gift](#). Place a note and a gift of food, water, gift cards, a toilet paper roll, etc. in a basket by your front door. #ThankYourDeliveryDriver.
- **NEW:** Create a “[Take what you need. Leave what you can.](#)” container for your neighborhood.

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](mailto:info@kidsforpeaceglobal.org) • [www.KidsforPeaceGlobal.org](http://www.KidsforPeaceGlobal.org)





# Kids for Peace

Uplifting Our World Through Love and Action

## ACTIVITIES FOR KIDS CONT'D

### Put Our Peace Pledge Into Action Cont'd

- **NEW:** From our friends at [The Random Acts of Kindness Foundation](#), post these [notes](#) and offer to help your neighbors! (Please don't interact directly; just leave the note on the door.)
- **NEW:** [Sew facemasks for nurses and doctors.](#)
- 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. Use the [Random Acts of Kindness Foundation form](#) or give your neighbors a call.

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

- **NEW:** Check out the [one-click actions](#) from our friends at Roots and Shoots.
- Take a hike or visit the beach and pick up litter along the way (remember to keep the 6 feet distance from others!) #SixFeetOfKindness.
- 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.

- **NEW:** Show compassion to end harassment towards Asians who might be experiencing racial discrimination because of COVID-19 fears.
- 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.

- **NEW:** [Loving Letters for Grandfriends.](#) Sign up a senior to receive loving letters or sign up to write loving letters to seniors! [Learn More & Sign Up.](#)
- 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.

- **NEW:** [Chalk your walk.](#)
- **NEW:** Stay strong and healthy with this [One Month PE Challenge](#) created by Coach K, the PE teacher from Reynolds Elementary in Oceanside, CA.
- 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 Am Powerful

### Kids for Peace Book Project



Help create a book of uplifting affirmations.

— Kids for Peace —

## Loving Letters For Grandfriends



Let's send some love to our beloved senior friends.

— Kids for Peace —

## Gratitude Gifts for Delivery Drivers



Let's thank our much needed delivery drivers!

— Kids for Peace —



# Kids for Peace

Uplifting Our World Through Love and Action

## Ideas & Activities for Families During the COVID-19

### FUN ACTIVITIES FOR FAMILIES

- **NEW:** Download our [Great Kindness Challenge- Family Edition checklist](#) and complete as many items as possible from home.
- 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
- 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 safe (keeping 6 feet distance from others!) family walk & see how many happy hearts you can find.

♥ Kids for Peace ♥

## KEEP LEARNING AT HOME

Free Online Resources

|  |  |
|--|--|
| <a href="http://pbskids.org">pbskids.org</a>   | <a href="http://play.prodigygame.com">play.prodigygame.com</a> |
| <a href="http://www.starfall.com">www.starfall.com</a>                               | <a href="http://www.khanacademy.org">www.khanacademy.org</a>   |
| <a href="http://kids.nationalgeographic.com">kids.nationalgeographic.com</a>         | <a href="http://www.typingclub.com">www.typingclub.com</a>     |
| <a href="http://ABCMouse.com/redeem">ABCMouse.com/redeem</a><br>Use code: SCHOOL2568 | <a href="http://www.squigglepark.com">www.squigglepark.com</a> |
| <a href="http://scholastic.com/learnathome">scholastic.com/learnathome</a>           | <a href="http://mysterydoug.com">mysterydoug.com</a>           |

www.funfirst.com



# Kids for Peace

Uplifting Our World Through Love and Action

## Ideas & Activities for Families During the COVID-19

### 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:

**NEW:** <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<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>

#### 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>



# Kids for Peace

Uplifting Our World Through Love and Action

## Ideas & Activities for Families During the COVID-19

### 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<br>Yoga if it's raining  |
| 10:00-11:00   | Academic time       | NO ELECTRONICS<br>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.<br>B- wipe all door handles, light switches, and desk tops.<br>C- Wipe both bathrooms - sinks and toilets |
| 1:00-2:30     | Quiet time          | Reading, puzzles, nap   |
| 2:30-4:00     | Academic time       | ELECTRONICS OK<br>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

- **NEW:** [A message of hope from Dr. Jane Goodall](#), our [2010 Peace Hero](#)
- This beautiful poem puts everything in perspective. [Lockdown – Hope for Humanity](#)

