

## Assembly/lesson suggestions with singing for peace on International Peace Day, Thursday Sept 21st 2017 with One Day One Choir



***'Peace cannot be kept by force, it can only be achieved by understanding'* Albert Einstein**

**Aim/LO** - to encourage children to think about and reflect on unity and peace, of all kinds, about what it is and how they can be part of it. To use united voices to share and sing for and about it. (Choir in this context simply means a group of people who sing together, i.e. the entire school!)

**'This is so inspiring - count us in!' CEO - Sing Up**

**Singing for peace and unity with One Day One Choir on Peace Day is inspiring and uplifting**, and ticks so many learning and educational boxes, from community and social engagement, PSHE and personal development, to arts, music, humanities, politics, religion, mindfulness, mindset and global awareness and connectedness. It also links your school and pupils to thousands and thousands of others around the world who will be doing the same thing on Peace Day.

**An assembly, short lesson, concert or school community singing session** would be focussed on peace and unity and use singing as the core collaborative part of the experience. You can use your preferred format for the assembly or lesson, especially if you have successful ones that you already work with and we have free songs and assembly suggestions to help as well.

**Feedback from schools has shown that children are inspired and reassured by these Peace Assemblies** and love to know that thousands of other children around the world are doing the same thing. Feel free to use our map to show the schools that have signed up, you may also want to flag up schools in other countries who have joined in, especially those in Pakistan and other Islamic countries. You might also like to share the fact that the word "Islam" is derived from the Arabic word meaning "peace".

**You can sing what you like but we have some free songs** on our website - including the new One Day One Choir round, which you could teach in the assembly - so **help yourself at** <http://www.onedayonechoir.org/wp-content/uploads/2017/03/One-Day-One-Choir.pdf> with sound clips at <http://www.onedayonechoir.org/singing-for-schools/>

**Sing Up is also building a bank of free songs** for us which will be available soon.



**Children need more than ever to develop ways to understand and process the increasing unrest and violence in our world** and to think about and discover how they might find peace within themselves, as well as having a personal voice in the wider process.

**Suggested Introduction** - Today, Sept 21 is World Peace Day, a special United Nations day which aims to encourage people, especially children, all over the world to think about what peace is and consider actions they can take to make a difference in their own lives and communities throughout the coming year. (if you can't do the 21st then any time that week is fine).

**What is peace - ask pupils for suggestions and ideas.** These could be anything from freedom from fear and violence and not being at war to being quiet and still, feeling safe, protected and secure. Peace is also about experiencing and practising kindness, fairness, justice, love and consideration for others as well as learning to be patient and finding ways to deal with anxiety and worries, and learning about, understanding and accepting differences. Then there's conflict

resolution - finding ways to make peace with one another when things have gone wrong or learning how to practise anger management and self control, or trying not to provoke or fight or get into trouble in the first place. You may also wish to look at the benefits of peace in learning, living and working together and general happiness and fulfilment.

**Encourage children to understand that peace is not just a lack of conflict** but also the ability to find ways to be peaceful within themselves, even if there is chaos, noise or activity going on around them at school, at home or outside. You might also highlight that peace and promoting peace is at the centre of all world faiths and that we are each responsible for contributing to peace and peacefulness; we all have the inner power and ability to create this in our own different ways.



**'We couldn't believe the positive and powerful impact our short peace assembly had on pupils and the school; the children talked about it for weeks. Last year we sent music to our partner school in Malawi so they could join in with us. It was so inspiring; not only did 500 pupils sing there but the entire village came out and sang too!'** Val Riziotis, Headteacher, Cheam Common Infants' School, Surrey.

**Readings** can be anything from things that children have written themselves to popular or readily available general readings about peace, unity and harmony from secular and/or multi faith sources.

**Time for reflection** could be anything from a short silence or maybe some mindfulness breathing or quiet personal thoughts on how to be more peaceful, to contemplative readings or maybe a prayer or a spiritual or philosophical poem or words.

**Singing for peace - the focus of the assembly/event.** You could share with children the power that singing together has, for example that it connects us more than any other activity, triggers our feel good chemicals, improves our health and happiness, makes our hearts beat at the same time and is one of the very few things we can do together regardless of our ability, age, faith, beliefs, social views and background. It also makes us feel more peaceful and positive and is a great way to unite the school and start the day off on a positive note. You may also wish to invite special guests or friends and family to your peace assembly or go out and sing in the community.

**'We brought the whole school and their parents together in the school gym and taught them a peace song - it was great and we'll definitely be doing it again.'** Becki Wolfe, BIS Houston

**Please let us know that you are joining in and please tell others.** We run the project for free so we really appreciate your connection, collaboration and support. Thank-you.



**Please sign up to sing with us at [www.onedayonechoir.org](http://www.onedayonechoir.org) - and please help us to reach others by spreading the word and posting about us on social media  
We are on Facebook and Twitter #onedayonechoir**