






WE ARE PEACEMAKERS

Introduction to social justice, conflict resolution, and mindfulness

LESSON OVERVIEW

Participants will:

-  Learn to balance inequities and differences
-  Promote communication and collaboration
-  Be mindful of themselves and others

Lesson Outline:

1. Program Introduction
2. Session 1: Social Justice
 - Participants will play a game to simulate social and economic differences and inequalities
3. Session 2: Conflict Resolution
 - Participants will practice communication, teamwork and emotional management strategies in two conflict resolution games
4. Session 3: Mindfulness
 - Participants will discuss the importance of mindfulness in peacemaking, and will create a mandala craft to reflect on their emotions and environment
5. Debrief activity (40 minutes):
 - Participants will reflect on their learning and experience in a cumulative activity

Ontario Curriculum Connections:

If desired, each lesson can be adapted to align with the Ontario school curriculum in the following subjects.

- History
- English
- Social Studies
- Art

TIME:

- This workshop was designed for a full day, with three 50 min, facilitated sessions
- Sessions can be adapted to fit time requirements

AGE LEVEL:

- This workshop was designed for an intergenerational participants, but can be adapted for specific age requirements

SET- UP:

- This workshop requires open space for session 1 and 2, and tables and chairs for session 3 and the debrief activity.

ACCESSIBILITY:

- Activities require some standing and movement in all sessions.