



A global torch relay that embodies  
humanity's universal aspiration for peace

THEME

**“My Peaceful World”**

# **Classroom Support Guidebook**

**Background information and suggested  
class activities for the Peace Run**

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# Sri Chinmoy Oneness-Home Peace Run

The Sri Chinmoy Oneness-Home Peace Run is a global torch relay that embodies humanity's universal aspiration for peace. Since its inception in 1987, the Run has traversed over 150 nations and territories and touched the lives of millions of people. It is estimated that since 1987 the torch has been carried over 395,000 miles (632,000 km). The Peace Run does not seek to raise money or highlight any political cause, but simply strives to create goodwill among peoples of all nations.



By passing the torch from one person to the next, the relay offers people from many nations the opportunity to express their hopes and dreams for a better, brighter future. People from all walks of life hold the symbolic torch to wish for a peaceful world. Passing the torch from one person to the next unites us in our common aspiration to offer something positive to our world – together we can make a difference!



*Nelson Mandela and his wife Graça Machel hold the torch with Sri Chinmoy.*

The Sri Chinmoy Oneness-Home Peace Run Inc. is a 501(c)(3) non-profit entity incorporated in the State of New York. It is funded through a combination of financial donations, grants and in-kind donations. The New York office is the global headquarters and oversees the activities of independently organized events around the world.

Sri Chinmoy devoted his life to the pursuit of harmony and oneness between people and different cultures. He dynamically pursued this vision through the arts, athletics and humanitarian service. He was always a strong advocate for the role of sports as a powerful instrument for promoting global harmony.

During his lifetime, Sri Chinmoy was internationally recognized for his numerous initiatives that have united people from many cultures and walks of life to work for a more fulfilling world. As an athlete, philosopher, artist and poet, Sri Chinmoy dedicated his life to advancing the ideals of world peace and oneness.



*Mother Teresa holds the torch in Rome.*

In 1987 he founded the Oneness-Home Peace Run as a way to bring people together in a global yet grassroots event. Known between 2005 and 2013 as the World Harmony Run, the Peace Run does not seek to raise money or highlight any political cause. Rather, the Peace Run provides an opportunity for people to give expression to their own hopes and dreams for a more peaceful and harmonious world.

In July 2005 Sri Chinmoy commented, “World harmony, world peace: these are not mere dictionary words. These are realities, divine realities and supreme realities.”

“May the flames of peace-torch  
Kindle and awaken  
Each and every world-citizen.”

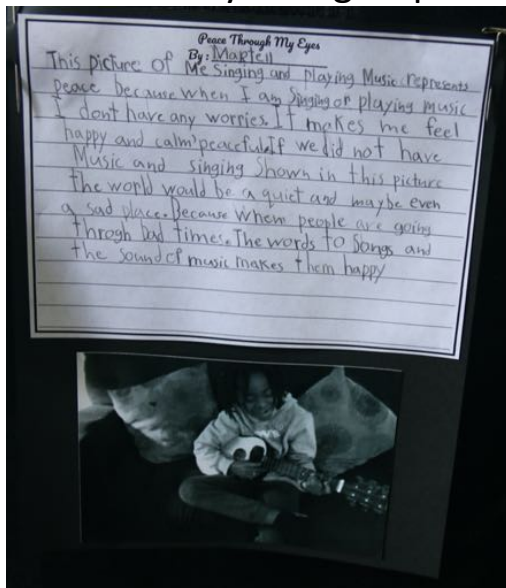
- Sri Chinmoy

# Suggested Activities

Every year the Peace Run visits countless schools in more than 100 countries around the world. Students get to meet the runners, hold the torch and express their own hopes and dreams for a more harmonious world. This guidebook contains many ideas for bringing the experience of peace into the classroom. We would love to receive your creative input! You can contact us through your local coordinator or the Peace Run website.

## Preparing for the Peace Run

Schools and youth groups can encourage students to:



*Photograph of an activity where this student feels peace accompanied by a short description of why they like it.*

- Learn one of the Peace Run Songs to sing with the team when they arrive.
- Make Peace Doves to hold or display for Peace Run Day.
- Take their own photograph of what peace means to them and write about it.
- Write Peace Pledges and have them ready to give to the Peace Run Team.
- Make their own peace torches to hold at your Peace Run Day ceremony.
- Prepare poems, stories or essays to share at the ceremony.
- Prepare artwork for display on Peace Run Day and for the International Day of Peace
- Create or prepare a musical piece to perform
- Create and perform a skit showing the steps to build harmony in your school
- Get ready to hold or run with the Peace Torch

## Learning about another country



Invite students to choose a nation or a few nations and research what that nation has done towards peace. Investigate if the Peace Run has travelled through that country. In researching the country, the students could contact a school in that country that has been a part of the Peace Run. Find traditional songs, costumes or games from that nation.

When the Peace Run arrives at the school, the students can present what they have learned to the school and to the Peace Run Team. Or students can send a summary to post on the Peace Run website.

## Finding peace in the local community

Each community in the world strives for peace and cultural understanding in its own unique way. We all want to live in a place where there is a feeling of oneness. Each small step for peace in a community adds to the giant steps our world takes together towards this lofty goal.

Invite the students to go out into the community to find the unique ways that one individual, the school or community at large are making the place where you live one of peace and friendship.

This could then be presented by the students to the Peace Run Team on their arrival at the school, or a summary can be sent to be posted on the Peace Run website.



## Making Peace Pledges



Ask the students to look at their own lives and examine their interactions with people, family, school, community and the world at large. From this they will be able to find small ways in which they can make a difference in the world. Ask the students to make a 'Pledge for Peace'. Each student can write down their pledges and present these to the Peace Run Team when they arrive at the school, or send them to be posted on the Peace Run website.

Pledges can include things like: smiling more than frowning, visiting neighbors or volunteering for the community. Anything students wish to pledge will be received happily by the Team.

## Expressing peace through poetry and writing

Encourage children to write poetry, prayers or ideas about world peace that can be read out and shared. Display the students' writings in your school, or publish them in your school or city newspaper. Poetry and writings can also be sent for posting on the Peace Run website.



## Experiencing peace through music



Invite the children to close their eyes and listen to some calm, inspiring music.

- Talk about how the music made them feel.
- Discuss what kinds of things make them feel harmony.
- Discuss how they feel when harmony is missing.
- Ask them to draw a picture that shows what happens when there is no harmony, and a picture that shows harmony.
- The pictures can be shared with the class, displayed in the school or local library, or sent for posting on the Peace Run website.

## Creating peace at school

We can create peace by acting with respect and tolerance toward others, and by deciding that we will always try to solve problems without violence. We can teach students how to make peace when problems happen. Share with students the five steps of creating peace:

1. Stop before you hurt yourself or someone else. Take a deep breath and calm down. Meet with a teacher when both sides are ready.
2. Each person should talk about how he/she feels.
3. Find a solution that will make everyone feel better.
4. Say thank you to your friend for helping to make peace.
5. Lead by example. Your friends and family will then notice the ways you are creating peace.

Schools can recognize students as official Peace Builders, or nominate them to receive the Torch Bearer Award when the Peace Run Team visits. Teachers or students can vote on who should receive the Award. Send your thoughts and experiences of building peace at school for posting on the Peace Run website!

## Imagining peace in the whole world

Take a large map of the world and invite the children to follow the Peace Run journey by drawing a red line, placing thoughts and peace prayers on the map where peace is most needed.

Ask the children to imagine what it would be like if we lived as one world family. To imagine people in the whole world happy and helping each other. To imagine our whole planet as one big community, where each person is respected and appreciated.



# Definition of Peace

## PEACE

*noun* \ˈpēs\

**1:** a state of tranquility or quiet; **a:** freedom from civil disturbance; **b:** a state of security or order within a community provided for by law or custom.

**2:** freedom from disquieting or oppressive thoughts or emotions.

**3:** harmony in personal relations.

**4a:** a state or period of mutual concord between governments;  
**b:** a pact or agreement to end hostilities between those who have been at war or in a state of enmity.

**5:** used interjectionally to ask for silence or calm or as a greeting or farewell.

<https://www.merriam-webster.com/dictionary/peace>



# Peace Run Songs


Schools can encourage students – and especially the school choir, band or orchestra – to learn the Peace Run songs and perform them when the Peace Runners visit. During the Peace Run Day Assembly, the Peace Runners will often lead the students in singing and acting out the Peace Run songs, especially if the students have not already performed them.

Students and teachers may have other favorite songs about peace and harmony that they would also like to practice and perform at that time, such as “Let There Be Peace on Earth, and Let It Begin with Me.” Or, if children are studying different countries as part of the preparations for the Peace Run visit, they could learn and perform songs from those regions, as an expression of unity in diversity through music.

**World-Harmony-Run**

Words and Music  
By Sri Chinmoy  
April 15, 2005

$\text{♩} = 112$  Fast



Run, run, run, run, run, run! World - Har-mo-ny - Run.

We are the one-ness and full-ness of To - mor-row's Sun.

**Audio for the World Harmony Run song can be found here:**

<http://www.peacerun.org/static/media/uploads/au/2013/song/whrsong1m45s.mp3>

# Peace Run

Words and Music  
by Sri Chinmoy  
March 12, 1991

$\text{♩} = 152$  Fast

Peace Run, Peace Run, Peace Run, Peace Run! Run!

One - - ness - world - heart - joy - has - be - - - - - gun.

Peace Run, Peace Run, Peace Run, Peace Run! Run!

Sis - - ters and - - bro - - thers, our - - peace - - torch - - flame - -

Shall feed the globe - - har - - - - - mo - - - - - ny - - game - -

Peace Run, Peace Run, Peace Run, Peace Run! Run!

Peace Run, Peace Run, Peace Run, Peace Run!  
Oneness-world-heart-joy has begun.  
Peace Run, Peace Run, Peace Run, Peace Run!  
Sisters and brothers, our peace torch flame  
Shall feed the globe-harmony-game.  
Peace Run, Peace Run, Peace Run, Peace Run!

Note: On "Run" and "begun", please close the "n" immediately while holding the note.

Audio for the Peace Run song can be found here:

[http://www.peacerun.org/static/media/uploads/au/2013/song/peace\\_run\\_original\\_song\\_final\\_1\\_2\\_1\\_.mp3](http://www.peacerun.org/static/media/uploads/au/2013/song/peace_run_original_song_final_1_2_1_.mp3)

# A New World of Peace

Words and Music  
by Sri Chinmoy  
August 1977

♩ = 126 Moderate-fast



A new\_\_ world of peace, A new world of\_\_ light,\_\_



A new world of\_\_ height\_\_\_\_\_ Can\_\_ a - - - lone\_\_



give\_\_ me\_\_ sa - - tis - fac - tion\_\_ - de - - - light.\_\_

A new world of peace,  
A new world of light,  
A new world of height  
Can alone give me  
Satisfaction-delight.

# Peace in 35 Languages

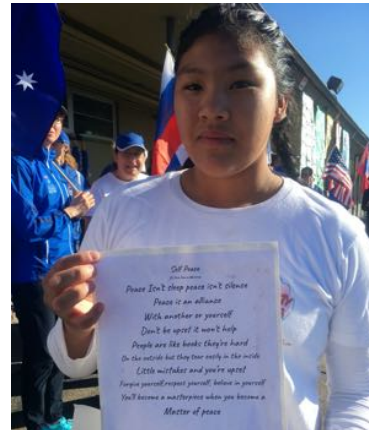
1. **Afrikaans:** Vrede
2. **Aragonese:** Patz
3. **Arabic:** سلام (*salām*)
4. **Haitian Creole:** Lapè
5. **Aymara:** Hacaña
6. **Bulgarian:** Мир (*mir*)
7. **Bengali:** শান্তি (*śānti*)
8. **Tibetan:** རྩི་བདེ་ (*zhi-bde*)
9. **Catalan:** Pau
10. **Chamorro:** Minaggen
11. **Cherokee:** Ⴀႃႆႆ (dohiyi)
12. **Welsh:** heddwch
13. **Danish:** Fred
14. **German:** Friede
15. **Greek:** Ειρήνη (*iríni*)
16. **Esperanto:** Paco
17. **Spanish:** Paz
18. **Basque:** Baké
19. **Persian/Farsi:** صلح (*solh*)
20. **French:** Paix
21. **Irish:** Síocháin
22. **Manx:** Shee
23. **Hebrew:** שלום (*shalom*)
24. **Hindi:** शांति (*śānti*)
25. **Igbo:** Udo
26. **Icelandic:** Friður
27. **Japanese:** 平和 (*heiwa*)
28. **Maori:** Rangima'arie,  
Nohopuku, Rongo
29. **Dutch:** Vrede
30. **Polish:** Pokój
31. **Russian:** Мир (*mir*)
32. **Scots:** Pace
33. **Thai:** สันติภาพ (*santipap*)
34. **Turkish:** Barış
35. **Italian:** Pace

<http://www.k-international.com/blog/international-peace-day-how-to-say-peace-in-35-languages/>

# Peace Run Creative Writing Guidelines

Invite students at all grade levels to write a poem, essay, letter, paragraph or sentences – whatever genre they are already working on in Language Arts – on the theme of  
**“My Peaceful World”**

- Print the writing pieces and mount them on construction paper, poster board or mat board.
- Fasten a completed label (see below) on the back of each work of art.
- Exhibit writing pieces in common areas of your campus for your Peace Run Day.
- Choose three pieces of writing to be read aloud at the assembly on your Peace Run Day.



Title:	
_____	
Artist:	
_____	
Grade Level:	School:
_____	_____

# Torch as a Symbol

The torch is a common emblem of both enlightenment and hope.

Thus the Statue of Liberty, actually entitled “Liberty Enlightening the World”, lifts her torch. Crossed reversed torches were signs of mourning that appear on Greek and Roman funerary monuments—a torch pointed downwards symbolizes death, while a torch held up symbolizes life, truth and the regenerative power of flame. The torch is also a symbol used by political parties, for instance by both Labor (from 1918 to 1980) and the Conservatives (from 1983 to 2006) in the UK, and the Malta Labor Party. In the seals of schools in the Philippines, the torch symbolizes the vision of education to provide enlightenment to all the students.

A torch carried in relay by cross-country runners is used to light the Olympic flame which burns without interruption until the end of the Games. These torches and the relay tradition were introduced in the 1936 Summer Olympics by Carl Diem, the chairman of the event, because during the duration of the Ancient Olympic Games in Olympia, a sacred flame burnt inside of the temple of Hera, kept in custody by her priestess. (from Wikipedia)



*Nine-time Olympic Gold Medalist Carl Lewis lights the Peace Torch in New York City*

# Symbols of Peace

[http://www.ancient-symbols.com/peace\\_symbols.html](http://www.ancient-symbols.com/peace_symbols.html)

## **Dove and Olive Branch**

The dove and olive branch was used by early Christians and became current in the 18th century. It was made popular by the artist Pablo Picasso in 1949 and became widely used in the post-war peace movement. The dove represents the Holy Spirit or Holy Ghost.



## **Peace Sign**



The anti-nuclear emblem or the peace sign is one of the most widely known symbols in the world. It was invented on the request of Lord Bertrand Russell, head of the British 'campaign for nuclear disarmament' or CDN and sponsor of mass marches and sit-downs in London. The symbol is a combination of the semaphore signals for the letters "N" and "D," standing for "nuclear disarmament".

## **Pax Cultura Emblem**

Nicholas Roerich (1874–1947) was the founder of a movement to protect cultural artifacts, whose symbol, a maroon on white emblem consisting of three solid circles in a surrounding circle, has been used as a peace banner. In 1935 a pact initiated by Roerich was signed by the United States and Latin American nations, agreeing that "historic monuments, museums, scientific, artistic, educational and cultural institutions" should be protected both in times of peace and war. According to the Roerich Museum, "The Banner of Peace symbol has ancient origins. Perhaps its earliest known example appears on Stone Age amulets: three dots, without the enclosing circle. Roerich came across numerous later examples in various parts of the world, and knew that it represented a deep and sophisticated understanding of the triune nature of existence. But for the purposes of the Banner and the Pact, Roerich described the circle as representing the totality of culture, with the three dots being Art, Science and Religion, three of the most embracing of human cultural activities. He also described the circle as representing the eternity of time, encompassing the past, present, and future.



## **Broken Rifle Symbol**



The broken rifle symbol is used by War Resisters International (WRI) and its affiliates but predates the foundation of WRI in 1921. The first known example of the symbol is in the mast-head of the January 1909 issue of *De Wapens Neder* (Down With Weapons), the monthly paper of the International Antimilitarist Union in the Netherlands.

## **White Poppy**

The White Poppy is a symbol of peace that advocates putting an end to wars and is worn in remembrance of the military and civilian casualties of wars. It is representative of the belief that killing strangers is not the best way of resolving conflicts. An artificial white poppy flower is worn either as an alternative to or as a complement to the red poppy that is worn on Remembrance Day for commemorating the war dead. The symbol was introduced in 1933 by the Women's Co-operative Guild of the UK and in 1934, the newly-formed peace organization, Peace Pledge Union (PPU) joined the movement. Presently, the PPU runs the White Poppy Appeal.



## Peace Flag



This rainbow flag originated in Italy and is emblazoned in bold with the Italian word PACE, meaning 'peace'. The international peace flag in the colors of the rainbow was first used in Italy on a 1961 peace march from Perugia to Assisi organized by the pacifist and social philosopher Aldo Capitini (1899–1968). Inspired by the peace flags used on British peace marches, Capitini got some women of Perugia hurriedly to sew together colored strips of material.

## Peace Crane

Within Asia the white crane is the bird of peace. Originally it was the sort of peace that comes with prosperity and friendship, such that war is not even considered. The crane took on even greater significance as a peace symbol within Japan right after the bombings of Hiroshima and Nagasaki.



## Peace Hand Gesture



The peace hand gesture is thought to have begun in Europe during World War II when a V for victory -- not to be confused with the Catholic gesture of benediction -- was painted on walls as a symbol of freedom from occupying forces. The sign was widely used by peace movements in the 1960s and 1970s as a symbol of victory for peace and truth.

## Olive Branch

The Olive Branch has been used as a sign of peace in the western civilization since ages and has been found in different religions and cultures that thrived in the Mediterranean. This symbol is believed to have originated from ancient Greece. The Greeks considered the olive tree to represent abundance, as well as having the powers to ward off evil spirits. In Greek mythology, the Olive Branch is shown to be a key attribute of Eirene, the Goddess of Peace.



# Peace Run Art Guidelines

## Theme: Colours of Peace

**Colours of Peace is a global art initiative inspired by the dream of peace in the heart of every child. It celebrates the United Nations International Day of Peace, observed every year on September 21<sup>st</sup>.**



*Artwork exhibited at Colosseum in Rome*

**How to take part** - Invite children to take a few minutes to feel peace within themselves before they begin their work. A few moments of silence helps them reflect on what peace would look like to them.

An international exhibition of selected children's artwork is displayed at the Colosseum in Rome each year.

Schools may also sponsor a Colours of Peace exhibit either within their school or in their city to display the artwork. Ideally, the exhibit would coincide with other exhibits worldwide on or around September 21<sup>st</sup>, the International Day of Peace.

Some artwork that follows Colours of Peace guidelines will be collected and taken by the runners. These works will join a larger US and/or International Colours of Peace

exhibit for display on September 21<sup>st</sup> either in Rome or Seattle, WA. A few works can be selected by students and teachers to join the larger collection.

### Guidelines:

Size: 8x11, either vertical or horizontal is fine.

Media: Pens, colored pencils, paint, etc.

Name: Student's first name (optional) & grade level

School name, city, state and country

Please laminate artwork if possible.



# Torch-Bearer Award

The Sri Chinmoy Oneness-Home Peace Run **Torch-Bearer Award** was created to honor and celebrate individuals from all walks of life in recognition of their personal contribution to making the world a better and more peaceful place.

The award has been received by world recognized figures such as Billie Jean King, Carl Lewis and Desmond Tutu, as well as by many pioneering community service heroes, teachers and children all over the world.

**Choose two students to receive the Torch-Bearer Award – recipients could be nominated by their classmates.**



*Archbishop Desmond Tutu receives the Torch-Bearer Award in Seattle*



*Billie Jean King accepts the Torch-Bearer Award in New York City*

**Alternatively it can be inspiring to offer three awards -- to a student, a teacher and a community member.**

The awards will be presented when the team comes to the school.

**“To change the world around you,  
Give the world  
What you have  
And serve the world  
With what you are.”**

*– Sri Chinmoy*



*We always feel a special thrill when presenting the Torch-Bearer Award*



# School Site Responsibilities

## **#1. Choose a Peace Run Coordinator**

Responsibilities:

- Serve as contact person with the Peace Run team.
- Help teachers teach the “Peace Run” song to all students in the school before your school’s Peace Run Day.
- Inspire colleagues to involve all students in the Peace Run Creative Writing and Art Exhibitions, or other activities.
- Coordinate the exhibition of art and creative writing in the common areas of the school.
- Help teachers to choose and prepare students to read their writing pieces aloud at the Peace Run Day Assembly.

## **#2. Encourage students to create art or write creatively on the theme “Colours of Peace” or “My Peaceful World”.**

## **#3. Display works of art, creative writing pieces or other work from Peace Run activities in common areas of the school site.**

## **#4. Hold Peace Run Day Assembly**

- Prepare an assembly area on campus
  - Chairs for dignitaries
  - Speaker system
- Invite as many students and teachers as possible to the Peace Run Day Assembly.
- Welcome the Peace Runners with spirit as they enter the Assembly.
- Offer gifts of creative writing and art to the Peace Runners.
- Sing or play the Peace Run songs with joy!
- Include at least one short peace-themed student performance - music, dance, spoken word, skit, video...whatever they are inspired to offer!