

Keep an eye out for **BLINK...**

BLINK is an arts event which is going to take over your town squares, streets and marketplaces in November 2019. **BLINK** has been made with 18 – 25 year olds across the country who have been researching the history of peace building and activism in the U.K and will challenge you to see peace differently.

Come and see **BLINK** in your nearest location to discover more about peace building and about your role in making our communities fairer and stronger.



Dewsbury 9 November 2019
Market Place, Dewsbury, WF13 1DN
www.creativescene.org.uk



Stoke 16 November 2019
Market Place, Burslem, Stoke ST6
www.b-arts.org.uk



Peterborough 23 November 2019
Cathedral Square, Peterborough, PE1 1XB
vivacity.org



Medway 30 November 2019
TBC
www.ideastest.org.uk

BLINK is part of a wider two-year project called **PAPER PEACE** produced by Emergency Exit Arts and our National Partners exploring our peace heritage. Read more about the project, keep up to date with Blink and find out how you can get involved at thepeoplespeacearchive.com

**PEACE
IS A
DOING
WORD**

EEA | EMERGENCY
EXIT ARTS



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

EEA | EMERGENCY
EXIT ARTS

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LOTTERY FUNDED

THE PEACE IS A DOING WORD ZINE

is part of a wider project called

PAPER PEACE

PAPER PEACE is a project that brings history and art together to explore how fragile and complicated peace can be and the strength of the people who work to make it possible.

18-25 year olds from your area have been researching the history of peace building across the UK.

They have been working with The Peace Museum in Bradford and discovering places near where they live that can teach us more about how peace is built and kept. They have been learning about the actions that people do in their communities, towns, cities and countries to bring people together and help them see that conflict or fighting is not the only answer.

The things that these young adults have discovered in their research have inspired this zine.

The things which they think are important to share have become part of a huge, touring art event which will be near you in November 2019.

The art event is called:

BLINK SEE PEACE DIFFERENTLY

You are invited to come and explore it, for **FREE**, when it arrives near you.

You can also see what other children from around the UK are doing with their zines by visiting: thepeoplespeacearchive.com

If you want to share what you choose to do, there is a place for you to share ideas or photographs too.

ACTIONS FOR CONNECTING ACROSS DIFFERENCE

Peace building isn't always about being surrounded by like-minded people who believe what you believe in or think in the same way you think.

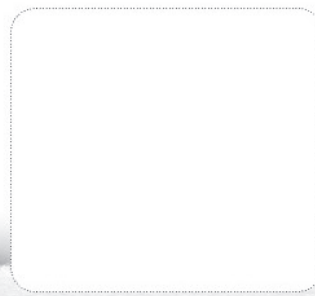
Empathy is a key skill and will help you to understand other people's experience or point of you. Like standing in their shoes and seeing things through their eyes.

Sometimes it is important to accept difference and understand that compromise isn't always possible.

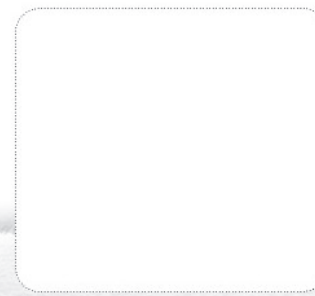
Using the cartoon strip below, think of a time or situation where you had to look at different perspectives.

Kit list:

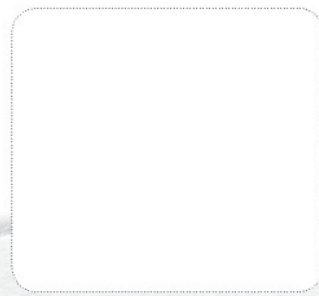
- Something to write/draw with
- Colouring pencils
- Empathy (the ability to understand and share the feelings of another)



I saw...



You saw...



We saw...



I MESSAGE CARD

When I see/hear... _____

I feel... _____

I tell myself... _____

So I feel... _____

What I need is... _____

Would you be willing... _____



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This booklet has been created for you to use it and to help you on your quest to become a **PEACE BUILDER**.

We encourage you to **write in it, draw in it, rip it up** and **cut it up**. This booklet is to help to stimulate your ideas and fuel the action you will take.

Running through each of the activities are the following questions...

What can you do today?
What can you do tomorrow?
What can you do as
a group of people?

**LET'S CREATE
SOME POSITIVE
PEACE!***



*Positive Peace means peace with justice and equality for all. It is more than the absence of disrespect, fighting or war and will take all of us working together to make it happen.

Call To Action

THE PEACE BUILDERS MANIFESTO

We believe that **PEACE** is a **DOING** word.

Peace can be a quiet small thing.

Peace can be a loud and **VISIBLE** thing.

Peace isn't created by adults alone.

Peace can **TRANSFORM** people and places.

Peace can be a hard thing to **ACHIEVE** or to do, like climbing a tall mountain.

Peace is a **POWER** and **EVERYONE** has a responsibility for making it possible.

Peace is made using your **IDEAS, HANDS, HEART & IMAGINATION**.

Peace needs **PATIENCE** and **PERSISTENCE**.

Peace is about helping people to **SEE** different perspectives.

We can all be **PEACE BUILDERS**.

We believe that we can work towards peace with **EVERYDAY** actions.

ACTIONS TO MOVE FORWARD

In our quest to become peace builders, we won't always be surrounded by people who agree with the things we think are important or right. We will meet and work with people who we disagree with, who believe different things than us. Sometimes we will come across people who upset us, and likewise we may upset them.

Sometimes saying "sorry" isn't enough.

Sometimes we need some time and space to reflect upon what has happened, what the impact is and what we need to make the situation better.

The I Message card on the next page can be used as a tool to empower you to find solutions and help to fix the hurt which is caused by your or someone else's actions. Even if we believe in different things, it's important to be respectful to other people and be kind human beings.

Using an "I message" is a helpful way to help us identify what has gone wrong and what we need to make the situation better. The "I message" allows us to reflect upon the situation using 5 helpful prompts/sentence starters.

Kit list:

- Something to write with
- Scissors
- Patience
- Generosity
- Good communication skills

An example of how it might be used:

I MESSAGE CARD

When I see/hear... someone shouting at me.

I feel... attacked, angry and upset

I tell myself... to ignore them and walk away

So I feel... calmer and able to continue with my day

What I need is... to understand what made you so angry in the first place

Would you be willing... to explain and calmly talk to me?

Remember, an "I Message" is a way to communicate what you're thinking and feeling. As well as creating your own I Message, you need to be willing to listen to the other person's "I Message" in response.

Use the I Message cards on the next page next time you feel hurt by someone's action or you do something that upsets someone else.

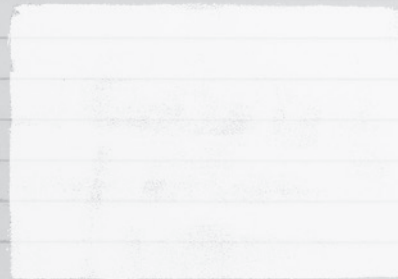
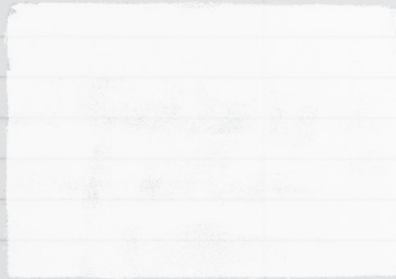
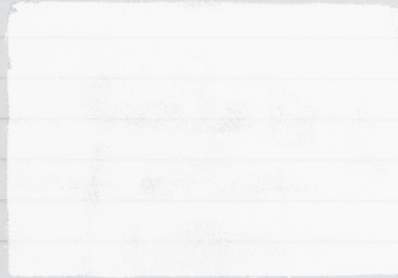
CHAMPIONS OF POSITIVE CHANGE

Draw a picture and write a short profile for 3 people who you want to celebrate for their actions for positive change.

Think about people whose everyday actions help to make your community fairer and stronger.

Kit list:

- Something to write and draw with
- Colouring pencils or pens
- Compassion
- Respect



PEACE IS A DOING WORD...

Working towards peace can be done through small actions.

Part of **peace building** is about making sure that everyone feels valued and respected.

Use the **SECRET PEACE MESSAGE TEMPLATES** on the next page to let people in your life know how important they are. Think about reaching out to people who you don't know very well yet or to someone who you have fallen out with before. This is an opportunity to make new connections and to practice being generous, two things which are incredibly important in **peace building**.

Kit list:

- Your Imagination
- Scissors
- Something to write with
- Bottle (optional)
- Generosity

Instructions:

1. Complete the sentences
2. Cut out your secret peace message
3. Gift it to someone in your life who deserves it.

Pass it on:

Once you have written your peace empowerment statements, you then need to pass them on. You might like to put your messages in some kind of vessel (such as a small bottle) or you might choose to secretly place them in people's pockets or pencil cases.



You make me a better person by...

You inspire me through your...

You make me feel special by...

You are an incredible person because...

In the future I want to be like you because...

If everyone was as...

...as you then the world would be a better, stronger place.

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ACTIONS FOR POSITIVE CHANGE

Peace builders are people who DO things to make their communities stronger and fairer. They stand up against things that they believe are wrong.

It can be an incredibly hard job, often peace builders do not get rewarded for their work. Sometimes people do not even know that they are behind the positive changes in their communities, towns, cities or countries.

Here are three examples of young people who are working hard to make positive changes in the world.



Greta Thunberg

Greta was born in Sweden. At the age of 14 she began protesting outside the Swedish parliament about the need for immediate action to combat climate change. Greta has since become a globally recognised campaigner, met with politicians and supported climate change campaigns including Extinction Rebellion in the UK.

Shiden Tekle

Shiden was born in London and after experiencing racial abuse from the age of 12 he created the campaign group Legally Black in 2018. With support from the Advocacy Academy (who support young people to become campaigners), Legally Black recreates famous movie posters (including Harry Potter, James Bond and Doctor Who), with black actors replacing white actors to make people think about the lack of black actors in mainstream media.



Malala Yousafzai

Malala was born in Pakistan. At the age of 15 she risked her own safety to campaign against the Taliban's ban on girls attending school. She was seriously injured as a result but, after making a full recovery, continues to campaign globally for girl's right to education. Malala is the youngest person to receive a Nobel Prize. Malala has written the bestselling book I Am Malala.



ACTIONS OF HOPE

DAY FOUR

Looking for hope

Inspiring others to feel hopeful

DAY FIVE

Looking for hope

Inspiring others to feel hopeful

DAY SIX

Looking for hope

Inspiring others to feel hopeful

DAY SEVEN

Looking for hope

Inspiring others to feel hopeful

Building peace is complicated.

There are many different ideas, opinions and experiences which need to be thought about.

Sometimes the first step towards peace is **hope**.

Hope for a better future.

Hope for a world where everyone is treated equally and fairly.

Hope for peace.

ACTIONS OF HOPE are like planting seeds.

Seeds that may grow and inspire positive changes in the world around you.

You have the power to give people **hope** and make them see the world in a different way...

Kit list:

- Something to write/ draw with
- Your time (7 day challenge)
- Your imagination
- Respect
- Gratitude (being thankful to people who support you)
- Bravery (connecting with new people)
- Photocopier (optional)



Instructions:

On the other side of this page you will find an **ACTIONS OF HOPE JOURNAL** for the next 7 days. You can complete the journal in a single week or can photocopy it and go for as long as possible.

Each day that you are doing your **ACTIONS OF HOPE** you are doing two things:

1) Looking for hope

This might be:

- Something that someone does that gives you hope that a difficult situation can get better
- The lyrics of a song you listen to that make you feel positive about a challenge you are facing in your life
- Something that someone says to you that makes you feel it's possible to have positive relationship with them, even though you may have fallen out

2) Inspiring others to feel hopeful

This might be:

- Something that you do for someone that helps them remember how much good there is in people
- Something that you say to make someone feel positive about themselves or their community or a challenge that they are facing
- Something that you create to make people stop and think and feel hopeful about their neighbourhood or community

Each day of your 7 day challenge, make a note of something that you see/hear/experience that makes you feel hopeful in the left-hand box and something that you have done to make someone else/other people feel hopeful in the right-hand box.

Note:

Think about everyone in your class, not just about your friends. Think about everyone in your neighbourhood, not just people that you know already. How might you use this challenge to make new people feel hopeful?

Enjoy surprising people and helping people who might be in need of a positive boost!

7 Day Challenge

ACTIONS OF HOPE JOURNAL

DAY ONE

Looking for hope

Inspiring others to feel hopeful

DAY TWO

Looking for hope

Inspiring others to feel hopeful

DAY THREE

Looking for hope

Inspiring others to feel hopeful