**Clues for YOUTH for PEACE:**

What do you do to help other people?? Do you…

Help your friends solve a problem? Do you greet and welcome someone new to your group of friends? Share something with a friend?? Do kind things for others? What things?? Clean up after yourself without being asked?? Give a hug? Listen to someone politely when they are talking? Try to understand another person’s point of view and way of life? Work to help people get enough food to eat? Work to help children feel safe? Think of ways to help people who are homeless? Inspire beauty and peace through art, drawing, painting, music, writing poetry? Say something to make someone feel better? Say thank you? Participate in a special project or activity for peace?

What do you do to help yourself find peace?? Do you…

Take some time to rest and be calm? Do you breathe and allow your breathing to calm you and reduce stress? Do you know and practice ways to reduce stress in your life? Do you immerse yourself in beauty of nature? Do you enjoy beautiful, peaceful works of art? Do you find ways to care about people in your life? What ways?