Montessori and Peace Education

Does your school have a culture of peace?

Who Am I?

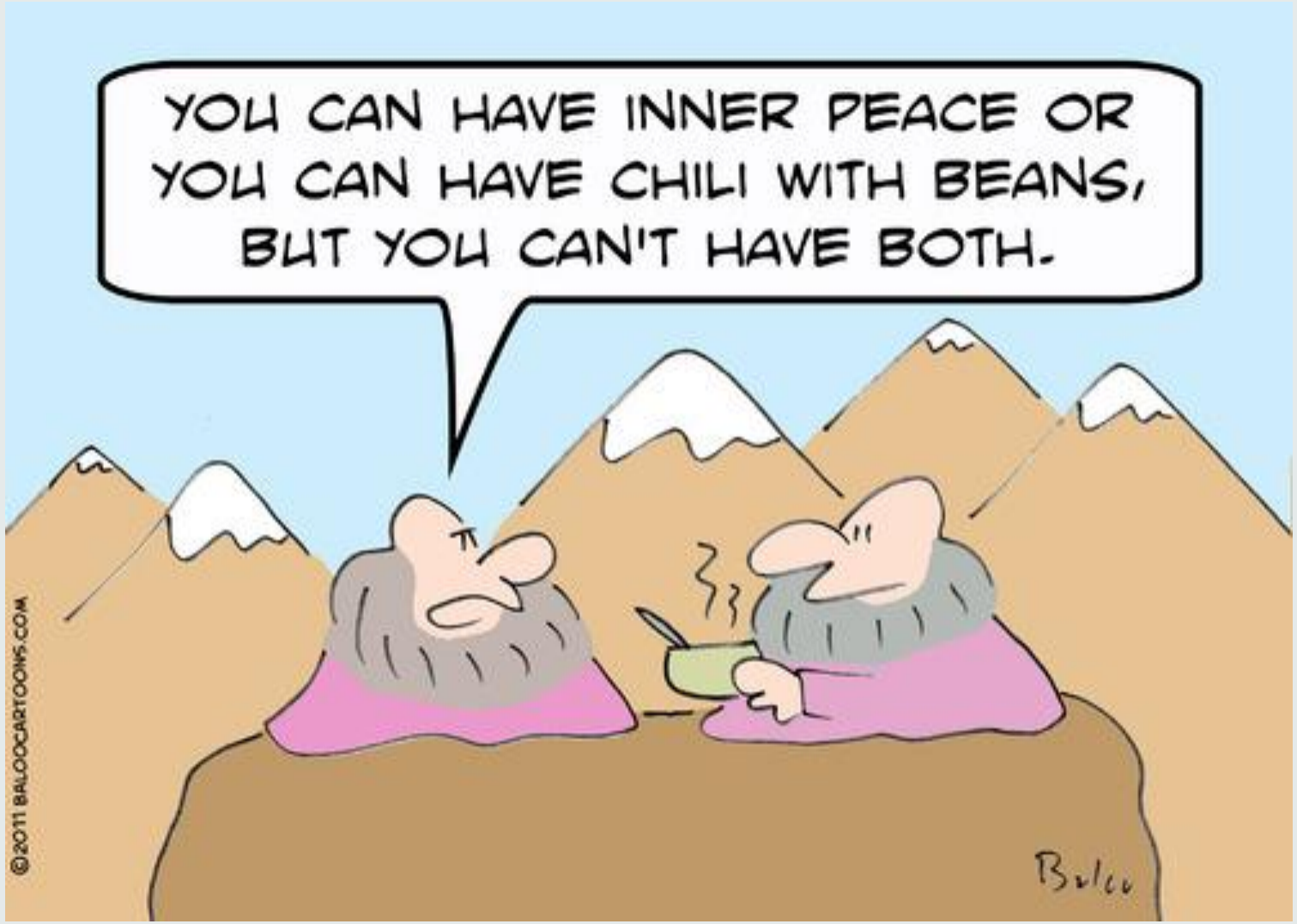
Middle School Teacher
Peace Coordinator
Bullying Prevention Committee Chairperson
Reading Specialist
Author
Children's Yoga Instructor
Children's Mindfulness Instructor
Meditator
Yoga Practitioner
Mother
Animal-lover

Workshop's Goals

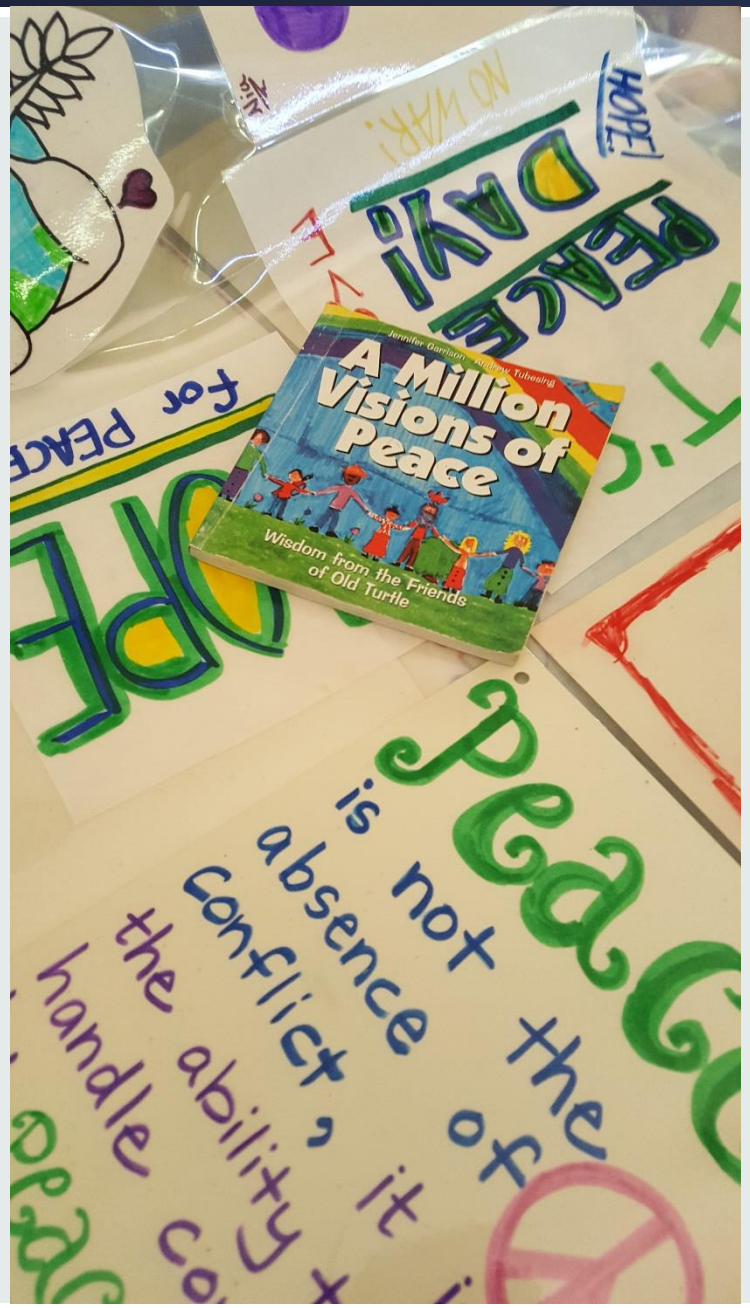
- Walk away with practical peace curriculum for your schools that can be used in everyday routines
- Feel **inspired** to bring peace curriculum into your school in a more dynamic way
- Feel **motivated** to cultivate a culture of peace in your school and your community
- Seek **peace and conflict resolution** within your personal world

Workshop's Agenda

- Sedona Charter School Profile/ An Argument for Peace Education 1st
- Activity#1: New School Year Pledge: Anti-bullying Pledge/Conflict Resolution
- Montessori Peace Philosophy
- Activity #2: International Peace Day Celebration
- Three Pillars of Building Peace Culture in Schools: Direct Instruction on Peace
- Activity #3: 15 Days of Kindness Community Service/ Earth Day Community Service
- Three Pillars of Building Peace Culture in Schools: Mindfulness Curriculum/Growth Mindset
- Activity #4: Mindfulness Visualization
- The Three Pillars of Building Peace Culture in Schools: Physical Engagement
- Activity #5: Yoga Stretch
- Closing/Questions

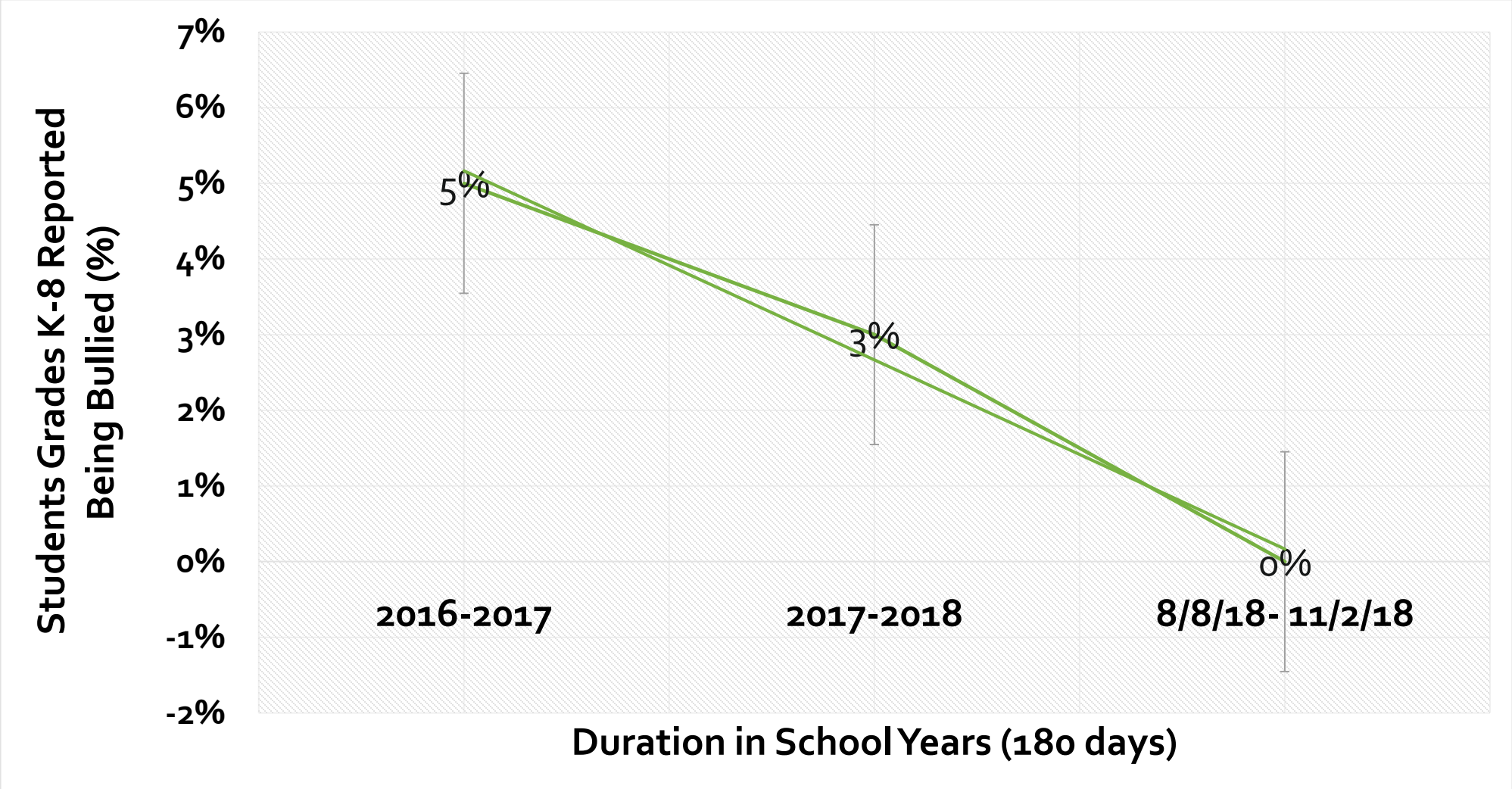

YOU CAN HAVE INNER PEACE OR YOU CAN HAVE CHILI WITH BEANS, BUT YOU CAN'T HAVE BOTH.
©2011 BALOOCARTOONS.COM
Baloo

SCS- International Peace Day Celebration 2018



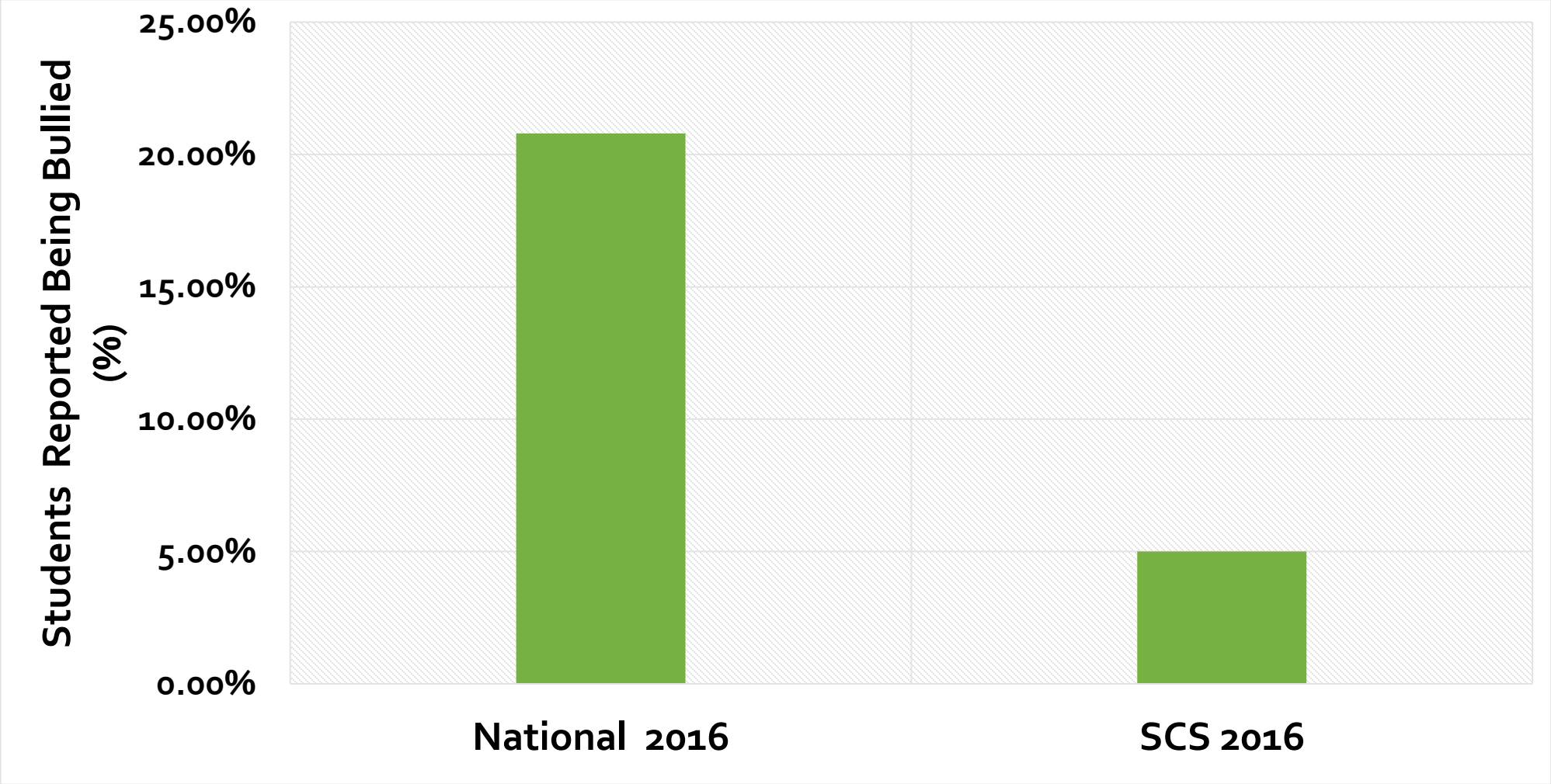
Preventing conflicts is the work of politics, establishing peace is the work of education.
-Dr. Marie Montessori

Sedona Charter School
American Montessori Society-Full Member School
Reported Bullying Cases 2016-Present



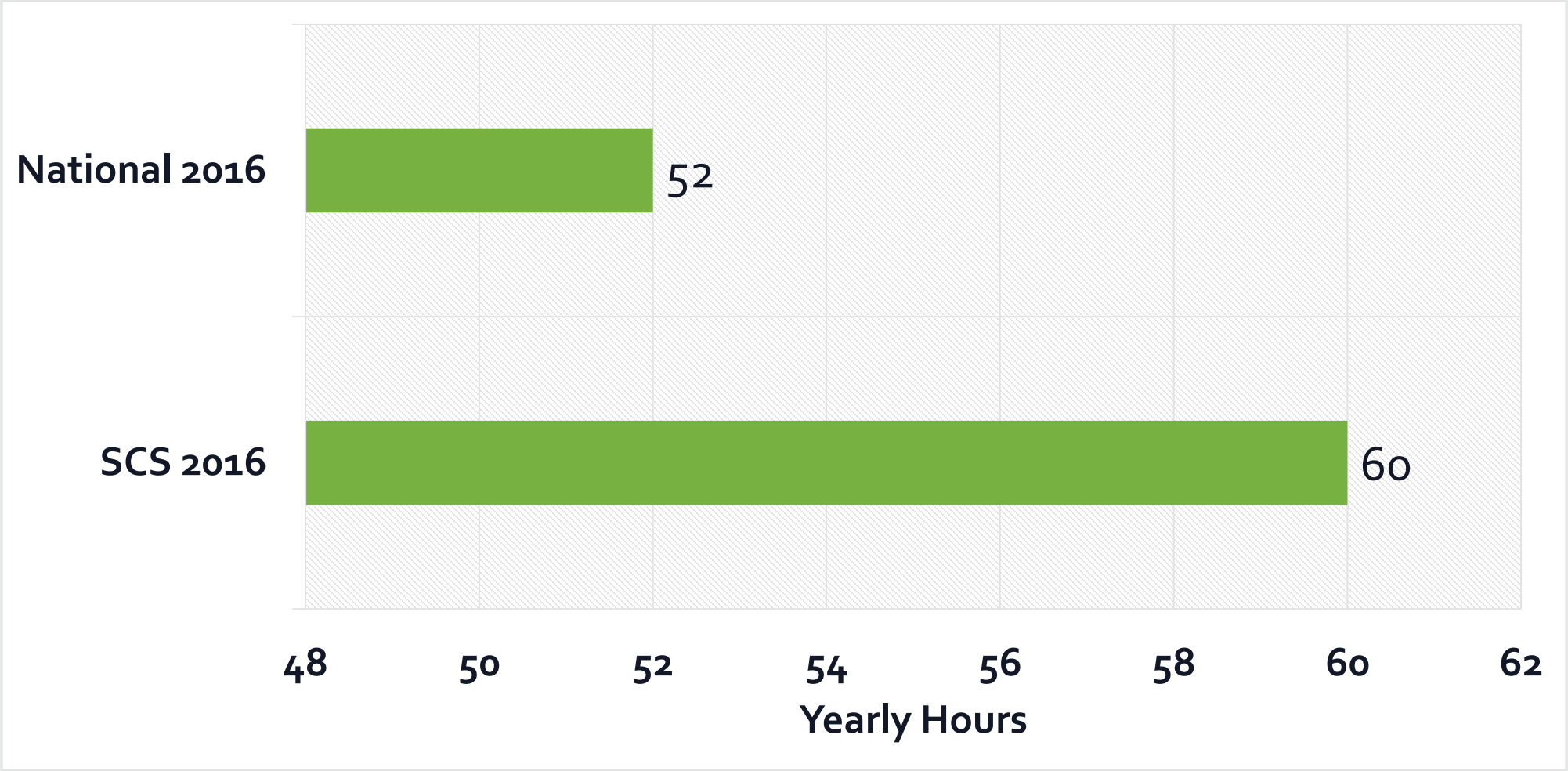
* SCS data courtesy of SCS Bullying Prevention Committee (unpublished), 2018

National Comparison of Bullying Data



* National data from National Center of Education Statistics, 2016

National Comparison of Volunteerism Data



* National data from the United States Bureau of Labor Statistics, 2016

Activity #1- Anti-bullying Pledge

PACER CENTER's KiDS AGAINST BULLYING

Take the Pledge

I am a Kid Against Bullying!
And I will:

SPEAK UP
when I see bullying

REACH OUT
to others who are bullied

BE A FRIEND
whenever I see bullying

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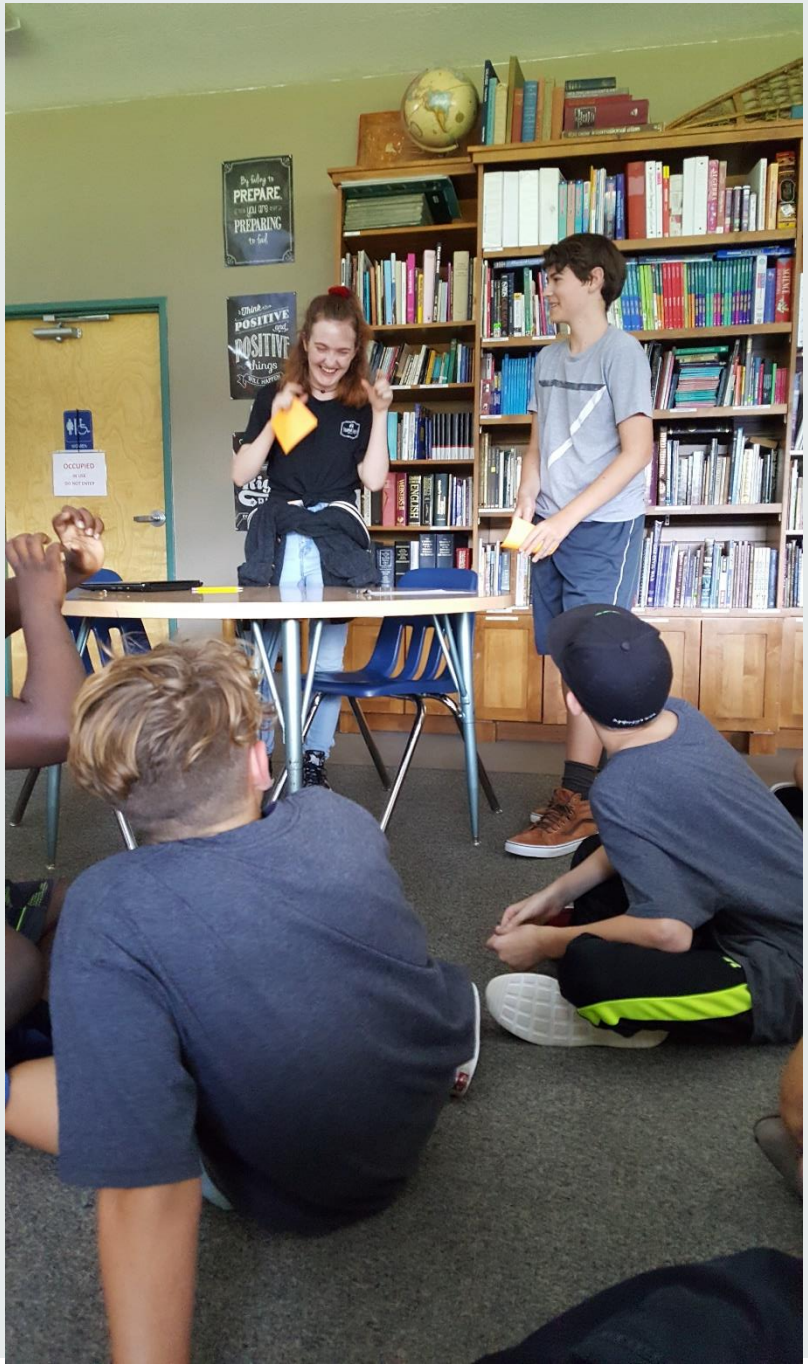
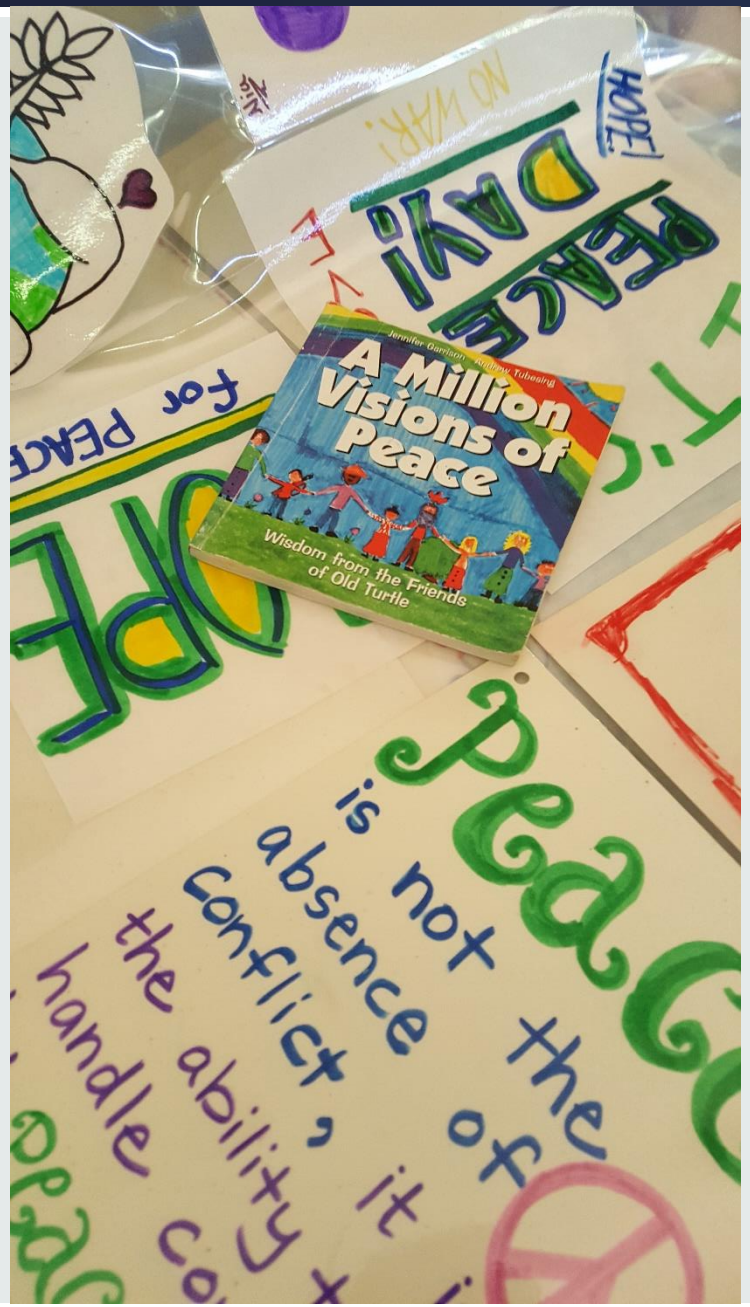
952.838.9000 | bullying411@pacer.org
www.pacer.org/bullying | www.pacerkidsagainstbullying.org





Peace is what every human being is craving for, and it can be brought about by humanity through the child.

-Dr. Marie Montessori

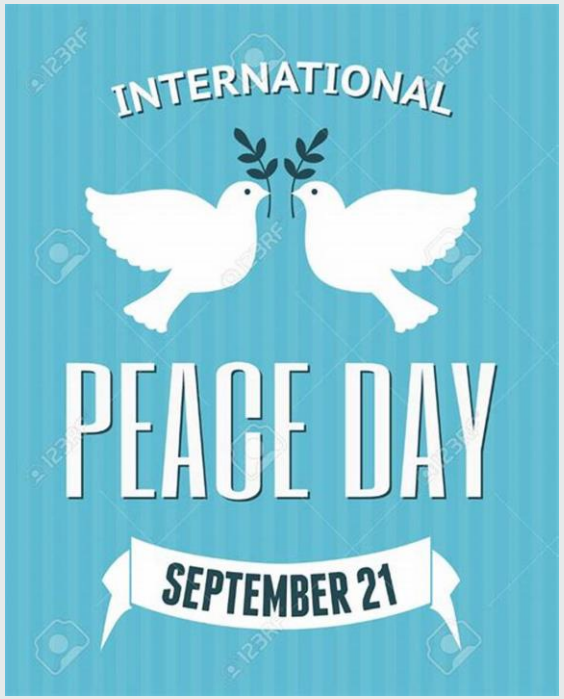
Montessori Peace Philosophy

- Received 6 Nobel Peace Prize Nominations over 3 years, 1949-1951.
- Constructing a peaceful society through curriculum
- Necessity for direct instruction of peace curriculum
- Moral Development-Stage II-Second Plane of Development Window of Opportunity to Teach Peace

The Fundamentals of Peace Education Through Montessori Methods

Peace Education Through Montessori Methods				
School-based bullying prevention program	School-based service-learning program	School-based self-care program	School-based social & emotional learning program	School-based nature appreciation learning program

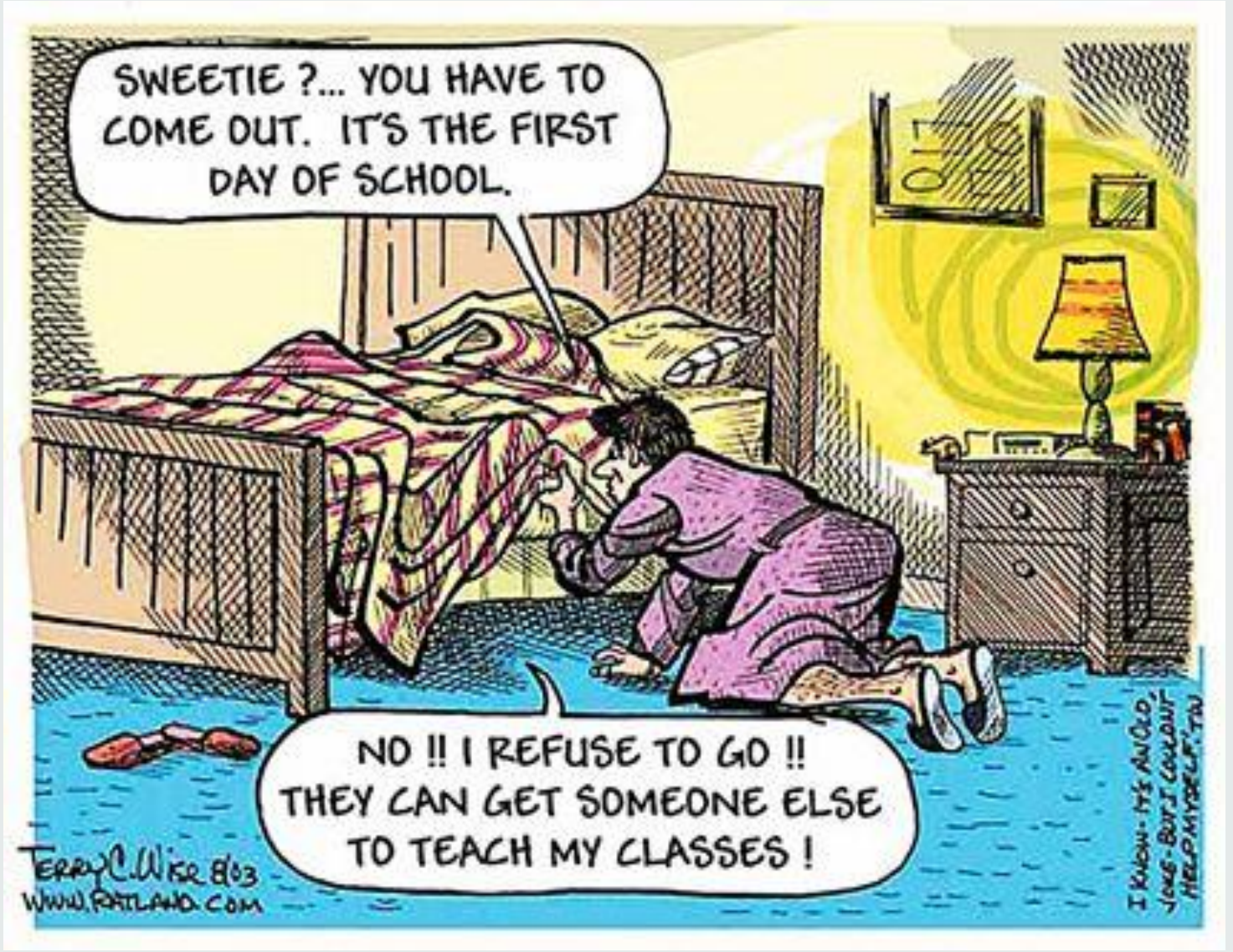
Activity #2- International Day of Peace



Activity #2- International Day of Peace

Play is the work of the child.

-Dr. Marie Montessori


SWEETIE ?... YOU HAVE TO COME OUT. IT'S THE FIRST DAY OF SCHOOL.
NO !! I REFUSE TO GO !! THEY CAN GET SOMEONE ELSE TO TEACH MY CLASSES !
TERRY C. WISE 8/03
WWW.RATLAND.COM
I KNOW - IT'S AWFUL, JANE - BUT I COULDN'T HELP MYSELF!

The Three Pillars of Building Peace Culture in Schools- Part 1: Staff Commitment & Direct Instruction on Peace

Direct Instruction on Peace

Month	Theme
September	Optimism or Hope The future is bright.
October	Empathy or Forgiveness Empathetic listening is necessary for peace.
November/December	Community Service We must be stewards of the earth.
January	Acceptance Know thyself and have courage.
February	Responsibility or Right Action We must give great effort to be responsible for our own actions.
March	Honesty or Truthfulness Always seek truth in communication (non-verbal and verbal).
April	Compassion or Love -Nonviolence for all beings creates a peaceful world.
May	Contentment or Appreciation Value joy because it brings peace.

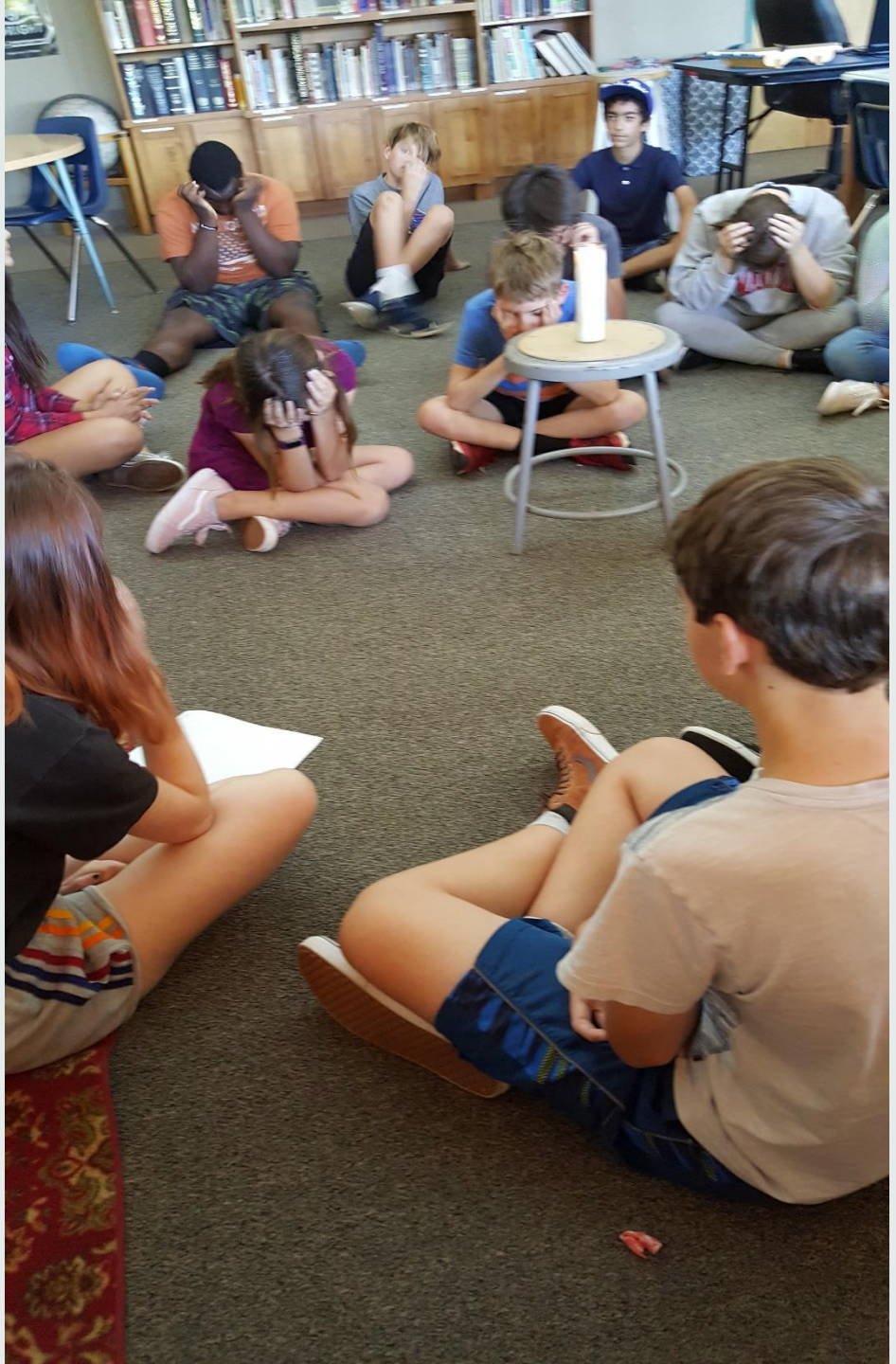
Activity #3-15 Days of Kindness/ Earth Day Community Service

Mindfulness is the ability of the mind to calm and focus in extraordinary ways. It brings increased & improved relaxation of the nervous system, including brain health.

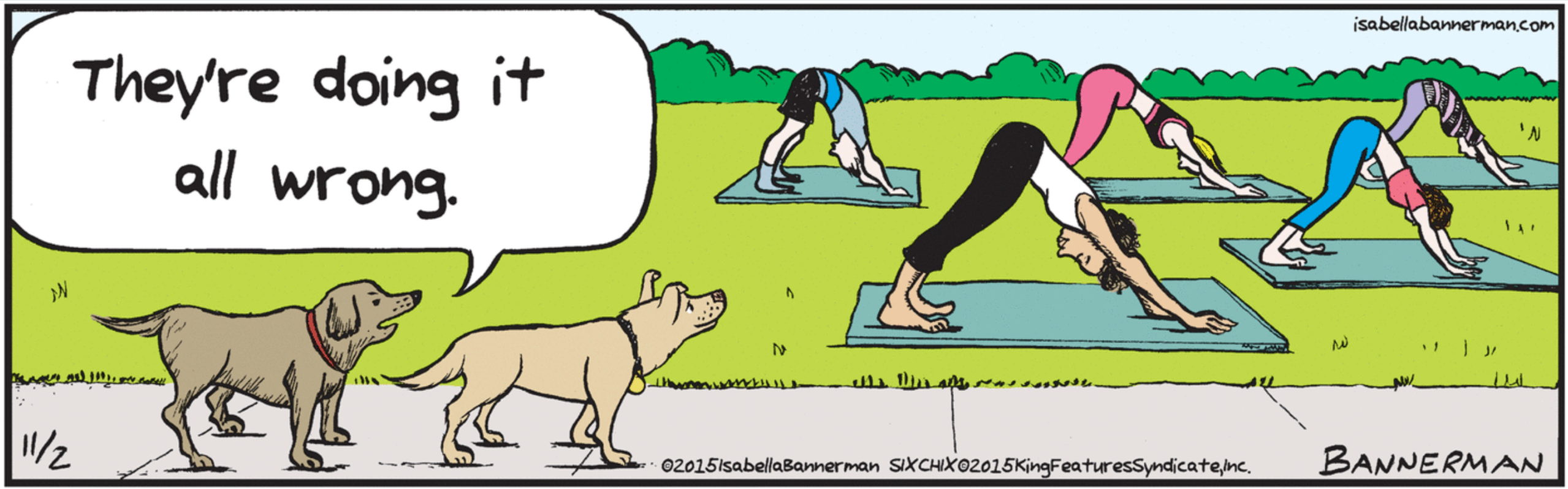
- Concentration of mind (affirmations)
- Clarity of Mind
- Growth Mindset
- Nature appreciation

Mindfulness Circles

Mindfulness instructors create:
1) A safe space to share,
2) A quiet space to rest body & mind
3) A platform for personal boundaries



Activity #4- Mindfulness Visualization


They're doing it all wrong.
isabellabannerman.com
11/2
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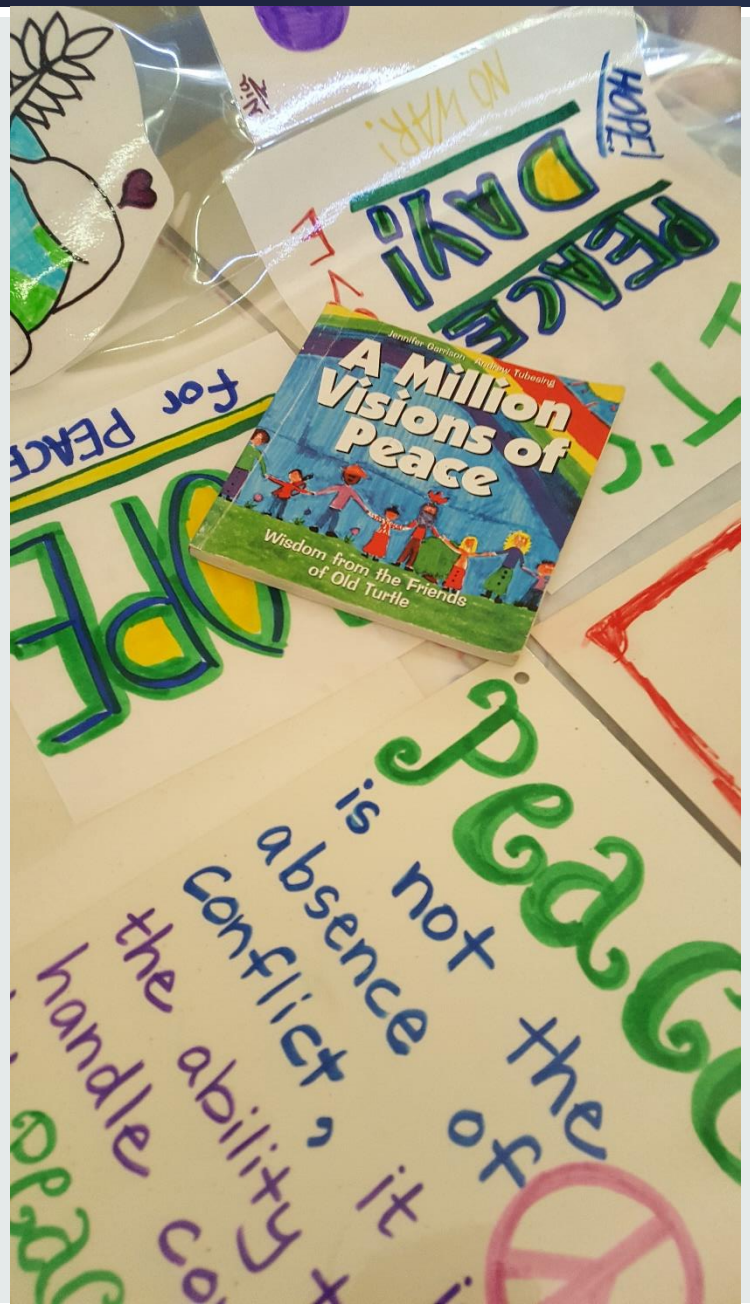
BANNERMAN

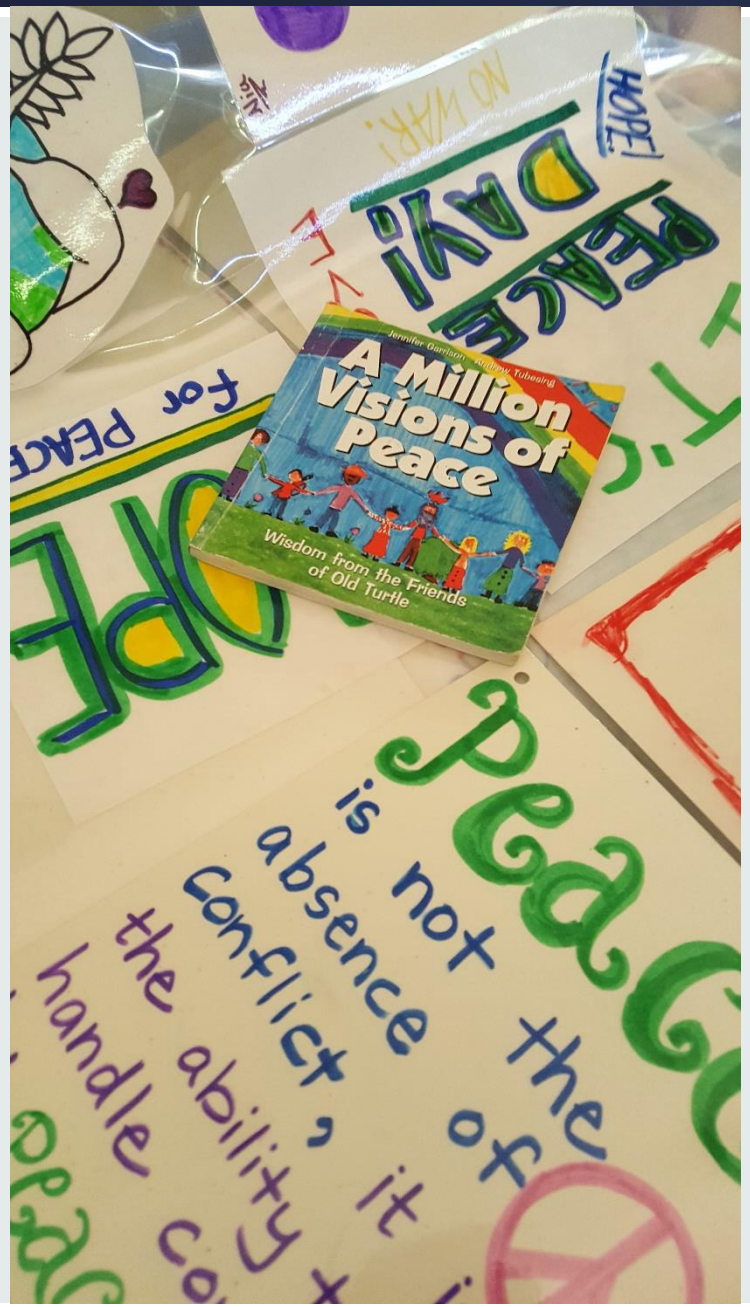
Physical Engagement such as yoga, tai chi, or stretching will build self-confidence, promote physical balance and strength. Integration of nature appreciation is recommended.

Activity #5- Yoga Poses



Peace Curriculum Book List

1) ***Education and Peace: The Montessori Series*** by Marie Montessori.
2) ***Marie Montessori: Her Life and Work*** by E.M. Standing
3) ***Our Peaceful Classroom*** by Ailene Wolf
4) ***Peace Begins with You*** by Katharine Scholes
5) ***I Am Peace: Book of Mindfulness*** by Susan Verde
6) ***Only One You*** by Linda Kranz
7) ***A Handful of Quiet: Happiness in Four Pebbles*** by Thich Nhat Hanh
8) ***My Daddy is a Pretzel: Yoga for Parents and* Kids** by Baron Baptiste
9) ***Yoga Education for Children*** by Swami Satyananda Saraswati-Bihar School of Yoga
10) ***Yoga for Big Hearts & Little Hands: A Handbook of Yoga Poses for Children*** by Ana Camacho-Hansen



Resources

1) **Center for Disease Control and Prevention** https://www.cdc.gov/healthyschools/physicalactivity/facts.htm
2) **Harvard Health Publishing Harvard Medical School** https://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428
3) **Journal of the American Medical Association** https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754
4) **National Center of Education Statistics** https://nces.ed.gov/
5) **Pacer's National Bullying Prevention Center** https://www.pacer.org/bullying/resources/stats.asp
6) **Teaching Tolerance www.tolerance.org**
7) **Pinwheels for Peace** http://www.pinwheelsforpeace.com/
8) **United States Bureau of Labor Statistics** https://www.bls.gov/news.release/volun.nro.htm

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Closing/Questions?