Unite in White for #PeaceDay

A Creative Lesson Plan to Mark ***Peace Day – 21 September 2025***
Target ages: 5–16 | Duration: 45–60 minutes | Flexible delivery

🌍 *Why White? Why Now?*

Every year on **21 September**, millions of people across the world pause to mark the **International Day of Peace**, also known as **Peace Day**. Officially adopted by all UN Member States in 2001, Peace Day calls for 24 hours of global ceasefire and non-violence. It's a day that reminds us: peace is possible, and it begins with us. In 2025, Peace Day falls on a **Sunday**—making it the perfect opportunity for families, schools, and communities to participate together in simple, visible acts of unity.
This year, we invite you to mark the day through the most peaceful colour of all: **white**.

Whether it's **a white ribbon tied to a school gate**, **a white sheet hanging from a window** or **a T-shirt worn with intention**, the colour white can be a collective signal—a quiet but powerful visual call for peace. This lesson plan is your guide to making that moment real. It's designed to be simple, flexible, and meaningful for students aged 5 to 16—whether you're teaching in a classroom, leading an assembly, or planning something at home.



***Origins**: The Colour White as a Symbol of Peace*

Long before it became a global symbol of unity and non-violence, the **white flag** was used on battlefields to request **safety, communication, or surrender**.

- In **ancient Rome**, soldiers would wave white cloths to signal a wish to parley.
- In **medieval Europe**, a white flag signified the laying down of arms.
- In **1907**, the white flag was formally recognised in international law during the **Hague Convention**, giving it legal status as a symbol of truce.

Unlike national flags, which represent identity or power, the white flag is **neutral**. Its colour is plain and visible. It represents no side, no ideology—just the desire to stop, to speak, or to step away from violence. Over time, that battlefield signal evolved into something more: a **universal symbol of peace**. It appears in diplomacy, art, and protest—carried by people from all backgrounds, faiths, and nations.

So why wear white, fly white, or create with white on Peace Day? Because **white is the language of peace** that everyone understands.

🎯 *Learning Objectives*

By the end of this session, learners will:

- Understand the symbolic power of the colour white in peace movements.
- Explore simple, creative, and cost-free ways to participate in Peace Day 2025.
- Reflect on the meaning of peace—personally, locally, and globally.
- Engage with acts of empathy, kindness, and collective visibility.

🧰 *What You'll Need*

This session is designed to be low-cost and highly adaptable. Suggested materials include:

- White paper, markers, and art supplies
- White cloth, ribbons, or old T-shirts (optional)
- String or pegs for display
- Photos or short videos showing Peace Day actions (optional)
- Projector, whiteboard, or wall space (optional)

Lesson Flow

> 1. Warm-Up & Introduction (10 minutes)

Primary (Ages 5–11):
Begin by asking: "What does the colour white make you think of?"
Show images such as white doves, clouds, snow, or the white flag.
Explain gently: "White is often used to represent peace. It's calm, quiet, and non-offensive. On Peace Day, we use white to show we care about a more peaceful world."

Secondary (Ages 12–16):
Invite discussion: "Why do you think white is used in peace protests or movements around the world?" Introduce the history of the white flag and how it shifted from military truce to modern peace symbol. Encourage critical thinking—why might a colour with no symbols or slogans feel so powerful?

> 2. Story or Real-World Context (10 minutes)

Bring the idea to life with real stories. You might:

- Share a short video or photo from a previous Peace Day.
- Describe how during conflicts or ceasefires, people hang white sheets from windows to show their desire for peace.
- Highlight examples of peaceful protest using white—whether clothing, banners, or silent vigils.

Ask students to imagine: "If everyone in the world did one small thing for peace on the same day, what might happen?"

> 3. Creative Activity (15–20 minutes)

Primary:

- Draw a picture of what peace means to you—on white paper.
- Create a simple white peace dove, ribbon, or badge.
- Make a mini peace flag to hang in the window or classroom.

Secondary:

- Write a personal peace message and attach it to a piece of white cloth to hang at home or school.
- Design a campaign poster with slogans like *"Wear White for Peace"* or *"Unite in White for Peace"*.
- Plan a #uniteinwhite social media post as if you were leading a campaign.

These creative acts are visible signals of peaceful intent. When displayed together in a school or home, they create an atmosphere of calm, care, and unity.

> 4. Whole-School Peace Actions (5–10 minutes)

If you're in a school setting, you can scale this idea with:

- A "White for Peace" dress-up day on Friday 19th or Monday 22nd September.
- Students and staff hanging white cloths, ribbons, or paper doves from windows, fences, or hallways.
- Creating a Peace Wall or Photo Station where everyone writes or draws one peaceful act they'll commit to.
- A class or school-wide moment of silence, followed by a shared reading or song about peace.

Even a small gesture—like pinning a white ribbon to a uniform—can be part of something much larger.

> 5. Reflection & Discussion (5–10 minutes)

Primary:

- "What does peace feel like to you?"
- "What can we do to make our school/home more peaceful?"

Secondary:

- "What does it *really* mean to be peaceful?"
- "How do our small actions influence the world around us?"
- "What's one thing you'll do this weekend to mark Peace Day?"

Encourage students to make **one real-world commitment**, however small—something they will do, wear, share, or say in the spirit of Peace Day.

📣 *Optional Extension Ideas*

- Record a class video in white clothing with personal peace messages.
- Create a social media post or blog using the hashtag **#DoYourPeace** or **#WhiteForPeace**.
- Write letters to community leaders encouraging local buildings or landmarks to hang white banners or lights on Peace Day.
- Host a **Peace Day Assembly** with poetry, performance, or pledges—led by students, grounded in the white-for-peace theme.

#DoYourPeace on **#PeaceDay 2025**