Grand Dreams

EXPRESS YOURSELF FOR **ANTI-RACISM** DAY, 21 MARCH.

Activity Overview

21 March is the ***International Day for the Elimination of Racial Discrimination***. In support, this activity encourages open expression of young peoples' ***Grandest Dream*** around one of four **topics**: **Justice, Equality, Diversity** and **Inclusion**.

Expression of their Grandest Dream is encouraged across 5 creative ***forms.***

1. Art & Design
2. Poetry / Spoken Word
3. Meaningful Conversation
4. Music & Dance
5. Photography

Expression Grid

Choose your topic. Choose your form.

EXPRESS YOUR DREAM	Art / Design	Spoken Word / Poetry	Meaningful Conversation	Music	Photography
Justice	***#1***	***#2***	***#3***	***#4***	***#5***
Equality	***#6***	***#7***	***#8***	***#9***	***#10***
Diversity	***#11***	***#12***	***#13***	***#14***	***#15***
Inclusion	***#16***	***#17***	***#18***	***#19***	***#20***
	#21 - RANDOM EXPRESSION				

Guidance Note

Introduce **21 March** [the *International Day for the Elimination of Racial Discrimination*] to your child(ren). Discuss this as an important calendar date in our collective journey to a world free-from racism. **Page 4** may aid your introduction.

Where possible, relate the purpose of this date - 21 March - to any understanding they may already have around **Peace Day, 21 September.** For more information around Peace Day, visit www.PeaceOneDay.org.

Building upon the introduction reading [**page 4**], move onto the four pillar topics; Justice, Equality, Diversity and Inclusion. During discussion, ask that the children move their thinking into the future, what dreams might they tap into around any of the four topics? (J.E.D.I)

These can be sensitive topics. As adult mediators we must hold space with care and attention. Early discussion, and the unfolding activity, will shape very differently for different ages, stages, stories and circumstance. You know your child(ren) best. Invite them into this activity in the way that speaks to and motivates them, personally.

Take inspiration from a true hero of past, present and future, **Dr Martin Luther King.** Go over '*I have a Dream*' [page 6]. Inform your young person / people that this **Grand Dreams** activity works from the past, into the present and onto the future. *What are their personal dreams for the future? How will they express this, today?* Expression at the individual and group level is equally encouraged.

Provide them with the choice to choose freely from the expression grid (above), *or* take Challenge 21, a random selection. *What number might they land? Will they step fully into this expressive challenge?*

In support of *Anti-Racism Day, 21 March,* Peace One Day warmly invites whole class / school participation and we hope you can work towards 'completing the grid', (create an Expression for each of the 20 cells).

Feel free to use any notes from the resources section at the end. And please, let us know how your **Grand Dreams** activity goes!. Email: **laura@peaceoneday.org**

Please share any work or reflections from this activity using the hashtags below!

#DoYourPeace

#FightRacism

#PeaceOneDay

Peace One Day

Introducing…

21 March

International Day for the Elimination of Racial Discrimination

A world free from racism is one where the endless benefits of unity can begin to unfold. We can all play our part in the elimination of racism. **21 March** is here as an aid to that end; a small booster toward global-wide cooperation and collaboration.

A peaceful effort to eliminate racism must not only guide us *away* from racist thought and action on the individual level, it must also move us *towards* **Justice**, **Equality**, **Diversity**, and **Inclusion** on the collective level.

Justice, Equality, Diversity and Inclusion are four pillars fundamental to a functional and thriving society. So, what would a more Just, Equal, Diverse, and Inclusive world look like or feel like, to you? What should we be moving towards?

Are you willing to play a part in making a more just, equal, diverse and inclusive world?

Peace One Day in association with *The Office of the High Commissioner for Human Rights (OHCHR)* is encouraging participation among young people towards the manifestation of a more Just, Equal, Diverse and Inclusive world.

Express your Grandest Dream around one or more of these four topics… and please share your work.

JUSTICE	EQUALITY	DIVERSITY	INCLUSION

#DoYourPeace #FightRacism #PeaceOneDay

“ I have a dream ”



Take inspiration from Martin Luther King. Creatively express your own dreams for Justice, Equality, Diversity and Inclusion.



In 1963, Dr Martin Luther King - A baptist preacher and civil rights activist for black people in America - gave a historic speech, entitled “*I Have a Dream*’. His dream was - first and foremost - of a world free from racism, upon which we could build a more Just, Equal Diverse and Inclusive society. Martin Luther King's words sent ripples through the world. They live on today.

“ I Have A Dream ” is a beautiful phrase in relation to ***The International Day for the Elimination for Racial Discrimination*** as it comes from a man who propelled this discussion through his courageous, peaceful efforts towards a world free-from racism, so many years ago.

In his 1963 speech, Dr King shared his *grandest* hopes and visions as a way to truly connect with, and inspire others. Let’s build on this example and send out another wave of powerful positivity. Express your own Grandest Dream, today!

What is your Grandest Dream around **Justice**, **Equality**, **Diversity** or **Inclusion**? How will you expressing this dream?

EXPRESS YOUR DREAM!	Art / Design	Spoken Word / Poetry	Meaningful Conversation	Music	Photography
Justice	***#1***	***#2***	***#3***	***#4***	***#5***
Equality	***#6***	***#7***	***#8***	***#9***	***#10***
Diversity	***#11***	***#12***	***#13***	***#14***	***#15***
Inclusion	***#16***	***#17***	***#18***	***#19***	***#20***
	#21 - RANDOM EXPRESSION				

Justice



JUSTICE	EQUALITY	DIVERSITY	INCLUSION

Without peace and justice, constructive collaboration cannot happen. As a united species we can more easily work together to solve our toughest challenges. But it all begins with Peace and Justice. Peace & Justice is the gateway for positive change to follow.

"We must ensure that we have strong institutions, global standards of justice, and a commitment to peace everywhere"

Global Goal 16, www.globalgoals.org

What is justice about and why is it so important to a functional and thriving society?

Do any past or present cases of injustice upon a person or people stand out to you? Are you willing and able to Express your thoughts and feelings around that story through creative expression or conversation?

Have you experienced injustice directly? Can you share your story directly or indirectly through creative expression? How might the need for justice extend beyond humanity?

Reflect upon these questions, then creatively **express your Grandest Dream** around the topic of Justice.

EXPRESS YOUR DREAM!	Art / Design	Spoken Word / Poetry	Meaningful Conversation	Music	Photography
Justice	?	?	?	?	?

Equality



JUSTICE	EQUALITY	DIVERSITY	INCLUSION

What is equality about? Why is it important?

What are the benefits of equal opportunity? What might a world built upon equality look and feel like? Are there any pitfalls to equality, if so, how could they be expressed or addressed? What are the similarities and differences between equality and equability?

Have you any direct / indirect experience of inequality? What happened? What did it feel like? Where is inequality most prevalent? How might the need for equality extend beyond humanity?

Reflect upon these questions, then creatively **express your Grandest Dream** around the topic of Justice.

EXPRESS YOUR DREAM!	Art / Design	Spoken Word / Poetry	Meaningful Conversation	Music	Photography
Equality	*?*	*?*	*?*	*?*	*?*

Diversity



JUSTICE	EQUALITY	DIVERSITY	INCLUSION

Think about the meaning and potential of 'Diversity'. Consider heritage, culture, background, personal story, aesthetic difference, preference. There is strength in diversity and it is a rich topic!

What does diversity look and feel like? What does the opposite of diversity look and feel like? What does a comparison of these two reveal?

What are the advantages of diversity? What happens when a diverse group of people come around a table? What is the potential value of different skills, perspectives etc. Where in our world is diversity embraced and where is there need for increased diversity? How might the need for diversity extend beyond humanity?

How would you choose to express the challenges we face around diversity? Or the opportunity?

Reflect upon these questions, then creatively **express your Grandest Dream** around the topic of Diversity.

EXPRESS YOUR DREAM!	Art / Design	Spoken Word / Poetry	Meaningful Conversation	Music	Photography
Diversity	*?*	*?*	*?*	*?*	*?*



Inclusion

JUSTICE	EQUALITY	DIVERSITY	INCLUSION

What is inclusion all about and why is it important?

What does inclusion mean? Why is inclusion important? What does an inclusive world look like to you? How can we support the creation of an inclusive world? What are the benefits of inclusion?

Where or when might you have been included or excluded? How did that feel? What is the impact of inclusion or exclusion within homes, schools, communities and society? Where today is inclusion most honoured or dishonoured? Does the need for inclusion extend beyond humanity?

Reflect upon these questions, then creatively express your **Grandest Dream** around the topic of Inclusion.

EXPRESS YOUR DREAM!	Art / Design	Spoken Word / Poetry	Meaningful Conversation	Music	Photography
Inclusion	?	?	?	?	?

Practical Ideas

Below are some 'starter' ideas for expression in each form.

Art / Design	Spoken Word / Poetry	Meaningful Conversation	Music & Dance	Photography
Design a badge	Create a Japanese Haiku	Have a reconciliation conversation with someone you know. Journal reflections	Write a song / rap	Share a personal photo and the relevant story it carries
Design the hashtags	Write and perform a spoken word piece	Create a group zoom call around a discussion topic. Record and share.	Make a music video	Take a photo of any artwork activity
Organise a group art activity symbolic around a topic. For example; a mural	Write a freeform poem	Face any past/ present personal shortfalls or growth areas around a topic with a trusted friend. Journey any reflections	Share a song you love in a social media post relevant to the topic	Share someone else's photo as a basis for personal commentary and reflection around a topic
Open ended expression through drawing / painting	Write a poem specifically for someone in relation to a topic	Create a small round-table discussion around a topic with practical action point as an end goal.	Perform an individual or group dance	Express one story or message creatively with multiple photos
Express creatively through art/design around the term 'I have a dream'	Express creatively through spoken word / poetry around the term 'I have a dream'	Express creatively through meaningful conversation around the term 'I have a dream'	Express creatively through music & dance around the term 'I have a dream'	Express creatively through photography around the term 'I have a dream'
Run an online image search for the topic and take inspiration from there	Run an online search for poetry around the topic and take inspiration from there	Run an online search for interviews around the topic and take inspiration from there	Run an online search for songs / artists that speak to the topic and take inspiration from there	Run an online image search for the topic and take inspiration from there

Martin Luther King Jn.

A Baptist preacher and worker for civil rights for black people in America. In 1955 he led the first non-violent demonstrations against harsh laws that affected black people.

In his life, he travelled millions of miles, made thousands of speeches, and wrote several books, while leading peaceful protests.

He was arrested nearly twenty times, and recognised as one of the world‘s great peacemakers. He won the Nobel Peace Prize at the age of 35, but was sadly shot dead in 1968 in Memphis, Tennessee.

“ I have a dream ”

Read the extract from Dr. King’s “I have a dream” speech and think about his message to the world. You may wish to read the speech more than once or look up the entire speech.

“...there is something that I must say to my people, who stand on the warm threshold which leads into the palace of justice:

In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline.

We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force.

I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream…
that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal...'

I have a dream…
that my four children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their character.

I have a dream today…
When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual,

'Free at last! Free at last!
Thank God almighty,
we are free at last!'"

*** To watch Dr. King's speech on 28 August 1963 at the Lincoln Memorial, Washington D.C. and to see the full transcript visit: http://www.mlkonline.net/video-i-have-a-dream-speech.html**

#DoYourPeace #FightRacism #PeaceOneDay