

# Peace Pebbles - Levels F-3

GRATITUDE

To help students practise giving as a way to strengthen relationships and promote peace. Inspired by Mercury's lesson on handling conflict thoughtfully, students will create and gift a beautifully decorated Peace Pebble, reminding themselves and others that kindness, calm, and care can help bring people together.



## Learning Intentions

Students will practise creating a Peace Pebble to give to someone special as a symbol of kindness. This encourages generosity and helps them reflect on positive connections with others.

Students will learn how small acts of giving can help solve problems and make others feel good. This supports understanding of how gratitude and kindness can reduce conflict and create peace.

Students will practise using calming colours and meaningful symbols to express their feelings. This nurtures self-expression and emotional reflection through creativity.



## Success Criteria

I can decorate a pebble using peaceful and kind colours or symbols. This supports students in using creativity to represent care and calm.



I can choose someone to give my Peace Pebble to and explain why I picked them. This promotes thoughtfulness, gratitude, and kind communication.

I can reflect on how giving something kind can make others feel happy. This helps students recognise the power of small actions in building strong relationships.



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## Objective:

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## Players:

Ideal for 4–26 students working individually with time for group sharing.

## Materials:

- Small, smooth pebbles/rocks (one per student)(if you can't find pebbles/rocks you can ask students to bring one in from home and turn it into a small homework activity).
- Paint pens, markers, or acrylic paints
- Bowls of water and cloths (for clean-up)
- Optional: stickers, glitter, or natural materials (like leaves or flowers)

## Time Required:

15–20 minutes (including drying and sharing time)

## Setup:

Place all materials on tables or activity stations. Have a short class discussion about the end of Mercury's chapter in *The Playful Astronauts* book. Remind students that even when we disagree or feel upset, we can choose peaceful actions, like giving kindness instead of anger.

Explain that today they'll create a *Peace Pebble*, which they'll decorate and then gift to someone who brings peace to their life, or someone they want to share peace with.

## Gameplay:

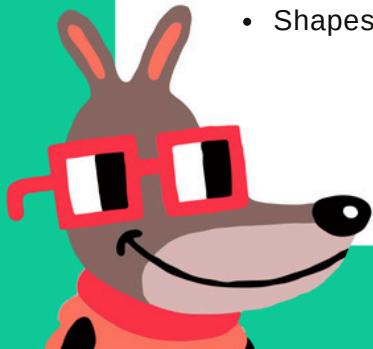
### Explain the Activity:

Ask students to think about someone they would like to give their pebble to. This could be:

- A friend who has helped them
- A classmate they've had a disagreement with
- A sibling or family member
- A teacher or carer

Once they've chosen, invite them to decorate their pebble with:

- Colours that make them feel calm or happy (e.g. blue, green, yellow)
- Shapes or symbols of peace (e.g. hearts, stars, rainbows, smiley faces)



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## **Giving the Gift:**

When their pebble is finished and dry, students can:

- Present it quietly to the person they've chosen
- Leave it in their cubby, locker, or desk with a note
- Bring it home and give it to a family member

Offer the option to write or dictate a short message (e.g. "Thank you for helping me feel better" or "I made this to share peace with you"). This could be done using a post it note (sticky note) or simply a piece of paper that the pebble can be stuck to using sticky tape (optional).

## **Encourage Reflection:**

Bring students back together and ask:

- "How did it feel to make something kind for someone else?"
- "How do you think the person felt when they received it?"
- "How can giving help solve conflict or make things better?"

Emphasise that peaceful giving is a powerful way to connect and repair relationships, just like the Playful Astronauts learn when facing challenges on Mercury.

## **Winning the Game:**

There is no winner. The gift of giving, the joy of creating, and the feeling of peace are the rewards in this thoughtful and calming activity.

## **Variations:**

**Younger Students:** Provide pre-painted or large flat stones for easier decorating. Use stickers or crayons instead of paints.

**Mindful Edition:** Begin with a one-minute breathing exercise while holding the pebble, invite students to imagine filling it with calm and kindness before decorating.

**Nature Edition:** Use natural materials (e.g. pressed leaves, flowers, twigs) glued onto the pebbles for an eco-friendly, sensory experience.

**Community Edition:** Create a shared school garden or outdoor path decorated with everyone's Peace Pebbles to symbolise unity and kindness.

## **For Wheelchair Users / Accessibility:**

- Ensure the painting area is set up at accessible table height for all students.
- Use lightweight, flat stones that are easy to hold and decorate.
- Provide adapted paint brushes, thick markers, or sponge dabbers for easier grip.
- Offer alternatives for sensory sensitivity (e.g. using paper "peace circles" instead of pebbles).
- Allow students who may have difficulty gifting in person to leave their pebble in a "peace basket" or with a helper.



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## Notes for Inclusion:

- Reinforce that *giving* is for everyone, students can choose anyone to receive their pebble, including themselves, if they need peace or self-kindness.
- Celebrate individuality by showing how every pebble is different but equally meaningful.
- Encourage a calm, non-judgmental environment for creation, quiet music or nature sounds can help maintain focus.
- Use reflective language such as, "Each pebble carries a piece of our kindness into the world."
- End with a group affirmation:
- "*When we give peace, we create peace, in ourselves, our friends, and our world.*"

## Additional Notes:

- "Peace Pebbles" is a tactile, creative way to reinforce the life skill of conflict resolution. It encourages calmness, generosity, and reflection, showing students that even small actions can bring harmony. This activity helps bring Week Two to a meaningful close, as students leave with not just knowledge, but a gift they can pass forward.

