

# Ways to Promote Peace #ILD2022

Our Lasallian family is preparing for the 16th annual International Lasallian Days for Peace observance from September 21 to October 21.

During this monthlong celebration, how will you build new pathways for peace in your community? In your ministry? Within yourself? Here are some tangible ways you can build new pathways for peace.

Submit photos & videos of how you promote peace here:



## Elementary/Middle School

- Be helpful to a neighbor or relative (carry in groceries, walk a dog, help in their yard)
- Create a piece of art illustrating what peace means to you
- Get to know someone different than you
- Spend time in nature
- Practice being patient with others

## High School

- Say hello when you pass someone
- Learn about another culture
- Check into your emotions regularly
- Think about which social issues you care about the most
- Set aside meditative time to be creative

## Collegiate

- Visit museums and cultural centers in your city
- Research your carbon footprint
- Engage in community service
- Learn about social responsibility
- Get to know your neighbors

## Young Professional

- Listen with the intention of understanding
- Take interest in your local community and attend city council meetings
- Model empathy and compassion
- Learn about emotional intelligence
- Practice gratitude



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