

Peace cannot be achieved through violence; it can only be attained through understanding. -Ralph Waldo Emerson	He that would live in peace and at ease must not speak all he knows or all he sees. - Benjamin Franklin	It isn't enough to talk about peace. One must believe it. And it isn't enough to believe in it. One must work at it. -Eleanor Roosevelt	Peace begins with a smile. -Mother Teresa	Each of us is different. Expect it. Respect it. Accept it. -school poster
When I am anxious, it is because I am living in the future. When I am depressed, it is because I am living in the past. -anonymous	Our most basic common link is that we all inhabit this planet. We all breathe the same air. - John F. Kennedy	The highest result of education is tolerance. -Helen Keller	Love is the only force capable of turning an enemy into a friend. -Martin Luther King, Jr.	The best way to destroy an enemy is to make him a friend. -Abraham Lincoln
Have students make a list of all the needs that are common to all people, no matter who they are.	Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas. -Calvin Coolidge	Students share ways they successfully resolved conflicts without using violence.	Good – humor makes all things tolerable. -Henry Ward Beecher	The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority. -Ralph W. Sockman
Discuss “stereotypes” and, if appropriate, have students share about any stereotypes they have.	Have students share about relationships they have with people from different ethnic groups or people with physical challenges.	Character is like a lantern. No matter how dark it gets, it will help you light your way. -Anonymous	As I see it, all human beings are like me. They laugh as I do, cry as I do, love as I do. -Anonymous	Grant that I may not criticize my neighbor until I have walked a mile in his moccasins. -Native American saying

## *Peace & Tolerance*

### **TEN MINUTES OF CHARACTER**

This page contains quotes or statements that may be used throughout the month. You may use the quotes or statements for class discussions, writing prompts, and problem solving. Feel free to use as many of the activities as you wish.