

Balvikas – Human Values – Work Sheet on Peace

Activity 1

You can see two types of peace peace inside yourself and peace outside of yourself. You will work in your teams. Using the clue word under your type of peace make a presentation on the meaning of your kind of peace. You can draw pictures if you wish

Team 1 – Peace inside yourself.

Clue words

Anger	mind	desirelessness	
	Love	calm	concentration
	Awareness	bliss	empty mind
			no monkey mind

Team 2 - Peace Outside of yourself

World	war	quiet	being alone
Seeing beautiful things		nature	comfort
harmony		Silence	balance

Activity 2

We will have a debate of the insiders against the outsider. Each team must argue that there point of view of peace is better than the other. I will help you by posing questions.

Activity 3

Can there be peace outside without having peace inside?

Which is more important peace inside or outside?