



World Harmony Education

WORLD HARMONY RUN



5 Lesson guides
Designed for grades 1-8

Learning About the World Harmony Run

The goal of the World Harmony Run is to foster friendship and understanding in the world. By passing the torch one person to the next, the Run enables people from many nations the chance to express their hopes and dreams for a better, brighter world. All kinds of people hold the Harmony Torch and make wishes for a world of harmony. When one person hands the torch to the next person it shows that we all have to work together in order for harmony to happen. More information can be found at www.worldharmonyrun.org/canada. The Run is founded by Sri Chinmoy and organized by the Sri Chinmoy Marathon Team.

send your artwork and writing to:
canada@worldharmonyrun.org
and we'll put it on our website
www.worldharmonyrun.org/canada

DAY 1

What does harmony mean?

Harmony is when a band or an orchestra is blending together in a joyful and beautiful way. Harmony is when you feel happy. Harmony is when people are all getting along together.

- * Close your eyes and listen to some calming, inspiring music.
- * Talk about how the music made you feel.
- * Discuss what kinds of things make you feel harmony.
- * Discuss how you feel when harmony is missing.
- * Draw a picture that shows what happens when there is no harmony.
- * Draw a picture that shows harmony.
- * Share your pictures with the class.
- * Display your pictures in your school or at your local library.

* Send us your pictures and we'll share them through our website.



DAY 2

What if there were harmony in the whole world?

Imagine what it would be like if everyone acted in harmony. Imagine people in the whole world happy and helping each other. Imagine our whole planet is one big community where each person is respected and appreciated.

- * Discuss what a world of harmony would look like, sound like, and feel like. Describe in a poem, a story or an essay what a world of harmony would be like.
- * Share your writing pieces with your classmates.
- * Display your writing pieces in your school.
- * Publish your writing pieces in your school or city newspaper.
- * Send us your writing and we'll share it through our website. Email to: canada@worldharmonyrun.org

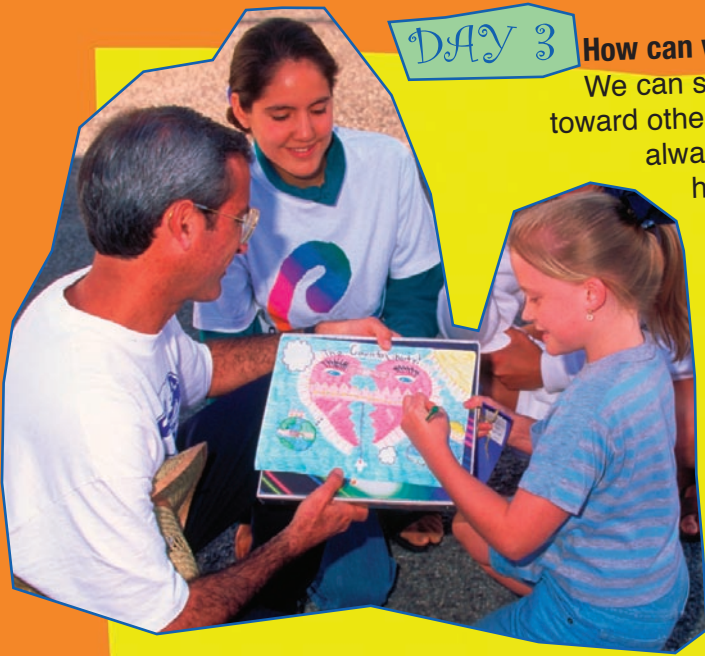


DAY 3

How can we create harmony at school?

We can start creating harmony by acting with respect and tolerance toward others. We can create harmony by deciding that we will always try to solve problems without violence. We can learn how to make harmony when problems happen.

- * Learn the five steps of creating harmony:
 - a) Stop before you hurt yourself or someone else. Calm down.
 - b) Meet with a teacher when both sides are ready.
 - c) Each person should talk about how he/she feels.
 - d) Create a solution that will make everyone feel better.
 - e) Say thank you to your partner for helping to make harmony.
- * Teach others in your family and your neighborhood the steps for creating harmony.
- * Become an official Harmony Builder in your school.



Day 4

How can we help make harmony in the world?

The most important step to making harmony in our world is to understand more about the world. In order to understand and respect others, it is most helpful to know where and how people live. By studying other cultures we can learn how people are different and how they are the same all across our planet.

- * Study a globe or map and identify the continents and oceans.
- * Learn about the people in one culture of the world. Where do they live? What do they eat? What is special about their culture? How are they the same as people in your own country?
- * Share what you learned with your class.
- * Make a class collage or art project showing many cultures.
- * Study the World Harmony Run map. List all the countries it will pass through before it is finished. How many miles will it go in your country?



DAY 5

How can we be a part of the World Harmony Run?

If you have done some of the activities in this packet you are already on your way to being a Harmony Builder. Now you can also become a very important part of the World Harmony Run. Here are some activities to do when the World Harmony Run comes to your school, or when you have your own World Harmony Run:

- * Make harmony doves to hold or display for World Harmony Run Day.
- * Make your own harmony torches to hold at your World Harmony Run Day ceremony.
- * Prepare to share your poems, stories or essays at the ceremony.
- * Prepare your artwork for display on World Harmony Run Day.
- * Create or prepare a musical piece to perform.
- * Create and perform a skit showing the steps to make harmony in your school.
- * Get ready to hold or run with the harmony torch.

If you would like to have the World Harmony Run visit your school please call:

**tel: 877-243-6433 or
email: canada@worldharmonyrun.org**

**Follow the run in 70 countries on
www.worldharmonyrun.org**