

The Season for Nonviolence: A Journaling Project for Students



M.K. GANDHI INSTITUTE

FOR NONVIOLENCE

**From the M.K. Gandhi Institute
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**Several items adapted from the Greater Dallas Task Force Season for Nonviolence
Daily Practices for Teens, 2007**

Day 1: January 30

Courage

1. What does it mean to have courage? _____

2. How can you show courage when interacting with your peers? _____

3. Draw a cartoon that shows how you would display courage with your peers.

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Day 2: January 31 Smiling

1. When you genuinely smile, what feelings do you experience? _____

2. When you genuinely smile at your parent or guardian, how do you think it makes them feel?

3. Draw a cartoon that shows how your smile can positively impact another person's day.

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Day 3: February 1 Appreciation

1. What does it mean to appreciate someone or something? _____

2. What do you appreciate about yourself? _____

3. What do you appreciate about your favorite teacher? How could you let them know? _____



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Day 4: February 2

Caring


1. What does it mean to care for yourself? In what ways can you take better care of yourself?


2. What does caring for another person look like? _____

3. How can you show your best friend that you care about them? _____

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Day 5: February 3 Believing

1. What does it mean to have peace in your life? _____

2. Are there areas in your life that you wish you felt or experienced peace? Give an example.

3. Do you believe that peace can happen within your life? If you believe peace can occur, how might you contribute to creating and maintaining it? _____



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Day 6: February 4 Simplicity

1. Relationships can be difficult at times. Write about a relationship you have that is complicated or full of drama.

2. How can you help make this particular relationship easier or simpler? How can the dramatic parts be reduced by your actions?

3. Draw a cartoon that shows how you can help to reduce drama in a difficult relationship.

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Day 7: February 5 Education

1. Explain why education and learning new ideas is important in your life. _____

2. Who has been one of the most important teachers in your life? Explain. _____

3. What is one area you would like to grow in or learn more about? _____



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Day 8: February 6 Healing


1. Write about a difficult experience that challenged you physically or emotionally. _____


2. How did you heal and grow from that difficult experience? _____

3. What suggestions or advice would you give to others who are going through difficult times right now? _____

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Day 9: February 7 Dreaming

1. Dreams can connect us to our imagination and new possibilities. Recall a dream you've had in the past. Could you take a message in your dream to create change in yourself? _____

2. Have you ever heard of Martin Luther King Jr's speech "I have a dream?" What message was he trying to get across in this speech? _____

3. MLK dreamed of a world that was not yet possible when he was alive. How could a dream you've had inspire a community you belong to? _____

Day 10: February 8

Faith

1. To have faith is to hold onto your beliefs or values even when nothing is going your way. What is one thing you have faith in and why? _____

2. Do you have faith in a force / being that is greater than yourself? Explain. _____

3. Think of someone you look up to. What do you know or guess about where they drew their faith from? _____

Day 11: February 9 Contemplation

1. To contemplate means to think. Close your eyes and think about the positive aspects of your life. After one minute of thinking, write down at least five positive things.

- a.) _____
- b.) _____
- c.) _____
- d.) _____
- e.) _____

2. How does purposefully remembering the positives make you feel right now? _____

3. What positive aspects do you see in your family member's lives? How might you share with your family all of the wonderful things you see in them? _____

Day 12: February 10

Groundedness

1. What is one practice that helps you “keep your feet on the ground” when you are feeling off balanced? _____

2. Breathing is one way we can become “grounded” to focus and de-stress. Take 3 rounds of inhales and exhales, counting each breath. Repeat, and see if you can increase the time it takes you to breathe in and out. After the breathing exercise, write about how you feel. _____

3. Draw a cartoon that shows how you could use deep breathing to stay grounded at school.

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Day 13: February 11 Creativity

1. What does it mean to be creative? _____

2. In what ways are you a creative person? Give a few examples. _____

3. How can you creatively express your feelings and emotions? How can you share that creativity with your family? _____

4. In this space, create something that represents you!



Day 14: February 12

Humility

1. Humility is the practice of being humble, mild mannered, and thoughtful. The opposite of humility would include behaviors that are arrogant, boastful, or selfish. Write about an instance when you did NOT practice humility. _____

2. How did your lack of humility impact the friends or family around you? _____

3. Why is humility a good characteristic to have and to practice each day? _____

Day 15: February 13 Reverence

1. To have reverence means that you have great admiration or respect for someone or something. It can also mean that you are in awe, or have a sense of wonder, about a particular person or object.

Write about a person who you are in awe of. Why do you feel that way? _____

2. Now, write about an object or something of great beauty that makes you feel reverence. Why does it make you feel this way? _____

3. After writing about these two positive things, how do you feel? Next time you face a challenge, how might recalling these people and things bring you strength? _____

Day 16: February 14 Gratitude

1. What does it mean to have gratitude? _____

2. Who are you most grateful for and why? _____

3. How might you show gratitude for the person you wrote about? _____



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Day 17: February 15 Integrity


1. If a person has integrity, they always strive to do what is right. They are honest and moral. Write about an instance where you showed integrity. _____


2. Write about an instance where you wish you had shown integrity. _____

3. How might integrity improve your school and its culture? _____

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Day 18: February 16 Freedom

1. What does the word 'freedom' mean to you? _____

2. Where are you free to be yourself? What allows you to have that freedom? Where are you not free to be yourself and what stops you from having that freedom? _____

3. How can you help your friends to truly be free to be themselves at school, the park, or your house?



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Day 19: February 17

Acceptance


1. Do you accept yourself just as you are? Why or why not? _____


2. Do you have a friend or classmate that you accept fully, without judging or criticizing them?

3. Who accepts you for who you are, without judgments or criticism? How does that acceptance feel?

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Day 20: February 18 Self-Forgiveness

1. All people make mistakes. What is one mistake you have made where you disappointed yourself?

2. Have you been able to forgive yourself for that mistake? Why or why not?

3. Explain an instance where you forgave another person. Can you offer yourself that same forgiveness for your mistake?



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Day 21: February 19 Inspiration

1. Write about someone who inspires you to be a better person. What qualities do they have? What makes them an inspiration? _____

2. How can you lead by example and be an inspiration to others? _____

3. Draw a cartoon that shows how you would lead by example and inspire others.

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Day 22: February 20 Mission

1. Gandhi once said, "My life is my message." It was his mission to be nonviolent. What is your mission? What will you bring to your school, your community, and to the world? _____

2. Draw a cartoon that shows your mission and how it will impact others.

Day 23: February 21 Prayer


1. Prayer is one way that we can connect to a higher power, or for some, people to God(s). Do you believe in a higher power? _____


2. What are the benefits of connecting to a higher power (God, justice, ancestors)? _____

3. Prayer looks different in cultures in the world. It may look like meditating, praying to a god or ancestor, or creating artwork or buildings. How do you pray? _____

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Day 24: February 22

Harmony

1. What is a symbol that represents harmony or peace with in you? Draw the symbol and explain.



2. What is a symbol that represents harmony in an important relationship you have? Draw the symbol and explain.



3. What is a symbol that can represent harmony within a group or community you belong to? Draw and explain the symbol.



Day 25: February 23

Friendliness

1. What are five characteristics of someone who is friendly?

- a.) _____
- b.) _____
- c.) _____
- d.) _____
- e.) _____

2. Who is the friendliest person in your life? Why do you consider them to be friendly? _____

3. What friendly actions could you take to improve your classroom? _____



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Day 26: February 24

Respect

1. What does it mean to be respectful? Give five examples of respectful actions or thoughts.

a.) _____

b.) _____

c.) _____

d.) _____

e.) _____

2. Have you ever been disrespected by another person? Explain what happened and how it made you feel. _____

3. How can you be more respectful to your teachers, parents, or other adults in your life? _____

Day 27: February 25

Generosity

1. What does it mean to be generous? Give five examples of generous words or actions.

a.) _____

b.) _____

c.) _____

d.) _____

e.) _____

2. Write about a time when someone was generous to you. How did that generosity make you feel?

3. How can you be generous within your own family? Select a family member that you could be generous to. _____

Day 28: February 26

Listening


1. Think about a time when someone truly listened to you and your feelings. How did you know that they were listening and focused on only you? _____


2. Explain how that person's attention made you feel. _____

3. Who can you begin to truly listen to? How might your attention and focus impact that person?

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Day 29: February 27 Forgiveness

1. Gandhi famously stated that "an eye for an eye only ends up making the whole world blind." What do you think he meant by this? How is it related to his belief in nonviolence? _____

2. Explain an instance where someone wronged you. Were you able to forgive that person? How did that forgiveness impact your relationship? _____

3. Explain an instance where someone forgave you. How did that forgiveness feel? _____

Day 30: February 28

Amends

1. When you make amends, you make up for a wrongdoing or hurtful action. Write about a time when you hurt another person. How might you make amends with that person? What words and/or actions might you use? _____

2. How would making amends with that person impact their emotional well-being? _____

3. Draw a cartoon that shows how you would make amends with someone you have hurt.

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Day 31: March 1 Praising

1. Everyone enjoys compliments and praise. Write about a time when a teacher offered you praise.


2. When you receive compliments, how do you feel? What emotions do you have? How does your posture or facial expression change? _____


3. Think of three people that you can give compliments and praise to today. Write their names and the compliments you would share.

- a.) _____
- b.) _____
- c.) _____

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Day 32: March 2

Patience

1. What does it mean to be patient with another person? Write about a time when you were patient with a friend or a family member. How did your patience make them feel? _____

2. How does your teacher display patience each day in school? What might happen if he or she did not have patience? _____

3. Draw a cartoon that shows how you would be patient with a friend.

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Day 33: March 3 Acknowledgement

1. When you acknowledge someone, you are telling them how important they are to you. That bit of recognition can be very meaningful. Who is important in your life? Why? _____

2. How can you tell or show this person that they are important? _____

3. Write about a time when you were acknowledged by another person. How did that make you feel?



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Day 34: March 4 Love


1. Gandhi once wrote, "Nonviolence is based on the assumption that people respond to love and kindness." What does this mean? _____


2. Write about a person who loves you. How do they show their love? How does their love impact you? _____

3. Write about a friend or family member that you love. How can you show them your love?

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Day 35: March 5 Understanding

1. Write about a time that you really tried to understand your best friend's actions or beliefs. What did you do when trying to understand them? _____

2. How might listening and trying to understand others improve your community? _____

3. Draw a cartoon that shows a conversation between you and a friend whose ideas you are trying to understand.

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Day 36: March 6 Mindfulness

1. When being mindful, you are aware of what you are doing and why you are doing it. Write about a time when you were NOT mindful. What was the result? _____

2. How could mindfulness help improve your life? _____

3. Draw a cartoon that shows the dialogue in your head when you are being mindful.

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Day 37: March 7 Graciousness

1. When someone is gracious they are courteous, pleasant, polite, thoughtful, or well mannered. Do you show graciousness each day? Write about a time that you were not and how your actions and words may have impacted another person. _____

2. Write about a time when someone was not polite to you. How did that impact you? _____

3. How might graciousness improve your life at home? _____



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Day 38: March 8 Kindness

1. Write about how a teacher has shown you kindness. What did he or she do to display kindness? How did that make you feel at school? _____


2. What are five random acts of kindness that you can do in the next twenty-four hours?


- a.) _____
- b.) _____
- c.) _____
- d.) _____
- e.) _____

3. When you are kind, how do you feel inside? How might your kindness improve your school community? _____

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Day 39: March 9 Dialogue

1. Sometimes it is difficult to agree with everyone in our lives. Disagreements can turn into arguments. Write about an argument you have recently been involved in. Did you truly listen to the other person?

2. When you have a dialogue, you say what you think and then listen fully to the thoughts and feelings of the other person. How might dialogue have improved the result of the argument you previously wrote about? _____

3. Draw a cartoon that shows how a positive dialogue could have improved the situation you wrote about above.

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Day 40: March 10 Unity

1. Think about all of the students in your grade. There are people with differing ideas, beliefs, ethnicities, religions, styles, talents, etc. Despite those differences, what elements unite all of you?

Make a list of at least five elements that make you united as one group.

- a.) _____
- b.) _____
- c.) _____
- d.) _____
- e.) _____

2. How do you feel when you think all of your classmates as a unified group? How might a focus on unity improve your school? _____

3. Draw a cartoon that shows how your classmates are or could be unified together.

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Day 41: March 11

Openness

1. Sometimes we prevent ourselves from being open to new people, new ideas, or to sharing our own thoughts with others. Write about a time when you shut yourself off from being open.

What emotions did you feel? _____

2. Now, write about a time when you were open to new people, new ideas, or to sharing your thoughts and feelings with others. What kinds of emotions did you feel when you opened yourself up?

3. Draw a cartoon that shows what it looks and feels like to be open to new ideas and thoughts.

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Day 42: March 12 Accountability

1. When someone is accountable it means they act responsibly. It can also mean that a person admits to a mistake or wrongdoing. Write about a time when you were not accountable for your actions.

What was the result? How did your peers, teachers, or family react? _____

2. Write about a time when you owned up to a wrongdoing. How did your peers, teachers, or family react to your accountability? _____

3. Draw a cartoon that shows what it looks and feels like to be accountable for your actions.

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Day 43: March 13

Uniqueness

1. What makes you unique? Do you have special talents, characteristics, or ideas that make you stand out from your peers? _____

2. How can you share you unique qualities to make the world a better place? _____

3. Draw three pictures that display your unique and special qualities.

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Day 44: March 14 Cooperation

1. What does it mean to work cooperatively with others? _____

2. In class, what should a cooperative group look like? What would allow a cooperative group to be completely successful? _____

3. Draw a cartoon that shows what a cooperative group should look like in school.

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Day 45: March 15 Mastery

1. We all have emotions and sometimes, we let those emotions overtake us. What negative emotion do you feel takes over you the most? Why? _____

2. What can you do to master the emotion you wrote about? How can you prevent that emotion from taking over your judgment and senses? _____

3. Draw a cartoon that shows the process by which you master the emotion you wrote about.

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Day 46: March 16 Compassion


1. What does it mean to be compassionate? _____


2. Explain an instance where you showed compassion towards a family member, friend, or stranger.

3. Explain an instance where someone offered you compassion. How did you feel? _____

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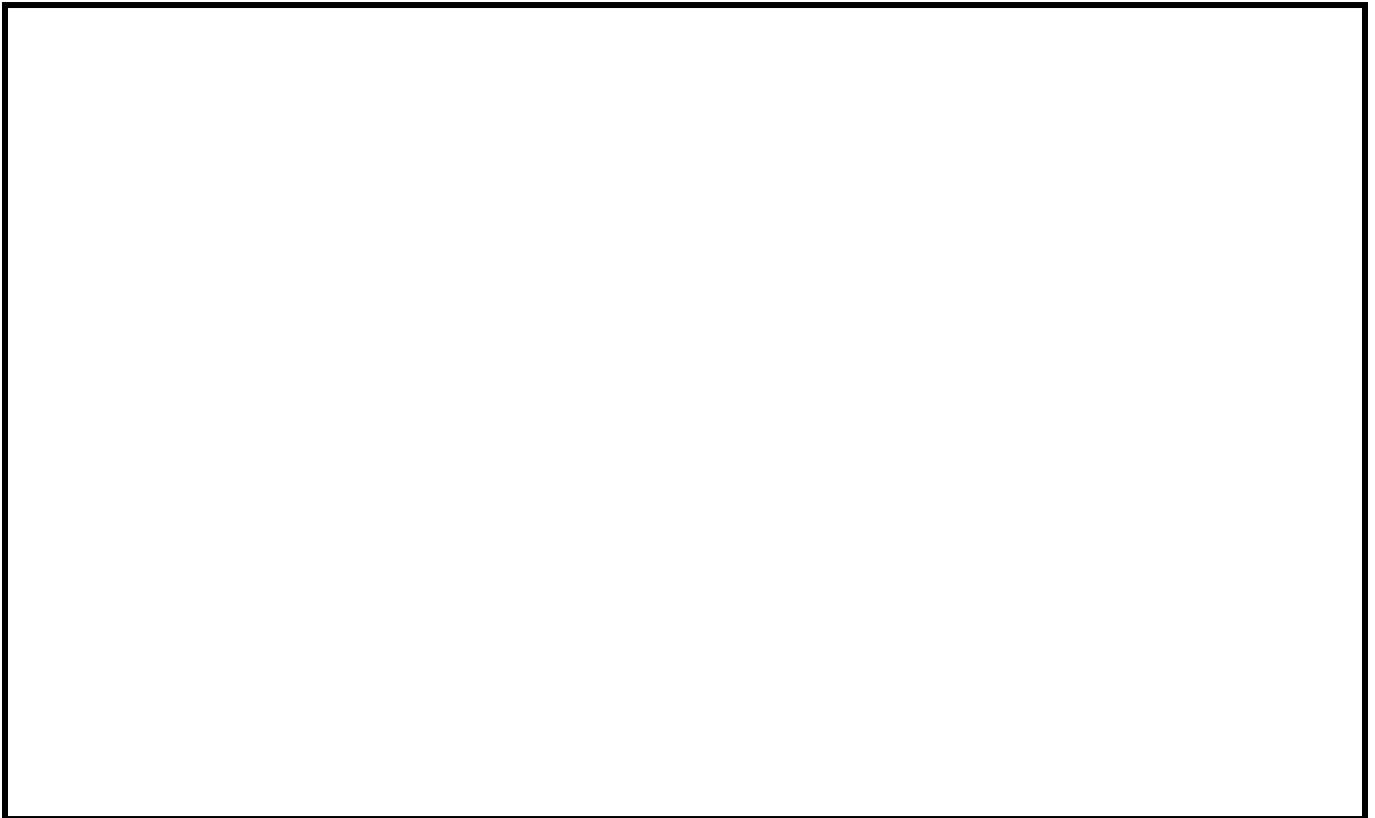
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Day 47: March 17

Disarmament

1. What do you think the world would look like without the presence of weapons or war? What would life be like if physical violence was eliminated? _____

2. Create a visual representation of the world without violence. You may use various symbols, words decorations, and figures in your drawing.



Day 48: March 18 Ecology

1. Our ecosystem is damaged by careless actions. How can you help to prevent the destruction of our environment? _____

2. How might you encourage others at your school to help save the environment? _____

3. Draw three ways that you can help to take care of the environment.

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Day 49: March 19 Honor

1. What does it mean to honor someone? _____

2. What teacher would you honor and why? _____

3. Draw a cartoon that shows how you would honor your favorite teacher.

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Day 50: March 20 Choice

1. Every day we make choices. What choices have you made in the past week to improve your life and the lives of those around you? _____

2. Think of a time when you made a poor choice. What could you have done differently? _____

3. Draw a cartoon that shows you about to make a bad choice, but then deciding to make a better one.

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Day 51: March 21 Advocacy

1. What does it mean to advocate for yourself, another person, or a cause? _____

2. Write about a time when you advocated for yourself, a friend, or a cause. How did taking part in advocacy make you feel? _____

3. Draw a cartoon that shows what advocacy might look like in your community.

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Day 52: March 22 Equality

1. What would the world look like if there was total equality? _____

2. How can you be an advocate for equality in your world? _____

3. Create a visual representation of the world with total equality. You may use various symbols, words decorations, and figures in your drawing.



Day 53: March 23

Action

1. Gandhi famously said "Be the change you wish to see in the world." What do you think he meant by this?

2. What are five actions that you can take to improve your world in the next week?

- a.) _____
- b.) _____
- c.) _____
- d.) _____
- e.) _____

3. Draw a cartoon that shows one action you can take to improve the world.

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Day 54: March 24 Giving

1. Gandhi said that "love never claims, it ever gives." What do you think he meant by that? _____

2. How do you show love to your family members? How does giving love make you feel? _____

3. Draw a cartoon that shows ways you can show love to your friends and family members.

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Day 55: March 25 Responsibility


1. What does it mean to be a responsible person and citizen? _____


2. What are you responsible for on a daily basis (school, family, etc)? Do you follow through with your responsibilities? _____

3. When you neglect your responsibilities, how do you feel? Explain. _____

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Day 56: March 26

Self-Sufficiency

1. Gandhi stated, "If you give me rice, I'll eat today; if you teach me how to grow rice, I'll eat every day." What does this mean and how does it relate to self-sufficiency? _____

2. How can you become more self-sufficient in your daily life? _____

3. Draw a cartoon that shows the ways you can be self-sufficient on a daily basis.

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Day 57: March 27 Service

1. Gandhi once said "The best way to find yourself is to lose yourself in the service of others." What do you think he meant by this? _____

2. Write about a time when you were charitable or volunteered. How did serving others make you feel? _____

3. Draw a cartoon that shows ways you can serve others in your community.

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Day 58: March 28

Citizenship

1. You are a citizen in a democratic nation. Gandhi once said of a democratic society "I understand democracy as something that gives the weak the same chance as the strong." What did he mean by this?

2. How can you be a good citizen in our nation? Explain.

3. Draw a cartoon that shows ways you can be a good member of a democratic society.

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Day 59: March 29 Intervention

1. If you intervene in something, you are coming into a situation in order to change the course of events. Have you ever intervened in a situation in order to change it for the better? Explain? _____

2. Draw a cartoon where you intervene in order to make a situation better.

Day 60: March 30 Witnessing

1. Think about a time when you witnessed injustice at school or in your neighborhood. What did you do? Explain.

2. How can you go from being a witness on the sidelines, to becoming a voice for change and peace? Explain.

3. Draw a cartoon that shows you being a voice for change and justice.

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Day 61: March 31

Peace

1. Gandhi stated that "when a man gives way to anger, he only harms himself." What does this statement mean and how does it relate to inner peace? _____

2. How can you create peace within your mind and soul? What can you focus on that will bring inner peace? _____

3. Draw a cartoon that shows you achieving inner peace.

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Day 62: April 1 Commitment

1. Gandhi said that, "There is nothing on earth that I would not give up, except of course, two things and two things only, truth and nonviolence." How committed are you to nonviolence in your life?

Explain.

2. How will a commitment to nonviolence improve your life?

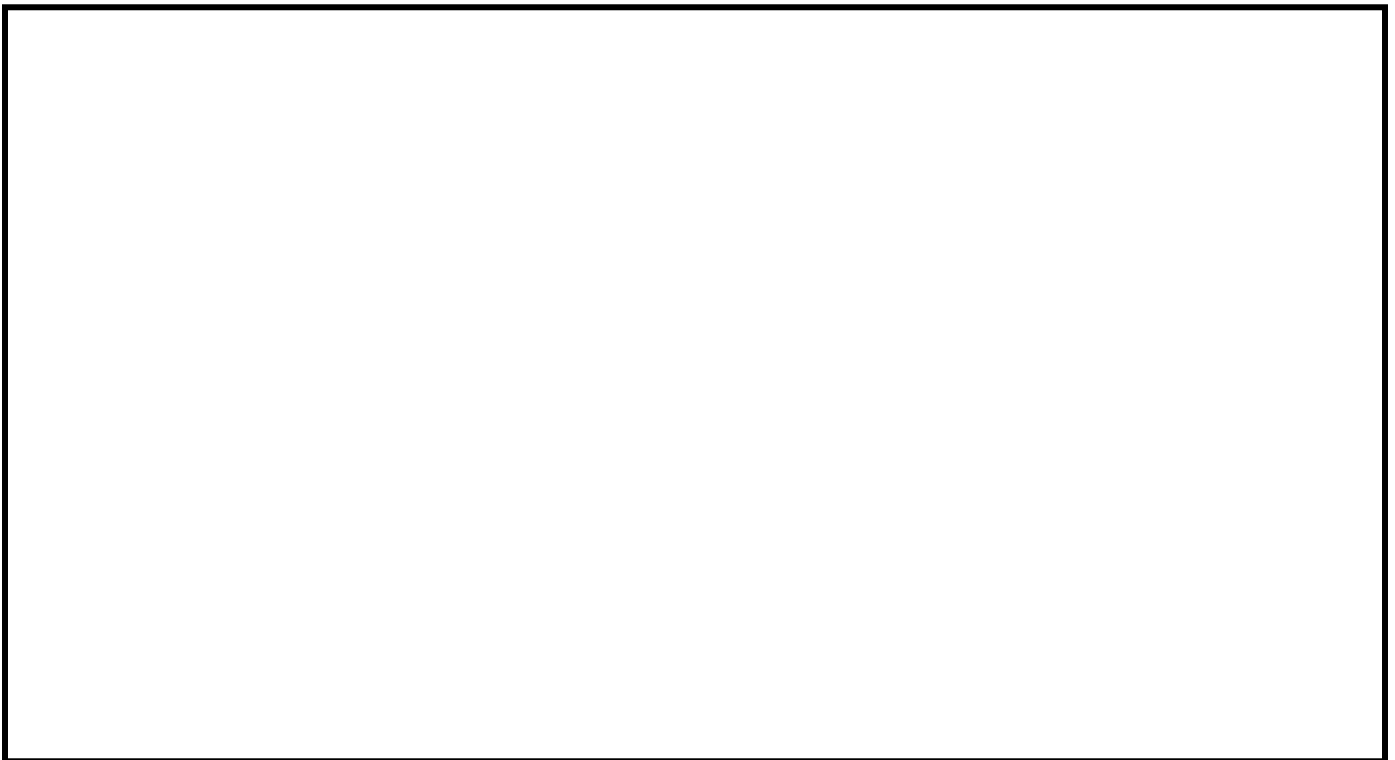
3. Create an image that shows your personal commitment to non-violence. Use various symbols, words, decorations, and figures.



Day 63: April 2 Release

1. You are almost done with the journaling project for the Season for Nonviolence. In order to be nonviolent, you must release, or free yourself, from things that get in the way of that choice. What do you need to release? (ie: your temper, anger, judgments, impatience, etc.) Explain. _____

2. Create an image that shows the release of all the things that get in the way of your commitment to nonviolence. Use various symbols, words, decorations, and figures.



Day 64: April 3 Celebration

1. You completed the journey! What have you learned that will be valuable in your everyday life?

2. How have you changed through this journey through the Season for Nonviolence? _____

3. Draw a cartoon that shows how you have changed during this journaling project.

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