

A Week of Peace

DAILY CHALLENGES

SATURDAY, NOVEMBER 14 – TAKE 10 FOR PEACE

Find a quiet spot, go for a walk, or talk with someone and reflect on what brings you peace.



SUNDAY, NOVEMBER 15 – PEACE WEEK PLEDGE

Join us in taking a pledge for Peace and commit to [#actforpeace](#) this week. Share a photo or story of what peace means to you with [#YMCAPeaceWeek](#).

MONDAY, NOVEMBER 16 – PAY IT FORWARD

Perform a random act of kindness. Share an act of kindness that someone did for you.



TUESDAY, NOVEMBER 17 – ENCOURAGE KINDNESS AT HOME

Make a Kindness Tree with your family. Every time someone performs a kind act, add a leaf to the tree and watch it grow! Follow the Kindness Tree Craft Guide on our Peace Week page.

WEDNESDAY, NOVEMBER 18 – YOGA FOR PEACE

Join us for a yoga session reflecting on peace led by Y staff Mellissa.
Check our Facebook pages at noon for the video link!

THURSDAY, NOVEMBER 19 – REACH OUT & CONNECT

Never underestimate the power of a handwritten note! Write a letter, send a compliment card, or reach out to someone you haven't talked to in a while.



FRIDAY, NOVEMBER 20 – CRAFT FOR PEACE

Create something beautiful that symbolizes peace. Follow the Peace Crane Craft Guide on our Peace Week page and display them in a window for everyone to enjoy.

SATURDAY, NOVEMBER 21 – MAKE A DIFFERENCE

Choose a cause you care about and take action to make a positive impact. Sign a petition, donate, volunteer, or support a local business!

