

**A–Z “alphabet” of nonviolence and peace**—each letter tied to a keyword and a brief idea:

- A — Awareness:** noticing harm before it grows.
- B — Benevolence:** choosing goodwill toward others.
- C — Compassion:** feeling with and acting to help.
- D — Dialogue:** resolving conflict through honest conversation.
- E — Empathy:** understanding another’s perspective.
- F — Forgiveness:** releasing resentment without denying truth.
- G — Generosity:** giving time, care, and resources freely.
- H — Harmony:** balancing differences into coexistence.
- I — Integrity:** aligning actions with peaceful values.
- J — Justice:** fairness that restores rather than punishes.
- K — Kindness:** small acts that soften the world.
- L — Listening:** hearing deeply without interrupting or judging.
- M — Mindfulness:** pausing before reacting.
- N — Nonviolence:** refusing harm in thought, word, and deed.
- O — Openness:** welcoming new ideas and people.
- P — Patience:** allowing time for healing and change.
- Q — Quietude:** inner calm that prevents escalation.
- R — Respect:** honouring dignity in every person.
- S — Solidarity:** standing together for peace.
- T — Tolerance:** accepting differences without hostility.
- U — Understanding:** seeking clarity before conclusions.
- V — Vulnerability:** showing honesty instead of aggression.
- W — Wisdom:** choosing long-term peace over short-term victory.
- X — Xeniality:** hospitality toward strangers.
- Y — Yielding:** knowing when to step back to avoid harm.
- Z — Zeal for peace:** a committed, active dedication to nonviolence.

### **Alphabet of Peace**

A is for Awareness, the light before the flame,  
B for Benevolence, where kindness signs its name.  
C is Compassion, a bridge from me to you,  
D is Dialogue, where broken words renew.

E is Empathy, in another’s shoes we stand,  
F is Forgiveness, an open, healing hand.  
G is Generosity, giving without demand,  
H is Harmony, many notes in one band.

I is Integrity, walking what we say,  
J is Justice, restoring a fairer way.  
K is Kindness, in quiet acts each day,  
L is Listening, letting hearts have their say.

M is Mindfulness, a pause before the storm,  
N is Nonviolence, a gentler, stronger norm.  
O is Openness, where differences can form,  
P is Patience, letting change be born.

Q is Quietude, where inner calm begins,  
R is Respect, seeing worth beneath the skin.  
S is Solidarity, together we can win,  
T is Tolerance, where peace can settle in.

U is Understanding, seeking truth, not blame,  
V is Vulnerability, courage without shame.  
W is Wisdom, beyond pride and fame,  
X is Xeniality, welcoming without claim.

Y is Yielding, when stepping back brings grace,  
Z is Zeal for peace, a fire we embrace.

### **Alphabet of Nonviolence Classroom Activity**

#### **Goal:**

Help students understand and practice values of peace, empathy, and nonviolence through creativity and collaboration.

#### **Time**

30–60 minutes (flexible)

#### **Grouping**

Individual + small groups or whole class

#### **Activity Steps**

##### **1. Warm-up (5–10 min)**

Start with a short discussion:

- What does *peace* mean to you?
- Can words help prevent conflict?

Write a few key ideas on the board.

##### **2. Assign Letters (10–15 min)**

- Give each student (or pair/group) a letter from A–Z.
- Their task:
  - Choose or invent a **peace-related word** for that letter (e.g., “K = Kindness”).
  - Write a **short sentence or line of poetry** explaining it.

##### **3. Creative Expression (10–20 min)**

Students present their letter in a creative way:

- Mini poster (with drawings, colors, symbols)
- Short spoken line or dramatic reading

- Movement or gesture to represent the word

#### 4. Build the Class Alphabet (10–15 min)

- Put all letters together in order on a wall or board.
- Read the full “Alphabet of Peace” aloud as a class (like a group poem).

#### Optional Extensions

- **Peace Mural:** Combine all letters into one large collaborative artwork.
- **Reflection Writing:**  
“Which letter matters most to you and why?”
- **Role-play:** Act out conflicts and resolve them using the alphabet values.
- **Take-home version:** Students create a personal “peace alphabet” for their lives.

Students will:

- Build emotional awareness and empathy
- Practice communication and cooperation
- Connect language with values and actions
- Experience how small ideas can build a bigger culture of peace

### ALPHABET OF PEACE

*Words that build a kinder world*

**A** — Awareness  
**B** — Benevolence  
**C** — Compassion  
**D** — Dialogue  
**E** — Empathy  
**F** — Forgiveness  
**G** — Generosity  
**H** — Harmony  
**I** — Integrity  
**J** — Justice  
**K** — Kindness  
**L** — Listening  
**M** — Mindfulness  
**N** — Nonviolence  
**O** — Openness  
**P** — Patience  
**Q** — Quietude  
**R** — Respect  
**S** — Solidarity  
**T** — Tolerance  
**U** — Understanding  
**V** — Vulnerability  
**W** — Wisdom  
**X** — Xeniality

**Y** — Yielding

**Z** — Zeal for Peace

*“Peace begins with the words we choose and the actions we take.”*

**Design Tips (if you’re making it visually):**

- Use soft colors (greens, blues, warm neutrals)
- Add symbols: white dove, olive branch, hands, hearts
- Arrange letters in 2–3 columns for readability
- Let students decorate each letter differently for a collaborative version