



A CURRICULUM OF  
HOPE FOR A  
PEACEFUL WORLD

# A Curriculum of Hope for a Peaceful World Newsletter

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“Our lives  
begin to end  
the day we  
become  
silent about  
what  
matters.”

-Dr. Martin Luther King  
Jr.

Dear Readers,

Since I have more to say since reaching 94 years old this is a continuation of my last message.

At the risk of being politically incorrect I will write from my heart. Our government appears paralyzed due to partisan politics, lies, corruption and self-imposed deadlines. 1.5 million people are still committed to violence trying to prove Trump won the 2020 election. There is intent to create chaos. There is intent to change history when in fact remembering our history is more important now than ever. When our founding fathers wrote the constitution, they did a remarkable job. However much has been amended and needs to be amended further to keep abreast of the times. The right to bear arms has been interpreted to put guns in the hands of many for “protection”. Rapid fire military weapons belong in the hands of the military. Others belong in locked cabinets and on the gun range, not at parades, parties and in schools. The Pledge of Allegiance promises “justice for all” but there is no justice for many. It is time for us to lift our voices and use our individual powers to keep our country the shining beacon that it still is. It’s the reason so many still want to emigrate to the U.S. Unfortunately, our borders are in turmoil. Illegal immigrants have no way to become legal by entering special pathways to the United States, such as Ellis Island. We need to improve our entry system. Remember that we are all immigrants but for the Native Americans.

Time is of the essence regarding climate change. Storms and weather have become strong and dangerous. Water is tainted and unavailable. Uncontrollable wildfires poison the air. Animals and plants are forced to adapt to the weather changes and soon bees, our vital pollinators, may be gone.

Make the commitment to get out to VOTE. When you call your legislators tell them how to vote. There is power in the vote.

And NO MORE WAR-war has taken away a whole generation of leaders.

Our Committee continues its work in small groups working on BIG things, Protecting the Environment, Celebrating Diversity and PROMOTING PEACE: Inclusive Texts, Climate Change, Human Rights, promulgating peace resources and more. You too can work in a small way and make big changes. There are many organizations that have been helping people and the planet for 70-80 YEARS: Easter Seals, Red Cross, Shriners Hospital, Nature Conservancy, Feed the Children, Memorial Sloan Kettering and more. Support them and others as they continue to do good work.

Peace and Love,  
Jeanne



## ARTIFICIAL INTELLIGENCE

You have probably heard bits and pieces about artificial intelligence. This technology actually began in the 1950's. Artificial Intelligence is a machine or computer that can solve problems and make decisions that mimic our values. Siri and Alexa, and Google Maps are examples of Artificial Intelligence. In fact a wide array of industries such as robotics, defense, transportation, healthcare, marketing, automotive, business, gaming, banking, chatbots, etc. use AI.

As more and more applications of AI are developed and making decisions for us, it is critical that research continues to focus on making sure that artificial intelligence (AI) systems are created and used in a way that aligns with our human values. Can a car that drives itself automatically be designed to recognize every situation in which it should stop or slow down? Read more from this article by Bernard Marr, **Forbes Magazine**, *The Dangers Of Not Aligning Artificial Intelligence With Human Values* April 2022

<https://www.forbes.com/sites/bernardmarr/2022/04/01/the-dangers-of-not-aligning-artificial-intelligence-with-human-values/?sh=2cbecf27751c>

“What’s far less certain is whether society itself is mature enough and has sufficient safeguards in place to make the most of the amazing opportunities it offers - while preventing the serious problems it could bring with it from becoming a reality. “

Bernard Marr, *Forbes Magazine*  
*The Dangers Of Not Aligning Artificial Intelligence With Human Values*  
April 2022

There are several pros and cons of Artificial Intelligence. A few of the benefits include: speech recognition- AI can automatically convert spoken speech into written text and AI can translate written and/or spoken word from one language into another; image recognition- AI can recognize, identify, and categorize various aspects of an image: and cybersecurity- AI can autonomously scan networks for cyber attacks and threats.

A few of the negatives include the loss of jobs that can easily be automated, data privacy, and the lack of empathy and creativity which impact a machine’s ability to understand human emotions.

Something to watch in the upcoming weeks and months are discussions and eventual decisions regarding how and who will regulate AI. “Whether Congress, the European Commission, China, or even U.S. states or courts take the lead will determine both the speed and trajectory of AI’s transformation of the global economy, potentially protecting some industries or limiting the ability of all companies to use the technology to interact directly with consumers.” Learn more at **Harvard Business Review** Blair Levin and Larry Downes May 19, 2023

<https://hbr.org/2023/05/who-is-going-to-regulate-ai>

## Self-Regulation

In almost every classroom today you can find at least one student who has difficulty with self-regulation. Self-regulation refers to self-control and the ability to cope with difficult situations. The lack of self-regulation causes problems in the classroom. A child who has a tantrum, yells or even hits other children out of frustration probably won't be liked by their peers, and may face discipline at school. These students may not have the capacity to learn and fall behind, as well as have a negative impact on the other students in their classroom.

How do problems with self-regulation develop? They could start early, such as an infant being neglected. A child who does not feel safe and secure, or who is unsure whether their needs will be met, may have trouble self-soothing and self-regulating. Later, a child, teen, or adult may struggle with self-regulation, either because this ability was not developed during childhood, or because of a lack of strategies for managing difficult feelings such as frustration. Over time this could lead to even more serious issues such as mental health disorders and risky behaviors such as substance use. The ability of children to control their impulses is a key factor in long-term success.

How do we help children who are not able to self-regulate develop the ability to do so? The years between ages 6 and 12 are considered a key time for intervention and prevention, as this age group is considered to be the most responsive to self-control strategies. Most kids should have emotional regulation skills by the time they are 8 or 9.

*Research shows that spending just a few minutes a day working on these skills can make a difference.*

“The key to everything is patience.

You get the chicken by hatching the egg,  
not by smashing it.”

— Arnold H. Glasow



### Strategies for Classrooms

- **Predictable Routines and Expectations**

Teach and practice routines—which will help build the ability to follow multistep directions.

<https://www.thepathway2success.com/15-classroom-practices-to-build-self-regulation-skills>

- **In My Control/Not in My Control Circle**

<https://www.centervention.com/circle-of-control/>

- **Mindfulness/Gratitude**

(if you have never seen the video of the Marshmallow Test you can see it here.)

*Greater Good Magazine* [https://greatergood.berkeley.edu/article/item/mindfulness\\_help\\_kids\\_learn\\_self\\_control](https://greatergood.berkeley.edu/article/item/mindfulness_help_kids_learn_self_control)

- **Safe Place, Peaceful Place or Calm Corner**

See this website for more about tools and activities that lead children through the five steps of self-regulation: I Am, I Calm, I Feel, I Choose, I Solve.

<https://consciousdiscipline.com/free-resources/shubert/shuberts-classroom/safe-place/#:~:text=The%20Safe%20Place%20is%20a%20center%20where%20children,serves%20as%20a%20base%20for%20your%20Safe%20Place.>

- **Games** Jenga, Simon Says, Freeze Dance, Duck Duck Goose <https://messyvetlovely.com/self-regulation-games-kids/>

- **Read alouds**

<https://jodidurgin.com/how-to-teach-self-regulation/>

*Ravi's Roar* by Tom Percival

*The Bad Mood and the Stick* by Lemony Snicket

*Neck and Neck* by Elise Parsley

*My Magic Breath* by Nick Ortner and Alison Taylor

*Dragons Love Tacos* by Adam Rubin

*The Year We Learned to Fly* by Jaqueline Woodson

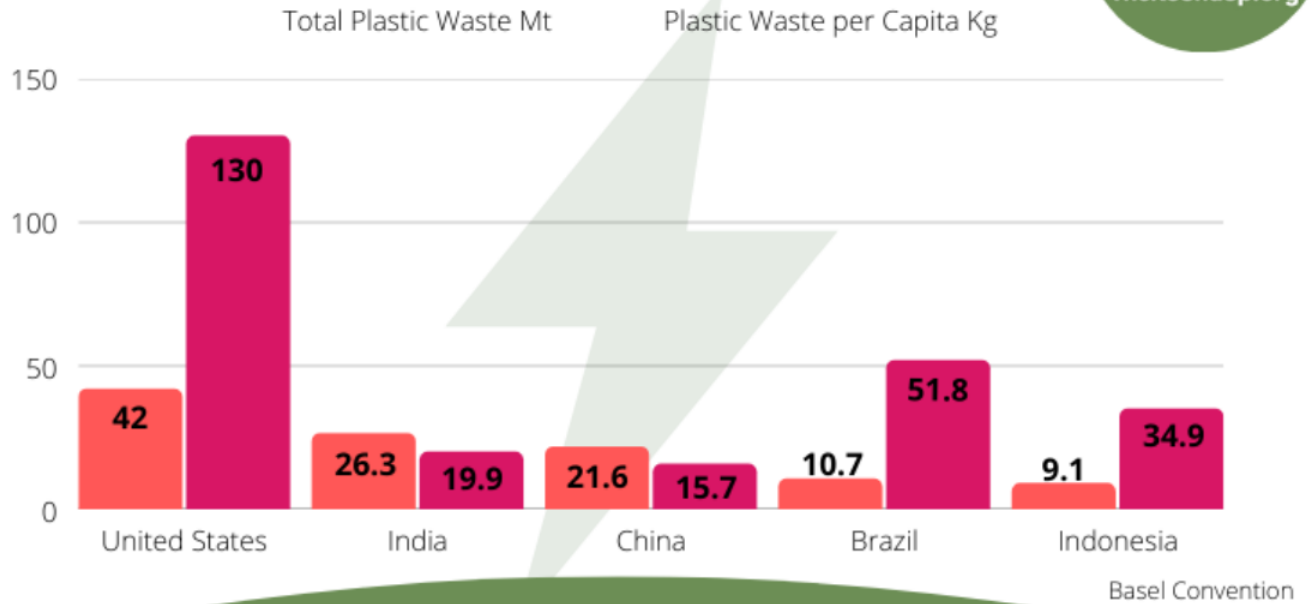
- **Videos** <https://positivepsychology.com/gratitude-tree-kids/#videos> The Gratitude Tree for Kids (Incl. Activities + Drawings)



# Plastic Waste Generation WORST 5 COUNTRIES



TheRoundup.org



Basel Convention

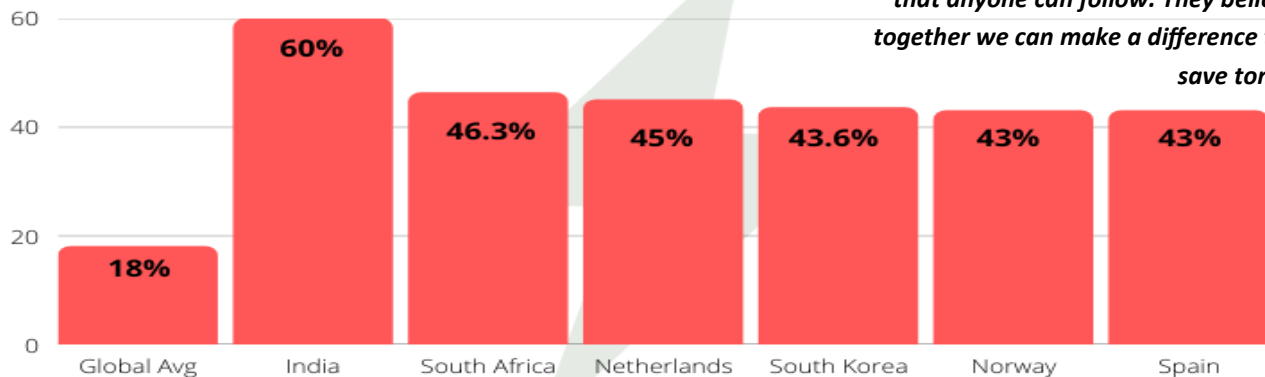
THE ROUNDUP.ORG

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## Key Facts

- \* The world produces around **400 Million Metric Tons** of plastic waste every year.
- \* **10 Million Tons** of plastic per year end up in the ocean.
- \* **China is the world's largest plastic-producing country** with a 32% share of global production.
- \* The **US (42 Mt)** produces more annual plastic waste than any other country.
- \* **50 billion plastic water bottles** are sold each year in the US.
- \* On average, just **18% of plastic is collected for recycling.**
- \* **India (60%) is the country with the best plastic recycling rate.**
- \* There are currently **5.25 trillion pieces of plastic in our oceans.**

TheRoundup.org <https://theroundup.org/> is a guide to a green and eco-friendly lifestyle. On the site you can find simple, practical advice that anyone can follow. They believe that together we can make a difference today & save tomorrow.



## Countries with the Best PLASTIC RECYCLING RATE



Solving the problem of plastic waste and pollution is a complex, complicated, and huge undertaking. Since 1950, when plastics began to be mass-produced, the world has manufactured over 9 billion metric tons of plastic. Of this, just 600 million tons (a little over 6.5%) has been recycled, and just 200 million tons of that is still in use. More than half the plastic ever produced (5 billion tons) has gone to waste.

According to the article 25 Jaw-Dropping Plastic Waste Statistics in 2023 by Arabella Ruiz at TheRoundup, an unbelievable **46% of plastic waste** comes from **packaging**. This includes containers such as bottles, pots, tubs and trays, or wrappings such as plastic shopping bags, rubbish bags, bubble wrap, or shrink wrap. These are the areas in which our choices as individuals can have a massive effect.

<https://theroundup.org/plastic-waste-statistics/>

**Coca-Cola** and **PepsiCo** are the companies that use the most plastic packaging. **Coca-Cola** uses 2.9 million metric tons of plastic packaging a year. In early 2022 **Coca-Cola** announced a new goal supporting its *World Without Waste* global sustainable packaging strategy. By 2030, 25% of its global product volume will be served to consumers in reusable packaging. Reusable packaging options include returnable bottles and refillable cups for fountain dispensers. Returnable glass and plastic bottles are a top priority in countries with established reuse infrastructures and supply chains, as in Africa, Europe and Latin America. In North America dispensed drinks are sold in places like restaurants, music and sports venues, and movie theaters. Refillable cups represent a big opportunity to reduce single-use waste and limit the use of new materials. **Coca-Cola** has several reusable packaging pilots in North America, including a new partnership with **r.Cup** (<https://rcup.com/>). **r.Cups** can be used up to hundreds of times with proper handling and sanitization and then upcycled at the end of their lifecycle. You can read more about Coca-Cola's sustainability efforts at <https://coca-colacompany.com>

According to their website, in 2022 **PepsiCo** used about 2.6 million metric tons of plastic to package beverages and convenient food products, including their primary, secondary and tertiary packaging. In early 2022, PepsiCo Europe announced that by 2030, it aims to eliminate fossil-based plastic in all its crisp and chip bags, reducing greenhouse gas emissions from film packaging for food by up to 40%. Across 22 global markets, **PepsiCo** changed several brands' packaging to 100% rPET (recycled polyethylene terephthalate) plastic. There are plans to convert all Pepsi-branded products in the U.S. to 100% rPET bottles by 2030 and **PepsiCo** has entered into an agreement with the Eastman company to build a new plant to supply recycled (rPET) made from materials that would otherwise go to landfill. Once operating, it is expected to have an annual output capacity of more than 150,000 tons of rPET. **PepsiCo** also supports collection and recycling systems across the globe. <https://www.pepsico.com/our-impact/esg-topics-a-z/packaging#progress>

We need to hold companies accountable for improving the amount of plastic in their packaging. As you purchase, look at the packaging. Then think about buying products that are **zero-waste**. A product is zero waste if it's something you actually need and you will use it every day. Making items you use regularly as eco-friendly as possible helps to increase their sustainability because they're used often so the money you spend on them is worth it. On the other hand, buying an item that's eco-friendly and sustainable but sits in a cupboard without being used actually collects waste instead of prevents it. A product is zero waste if its lifespan can be extended. Double-duty products are the best reusable items if you want to be zero waste. A product is zero waste if you don't cause an environmental problem when disposing of it. This is where disposing of the product correctly and in earth-friendly ways becomes extremely important. Disposing of it could include recycling it, such as in the case of glass, or putting it in the compost pile without worrying about chemicals leaking into the soil. By choosing eco-friendly, zero-waste and/or non-plastic alternatives, we can all help do something to reduce plastic amount of waste.

**“Be part of the solution, not part of the pollution.”**

# September



September is Hispanic Heritage Month

## 21 International Day of Peace

Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. 2023 Global Peace Day Theme: Actions for Peace: Our Ambition for the #GlobalGoals [What Can You Do | International Day of Peace](#)

## 23 National Public Lands Day

Led by the National Environmental Education Foundation, in partnership with the National Park Service and other federal agencies volunteers help restore and preserve public lands of all types and sizes—from iconic national parks and rivers to local urban green spaces and everything in between. [National Public Lands Day - NPS Commemorations and Celebrations \(U.S. National Park Service\)](#)

# October



Bullying Prevention Month

## 2 World Habitat Day

- <https://www.habitat.org/volunteer/build-events/world-habitat-day>

## 9 Indigenous People's Day

- <https://www.culturalsurvival.org/news/9-things-do-indigenous-peoples-day>
- <https://www.tfsm.com/columbus-day-and-indigenous-peoples-day-facts-and-history-for-kids/>

## 15 White Cane Awareness Day

- <https://nfb.org/programs-services/blind-equality-achievement-month/white-cane-awareness-day#The%20History%20of%20White%20Cane%20Awareness%20Day>

## 15-21 Worldwide Character Counts Week

- <https://bitsofpositivity.com/free-world-wide-character-counts-week-resources/>

## 16 World Food Day

- <http://www.fao.org/world-food-day/2016/home/en/>

## 17 International Day for the Eradication of Poverty

- <http://overcomingpoverty.org/>

## 24 United Nations Day



# November

National Native American, American Indian, and Alaskan Native Heritage Month

## 11 Veterans Day (Remembrance Day in Canada)

- <https://www.nea.org/tools/lessons/veterans-day-activities-intro.html>
- [https://www.va.gov/opa/vetsday/vetday\\_faq.asp](https://www.va.gov/opa/vetsday/vetday_faq.asp)
- <https://www.weareteachers.com/veterans-day-videos/>

## 16 International Day for Tolerance

- <http://www.doonething.org/calendar/toleranceday.htm>
- <https://www.unesco.org/en/days/tolerance>

## 20 World Children's Day

- [www.un.org/en/events/childrenday/](http://www.un.org/en/events/childrenday/)

## 25 International Day for the Elimination of Violence against Women

- <http://www.unwomen.org/en/news/in-focus/end-violence-against-women>
- <http://time.com/3603582/international-day-to-end-violence-against-women/>

“The beauty of the world lies in the diversity of its people.” — Unknown

# December

## 1 World AIDS Day

- [www.worldaidsday.org/](http://www.worldaidsday.org/)

## 10 Human Rights Day

Human Rights Day is the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights. The document states the inalienable rights which everyone is inherently entitled to as a human being ---regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. It is the most translated document in the world, available in more than 500 languages.

- <https://kidworldcitizen.org/human-rights-lessons-kids/#:~:text=On%20December%2010%2C%201948%2C%20global%20leaders%20joined%20together,the%20world%20promise%20to%20uphold%20these%20basic%20rights.>

## 18 International Migrants Day

- <https://news.un.org/en/story/2022/12/1131822>

## 26 Kwanza

- <https://kidskonnct.com/articles/kwanzaa-for-kids/>



## Little Free Library

In my neck of the woods you see quite a few of these. They are called Little Free Libraries and according to their website, there are 150,000 Little Free Libraries in 120 countries that have shared over 300 million books.



Little Free Library is a nonprofit organization based in St. Paul, Minnesota. Little Free Library book-sharing boxes are open seven days a week, 24 hours a day and are freely accessible to all, removing barriers to book access. Their mission is “to be a catalyst for building community, inspiring readers, and expanding book access for all through a global network of volunteer-led Little Free Library book-exchange boxes”. Maybe you are interested in becoming the librarian of your own Little Free Library. You can find plans for construction at the website or even purchase a prebuilt box. Think about the height and depth of the shelves, especially if you are going to have children’s books or hardcover adult books. Also it needs to be placed somewhere that is accessible to someone pulling up in a car or walking. You will be responsible for keeping the library in good condition and rotating books in and out. Waterproofing and a strong latch are also important. The website will give you lots of information and help. What a wonderful gift for everyone in your neighborhood!  
<https://littlefreelibrary.org>

## More about Mix It Up Day <https://www.learningforjustice.org>



Mix It Up at Lunch Day is an international campaign that encourages students to identify, question, and cross social boundaries. Schools can host a Mix It Up event on any day of the year! Students consistently identify the cafeteria as a place in their school where divisions are clearly—and harshly—drawn. So students are asked to move out of their comfort zones and connect with someone new over lunch. It’s a simple act with profound implications that educators are encouraged to include in year-round efforts to promote healthy, welcoming school environments. Studies have shown that interactions across group lines can help reduce prejudice. When students interact with those who are different from them, biases and misperceptions can fall away. Everything you need (and more) is on the website! (Learning for Justice is formerly Teaching Tolerance).



## The Last Word

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey. He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down. A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

### MORAL :

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

Remember the five simple rules to be happy:

1. Free your heart from hatred — forgive.
2. Live simply and appreciate what you have.
3. Give more.
4. Free your mind from worries. Most never happen.
5. Expect less from people but more from yourself

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