

# PEACE AND RECONCILIATION

TAKE HOME RESOURCE



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This resource is for you to use when having **conversations about war and conflict with children**. The important thing is to create a **safe** and **open space** for children to **think, reflect,** and **process their feelings and thoughts**.

It can be used individually or in a group setting.

## ABOUT THE AUTHOR

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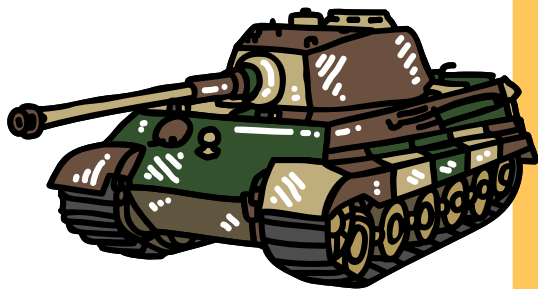


# **TAKE HOME RESOURCE**

**THERE ARE 4 SECTIONS...**

- **Let's talk about war and conflict**
- **Peace and reconciliation**
- **Talking to someone who has lived through war and conflict**
- **A prayer resource**

# LETS TALK ABOUT WAR AND CONFLICT



*This activity is to help children **start thinking** about war and conflict and **how it can affect people's lives**. It's also a way to **learn how to have conversations about these difficult topics**, so we can **understand others** and **show kindness**.*

## WHAT IS WAR AND CONFLICT



**War** is when people or countries fight. It can make life very hard for children and families, as in war, people can be hurt, and families may have to leave their homes because their home is no longer safe. Children may see scary things or hear loud noises, which can be very upsetting. People may want peace, but war continues because the countries or people don't know how to find a way to stop fighting.

**Conflict** is when groups of people or countries have big disagreements that they can't solve peacefully. Instead of talking things through, they might use violence, like fighting or hurting each other. These disagreements can be over things like land, power, resources or beliefs.



### **SUMMARY FOR YOUNGER CHILDREN (4-7):**

War is when there's fighting, and it can make people feel sad or scared.

### **SUMMARY FOR OLDER CHILDREN (8-11):**

War can stop people from living a normal life. Children might not get to go to school, play, or feel safe.



## **THINK ABOUT THIS**

- What do you like about growing up?
- How do you think children feel if there is fighting where they live?
- What would you miss the most if your life was changed by war?



### **MORE QUESTIONS FOR OLDER CHILDREN (8-11):**

Imagine if your favourite things, like school, friends, or family traditions, were taken away because of war. How would that feel?

## **HOW DO WAR AND CONFLICT AFFECT PEOPLE?**



- They can make people feel frightened, sad or even lose hope.
- Children might not have a normal childhood , they might not go to school, celebrate special days or play games.
- They can make people want to change the world and work for peace.

# PEACE AND RECONCILIATION



## WHAT ARE RECONCILIATION AND PEACE?

**Reconciliation** is when we make things right with others after a disagreement.

**Peace** is about more than just stopping fighting- it's about people coming together, understanding each other, and saying sorry when things go wrong.

### ACTIVITY FOR YOUNGER CHILDREN (4-7):

#### *Peaceful Hands*

- Trace the children's hands on coloured paper and inside each hand, ask them to draw or write peaceful actions like "hug," "help," "smile," or "say sorry."
- Stick the hands around a bridge template, representing the ways we can help bring peace with our actions

# TALKING TO SOMEONE WHO HAS LIVED THROUGH WAR AND CONFLICT



If you meet someone who has lived in a place where there was war, it's **important to ask them questions to learn about their experiences**. However, we **must be careful** about **what we ask** and **how we ask it**. Not everyone feels comfortable talking about their memories, especially **if they've seen or lived through difficult things**. It's always best to **ask with kindness and understanding**.





## FOR YOUNGER CHILDREN (4-7):

When you talk to someone about something serious like war and conflict, it's important to **be gentle with your words**. Some people might feel **sad** or **scared** when **remembering hard times**, so we need to make sure we are **kind and careful with what we ask**.

You might want to ask things like:

- **What was it like for you when there was fighting?**
- **Did you feel safe?**
- **Was there something that helped you feel better?**

It's important to always remember, **sometimes people might not want to talk about sad things**.

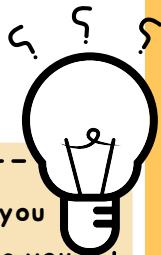
If they don't want to answer, **that's okay!**

Just **listening** and **showing**

that you care

can make them feel better.

**TIP:** You can ask questions like: 'What made you feel happy during hard times?' or 'What made you feel safe?' These questions are gentle and can make the person feel cared for.





## FOR OLDER CHILDREN (8-11):

When speaking with someone who has experienced war or conflict, it's important to **think carefully** about your questions. War can be a **very difficult** and **painful topic**, so you need to **be respectful** and **considerate of how they might feel**. Some people may **feel emotional** or **upset** when **talking about what they've gone through**, so **be prepared** for them to share feelings that might be **hard to hear**. Always **ask with kindness** and be ready to **listen carefully** to their answers.

Here are some questions you could ask:

- **What was it like for you when there was fighting?**
- **How did you feel during that time? Were you scared?**
- **Why do you think people go to war?**
- **What did you see or hear that stayed with you?**
- **Do you think people in the war wanted peace?**



## FOR OLDER CHILDREN (8-11):



**IMPORTANT:** Before asking, think about the person's feelings. Consider whether a question might bring up painful memories for them. A good way to start is by saying, 'If you feel comfortable, I'd like to ask you about your experience.' This shows respect and gives them the choice to share or not.

### What would you like to ask them?

Before you ask your questions, take a moment to think:

- Will this question make the person feel sad or uncomfortable?
- Is my question respectful of their feelings?
- Am I ready to listen carefully and understand their answers, even if it's hard to hear?

By **thinking carefully** about the questions, you ask, and **listening with kindness**, you'll show the person that you **truly care about what they've experienced**.



# PRAYERS OF PEACE

**THEME: PEACE AROUND THE WORLD**

## ACTIVITY STEPS

**1**

**Setting the scene:** On large paper, make a big, prayer for peace. Peace is needed everywhere, in all countries. Let's work together to create something beautiful and think about how we can help bring peace to the world."

**2**

**Create your prayer for peace:** Draw or write: Use markers, crayons, or paints to draw peaceful symbols, like a dove, a heart, or a flag. Write words like "love," "hope," or "peace."

**3**

**Add:** Glue small objects like buttons, beads, glitter, or fabric scraps to make the prayer colourful. These can represent peace and unity across different countries.



# PRAYERS OF PEACE

**THEME: PEACE AROUND THE WORLD**

## ACTIVITY STEPS

**Think about countries:** Ask the children different countries and how they need peace. Ask:

**4**

- 'What countries need peace right now?'
- 'How can we help bring peace to the world?'

**Spoken prayer for peace:** Once finished look at the completed prayer. Ask:

**5**

- 'What did you add to the prayer, and why?'
- 'How does our prayer show that peace is needed everywhere?'

**"BLESSED ARE THE  
PEACEMAKERS, FOR THEY WILL  
BE CALLED CHILDREN OF GOD."**



**MATTHEW 5:9**

**REFLECTING TOGETHER  
WHILST CREATING, ASK QUESTIONS LIKE:**

"What does peace look like in other places?"

"How can we help people in other countries  
have peace too?"

**BIBLE VERSE ON GOD'S PEACE:**

"The Lord gives strength to his people; the  
Lord blesses his people with peace."

– Psalm 29:11

**IF POSSIBLE, SO FAR AS IT  
DEPENDS ON YOU, LIVE  
PEACEABLY WITH ALL**

**ROMANS 12:18**



**LEAD A SIMPLE PRAYER FOR PEACE, REMINDING THAT PEACE  
IS NEEDED EVERYWHERE, INCLUDING AROUND THE WORLD:**

"Dear God, thank you for  
bringing us together. Please  
help us bring peace to the  
world, not just in our home,  
but in other countries too.  
Show us how we can love and  
help others.  
Amen."

**DISPLAY THE PRAYER SOMEWHERE VISIBLE AS A  
REMINDER THAT PEACE IS NEEDED EVERYWHERE.**

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