

What is and who uses non-violent resistance?

(note: This workshop is ideally done in partnership with a guest speaker from an International Peace organization in your area. Every community has one, they may be working unobtrusively, but they do exist! Ask at your local Amnesty International group, or through places of worship, grassroots action groups, Rotary Club, Mission Outreach, etc)

Introductory Activity ~ Workshop Activity A:

Discuss : Ask the children what types of violence exist in the world. (ie. psychological abuse, economic abuse, intimidation, physical violence, racial violence, religious)

What is the difference between discrimination and violence?

What does non-violence means to them?

Ask the children to give examples from their own experiences of non-violence, ie situations where they were either players or spectators of non-violence.

Show the short film that can be found on YouTube :

“Be the change you want to see in this world! Mahatma Gandhi” 2:06 A must watch video that teaches us that we should not always have to wait for others or things to happen of their own. <http://www.youtube.com/watch?v=nGyutkBvN2s>.

Relaxation / Experience Peace:

Use quiet music from another ethnic experience.

Guide them through imagining another “peaceful situation” ie. Remembering a scene where you either did not respond using nonviolent resistance or that you turned away in order to not respond at all. Now this time, put yourself back into that memory. What was the situation? Location? What was the day like? Weather/ What preceded what you were about to see? What did you witness?

Now instead of responding as you did at the time, IMAGINE what sort of nonviolent response you could do. In your mind, follow through with this image. What does it feel like? Emotionally, physically, psychologically, intellectually? Note the feelings and learning.

Workshop Activity B:

Present various historical figures (Gandhi, Martin Luther King, Aung San Suu Kyi, Mandela, Dalai Lama, etc) who campaigned for nonviolence or nonviolent resistance.

Have your guest speak about what he or she has experienced and how nonviolence or nonviolent resistance is effective. Children will be HIGHLY impacted being introduced and listening to somebody who is actually walking the talk!

Show a short film on nonviolent resistance or on one or more of the listed leaders. A few examples that you might wish to use are found on YouTube :

“Gandhi’s non-violence speech” 05:26 A biographical film about (“Mahatma”) Gandhi, who was a leader of the nonviolent resistance movement against British colonial rule in India during the 20th century. <http://www.youtube.com/watch?v=e3tjliWIkAQ>.

Kat Edmonson “Be the change you want” 4:07 Footage of people responding to: If I

Were The President What Would I Do? <http://www.youtube.com/watch?v=1RyS3NasuRk>.

For older children/participants you wish to use the movie: **SOLDIERS FOR PEACE**. You can get a licence by contacting www.planetepeace.com
<http://www.soldiersofpeacemovie.com>

Materials needed: Choose a couple of the leaders/scholars that are more commonly known and recognized for their work in non-violent resistance and print off photos of those.

The Banner: Children choose a photo of one of the characters presented in the workshop and glue it onto the banner, labelling who this person is and their geographical location and describing why they are important or what the children have learned.

Leaders and Scholars in “nonviolence or non-violent resistance”

A	Miguel Angel Albizu Corazon Aquino Mubarak Awad	H	Nhat Hanh Corbin Harney Stanley Hauerwas Ammon Hennacy Robert L. Holmes New Humanism	A	Glenn D. Paige Marco Pannella Rosa Parks
B	Joan Baez Sunderlal Bahuguna Philip Berrigan Vinoba Bhave Albert Bigelow Larry Bogart Pedro Luis Boitel Giga Bokeria Dietrich Bonhoeffer	J	Junaid Azim Mattu	R	José Rizal Roberto de Miranda Adam Roberts (scholar) Jean-Claude Rodet Marshall Rosenberg Bayard Rustin
C	Lauren Canario César Chávez Guy Chichester Mario Rodríguez Cobos	K	Tohu Kakahi Petra Kelly Khan Abdul Ghaffar Khan Maulana Wahiduddin Khan Martin Luther King, Jr.	S	Jawdat Said Yoani Sánchez Ken Saro-Wiwa Hans Scholl Sophie Scholl Gene Sharp www.Silo.net Jaime Sin Starhawk Aung San Suu Kyi
D	John Aubrey Davis, Sr. Dorothy Day Étienne de La Boétie Lanza del Vasto David Dellinger Barbara Deming Ralph DiGia Diane Drufenbrock	L	James Lawson John Lennon Andrés Manuel López Obrador	T	Te Whiti o Rongomai Henry David Thoreau Rosalina Tuyuc
G	Johan Galtung Arun Manilal Gandhi Mohandas Karamchand Gandhi Virchand Gandhi Stephen H. Gloucester Richard Gregg (social philosopher) Guillermo Fariñas Paul Gunter 14th Dalai Lama	M	David McReynolds Brian Martin (professor) Héctor Maseda Gutiérrez Rigoberta Menchú Amílcar Méndez Urizar Ashin Mettacara William Moyer Mustafa Abdülcemil Qırımoğlu A. J. Muste	V	Vijayanandsuri
		N	New Humanism Nhat Tu	W	Lech Wałęsa Wyatt Tee Walker Chester Wickwire
				Y	John Howard Yoder

