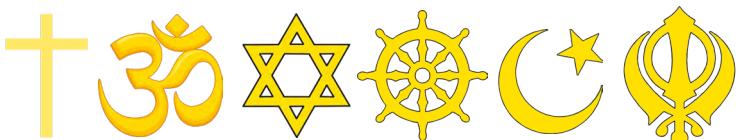


Key Vocabulary

peace	A state or period in which there is no war or war has ended. Freedom from disturbance; tranquillity.
acts of peace	Actions that bring people closer to creating peace . These can be big actions that involve lots of people and organisations or small ones that a single person can do.
conflict	Fights or wars.
non-violence	A commitment to resolving things peacefully.
pacifist	A person who does not believe in war or violence.



Peace

Peace can mean two different things. It could be a time period without any **conflict** or it could mean an amount of time where you are in a state of calm or quiet with no disturbances.

Peace is something that all governments and organisations aim for. **Acts of peace** are ways that this can be done – both as communities or as individuals.



Peace is a central theme in all religions and while there has been **conflict** in the name of religion, they are all committed to teaching **peace** as an important message.



Religious Views About Peace

One of the important messages of Christianity is '**Peace** on earth'. This was the message from the angels to the Shepherds when Jesus was born.

Peace is central to Hinduism. A key teaching in Hinduism is **non-violence** (ahimsa). This has been used to protest against oppression in India.

Peace in Judaism also focuses on ideas like prosperity (for all, not just the rich), fertility of crops, harmony and general well-being.

Buddhism teaches that through meditation, you can let go of being self-centred and live peacefully and generously with each other.

The word Islam means submission to God. This has been important in creating **peace** between individuals and nations. While most Muslims are not **pacifists**, Muslims do not believe in starting wars.

The founder of Sikhism was committed to **non-violence**. Sikhs promote human rights and harmony and have been involved in charitable work for the poor and needy.

Key Vocabulary		Community Cohesion	Western religions (Christianity, Judaism and Islam) focus on peace within their community. Eastern religions (Sikhism, Buddhism and Hinduism) all have a focus on inner peace .
inner peace	Being able to feel peace in yourself. Being in a state of inner peace is healthy and relaxing.		
mindfulness	Used to help mental wellbeing and focuses on being present in the moment.		
symbols of peace	Images that are linked to peace .		
community cohesion	A group of people (for example a school, town or country) where everyone has a sense of belonging and positive relationships are encouraged between everyone, regardless of their background.		
fair trade	A system that focuses on people being paid fairly for their work. It is often linked to food like chocolate and bananas.		
    		Mindfulness is similar to Buddhist meditation. It involves being aware of the present moment and clearing your mind of distractions. It can be used to help mental health and find inner peace .	Meditation involves focusing your mind for a period of time. It can be done in silence or with chanting and can be for religious or spiritual reasons or as a method of relaxation.
		Tai Chi is a Chinese martial art. It concentrates on controlled body movements and breathing which helps bring inner peace .	Yoga is a Hindu practice and involves controlled breathing, specific body positions and meditation.
			