

# Peace



***‘Peace begins with a smile.’***

Mother Teresa

- Small acts of kindness can make a big difference! We don’t have to make grand gestures; a simple smile can spread warmth and positivity.
- A smile can seem so insignificant, but it can break down barriers and help people connect with each other.
- In school, we can spread warmth and peace by simply remembering to greet people with a smile, helping children and adults feel seen, valued and safe.
- When you smile, you begin to feel calmer and more positive yourself, which makes it easier to reach out to others.
- Peace isn’t just something to talk about, it’s something we can create. The quote from Mother Teresa goes on to suggest we should smile five times a day at someone we really don’t want to smile at!

