



Pax Christi - Peace Sunday 2026

Activities and Prayers for Children

In this resource we offer activities and prayers that could be used with young children at home, with a group, or as part of a liturgy on or around Peace Sunday. The themes are on peace, being peacemakers and conflict resolution.

Activities

What is peace?

Give each child a few pieces of paper or sticky notes. Ask them to write a different word, image or phrase that describes peace on each of their bits of paper. Gather these together and see if you can cluster them into similar ideas or themes. As a group, come up with your definition of what peace is.

When we're talking about peace, we can say it works on many levels. We can have inner peace, we can be at peace and living peacefully with those around us, and we hope to live in a world at peace with no war.

Ask the young people to describe what inner peace might be like, what peace at home or school might look like and what peace in our communities would look like.

Conflict tree

Ask the children to think of as many types of conflict as possible, for example war, or arguing with a sibling, or neighbours quarrelling.

Put the children into small groups and give each a large piece of paper and some pens or pencils. Ask them to draw the outline of a tree with roots, a trunk, branches and leaves.

Ask them to choose one of the types of conflict they came up with and write it in the trunk of the tree. Ask them to think about what can cause that conflict and write their ideas in the roots. On the branches get them to write the consequences or results of the conflict. In the leaves ask the young people to write ways you might try and resolve the conflict. It might be useful to go back and look at the roots for some ideas.

Bring everyone back together and ask each group to share their ideas.

Drama activity

Put the young people into groups. Ask them to come up with a short drama of about 30 seconds showing when two people have fallen out or been unkind to one another.

Get each group to show their drama to everyone and have the others guess what is going on. Then ask everyone to decide how the characters could now resolve their conflict or make up with one another.

Next, get the groups to create another 30-second drama showing how they decided to make up or resolve the conflict, choosing from the ideas they discussed previously. Get each group to act out their new drama.

I am a peacemaker when...

Ask the children about how we can show a sign of peace to one another, perhaps a handshake, a high-five, a fist bump, the peace sign or a bow.

Ask the children to go round the room and greet each other with an appropriate sign of peace.

Each time they greet a new person, ask them to say to each other 'I am a peacemaker when...' adding their own answer. Get them to speak to as many people in the room as they can.

Building peace

Working for peace is an important part of building the Kingdom of God. Ask the children what they think we can do to create and build peace.

Get them to write all their ideas on rectangular pieces of paper. Gather all these pieces of paper and arrange them into the shape of a bridge to show how we can build bridges of peace with one another to build the Kingdom.

You might want to turn the image into a display.

Peace prayers

Give each child a large (A4) piece of paper. Get the children to put their hand on the paper with their fingers and thumb together. Then get them to move their fingers slightly to the side one way and their thumb towards the other side, so their fingers and thumb are apart. Get them to draw around their hand.

They should now have a dove shape on their paper, which they can add a beak and an eye to. You may need to have the paper at an angle if the shape isn't so clear!

Ask each child to write on their dove a short prayer for peace and decorate their prayer. You may want to cut them out and use them as a display or offering.

Prayers

Dear God,
We pray for peace in our hearts, in our homes, in our communities and in our world. We pray that we can be peacemakers, doing what we can to create a more peaceful world, helping to build your kingdom. May we learn to resolve conflict peacefully, to respect other people and to be kind to everyone that we meet. Help us to be hopeful when things are hard and to trust in your love for us.
Amen

Dear God,
We thank you for giving us your peace. Help us to spread peace at home and at school by loving and caring for one another even when we don't agree. Help us to spread peace by sharing our time with those who are lonely and who need a friend. Help us to spread peace by thinking about and praying for children who have no food or who are frightened and live in fear. Let us pray every day for peace for our families, our friends and ourselves.
Amen

For more resources for children visit:

<https://paxchristi.org.uk/peace-education/primary-schools/>

<https://paxchristi.org.uk/peace-education/secondary/workshop-resources/>