

WFP London, UK's Peace Adventurers bonds parents and children

Oksana Torok
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2025 has dawned as a year brimming with promise for peace adventurers in a fresh, new place, but with our ever-constant team.

Since September 2024, we have engaged in meaningful discussions about peace-building, nurturing peaceful societies, and exploring meditation, yoga, arts and crafts, music, and other tools to discover the peace within us and around us.



Our January session, titled "Peace Beyond Borders: Understanding Harmony in Our Country, Society,

and the World," featured a fun discussion about the countries of the world with Tchi Mbouani. Together, children and parents worked on a puzzle map of the world, identifying different countries and sharing insights about our origins and what we know about various places. We were a diverse group, hailing from seven different countries, united in this peaceful activity session.



The exploration of countries seamlessly flowed into a break session filled with fruits and snacks, which the children thoroughly enjoyed. They were so captivated by the world map and eager to share their knowledge about different countries that they didn't want the exploration to end.

Next, we embarked on a magical adventure, a ride on a magic carpet through a meditation session led by Merope. The session was enchanting for all, from the youngest to the oldest, as parents and children alike took the time to look inside themselves. During this session, we wore masks under golden rain, symbolizing unity as a beautiful golden light - the origin of us all - erasing all differences and barriers.

After the relaxing and profound meditation, we moved our bodies under the guidance of Chrisoula, who joined us via Zoom from Greece. This part of the session was particularly fun, as everyone got to move and mimic each other. We discovered our elemental natures - water, fire, earth, or wind - and learned to communicate without words, just through observation and synchronized movement.

Peace Adventurers is a unique series of peace learning events with the following upcoming dates:

- 22/02 - "Unity in Diversity: Embracing Different Cultures and Opinions for Peace"
- 29/03 - "Peaceful Solutions: Understanding Conflicts, Managing Anger, and Communicating Kindly"

In conclusion, Peace Adventurers provides a wonderful opportunity for children and parents to bond, find quiet moments together, and foster closer relationships. It also equips us with the tools to find peace in this turbulent world and daily life.

Reported by Oksana Torok