

WFWP UK: From Tension to Harmony - A Transformative Peace Adventurers Experience

Chimbuani Ngaliae
March 2025



In March, we returned with a new Peace Adventurers workshop titled "Peaceful Solutions: Understanding Conflicts, Managing Anger, and Communicating Kindly." With 11 children in attendance - our highest participation yet - we were delighted to welcome both new and familiar faces.

Gathered in a circle, we began with introductions before diving into an engaging discussion led by Chimbuani on conflicts, why they happen and how people express and manage anger. Every child contributed, bringing their thoughts and experiences into the conversation, making it a truly interactive and reflective moment.

Following the discussion, we played a dynamic group game where children were presented with various situational conflict scenarios. They had to determine whether the response given was a "Peaceful Response" or a "Problem Response" by moving towards the corresponding wall where these labels were displayed. When a response was identified as problematic, the children were challenged to come up with a more peaceful alternative. Through this activity, they developed a deeper understanding of conflict language, tone, and formulation, recognising what fosters peace and what escalates tension.

After this engaging exercise, we took a break for snacks, providing the children with the opportunity to bond further in a relaxed setting. Laughter and conversations filled the space as they connected with one another.

The session then transitioned into a meditation led by Merope, guiding everyone through an inner journey on navigating anger and calm. Using imagery of doves, feathers, rivers, and storms, the children and parents explored the symbolism of emotional balance. Each participant held a soft feather and an ornamental white dove - a guardian angel figure to remind them that in moments of conflict or doubt, they can choose a peaceful path.

Following this meditative moment, we moved into a physical movement session, where participants explored weight and lightness in their bodies. Through paired exercises, they experienced the contrast between tension and release, simulating movements of pushing, resisting, and letting go. A mirror exercise helped them connect with others, feeling harmony in synchronized motion while mimicking positive gestures of admiration, respect, love, and celebration.

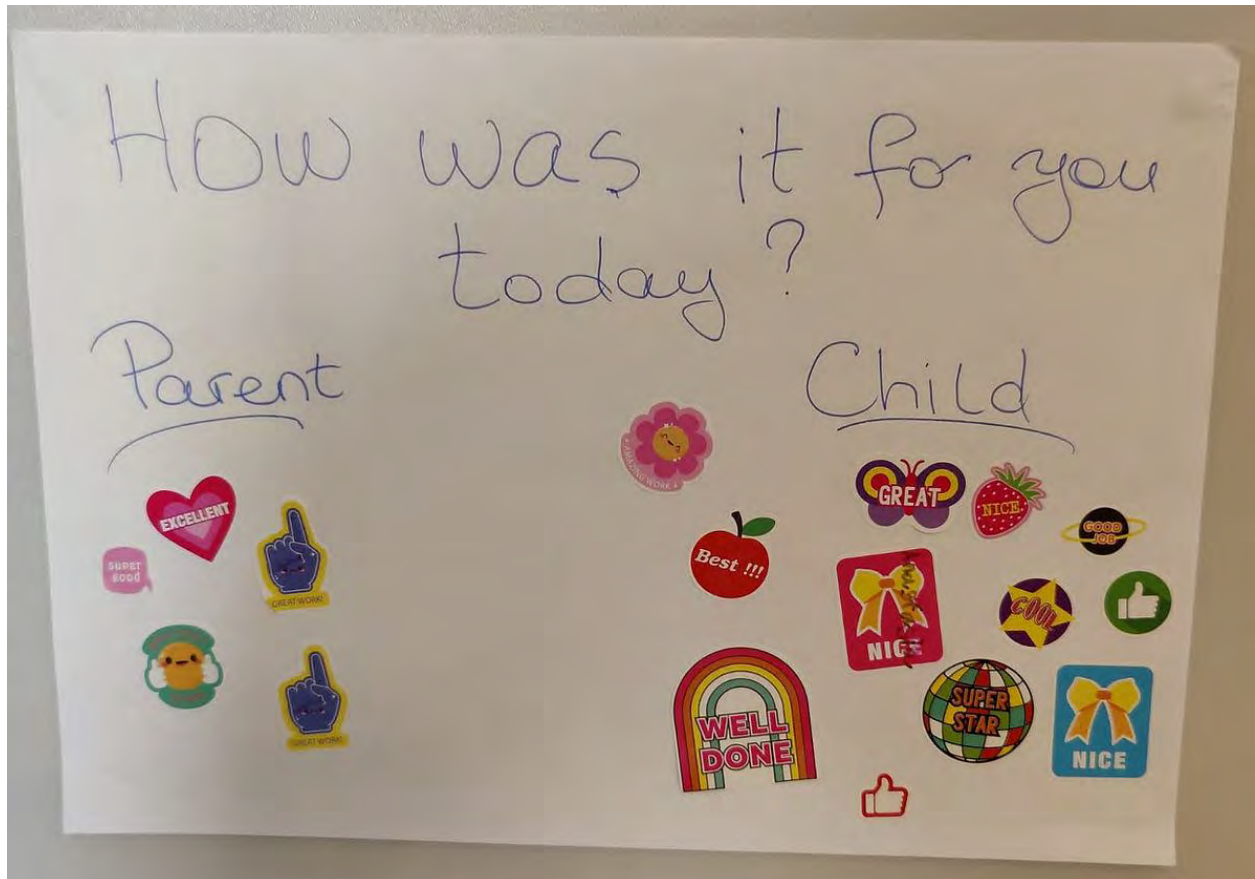
The workshop aimed to:

Encourage children to view conflicts neutrally, understanding them as natural occurrences that should be addressed rather than avoided.

Increase self-awareness regarding anger - acknowledging that people experience, express, and manage anger differently and that constructive strategies exist.

Develop communication skills by modulating words, tone, and body language to express thoughts and emotions peacefully.

Enhance body awareness by detecting states of tension and peace, using movement as a tool to navigate conflict and anger.



This session provided a valuable space for children and parents to reflect, connect, and equip themselves with tools to navigate conflicts with kindness and understanding. We look forward to our next Peace Adventurers gathering, where we will continue our journey in fostering peace together.

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

- 26/04 - "Bridging gaps: Diplomacy and Finding Peace When We Disagree"
- 24/05 - "Winning Together: Exploring Competition, Collaboration, and the Path to Peace"

www.eventbrite.co.uk/e/peace-adventurers-tickets-1268537302219?utm-campaign=social and utm-content=attendeeshare and utm-medium=discovery and utm-term=listing and utm-source=cp and aff=ebdsshcopyurl

In conclusion, Peace Adventurers provides a wonderful opportunity for children and parents to bond, find quiet moments together, and foster closer relationships.

Chimbuani Ngaliae.



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WOMEN'S FEDERATION
FOR WORLD PEACE UK



Peace Adventurers

"Peaceful Solutions: Understanding Conflicts,
Managing Anger, and Communicating Kindly"

29 March

for ages 6-10

14:00-16:00

43 Lancaster Gate,
W2 3NA

Creative play,
games,
arts and crafts,
music,
yoga & meditation



Express Yourself, Colour the World!

Gain a deeper understanding of what it means to live peace, give peace, and celebrate peace at every level of society.

Unique Series of Peace Learning events

Parents Welcome to stay and participate together with children

Saturday, April 26



Peace Adventurers

Join us for an adventure filled with fun and discovery as we set out on a mission to foster peace and positivity within our community!



By Women's Federation for World Peace UK (WFWP UK)

128 followers

Lots of repeat customers

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Select date and time

Saturday, April 26 · 2 - 4pm GMT+1

Saturday

April

26

2:00 PM

Saturday

May

24

3:00 PM

Location

43 Lancaster Gate

43 Lancaster Gate London W2 3NA United Kingdom

Show map

Refund Policy

Refunds up to 7 days before event

About this event

Event lasts 2 hours

Peace Adventurers is an innovative educational programme designed for children **aged 6 to 10**, providing them with the tools to understand, express, and share peace, from inner calm to global harmony.

The programme encourages children to reflect on what peace means and how it can be lived in various areas of life, nurturing the skills and habits needed to create peaceful environments.

Through engaging and interactive workshops, children will explore essential themes such as self-worth and inner peace, love for others, conflict resolution and foster positive family relationships.

They will learn the value of kindness, compassion, and tolerance, while also understanding how to handle emotions like anger and frustration through non-violent communication.

From the dynamics of family peace to building peaceful relationships at school and in the community, Peace Adventurers offers a holistic journey into the many forms peace can take.

Through the powerful medium of meditation and yoga, creative activities such as crafts, drawing, music, and storytelling, we aim to spread messages of peace and wellbeing among children and the broader community.

29/03 - “Peaceful Solutions: Understanding Conflicts, Managing Anger, and Communicating Kindly” (43 Lancaster Gate W2 3NA)

- 26/04 - “Bridging gaps: Diplomacy and Finding Peace When We Disagree” (Rehearsal Rooms, 4th floor Communal Lounge, 3 Victoria Road, North Acton, London, W3 6HU)

- 24/05 - "Winning Together: Exploring Competition, Collaboration and the Path to Peace" (43 Lancaster Gate W2 3NA)

The sessions offer a variety of activities that encourage parents and children to engage in teamwork, fostering a more trusting and positive family relationship. It is free to attend, but donations and sponsorships are very welcome.

Editors' Notes:

The Women's Federation for World Peace International is a non-profit, non-governmental international organization present in over 120 countries. Our mission is to empower women with the knowledge, tools, and support necessary to cultivate peace at home, peace in our communities, our nations, and throughout the world. It holds consultative status with the United Nations.

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Frequently asked questions

Who can participate in this contest?



Who can I contact if I have more questions?



Is it a single event?



Tags

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Organized by



Women's Federation for World Peace UK (WFWP UK)

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Peace Adventurers

Sat, May 24, 3:00 PM

43 Lancaster Gate • London

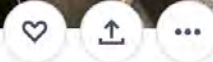
Women's Federation for World Peace UK (WFWP UK)



Donation

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Just added

Taste of Sarajevo Supper Club

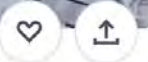
Sat, Apr 26 • 6:30 PM

Alborz Restaurant

From £103.63

Taste of Sarajevo

Promoted



Ancient Adventurers

Thu, Apr 17 • 10:00 AM

Earth Trust

From £20.00

Earth Trust



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Peace Adventurers

Saturday, April 26 · 2 - 4pm BST


Peace Adventurers

£ 0.00

30 Remaining

Sales end on Apr 26, 2025 - Fees will be deducted from your donation amount but taxes will be calculated before you place your order.

We're introducing a donation-based ticket system to make sure to have place for everyone to join in.

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Language: English (US) ▼

Check out



Peace Adventurers

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