

WFP Central London UK: Diplomacy and Finding Peace When We Disagree

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Imagine we're all living in the land of Many Voices, a place where people are diverse but share a common love for conversation. One day, a misunderstanding causes a crack in the Peace Bridge - the structure that connects all the towns and fosters unity. The challenge ahead is to repair the bridge, not with bricks and glue, but with understanding, kind words, and teamwork.



This was the heart of the Peace Adventurers programme, an innovative educational initiative designed for children aged 6 to 10. Led by the creative mind of Tchi Mbouani, the day's activities were centred around fostering diplomacy, conflict resolution, and emotional awareness.

To bring the concept to life, the children and parents engaged in a role-playing game where each participant selected a character. Divided into three groups, each team faced a unique problem-situation. Their task was to find solutions, and for every successful resolution, another brick was added to the broken Peace Bridge. Through lively discussions, teamwork, and thoughtful decision-making, the bridge was steadily rebuilt - symbolizing the power of peaceful conflict resolution.

Following a well-deserved snack break, Merope guided the children through a meditation session. In this mindful exercise, they were encouraged to visualize a blooming flower - a representation of the warmth that grows when kind and polite words are spoken. Meditation transitioned into an energizing and humorous body movement activity "I Can Feel the Storm, I Can Let It Go." This exercise allowed the children to physically release frustration and embrace a sense of calm, reinforcing the emotional resilience needed for peaceful interactions.



Peace Adventurers provides children with the tools to understand, express, and share peace - from inner tranquillity to global harmony. The programme nurtures essential life skills, helping young minds navigate relationships with kindness, compassion, and tolerance. It also equips them with strategies to handle emotions like anger and frustration through non-violent communication.

From fostering peaceful relationships at home and in school to exploring diplomacy within their communities, the children embark on a holistic journey that prepares them to be thoughtful and empathetic individuals. Using meditation, yoga, storytelling, arts, and creative expression, Peace Adventurers spreads valuable messages of peace and well-being - not just among children, but throughout the wider community.

Through dialogue, mindfulness, and collaboration, the young Peace Adventurers prove that even the most challenging misunderstandings can be resolved - one thoughtful word, one kind action, and one strong brick at a time.

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

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

www.eventbrite.co.uk