

WFWP Europe and Eurasia: Peace Explorers: Celebrating Inner Light and Self-Worth

Mitty Tohma
November 22, 2025



At 43 Lancaster Gate on 22nd November 2025, a warm and hope-filled gathering unfolded under the banner of Peace Explorers, hosted by the Women's Federation for World Peace UK. Themed "Understanding Me: Fostering Self-Worth and Growing Peace from Within," the event welcomed children and parents into a gentle space of reflection, creativity and connection.

The session began with a mindful breathing exercise, guided by a story about a magical garden where peace wrapped around the villagers like a soft blanket. This tale invited participants to discover their own inner garden - a place of calm, kindness and self-worth.



"Once upon a time, in a small village, there was a magical garden where everyone felt happy and calm. The garden was special because it was filled with peace. The villagers would come to the garden to relax, listen to the birds and feel the gentle breeze. They learned that peace is like a soft blanket that makes everyone feel safe and happy. Today, we will explore how we can find our own magical garden of peace inside us."

Children and parents explored the meaning of self-worth through affirmations like "I am enough," "I matter," and "I don't have to be perfect to be valuable." These simple yet powerful truths were echoed in the Mirror Activity, where each person was invited to look into their own eyes and speak gently to themselves, just as they would to someone they love.

The heart of the session was the "My Light Shines From Within" lantern craft. Using tissue paper, little jars and affirmations, families created glowing lanterns that celebrated their inner strengths - bravery, gentleness, curiosity and love. Each lantern held affirmations exchanged between children and parents, tucked inside as quiet reminders of mutual belief and care.

In the final Reflection Circle, lanterns were lit and placed together to form a "Glow Garden." Participants shared words that made them feel proud and the group closed with a shared affirmation: "We shine with kindness, courage, and peace. Our light helps others glow."

A joyful highlight of the session was the golden balloon activity. Families passed a large golden balloon to each other, treating it as a symbol of love and kindness. Each pass reminded participants that sharing peace and compassion helps everyone's inner light shine brighter.

Behind the scenes, facilitators Meropi and Oksana thoughtfully prepared the session, choosing the golden balloon to symbolize inner light and kindness. Their planning emphasized unconditional love, positive reinforcement and the importance of helping children and parents recognize their inherent value - beyond behaviour or circumstance.

Peace Explorers was more than an event; it was a celebration of dignity, compassion and the quiet power of self-worth. In every breath, lantern, balloon and kind word, participants were reminded: "Your light doesn't have to look like anyone else's. It's yours - and it's beautiful."

The sessions are donation-based, with sponsorships warmly welcomed.

To find out more about our sessions, please visit Eventbrite:

<https://www.eventbrite.co.uk/e/peace-explorers-registration-1972848067678?aff=oddtdtcreator>



PEACE EXPLORERS

"Understanding Me: Fostering Self-Worth and Growing Peace from Within."

22 November 13:00-15:00
43 Lancaster Gate, W2 3NA

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

PEACE LEARNING

UNIQUE SERIES

WOMEN'S FEDERATION FOR WORLD PEACE UK

The poster features a large central image of a globe with many hands of different skin tones reaching up towards it. Below this is a circular inset showing two people working together on a map. To the left is a smaller circular inset showing a group of people in a workshop setting. At the bottom left is a QR code. The background is light blue with pink and green abstract shapes.



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