The Art of Peace: A Camp for Kids



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Please copy, discuss, enjoy and play around with the ideas in this booklet. You may download it without charge from www.laughingpeace.com, www. hartshorn-walton-music.com or www.carolynpogue.ca

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The Art of Peace: a Camp for Kids A Handbook to Help You Wage Peace in Your Community

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"They didn't know it was impossible, so they did it."

~ Mark Twain



"Better to light a candle, than to curse the darkness." ~ Chinese proverb

Welcome

Congratulations for your willingness to explore running a peace camp. The kids who come will amaze you. Leaders who offer to help will surprise you. The inspiration you'll receive will help carry you through many days of reading hopelessness, violence and cynicism in the news. A peace camp is a unique way to contribute to the *International Decade of a Culture of Peace and Nonviolence for the Children of the World*. And it's fun!

As you peruse this resource, allow some navel-gazing to imagine how to adapt it, and think of friends, colleagues, family members or strangers who might help. Think of curious, committed, courageous teens you know. Recall writers, sculptors, weavers, quilters, dancers, actors, puppeteers, clowns of your acquaintance. Think of an institution or community group who want to promote peace. Then prepare to welcome wild, hilarious, creative and breathtaking peace.

As I write, my city is reeling from the murder of a teenaged boy and an unrelated, random killing of a woman. Corporations in my province spew pollution from the tar sands. My country is at war in Afghanistan. Depression among children and teens is generally acknowledged as a problem. Adults need to become part of a solution, offer alternative visions to celebrate meaning, kindness and peace, and support children, teens and adults who are already changing the world.

A peace camp offers space for children to celebrate, explore, and wonder aloud about what they observe in the news, in the school yard, at the arena.

A peace camp provides an opening for children explore what kind of future they want for *their* children, what peace means to them, how they might achieve it in a bewildering world. These ideas sound huge, and they are, but kids are not daunted by them. My experience with coordinating the peace camp and of working in schools is that kids welcome the chance to talk about these issues.

Children are glad to learn about other kids making peace with themselves (like The Freedom Writers in the US), making peace with Nature (like Severn Cullis-Suzuki of Vancouver who spoke at the Rio Earth Summit at age 12), making peace in families and communities (like James Valitchka of Ottawa, writing and speaking out about bullying since age 10) and making peace in the world (like Craig Keilburger of Toronto who started Free the Children at age 12.)

Kids know that violence, war, pollution and poverty exist. When adults won't talk rationally about these issues, we encourage hopelessness and cynicism; we disempower children.

Adaptability is key. Community needs, energy levels and resources will shape your particular camp. Enjoy the challenge and opportunity!

May peace prevail.
Carolyn Pogue
Co-ordinator and Co-founder

From the perspective of an actor/artist who cares passionately about children and creating peace in all aspects of our lives, Peace Camp is a dream come-true. Many adults want peace; they talk about wanting peace - but don't know how to achieve it. Millions of dollars are spent on the latest self-help book, DVD, trip to the spa etc. But, in my experience, what is lacking, is a community where adults listen to our wee sages, our children.

At Peace Camp, which was started in Calgary, Canada, facilitators are blessed with the ability to play and create with like minded individuals who share their artistic talents within the frame work of peace; and in doing so shift perceptions and paradigms for children, their families and each other. The ripple effect has been monumental. In 2006 the first year of the Art of Peace Camp 21 children participated. Year two saw 25 children (and families) who wanted more, more, and yet more.

Jimi Hendrix wrote, When the power of love overcomes the love of power, the world will know peace. I know for sure, from first hand experience - this happens at Peace Camp.

And each day at Peace Camp we: "Imagine all the people living life in peace... You may say that I'm a dreamer, but I'm not the only one. I hope someday you'll join us And the world will live as one." -- John Lennon

Peace Camp is about the culture of peace thru various art forms: visual arts, performing arts (music, drama, puppetry), writing, non-competitive games, and the art of snacking!
Through these art forms we sharing our abundance, mindfulness, joy, creativity and peaceful activities -

and thus nurture peace within ourselves, our family and community, nature and globally.

Research suggests that children best learn thru creativity, play, and laughter. Children are born peaceful. So what happens as they get older? Why does stress, and unpeacefulness filter into their (and our) lives. Why do children and adults need to relearn peace and play? This is a travesty and an indictment of our western society. Peace Camp builds bridges.

Laughter Yoga is an important aspect of integrating the left and right brain, Through laughter and breath children and adults connect - bridges are built, Can you imagine the whole world laughing, singing, acting, writing and snacking peace. Peace Camp is a microcosm of the world as I imagine it to be.

Fif Fernandes

Drama Facilitator & Co-founder

Celebrate Peace with all your heart, your words, your actions - as collaborators, try to model and mirror peace every moment! Be Peace!

Ode to Peace Camp

By Isabelle Klaiber ~ Founder of The Art of Snacking

"I'm planning a peace camp, "said Carolyn one day.
The thought of her project had me shouting Hooray!
"Can I help in some way?" I questioned her.
"Yes," she proclaimed, setting my heart astir.

A surprise appointment: Snack Lady I became! "Me? I never bake!" I did nervously exclaim. But I'm no shrinking violet, pioneer spirit I possess. I accepted the challenge for each day's recess.

I'm a purist at heart, so no frivolous food.
Substantial, and healthy, to put us in the mood~
For...

- ~ Cooperative games requiring consensus to succeed
- ~ Peace songs sung with passion and enthusiasm, indeed!
- ~The honouring of each other in drama did unfold.
- ~ Children's wishes for peace were written and told!

'Twas a privilege for me, as the Peace Camp unfurled.
"We must be the change we wish to see in the world."
That Gandhi quotation's a favourite of mine:

Be that Change!

Start a Peace Camp!

Now is the time!



- To create peace for our children as facilitators / coordinators (collaborators) try to find that peace within; and then be congruent inside and collectively.
- Build 5-10 minutes for the facilitators / coordinators to meet in the morning and to have an opportunity to debrief at the end of the day.
- Running a camp is a collaborative process! Each facilitator / coordinator brings a unique skill set - honour all equally!
- Ensure roles and responsibilities are agreed upon by the collaborators.
- Should disagreements arise, determine ahead of time how to resolve conflict in a peaceful way.
- Peace is inclusive have times when all the facilitators, teen councilors and children are part of the circle, snacks, music drama.
- Celebrate Peace with all your heart!

Peace Camp Possibilities

Model 1: children rotate to workshops;

Model 2: workshop facilitators rotate to children;

Model 3: children switch between 2 different

facilitators.

Your structure can include the **content** below, and can use whichever **model** suits your situation.

Your content will depend on the team you are able to build. For example:

An actor might offer improvisational drama so kids can practice dealing with bullying.

An artist might help kids develop cartoons expressing feelings about clear cut forest practices.

A musician might help kids write a song about homelessness.

A teen leader might teach kids noncompetitive games.

A writer might talk about the power of words to change the world.

A woodworker might show kids how to make peace symbols as jewelry.

A puppeteer might teach puppet-making; a writer could help develop a puppet play for peace.

Possibilities are endless. Resource books for leaders such as *Peace Quest, Creating Caring Classrooms* and *Seasons of Peace* listed elsewhere in this booklet, offer step-by-step plans for other peace projects ranging from making solar ovens to flying peace kites.

Daily Themes

- 1. Monday ~ What is Peace?
- 2. Tuesday ~ Peace in Me
- 3. Wednesday ~ Peace in Families & Communities
- 4. Thursday ~ Peace with Nature
- 5. Friday ~ Peace in the World

Leaders and facilitators don't have to be peace "experts." Leaders need to be willing to explore peace with the children and to listen to children's ideas.

Preparation:

- Surround your space with peace posters, banners, symbols and other art.
- Learn about the First Nations use of the talking stick. Learn which Treaty area you are meeting in so that you can share this information with peacemakers.
- Create a comfortable gathering place for the whole group, for example a circle of floor cushions and a low table.
- On the table, place a beautiful cloth, candle, matches, bell or Tibetan prayer bowl, and talking stick.
- Display books about peace, both for peacemakers and their parents. (Provide a quiet reading space near the books.)
- Set out art supplies.
- Meet with the facilitators to note the theme for the day, raise any concerns or issues, and to generally set the tone of optimism, fun and peaceful cooperation.
- If you wish, play music from around the world as the children arrive.

When the doors open

- Welcome each peacemaker.
- Invite peacemakers to explore the book displays and art table.

Advertise Early!

Parents begin registering their children for summer camps in late winter, so try to build your team, secure your site and begin putting out the word early in the New Year.

Opening Circle

- Invite a volunteer to light the candle to remember children in the world who are having a hard time.
- Using the Talking Stick, invite children to introduce themselves and share something they'd like people to know about them.
- At the first Opening Circle invite the children to suggest guidelines for making the week enjoyable for everyone. (On the third day, review these guidelines.)
- Introduce the theme for the day. Read or tell a story to expand on the theme.
- Invite comments, questions or reflections about the theme.
- Tell the children about a young peace hero whose work reflects the theme.

Using your preferred Model, invite the children to begin their workshops, stopping for the all-important Art of Snacking.

Closing Circle

- Using the Talking Stick, invite comments, questions and suggestions.
- Try to allow enough time and space that children don't feel rushed and can explore their own thoughts, ask questions or express feelings about the day.



The Art of Music with Mélanie Hartshorn-Walton

- Have fun!
- List songs that you would like to share with your group. I write the
 words on chart paper, so everyone can see the words. When we add

instruments they can sing and play.

- Start by teaching your group a PEACE CAMP song. It can be any song which you would like to use as a theme for the week. Sing it often.
- Once they have learned it, supplement your program with as many songs as you like, such
 as Blowing In The Wind, The Times They Are A Changin', Imagine, Last Night I had
 the Strangest Dream, People Got To Be Free
- Check websites such as www.syracuseculturalworkers.com, www.themosaicproject.org and www.raffinews.com On Raffi's site, you can download some music for no charge.
- Encourage original compositions.

The Art of Drama

- Children can be introduced to various **improv** techniques to use when confronted by a bully, when witnessing a bullying incident, or other situations that arise.
- "Television" news can help children reimagine and reexamine what passes as news and how peace news might be different. **Talk show hosts** can interview various experts on a variety of peace themes. Rappers, environmentalists, artist can all be interviewed.
- Laughter Yoga allows children to be children, to play and to enjoy the art of being silly and the art of peace in a lighthearted and fun way. Through Laughter Yoga -laughter and peace are sent to all beings on Planet Earth and beyond. When one is filled with mirthful laughter, it is difficult to be fight or hold a grudge.
- Through imagination, children utilize all their senses and can change the world; they can visualize, contextualize, hear, feel and smell a world filled with beauty, wonderment and peace. Role play empowers children. It allows them to be decision makers who will bring positive change. Thus it enhances their confidence and self esteem.
- Non-competitive games are an important aspect of theatre. These can be done in a large group or in smaller groups.
- One powerful element of drama can be to incorporate music, writing, crafts.
- Allow time for reflection and process.

Some suggestions:

- Storytelling static and moving tableau of peace that build into narrative
- Authentic movement
- Acting out the writings from the Art of Writing
- The **Internet** has many lesson plans for theatre and drama games with the addition of a peace question or focus, the sky is the limit!
- Create original puppets See the next page for an idea.

The Art of Writing

- Children can write freefall pieces, based on the theme and on information about a young peacemaker.
- Children can write dialogue pieces to deepen their reserves when confronting violence.
- Children can examine and rewrite news articles to observe and identify common violent language, such as "target audience."
- Children can write poetry to expand their notions of peace, for example writing a poem based on the 5 senses -- how peace smells, feels, looks, tastes, sounds.

The Art of Snacking

- Provide organic snacks that are hand-made if possible.
- Serve juice and snacks in or on recyclable or china dishes, so no garbage is created.

The Art of Creating Visual Art and Crafts

• Provide the best art supplies that you can.

Fond Memory:

Three boys, each holding 2 pieces of Isabelle's famous banana bread, dancing and singing, "Give Peace a Chance."

- Try to allow the peacemakers plenty of freedom to make whatever they like, using any supplies that suits their needs.
- Choose supplies that are kind to Earth, such as paint instead of throwaway markers, recycled papers, local supplies.
- Provide recycled supplies, such as plain bed sheets for making banners or flags.
- Reexamine art and craft ideas and simply add a peace twist. For example, a puppet head might have peace thoughts stuffed inside, or wear a peace button. A handmade puzzle or kite might be decorated with peace symbols, translations of the word "peace" or a list of conditions that help build peace (enough food and water, justice, equality etc.)

Making puppets can incorporate a variety of the Arts, including the Art of Laughter!

You need:

a black and white photocopied photo of each child about 8 $\frac{1}{2}$ × 11" construction or card stock paper to make body parts art supplies such as paint or crayons book or duct tape to secure the stick to the paper head a stick about 24" long for each child staplers scissors

Puppet Instructions:

- Using the photocopied photo, invite children to colour and enhance their own image any way they wish.
- On the other side of the paper, invite children to divide the sheet into the themes (Peace and self, community, Nature & World) and to draw or write what peace means to them (these become the thoughts inside their heads).
- The 'head" is rolled into a tube and stapled.
- Paper neck, body, arms and legs are stapled in place.
- The stick is taped securely to the back of the head and becomes the handle for manipulating the puppet.
- Next, invite the children to breathe life into the puppets to bring them alive.
- Invite the children to improvise or script a short performance piece either for the whole group or in groups of 3 or 4 and/or
- Invite the children to allow their puppets to perform to music they have been singing in the Art of Music.

Notes on the Themes

Day 1: What is Peace, exactly?

This day begins with getting to know one another at the same time as exploring the meaning of the word *peace*.

Suggestion:

Ask the question during the Opening Circle. Later in the session, distribute paper and pencil crayons. Invite peacemakers to:

- 1. Draw a large circle on the paper.
- 2. Draw an X inside the circle, so that the legs and arms of the X touch the sides of the circle
- 3. In a separate quadrant of the circle, write the words "Me," "Nature," "Family/School," and "World."
- 4. Ask the children to write a word or draw a symbol that helps them find or express peace in each of the quadrants.
- 5. In groups of 3, invite the children to share what their ideas.

Day 2 - Peace in Me

Even though the world, the school or the home may not be peaceful all the time, there are ways and means that people have figured out ways to live peacefully. Sharing our own experiences in the Opening Circle is a way to help the creative juices flow. Telling a story, like the one following, can help children connect their own ability to tell, write or illustrate a story about inner peace.

When Anne Frank was in hiding during World War II, she kept a diary. The world had gone mad, but Anne used words to create peace in herself. In Bosnia, decades later, Zlata Filopovic read Anne Frank's Diary. When the world around Zlata exploded in a horrifying war, she began writing. Like Anne before her, Zlata found some way to stay sane, even though around her was violence and death. Ten years after Zlata's diary was published, a class of junior high students, caught in violence at home and at school in Long Branch, California read Zlata and Anne's words. The diaries changed their lives.

Young Peace Heroes Reflecting this Theme: The Freedom Writers www.freedomwritersfoundation.org

Day 3 - Peace in Families, Schools, Communities

Most of us have heard that "Sticks and stones can break my bones, but names can never hurt me!" ...and most of us learned that it is not true. Bullying in any form is something most kids know about.

Role playing to practice how to respond when bullied, what options we have when we witness bullying, and resources available by phone, online, in books or in the community can help kids with this difficult problem. Information about the organization *Peaceful Schools International* can provide resources to students who want to begin changing their school.

Young Peace Hero Reflecting this Theme: James Valitchka www.jamesvalitchka.com

Day 4 - Peace with Nature

Most of us have a relationship with an imaginary or real tree. It could be the tree you climb so that you can read in peace, the willow you sit under for shade on a hot day or a tree in your imagination. Using this image, it is possible to connect in a deep way to Earth. The possibilities for visual or written art in relation to trees, is endless.

This theme can also provide an opportunity to teach about the Iroquois concept of The Tree of Peace. Information about the Tree of Peace is readily available online or in library books. The Great Law of the Tree of Peace brings people of every nation together for the good of the Earth.

Young Peace Hero Reflecting this Theme: D. Simon Jackson www.spiritbearyouth.org/powerofone

Day 5 - Peace in our World

From <u>Ryan's Well</u> to <u>Kids Can Free the Children</u>, and from <u>Little Women for Little Women in Afghanistan</u> to the <u>Ladybug Foundation</u>, kids are involved in changing the world in real and dynamic ways. This session is joyous because there are so many examples to draw upon. Some young people begin their work at age 6! Examining some groups, exploring their work and celebrating the changes they are creating can be a great catalyst for visual art, role play, performance, songs and stories.

Young Peace Heroes Reflecting this Theme: Ryan Hreljac, Craig and Marc Kielburger, Alaina Podmorow, Hannah Taylor - whoa! there are so many!



How's Your Peace Quotient?

- 1. Where would you go to dip your toes in the Peace River?
- 2. What Canadian prime minister won the Nobel Peace Prize? Why?
- 3. What capital city would you visit to photograph the Peace Tower?
- 4. What country is founded on "peace, order and good government"?
- 5. What Canadian 13-year-old helped to write The Earth Charter?
- 6. What is the Ryan's Well Foundation? How old was the founder?
- 7. Where is the International Peace Garden? When was it established? How big is it?

Say Thanks for Helping to Wage Peace

Throughout the year, collect small articles, free or as you can afford. At the end of each camp day give each peacemaker a thank you token or souvenir. Examples might be: anti-racism or other peace-related stickers, pencils inscribed with a peace slogan, temporary tattoos, fridge magnets, peace buttons and bracelets bearing peace words, signs or symbols.

On the last day of the camp, present each peacemaker with a certificate thanking them for helping to bring more peace into the world.

On September 21^{st} , International Day of Peace, send each peacemaker a homemade postcard celebrating their contribution to peace.

Handouts

In addition to the book tables, try to make available information from organizations that support peace, especially ones that involve or are led by children and youth such as:

Kids Can Free the Children
Little Women for Little Women in Afghanistan
The Ryan's Well Foundation
The Ladybug Foundation
Peaceful Schools International
Puppets for Peace / Project Ploughshares
The Sierra Club of Canada
Physicians for Global Survival
Government and School Board Bullying prevention programs
Red Cross Bullying Prevention Programs
Green Teacher magazine
Organizations that support peaceful parenting

Films and DVDs

The National Film Board has several short films that deal with peace. The Big Snit and Neighbours are both classics. Films can be borrowed from the public library for no charge or purchased from National Film Board: www.nfb.ca

www.yesmagazine.com www.raffinews.com www.women4womenafghanistan www.cyberschoolbus.com www.celebratingpeace.com

Online Resources for leaders

www.familypastimes.com

www.unicef.com

Consider a Peace Party ~ Why Not Celebrate?

On September 21st at the United Nations Centre in New York City, the peace bell rings out, children's choirs fill the air with song and International Day of Peace celebrations begin.

International Peace Day was named after Jeremy Gilley travelled around the world holding a thought in his mind: "When you build a house, you start with one brick. To build peace, why not start with one day?" You can join millions around the world in celebrating the day. You can learn more about this initiative online at www.peaceoneday.org and in a wonderful picture book *Peace One Day: The Making of World Peace Day* by Jeremy Gilley and Karen Blessen.

Of course, to throw a Peace Party, you need not wait until September 21st. Any old day will do. You might like to:

- Make and serve cookies shaped like doves or other peace symbols
- Play noncompetitive games
- Read and act out a peace story
- Play parachute games
- Collect war toys and games and transform them into a giant peace sculpture
- Take a peace gift to someone in the neighbourhood
- Make peace cards for neighbours and secretly distribute them
- Brainstorm and commit random acts of kindness
- Make peace kites from recycled materials and fly them
- Make a solar oven and cook your lunch in it
- Clean up a neglected corner of your town as a gift to the neighbourhood
- Have a peace scavenger hunt, looking for signs of peace, kindness and hope
- Sing every peace song you know and then make up some more
- Come to the party dressed as a peace hero
- Make peace art, dance, sing and celebrate

Professional Development for Teachers = Peace Day for Kids?

Professional Development Days can leave working parents at a loss for how to occupy their children. A full day peace day offers something unique. Any of the ideas for a peace party or the camp can be adapted to suit one day.

You might like to set up 4 peace stations for the day. Each station could focus on one aspect of peace (self, family/community, Nature, the world). At the station, kids could explore the theme with story, art, crafts, dress-up clothes, music and information about a peace hero.

Children, Parents, Teachers, Police ~ all of us are concerned about bullying. <u>Include the</u> word in your advertising ~ help people understand that a camp like this helps to build tools for peace ~ and that includes exploring methods to deal creatively with bullying.

For Younger Peacemakers

Change the World for Ten Bucks: 50 ways to

make a difference

by Noah Lieberman et al New Society 2007

Colouring Book: The United Nations/daily lives by Jean-Michel Jakobowicz United Nations 1999

Counting Peace: A Counting Book of Peace Symbols to Colour

by Carolyn Pogue Playing for Life 2006

Colour of Peace: Peace to Colour, Draw & Sing by Carolyn Pogue et al Playing for Life 2008

For Every Child: The rights of the child in words and pictures

by Desmond Tutu & C. Castle UNICEF & Hutchinson London 2000

Gangs and Wanting to Belong

by Stanley "Tookie" Williams Hazelton Press Center City 1997

One Well: The Story of Water on Earth by Rochelle Strauss Kids Can Press 2007

Peace

by Tucker Shaw Alloy Books New York 2002

Peace One Day: Making of World Peace Day by Jeremy Gilley GP Putnam's Sons NYC 2005

Ruby's Hope

by Hannah Taylor The Ladybug Foundation Winnipeg 2006

Ryan and Jimmy and the Well in Africa that Brought Them Together

by Herb Shoveller Kids Can Press 2006

Stand Up for Your Rights: A Peace Child International Project

by and for the young people of the world Wood Book Encyclopedia Chicago 1998

Stop! Don't Eat Me: A story about Fair Trade by Naomi Poole PeaceDiviners Int'. I Ottawa 2004 The Golden Rule

by Ilene Cooper Abrams Books New York 2007

Why War is Never a Good Idea

by Alice Walker HarperCollins New York 2007

For Older Peacemakers

A New Day: Peacemaking Stories & Activities by Carolyn Pogue United Church Toronto 2005

Child Honouring: How to turn this world around by Raffi Cavoukian and Sharna Olfman, eds Praeger West Port 2006

Creating Caring Schools: Peace-promoting activities for all seasons

by Hetty van Gurp Peaceful Schools International Annapolis Royal 2007

Notes from Canada's Young Activists: A Generation Stands Up for Change

by Severn Cullis-Suzuki et al, eds. Greystone Books Vancouver 2007

Peace Quest and Go in Peace

by Kelly Guinan Kind Regards Publishing Blair NE 2002 & 2005

Remember Peace: a teaching resource by Carolyn Pogue Courtenay BC Connections Publishing 2005

Seasons of Peace: a teaching resource by Carolyn Pogue Courtenary BC Connections Publishing 2007

Teach with Your Heart: Lessons I Learned from the Freedom Writers by Erin Gruwell Broadway Books New York 2007

The Future of Peace: On the Front Lines with the World's Great Peacemakers by Scott A. Hunt HarperCollins 2002

Writing to Change the World: An inspiring guide to transforming the world with words by Mary Pipher Riverhead Books New York 2006

Legal Considerations

Facilitators

It is common for adults working with children to have a current police check on file with you.

In case of media interest, clarify with your colleagues how you will handle inquiries.

Supporting Agencies

Discuss insurance for children's programming with your sponsoring institution or agency. For example, a church offering space for your camp will have an insurance package in place for volunteers. Ask them to be sure that the insurance would cover your program and to spell out whether or not you will be going outdoors or leaving the property or paying (rather than giving an honorarium to) leaders and facilitators.

Registration Forms

Be sure that your registration form includes 2 emergency contact numbers, and health information for each child.

Ensure that registration information is kept safe.

Provide a place on your registration form for a parent and child to sign granting or withholding permission to be photographed and/or interviewed by media.

Other

Be clear about **who** will pick up each child at the end of the day.

Be clear that children's **privacy** is protected. For example, a child's last name cannot be given out without parental permission.

Sample from Our Registration Form

Child's Name
Home Phone Number
Mailing Address
Age and Grade in September
Medical Conditions/Allergies?
Health Care Number
Parent/Guardian's Name, Signature & Phone
Number
2 Emergency Contact Names & Phone

Photo/Audio/Media Release:

Providing my child agrees, I give permission for my child to be included in:

We will do our utmost to ensure a safe, healthy and happy week for your child. If there are any special concerns or celebrations that you would like us to be aware of regarding your child, please write a note or

Peace Camp Song

Mélanie Hartshorn-Walton



The lis - te- ning

will

start with

me.