WFWP UK: Peace Begins with Me - Exploring Self-Worth, Inner Peace and Kindness

Mitty Tohma September 27, 2025



On Saturday, 27 September 2025, the Unique Series of Peace Learning Events welcomed children and families to a joyful, reflective gathering of Peace Adventures. The theme - "Peace Begins with Me: Exploring Self-Worth, Inner Peace and Kindness to Others" - came to life through discussion, meditation, movement and art.



The session began with a grounding metaphor: "When the tree is strong and healthy, it can stand tall even when the wind blows hard." Children were invited to imagine self-love as the deep roots of a tree - roots that hold us steady when life feels stormy. Feeling proud of who we are, we grow resilience. That sense of Self worse - a word coined to capture inner worth - helps us stay peaceful and grounded no matter what challenges arise.

From this foundation, the creative activity unfolded:

Everyone decorated a heart to represent their inner peace, filling it with drawings or words that made them feel calm, happy and whole.

Then, we traced and cut out hand shapes, adding symbols or messages that showed how we could offer kindness to others.

Finally, hearts and hands were joined together on a large collective poster - a radiant Peace and Kindness collage showing how inner peace naturally blossoms into compassion.



The room buzzed with colour, movement and meaning. Guided meditation and gentle body movement helped children connect with themselves and each other. And as they stood beside their artwork, smiling and proud, they embodied the very message of the day: Peace begins within - and from there, it reaches outward like branches in bloom.

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

25th October, 15:00 - 17:00

22nd November, 15:00 - 17:00

7th December, 15:00 - 17:00

Location: 43 Lancaster Gate, London, W2 3NA

Registration: Click here.



Peace Adventurers

Unique Series of Peace Learning Events

Scan the QR code to enrol

For children aged 6 to 10



43 Lancaster Gate, London W2 3NA

Discussions, creative play, games, arts and crafts, music, yoga & meditation

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



Two-hour workshops encouraging selfexpression, creativity and collaboration.

Enrol your children right away and allow them to showcase their exceptional peace building abilities.

Parents welcome to stay and participate together with children



EVENT ENDED

Peace Adventurers

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

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43 LANCASTER GATE - LONDON

Multiple Dates

Overview

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!

View all event details

Organised by



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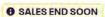
How To Stop Overthinking - Free Event

Sun, 23 November • 21:00 GMT

Church of Scientology London, 146 Queen Victoria Street, London, EC4V 4BY

Free

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BNI Adventurers

Thu, 9 October • 13:30 GMT

Dulwich and Sydenham Hill Golf Club • London

Starts at 20.00 GBP





Dance To Thrive Natured Up For Wellbeing

Sun, 16 November • 20:00 GMT

Stanley Arts

Free

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Messy Church in Hornchurch: Advent Adventure. Sat 6th December 3:30-5pm

Sat, 6 December • 22:30 GMT

St Andrew's Church

Free





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