

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 worth - 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.](#)





"Express Yourself, Colour the World!"

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 self-
expression,
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

City Living Unlocked: Your First Step to London Homeownership

Thu, 16 October • 23:00 GMT

Botanica Hall

Free

PROMOTED



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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