



KA2 - Cooperation for Innovation and the Exchange of Good Practices

Strategic Partnerships for Schools only

“Be a Buddy not a Bully”

PRACTISING PEACE

Students at Fernando de los Ríos school want to ask you a simple but very important question for you to think about. The question is:

WHAT DO YOU PRACTISE EVERY DAY?

Because what you practise everyday is what you get good at. So, We ask you again:

WHAT DO YOU PRACTISE?

Do you practise **FRIENDSHIP** in your life?

Do you practise **PEACE** in your life?

Do you practise **HAPPINESS** in your life?

Or do you practise **A LOT OF COMPLAINING?**

Because if you **COMPLAIN**, you will get very good at it!
And you`ll get so good at it that you`ll find **FAULT** with everything.
Even when there is **NO FAULT**, you, being an expert, will see it.

WHAT DO YOU PRACTISE?

Do you practise **ANGER?**

Because if you practise **ANGER**, you will get very good at it!
And you will get so good at it that the most trivial thing will make you angry, like sitting in class with a friend who has a bigger pencil case than yours. And that seems so unfair for you....!!!

WHAT DO YOU PRACTISE?

Do you practise **BEING WORRIED?**

Because if you practise **BEING WORRIED**, You`ll get very good at it!!!
And you will get so good at it that everything will worry you! Including the exam that you don`t have to take.

So,..... we suggest a simple thing to do.

We suggest, and it`s true that **it is a QUESTION OF PRACTICE.**

And it`s so simple as practising **PEACE AND HAPPINESS!!!**

Because if you get good at it will very easy for you to practise our motto every day:

BE A BUDDY NOT A BULLY
Respect to be respected