

Stay Golden

Crafternoon

Making Peace Mala bracelets

Ages 6+

Peace Mala focuses on the Golden Rule. Its intention is to educate and remind everyone that this rule is recognised by many scholars, teachers and philosophers. It is also universal to all compassionate faiths. Simply stated, it is: 'Treat others as you would wish them to treat you.'

Each coloured bead represents a major world religion and their interpretation of the Golden Rule.

www.peacemala.org.uk



Instructions for making a Peace Mala

Cut 30cm of thin elastic or thread. Tie a knot around 10cm from one end. Thread the beads on the longer end in rainbow order (red-violet), add a white centre bead, and then thread beads in reverse rainbow order (violet-red). Tie a knot to secure the beads. Thread a white bead on both ends of the bracelet as a toggle, then tie both ends together.

Discussion Questions about the Golden Rule

- Why do you think so many different cultures have come up with something so similar?
- Do you think the Golden Rule is enough on its own?
- Would it stop people lying or stealing or killing people?
- If people followed it, would they always do the right thing?
- If they disobeyed it, would they tend to do bad things?
- Would the world be a better place if everyone, including world leaders, obeyed the Golden Rule?
- What should you do when people break the Golden Rule?
- If you ruled the world for a day, what rule or rules would you establish to make the world a better place?

“Gold” themed playlist:

<https://open.spotify.com/user/113431194/playlist/0RhygAZMW84XeADY8XtqU>
[a](#)

Additional Ideas

- Invite people to make several bracelets so they can give some away to friends and family
- Make a Peace Mala display with rainbow colours, different versions of the Golden Rule etc.
- Provide rainbow themed snacks, e.g. Skittles, Smarties
- Run other rainbow-themed crafts (see <https://www.pinterest.co.uk/leedscandy/rainbow-crafts/>)