

This lesson plan is taken from Teaching Workbook 3 and is for children aged between 12-13.

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Value: Peace

Lesson 3.19 Topic: SELF-ESTEEM

Objective: To consider the innate goodness of all including myself (Young people who feel good about themselves are more likely not to abuse themselves or feel they need drugs, etc. and to treat each other, and property with respect and fairness and be motivated to work for what they want. Valuing oneself is not the same thing as selfishness.)

Materials needed: The Manual or copy of lesson plan. Pages 48 and 49 of the Manual. Coloured pens. Photocopy of Certificate of Appreciation on page 186 of Workbook 3 for each pupil. CD/Tape player CD/Tape with music for silent sitting CD/Tape with music for the song

Quotation/Theme for the Week

KNOW THAT YOU ARE A BLESSING TO YOURSELF...



- AND YOU WILL BE A BLESSING TO OTHERS

SILENT SITTING

Step 1 (See page 48 of Teaching Workbook 3)

Step 5: Exercise on page 49.

Step 6 (as on page 48)

STORY

THE DRUMMER AND THE DRUGGIE

by Tessa Hillman

I came to England from Nigeria for my education and stayed with my uncle in London. As a student I became friendly with a group of other people from Africa. We had a few English friends, but found most English people were either shy or cold. They did not want to know me. That made the English friends I did have very precious to me. One of those friends was Andy and the other Sarah. Andy was a musician and Sarah a singer in their band. I would go to gigs with them and play the drums. How I enjoyed those weekends when we played in the clubs.

It was a great way to get to know people. It's surprising how many people want to know you if you play an instrument - especially if you are a drummer because most people think that they could be drummers too, with just a little practice - and maybe they're right. There was one problem I used to have in the clubs. That was the problem of drugs. I had decided that I never wanted to touch anything that could affect my mind. I didn't drink and I had never taken any drugs. But this was not the case with the other members of the band. Andy said he played better when he was stoned, and Sarah said she could sing for longer into the night. Me, I just banged my drums all night long if necessary. I didn't need any other buzz.

Then I began to notice that Andy wasn't looking well. He looked thin and grey and his eyes were always anxious. He would calm down a little after the arrival of Big Pete. I discovered later that Pete was a dealer and he sold drugs to the band. People were nervous around him and the two rough guys who were always at his side. I kept out of their way. I wanted nothing to do with them.



Illustration by David Owen

But week by week Andy was becoming more ill. Some nights he could hardly play in the band. His eyes were dull and so was his playing. It had no soul. "Look, Andy, man," I said to him. "Give yourself a break. Cut them out for a few weeks. Let's get out of here; go and stay with that aunt of yours in Sheffield. Leave off the drugs. They're killing you, man." "All right, mate! Leave me be. I'm cutting down soon anyway." But next week Andy was in hospital. He was so ill we had to take him to Casualty.

We didn't know what else to do with him. He stayed there for ten days and they told us and him that if he wanted to stay alive, he had to stop the drugs immediately. I told the nurse about his aunt and she said, "Just take him there. No arguments. Pack some clothes for him and take him." So there was Andy, being fussed over by his aunt in Sheffield. At first was she mad at him! She was so angry she shook her fist at him and said what a waster he was. All that talent down the drain. Then she cried and threw her arms around him and promised she would take care of him just like she did when he was a little boy. Now Andy's aunt was a big lady and when she hugged you, you were kind of buried in her bosom, and when she was annoyed, man, watch out! Andy was more scared of her than he was of Pete. We got a replacement for Andy in the band and he stayed with his aunt for three months. He stayed clean too. Didn't take a thing. When Andy returned, Pete and his mates turned up. Andy told them he didn't want to know any more. They could see he wasn't interested and that they were wasting their time. So they went their separate ways. Sarah had been so frightened by Andy's experience that she had stopped taking anything too. The replacement player moved on and the band reformed in more ways than one. They refused to sing any songs which spoke of the joys of drugs because they knew the other side. And drugs were the last thing in the world they wanted to promote!

QUESTIONS:

1. Why do people take drugs?
2. What was the reason why the drummer had decided never to take drugs?
3. Why did Andy appear anxious as the night wore on when they played in the band?
4. Why did the drummer want Andy to give himself 'a break' for a few weeks?
5. Did Andy take the drummer's advice about giving up drugs?
6. Why do you think the nurse said, "Take him there. No arguments."?
7. How did you feel when you heard the story?
8. Did it remind you of anything in your own life?
9. What name would you give this story?

GROUP SINGING

REALLY HAPPY

(lyrics by Nicky Gilbert, music by Stuart Jones)

It may look so cool, you may think it's good too, But don't think you're taking it, it's taking you.

And whatever's on offer, it comes with a price And time will reveal that it's not so nice.

Chorus: ,

The buzz ain't worth it, that's the truth, my friend,

The buzz ain't worth it, it will dull you in the end,

The buzz ain't worth it, it will steal away your goal,

The buzz ain't worth it, listen to your soul.

Joy has to come from inside yourself And that spark within you is your most precious wealth.

And we do have a choice and we can listen fine To our inner voice and let wisdom shine.

Chorus: The buzz ain't worth it, that's the truth, my friend...

Whatever the buzz, you are better by far And it only dulls the beauty you are.

Though you may not feel it, the real you shines bright

Only you can reveal it, it is your birthright.

GROUP ACTIVITY

A. Discuss how the things we choose to do and the values we live by, affect the quality of our own life and the lives of those around us.

NB: A teacher cannot maintain confidentiality regarding anyone selling or taking drugs, because they are illegal

B. Ask the pupils to get into pairs with someone they don't usually work with (or maybe even someone with whom they have recently quarrelled). Give each person a photocopy of the 'Certificate of Appreciation' . Next ask the pupils to sit quietly with their partner for a couple of minutes, making eye contact and considering the partner's good qualities. Ask them then to write three good qualities that the partner has on the 'Certificate of Appreciation' . Write their partner's name on it, then sign and date it. Then have an Award-Giving Ceremony when they each present the Certificate to their partner.

End of Lesson Plan

