

QUOTATION/THEME FOR THE WEEK

Five Values Poem

by Carole Alderman

There are five values that I cannot see
Five values that are you and me.
The first is *Truth*, which rings a bell inside,
The second *Love*, to give, not hide.
The third is *Peace*, we feel when mind is still.
The fourth is always *Doing Right*,
When out of view, as well as within sight.
Fifth, totalling the other four,
Is called *Non-violence*, which means being kind
In what we do, and say, and think in mind.

Let the children talk about the poem with a partner. Then discuss the five values together and ask the class what they think each value means.

Also appropriate actions can be used when using the poem i.e.

hands on head for Truth,

hand on heart for Love,

hand on stomach for Peace (as we feel things in our tummies e.g. butterflies),

hands outstretched for Right Conduct (showing we act with our hands) and

hands making a circle for Non-Violence (showing it stands for unity).

SILENT SITTING

In the lesson plans, the Silent Sitting exercise is near the beginning before the story, but it can be practised at any time during the lesson, as the teacher feels appropriate and taking the children's age and ability into consideration.

Explain that the course contains an exercise which is very valuable and enjoyable and will help them to learn better and become happier. It is about being very still and listening, particularly listening to the sounds and feelings inside.

Step 1: "Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out. Take another deep breath ... and another ..."

Step 5: *Play some music quietly for a minute or two. (Flute music, or music incorporating the sounds of nature e.g. the Song of the Whale, is suitable). Then phase the music out so that the children are sitting for a minute in silence.*

Step 6: "Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you."

ALTERNATIVE EXERCISE

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.
Take another deep breath ... and another ...

Step 5: Think, there are five values inside of me
The values from the Values Tree
Truth, love, peace, and doing good
Behaving like I know I should.
Never hurting friends at play
Being gentle in what I do and say.

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.”
How do you feel?

GROUP SINGING

PEACE, JOY, LOVE ON EARTH

Peace, peace, peace.
Peace on earth.
Peace, peace, peace,
In all the universe.

Joy, joy, joy ...
Love, love love ...

(This song can be sung as a round and also with actions)

STORY TELLING

THE THIRSTY CROW - *based on a traditional story*

Once upon a time there was a crow. It was a very hot day and the crow was very thirsty. He flew here and there in search of water, but he could not find anything to drink. His wings became tired and his throat was dry and he felt unhappy.

Suddenly he saw a jug lying on the ground. He swooped down and looked inside. There at the bottom of the jug he saw some water. But try as he might, he could not reach it. He decided to push the jug over, so that the water would run out and he could drink it.



He flew at the jug and pushed it. It did not budge. Again he tried, and again he failed.

He flew up to a branch to think what to do. 'I will break it with a stone', he thought. With that, he flew down and picked up a stone in his beak. It was heavy, but the determined bird flew over the jug and aiming carefully, dropped the stone on the jug. The stone just glanced off the jug onto the hard ground. The bird tried again. This time the stone fell into the jug, but the jug was still unbroken.

The crow looked into the jug and what do you think he saw? The stone lay in the bottom of the

water. And the water had risen a little. The crow was puzzled. Then he tried an experiment. He got another stone and dropped it into the jug. Yes, the water had risen even more.

So the clever, determined crow continued to drop stones into the jug until the water reached the top. Then he perched on the rim of the jug and had a long, cool drink of water.

How happy he felt.

QUESTIONS:

1. How did you feel when you heard that story?
2. Did the story remind you of anything in your own life?
3. What good values did the crow show?
4. Did the crow deserve to get the water?
5. Why?

GROUP ACTIVITY

One thing we have in common ...

Clear an open space. Give the class five minutes for each pupil to meet two or three other children whom they do not know, find out their names and write down one thing they have in common. The common factor might be, for example, something they like doing or something they have which is the same: colour of eyes, a birthday in the same month, keeping the same kind of pet, or that they like swimming.

At the end of five minutes, ask a few volunteers to name whom they chose and to say what they have in common.

This exercise can be modelled by the teacher first by choosing one child and finding one thing he or she has in common with the teacher.

Together we can ...

Ask the class to form pairs, then each pair to join up with another pair they don't know well. Give each group a few minutes to create a mime of:

- a statue of a tree, or
- a representation of a moving aeroplane, or
- a photograph of a picnic.

(Ensure everyone is included and has a chance to act out the mime).

At the end of this first lesson, the teacher may like to explain to the class that future lessons will also include a story as well as the things they have done today i.e. a Theme for the Week, a Song, Silent Sitting and an Activity. If the teacher wishes they may get into a circle, or into pairs, and say one thing they are looking forward to in these lessons in the future.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, *"I have learnt that the five values of Truth (hands on head), Love (hands on heart), Peace (hands on stomach), Right conduct (show both hands), and Non-violence (draw circle with hands) are all part of me and you. I have understood that future lessons will also include a quotation, story, reflection time, song and an activity."*

Extension Exercise / Links to Other Subjects: Draw a picture to illustrate the poem.