

Learning Intention: *to know the importance of taking responsibility for our actions*

Context: *owning up / telling the truth*

Key Words: *worry, owning-up, truthful, safety at home, cautious*

QUOTATION/THEME FOR THE WEEK

OWNING UP TO THE TRUTH CAN SAVE A LOT OF WORRY

Discuss what this means and whether anyone has found it to be true or not.

SILENT SITTING

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 of a time when you told a lie to cover up for something ...

How did it feel?

Does the thing that is wrong really go away by telling a lie, or pretending it has not happened?

What could you do to put it right?

Imagine yourself telling the truth and things being able to be put right again ...

How do you feel?

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, I will always tell the truth and keep myself from worrying by owning up when I do something wrong.

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?

STORY TELLING

THE RED CLOTH

Adapted from a true story from India and told by Tessa Hillman

Katy loved seeing her grandfather. He was very old and always told the most interesting stories of when he was young. In some ways things had been very different from how they are today, but the lessons he had learnt growing up were still the same.

One winter's afternoon as they sat round a roaring fire, Katy saw that dreamy look come into grandfather's eyes and knew that he was thinking of the past again. She hoped he would tell her about it. Then he began.

.. . . .

Many years ago, when I was a boy of thirteen, mother told my sister and me that she had to go and look after our aunt and cousins because auntie was ill. We would be all right on the farm with father. There were always plenty of people around, what with the farm workers, and Mary, our daily help in the house. Mary had promised to cook our meals while mother was away.

The following day, my mother left. Father looked quite sad as he drove her to the railway station in our horse and cart, where she would catch the steam train. We waved goodbye to her, wishing we could go too. Then Mary called us to come and have breakfast.

"Now then, children," she said when we had finished. "You must be good and helpful while your mother is away. There will be no one to tell you what you should be doing unless I, or your father do, and I have a lot of work to get on with and doubtless he has too. So what are you going to do today?"

"I am going to clean out Black Shadow's stable, groom him and take him for a ride," I replied.

"And I am going to help Giles," said my sister.

"Well, as long as you don't argue about it, that's fine," replied Mary smiling at us.

"Come on, Sis," I called. "Let's go and see the horse."

"Well, actually, Giles," replied Heather as soon as Mary was out of earshot. "I don't think I will help you clean him out after all. I think I'll go and make a start on some sewing that I was going to do with mother."

"Are you sure you can manage it without her?"

"Oh yes. I've watched her do it many times before."

My sister disappeared into the house, and I went to see Black Shadow. About two hours later, my sister came to find me. Tears were streaming down her face. “Oh, Giles, a terrible thing has happened!” she cried.

“Whatever is the matter,” I said, somewhat alarmed, as I stretched my weary back, trying to stand up after bending down for a very long time.



“Giles, I have made a terrible mistake. I started to cut that lovely red shiny material to make a blouse as a surprise for mummy, and I got the shape all wrong. I have spoiled all the material.”

I felt my face go pale. My sister had spoiled some very expensive material and it was my fault. She was supposed to be with me.

“Look,” I said. “Don’t say anything, just put it all away and come and

finish grooming Black Shadow.”

We were on our best behaviour for the next few days. At dinner one evening, father remarked that we were as quiet as mice. “Is anything wrong with you two?” he enquired.

“No, father,” we whispered, quickly taking another mouthful of dinner in case he should ask a more searching question.

When mother returned some days later she was tired. My aunt had a big family and no outside help. The good news was that our aunt’s health had improved and she was now able to look after her children by herself.

“And how did you get on without me?” mother asked, looking at both of us and then at father.

My sister, unable to contain herself any longer, burst into tears. She ran to mother who put her arms around her.

“What’s all this then, Heather?” asked father, looking concerned. Mother would think he had not been looking after us very well.

“Oh, Mother, I wanted to make a lovely blouse for you as a surprise, and I cut the red material and spoil it.

“Ah, Child,” said father. “So this is why you have been so quiet - just like a little mouse, with a frown on your face and a heavy heart. Wouldn’t it have been better to tell me earlier on? I could have put your mind at rest and you would not

have spent days worrying about it if you had been honest and owned up.”

Meanwhile my mother had taken the red material out of the drawer. “Oh, Heather, this is the small spare piece I had left over from cutting out the blouse. I did it last week one evening when you were in bed. This piece would not even have made you a little top. Oh dear, what a pity you did not tell father about it, he would have set your mind at rest. Giles, surely you told Heather to explain this to father and not hide it from him?”

“Look how you have both suffered over this. I’m sure you won’t do it again. It is always better to be truthful, no matter how much trouble you think it will cause. And now I have something to confess. I haven’t bought any presents for you. I was just too busy, I’m sorry.”

We were so relieved not to get into trouble, we just burst out laughing.

... ..

Grandfather leaned back in his chair, a serene smile on his face and I tiptoed to the kitchen to get him a cup of tea.

QUESTIONS:

1. How did you feel as you listened to the story?
2. Did it remind you of anything in your own life?
3. What was the first thing Katy did wrong?
4. What was the second thing?
5. What was Giles’s reaction when he heard what his sister had done?
6. Did they tell their father what had happened?
7. What was the consequence of their action?
8. What would have been a better way to act?

GROUP SINGING

WE ARE LEARNING HUMAN VALUES, ONE BY ONE

(by Carole Alderman)

We are learning human values,
One by one.

We are learning to be truthful
To ev’ryone.

We will speak truth to each other,
Mother, father, sister, brother.

We will never tell a lie
To anyone.

Singing i yi yippee, yippee, yi
Singing i yi yippee, yippee, yi
Singing i yi yippee, i yi yippee,
I yi yippee, yippee, yi.

GROUP ACTIVITY

1. *In pairs*: ask the children to share their experiences of what it feels like to worry. How did they overcome their difficulties?

Group discussions: include the question of whether worrying can affect our health.

Or 2. Game: “Everyone who”

The class sits in a large circle with a Caller in the centre.

(Until the class has some experience of the game, it is probably best for the teacher to act as first Caller).

The Caller calls out a description beginning with the words, *Everyone who*

For example:

Everyone who caught a bus to school

Everyone who has a Grandma

Every player for whom the description is **true** must change chairs with another who is at least three places away in the circle.

(This number can be reduced if the game is being played with a small group).

The player left without a seat becomes the new Caller and the game continues.

No description may be repeated in the same game.

To help children who have trouble in thinking up descriptions, you might suggest particular categories e.g. likes/dislikes, colours, animals, music, etc.

Extension Exercise / Links to Other Subjects:

Class discussion - Link to safety in the home: Katy in the story was very lucky that she did not get hurt when using her mother's scissors.

What other things around the house should we use with caution?

What things should we never touch?

The children can be invited to compile a pictorial chart of things in the home that need to be used with care.

History Link: Ask some of the senior members of your family if they remember going on a steam train.

You will learn more about steam trains in Year 4 when you learn how children were evacuated, usually by steam train, in World War 2.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, “I will keep myself from worrying by owning up when I do something wrong. I understand that all actions have an outcome and telling the truth is important.”