



## CONSIDERATION

**Learning Intention:** to understand the effect of my behaviour

**Context:** Consideration - Thinking about others as well as myself

**Key Words:** Vienna, Austria, illness, consideration, kindness

### QUOTATION/THEME FOR THE WEEK

**IF WE ARE CONSIDERATE AND THINK ABOUT  
OTHERS, THEY WILL BE HAPPY AND SO WILL WE**

Discuss how you can be considerate to others.

### 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:* Imagine a shining golden ball in the centre of your chest ...

Imagine you can move this ball around your body with your thoughts ...

First you take it down to your legs and your feet ...

First one leg ... then the other leg ...

Your legs feel warm and soft ...

Now take it through your tummy and chest, letting it warm you ...

Then down each arm to the hands ...

Now through your neck, let it float up to your head ...

The golden rays of light shine down through you ...

Imagine the golden ball of light is a ball of goodness ...

Every part of you will shine with goodness ...

It will help you to be good, kind and considerate to others whenever you remember.

*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?

### 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 be happy and make others happy, by always being considerate to others and to myself.

*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 DOCTOR'S KNOBBLY BAG

*by Sara John*

*(A story about Dr. Ernest Oppenheim of St. John's Hospital, London)*

**T**here was once a doctor who was loved by all the boys and girls who met him. To them he was the most special doctor in the world. His name was Dr. Ernest Oppenheim and he moved from Vienna in Austria to England where he worked in St. John's Hospital in London. St. John's was very small at that time and there was only room enough for thirty sick people, but it was a happy place to be if you were ill.

Dr. Ernest grew to love the hospital and all the patients, especially the boys and girls and wanted nothing more in the world than to stay and work there. He didn't even want any money for doing the work because his love was so great. The patients got better quickly because they felt safe with him. He had such kind hands and a kind heart.

One very special thing he did for which the children loved him was that each Sunday he would bring to the hospital his knobbly bag. Everyone knew what was in it - bright, new shining pennies which were given, one to each child, many of whom never got any pocket money.



Every week Dr. Ernest Oppenheim did this, bringing smiles of joy to the children as he helped them to get better. In those days, people were very poor and a penny was worth much more than it is today. He never failed to bring his knobbly bag every week until the end of his life.

When he died he left a fund so that the children could still have their gift from the most special doctor in the world.

## QUESTIONS:

- 1 How did you feel when you heard the story?
- 2 Does it remind you of anything in your own life?
- 3 Why did the boys and girls love Dr. Oppenheim?
- 4 What special thing did he do for them?
- 5 How did Dr. Oppenheim's behaviour affect the health of his patients?
- 6 If people are kind and considerate to you, does it affect how you feel?
- 7 Can you think of a time when someone was considerate to you and say how you felt?

## GROUP SINGING

### CONSIDERATION

*(music and lyrics by Sara John)*

Consideration, consideration,  
Consideration is the key.  
If I consider you  
And you consider me  
There's no doubt we'll be in harmony.

Understanding, understanding,  
Understanding is the key.  
If I can understand  
And you can lend a hand  
We'll be the finest friends in all the land.

Communication, communication,  
Communication is the key.  
If I'm in touch with you  
And you're in touch with me  
There's no doubt we'll live in harmony.

Consideration, consideration,  
Consideration is the key.

## GROUP ACTIVITY

1. Each child pretends he/she has an injury e.g. broken arm or leg, bad back, toothache, etc.

Consider each case and the ways we can help that person e.g. wheel them in a wheelchair, help them across the road, make them food, read to them, etc.

How many ways can we think of helping?

2. Make a card for somebody who does not feel well.

### **Extension Exercise / Links to Other Subjects:**

*Literacy Hour:* Ask the children to write about someone who has been kind to them when they did not feel well. The different pieces of work can be mounted onto a huge heart wall display and entitled, “Our Heart of Consideration”.

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, “I will be happy and make others happy, by understanding the effect of my behaviour. I will be considerate to others.”