



Learning Intention: to be able to identify where my feelings come from

Context: Contentment - finding happiness within

Key Words: contented, surroundings, environment, justice, waterlilies, natural

QUOTATION/THEME FOR THE WEEK

YOU ARE NEVER POOR, IF YOU ARE CONTENT

Discuss what this means. What are the things that make you rich, besides money?

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: As you sit comfortably, think ...

What things smell nice ...

What things taste nice ...

What things have you seen that are beautiful ...

What things feel nice to touch ...

What sounds do you enjoy hearing ...

Enjoy being you, NOW - then you will be contented ...

Everything is there in nature for our happiness if only we look and find it ...

Feel alive ... feel happy ... feel contented.

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 contented with the things that I have.

I am contented with everything I have and I don't want any more.

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

GOLDIE THE GOLDFISH

by Carole Alderman

Goldie was a happy fish
Living with six friends in a dish.
Goldie saw good in each and all
From very small to really tall.

All the fish were beautiful
But not all were content
And though their owner fed them well,
“We deserve better,” some would yell.

“I want more than the other fish.
It’s too small in this silly dish
So I will try to find a way
To free myself today,” said they.

Said a naughty fish called Boisie,
“I feel bored so I’ll be noisy.”
So he charged around, bang crashing!
But hurt himself, with such dashing.”

“A pond big as an aircraft hanger
Will suit me more,” said fish Banger.
“I’ll eat and get fat, ‘til I’m big as a cat
Then a lake I’ll take, or a gatt.”

So he ate all the day,
‘Til he was too sick to play
He just became sadder,
Needless to say!

“I’ll jump higher and higher
Til I’m out,” said Fish Flyer.
He swam faster and faster,
A real swimming master!

And then with a great jump ...
He landed with a great thump
In a geranium flower
He was last seen to cower.

The fourth fish called Amos
Was so sulky and cross
No one would swim near him
They all kept quite clear of him!

The fifth fish called Maisy
Got up late – was so lazy
She did nothing all day.
Just wasted her life away.

The sixth was called Mopey
Hid his light, just no-hopey
Was so gloomy, never sunny.
Always bitter, never honey.

Goldie loved life whatever came
Calm and happy, always the same.
Basking in the bright warm sun
Never restless, having fun.

She was contented with her lot
Thankful for whate'er she got.
She ate her greens and rested too
Grew strong, and said what's true.

One day her owner caught her,
In the garden he brought her
To a pond clear and bright
It was such a pretty sight.

Some days she hid among the reeds
Which swayed gently in the breeze.
Sheltered from the cat's keen gaze
Lilies shade on hot days.

Living in her garden pool
The water was so clear and cool.
Butterflies and flowers sweet
Exercise, rest, good things to eat.

Goldie was such a happy fish
Always content, no further wish
Kind and peaceful, speaking true
She lived happily. You can too!

QUESTIONS:

1. How did you feel when you heard the story?
2. Does it remind you of anything in your own life?
3. What name would you give this story?
4. What were the first six goldfish like?
5. How was Goldie different?
6. Who was the more successful in life? Why?

GROUP ACTIVITY

1. TEST YOUR LISTENING -THE PEBBLE GAME

The teacher will need some pebbles and a tin box.

The children should sit with their backs to the teacher, perhaps in a circle facing outwards with the teacher in the middle.

Suggest that the children imagine Goldie's goldfish bowl.

Then imagine that they are going to count the pebbles in the bottom of the gold fish bowl.

Ask them to close their eyes and listen carefully.

As they hear the pebbles falling, count them one by one.

At first they can all count them out loud together.

Then ask the children to count the pebbles silently to themselves as they are dropped one by one into the tin. Drop just a few pebbles slowly.

As the children's listening ability and concentration increase, gradually increase the number of pebbles, still dropping them one by one, let them fall more quickly.

At the end, each child can say how many pebbles there were. Then choose a child to take the next turn to drop the pebbles into the goldfish bowl.

Remind the children that they are competing against themselves, and not against each other.

2. Give each child a copy of the picture of the Peace Tree on the next page.

Discuss with the children the values related to peace

Ask the children to imagine that this is a Peace Tree and to say how the peace in the heart of the tree will spread throughout the world if we practise certain ways of behaving.

What values do we need for there to be peace?

Ask them to write on the leaves of the tree, or around the edge of the tree some of the values related to peace [e.g. being calm, being happy, believing in yourself, being humble - confident, but not conceited - being modest, etc.]

Then colour the picture keeping inside the lines. You may wish to use many different colours for the leaves. *(This needs to be an exercise in concentration).*

Extension Exercise / Links to Other Subjects:

Science link: the teacher can show the children examples of where waterlilies grow, the different types of waterlilies and what lessons we can learn from waterlilies.

The children can make waterlilies out of tissue paper in an art lesson.

School visits, or a guest speaker, can also be arranged to enable the children to appreciate natural environments in their local area and how these are looked after.

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 if I am contented with the things that I have."*

