

## Value: Non-Violence



## Lesson 1.24

**Learning Intention:** *I can use time carefully*

**Key Words:** *time, waste, words, actions, thoughts, character, heart, haste, late, early, relaxed, calm*

### QUOTATION/THEME FOR THE WEEK

Watch your **W**ords  
Watch your **A**ctions  
Watch your **T**houghts  
Watch your **C**haracter  
Watch your **H**ear

*Sathya Sai*

When you look at your watch to tell the time, remember this quotation.  
Discuss what it might mean to do this.

### 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:* Be aware of the peace you feel inside you ...

Feel the space of that peace ...

Know that there is always time to do the things you need to do ...

When you have a lot to do you don't need to rush, just stay calm ...

Remember the calm peace and space inside you.

*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 use time carefully. I will watch my words. I will watch my actions. I will watch my thoughts. I will watch my character. I will watch my heart. I will watch how I spend my time and not waste it.

*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?

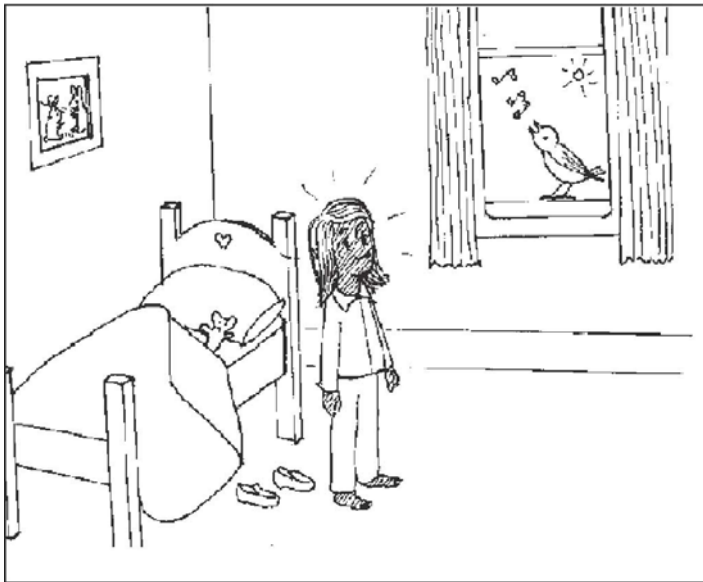
## STORY TELLING

### THE EARLY BIRD

by Sandra Levy

Sally was a little girl who was always late. Every morning instead of getting out of bed when her mother called her, she snuggled down for another twenty minutes. Then she had to wash and dress quickly while her mother kept telling her to hurry up or she would be late for school. She had to eat up her breakfast quickly and rush out of the door, often forgetting to take with her something important like her pencil case in her haste. When she got to school, she was always the last to arrive and had to sit wherever there was a space left. She had a different excuse every day for being late. She became rather good at making up excuses.

Then, one day, Sally woke up before her mother came into her room. A bird was singing outside her window. It was such a beautiful song that she jumped out of bed to look at it. There was the bird, a thrush, singing with joy just because it was another new day. Sally felt so happy. She thought she would give her mother a nice surprise and wash and dress without being asked. She had plenty of time to get everything ready for school. Even her breakfast seemed to taste better, because she had time to enjoy it.



When she arrived at school, she had time to say hello to her friends before the lessons began - and *choose* where she wanted to sit. And just as she started to think of today's excuse for being late, she realised! Oh, she didn't have to think of one! Sally even enjoyed classes more because she had started in a calm state of mind.

At the end of the day, she said to herself, "Thank you, little bird. I never realised how much nicer it is to be early rather than late."

And she was never late again.

#### QUESTIONS:

- 1 How did you feel when you listened to the story?
- 2 Did it remind you of anything in your own life?
- 3 Why was Sally always late for school?
- 4 What was the result of being late?

- 5 Who was it that made her aware of her bad habit?
- 6 What was the benefit of being in time?
- 7 Why is it important to watch our time?
- 8 Is it possible to live without wasting time? How?

## GROUP SINGING

### THE WORD IS WATCH (music and lyrics by Sara John)

The word is watch.  
It means that you  
Look very hard  
At what you do.  
There is a little rhyme  
That goes like this  
About this word.

**W** means the Words you say  
Watch your Actions is for **A**  
**T** means Thinking must be good.  
**C** for Character, be as you should.  
**H** means always watch your Heart  
Always **watch** your heart.

## GROUP ACTIVITY

*The following discussion questions can be answered individually and then discussed in class. Keep the discussion light and fun.*

### HOW I USE MY TIME

1. When I am called to get up in the morning, I .....
  - a) get up straight away
  - b) decide to have another 5 or 10 minutes in bed
  - c) go back to sleep.
  
2. When I have school homework, I .....
  - a) do it after watching television
  - b) do it after playing
  - c) do it as soon as I get home.
  
3. When it is my bedtime, I .....
  - a) play around hoping to stay up a bit later
  - b) go to bed when I am told to
  - c) say I will go when the TV programme I am watching is finished.
  
4. One thing I could change to use my time better, is .....

.....

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, *“I will use my time carefully. I will watch my words. I will watch my actions. I will watch my thoughts. I will watch my character. I will watch my heart. I will watch how I spend my time and not waste it.”*

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

*Geography link:* the children are invited to look at a world globe and discuss the planets and how the time is different at different places in the world.