



Learning Intention: *I can care for the world around me*

Context: *Universal love*

Key Words: *universal, planets, magic, stars, diamonds, bubble, shimmering, British Isles, love energy, feeling, brightness*

QUOTATION/THEME FOR THE WEEK

WE CAN HAVE A FEELING OF BEING LOVING TOWARDS EVERYONE IF WE TRY

Discuss what this means.

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: Let a feeling of love grow in your heart ...

Then let it spread all through you ...

You are lovable and beautiful and so are the others around you ...

Let your love spread out to everyone in the class ...

Then out to your family ...

Then the people in your street ...

Then all over the town ...

Then throughout the country ...

Then the world ...

To all the creatures ... animals ... fish ... trees ... plants ...

And now to the planet itself ...

To everyone ...

Because everyone and everything needs love ...

Your love is important for everything around you ...

Understanding this, you feel happy.

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 ...

SSEHV: Lesson Plans for Ages 6 - 7 Years: Lesson 1.26

Step 5: Think, I can care for the world around me. I will be kind and loving to everyone. I will help the world by thinking loving thoughts to the whole world.

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 PURPLE DOOR

from 'Emma and the Magic String' by Cynthia Bach

Emma woke up on Saturday morning to the sound of voices in the next bedroom. Whatever was going on? Of course, Daddy was at home today, so something different was sure to be happening!

Emma listened carefully. Yes, Mum and Dad were going to put up some wallpaper and do some painting and were making an early start. What a busy day they were going to have.

Mummy looked in and said, “Your breakfast is on the table. Pop down and have it, there’s a good girl.”

So Emma washed and dressed quickly, ran downstairs and started her breakfast. As she munched her cornflakes, she looked out of the window, wondering what sort of day it was going to be. It looked a bit grey and cloudy.

“Oh well,” she said. “I think I’ll look at the book Nanny gave me.” So she washed up the dishes quickly and went back upstairs.

Daddy said, “We can go out this afternoon, while the paint is drying, if you would like to, Emma.”

“That’ll be nice. Thanks, Dad,” replied Emma and turned to her book. It was called ‘The Planets’. She had seen programmes on the television about planets, but found it hard to imagine what they were like. They seemed to be such a long way away, even when she looked through Uncle Mike’s telescope.

Emma turned the pages to find the pictures. There they were - Mars, Mercury, Venus, the Moon. Emma loved the moon. It was interesting how it changed shape on different nights. And there were Jupiter, Neptune, Pluto and Saturn! That was the one she liked best, the one with the rings around it. It said in the book that the rings were made up of lumps of ice - how amazing!

She wondered what kept the planets all going round the sun, and what kept the sun in its place? Emma felt a bit dizzy thinking about all that, so she put the book down for a moment and felt under her pillow for the ball of magic string. Yes, there it was. All rolled up neatly.

She held it in her hand and said to herself, "This must be the last day of magic. There is only one more door to go through." Emma had been on five magic adventures through the bathroom door already, led by her ball of magic string. This was the sixth. Through the bathroom door she had found six coloured doors, each leading to a strange world of adventure. The last door, which she had not yet explored, was purple.

The ball of string wriggled, began to glow very brightly and jumped out of her hand. As usual, Emma held tightly to the end and followed it excitedly to the door. The ball bounced through it and magically, Emma followed. There was no sign of Mummy or Daddy busy in the next room. In fact, there was no next room, only the door into the magic land.

The rose pink carpet glowed and the light above was very bright, so bright



that Emma had a quick glance at each of the doors she had already been through. They all glowed in their different colours and she remembered the beautiful adventures behind each one. Now it was the day for the purple door, which was already shining and shimmering. Whatever could she be going to see today? With a whoosh, she was through the door. She had arrived safely in a beautiful fairy garden.

As she looked around, the daylight slowly began to fade. Then she noticed that something very bright was shining in the dim light. Emma had to blink a lot before her eyes got used to it and then she stared in surprise. Was it really a star, right there in front of her?

"I only look like a star. I am a star fairy," said a sort of sparkling voice from inside this brilliant twinkling star shape. "I have come to take you on a journey."

"Where to?" asked Emma.

“If you step into my star bubble, I can carry you and you will be quite safe,” said the voice which was both comforting and exciting.

Emma had the feeling that this was going to be the best adventure of all. She found it hard to see the star bubble at first, but then it became clearer and was like the bubbles she used to blow with soapy water, all rainbow colours. Little steps looking as if they were made of diamonds led up to it.

“Don’t be afraid,” said the star fairy. “You’ll be all right in the bubble and will see everything from inside it.”

The sparkling voice sounded very kind, like all of Emma’s favourite people rolled into one. So she couldn’t really be afraid, could she? Holding the ball of string she ran up the diamond steps and into the bubble. Its door seemed to open and close behind her without her even touching it. And the steps had folded themselves up inside and become a seat.

“Are you ready?” asked the fairy.

“Yes,” Emma said a little nervously. “Where are we going?”

“Flying!” replied the fairy.



Outside was a shimmering, velvety darkness and Emma thought that at any moment she might see something really special. Sure enough, they had only been flying for a few seconds when the star fairy said, “Now look out to your left and just below you. And don’t worry, you cannot fall.”

Emma turned and, to her amazement, found she was looking down at the earth. How beautiful it was - all blue and white and spinning very slowly, so that she could see some of the countries. There were the British Isles! She felt a bit strange, looking at it from such a height. Then she saw the moon. It seemed as if it was travelling on a pathway made of shining tiny lines, almost like a spider’s web that made a huge circle right around the earth. They travelled higher until they were close to the other planets.

The fairy said that they were like the balls on the earth made by people.

“Who made the planets then?” Emma enquired.

“They are made by a Great Energy, called Love.”

“Is the Great Energy pink?” asked Emma. “I’ve seen it around animals and people when they are being kind.”

“You could say it is all colours, because all things are made of it,” replied the star fairy. “But, yes, pink is the colour of Love that people can see most easily.”

As they floated back down to earth, Emma could see a pink mist surrounding it, but there were big holes in the mist in places. “That is where there is no Love,” she thought. “And perhaps that makes the Earth Energy sad.”

“Yes, you are right,” smiled the fairy. “So make sure you always give Love to the earth. It will help to fill up the holes.”

Emma arrived back safely and ran out of the bubble and down the diamond steps. She said thank you and goodbye to the star fairy.

“Emma! It’s time to go out,” a voice called to her. It was Daddy and Emma found herself curled up on the bottom of her bed. What an adventure she had had!

QUESTIONS:

1. How did you feel when you heard this story?
2. Did it remind you of anything in your own life?
3. What was actually going to happen on Saturday morning?
4. What was the book Emma was reading about?
5. Which planet did she like best? Why?
6. How would Emma go on a magic adventure?
7. How many times had she already been on a magic adventure through the bathroom door?
8. What colour was the door which led to her sixth adventure?
9. Can you describe Emma’s adventure?
10. Who made the planets in the fairy’s creation story?
11. What do the big holes in the pink mist around the earth mean?
12. What do you think we people might be able to do about it?
13. How can we show our care for the world?

GROUP SINGING

OUR FEELING WORLD

(music by Stuart Jones, lyrics by Sara John)

We are children of a feeling world,
Plant our feet right on the ground,
Give our planet all our loving
And then let it spread around.
Across the skies, we are shining,
Our planet's alive for all to see.
Let's make it glow with special brightness,
With pure love from you and me.

(Repeat x 2)

With pure love from you and me.
With pure love from you and me.

GROUP ACTIVITY

1. Give each child a copy of the picture of Planet Earth on the next page.
Discuss with the children the values related to non-violence.

Ask the children to say which values we need to practise in order to make the world a good place to live in and which values will keep our planet Earth safe too.

The discussion could be set up in the context of our own immediate environment – the family, the surroundings, the creatures, the neighbourhood. How can we behave so that we help our beautiful world?
We need to begin with ourselves to help Planet Earth to be safe.

Then colour in the picture.

2. Make up a slogan about 'Love for Our World'.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "*I can care for the world around me*".
Then *think* a feeling of love towards everyone and towards the Planet Earth.

Extension Exercise / Links to Other Subjects:

Invite the children to design a poster showing how to be kind to Mother Earth.