

## RIGHT CONDUCT



*Truth in action is right conduct*  
*Sathya Sai*

Information is received through the five senses i.e. smell, taste, sight, touch and hearing. When this information is referred to the conscience, the resulting action will be beneficial. Every action is preceded by thought. If the thought is consciously seen and noted, aims to help and is unselfish, the action will be good for both oneself and others. If our mind is busy or we are day dreaming, the action may be useless, clumsy or harmful to ourselves or others.

The Programme, through developing the powers of discernment and greater alertness, helps the child to become more pro-active, making inner choices rather than simply acting from habits or familiar customs which he/she has never questioned.

Right Conduct relates to how we use our Five Senses / Body. Three aspects of life skills are identified:

i) self-help skills - Right Conduct is concerned with how we look after and use our bodies. The body needs careful maintenance to be strong, healthy and well co-ordinated to serve us in performing the tasks of life.

Children need to understand the importance of moderate, balanced meals and the effects various foods have on the body and mind.

They also need to understand the importance of exercise, such as gym, yoga and sports combined with adequate rest. Good thoughts and good company (which include everything imbibed by the five senses) are essential for healthy and well balanced development.

ii) social skills which include good manners, helpfulness and service in the community

iii) ethical skills which include courage, dependability and resourcefulness.

"Self-confident and socially and morally responsible behaviour, both in and beyond the classroom, towards those in authority and towards each other" QCA2000 p4

Right conduct leads to peace and happiness in life.

It is taught through silent sitting, story telling and group activities.

*Happiness is not having what you want, but wanting what you have*  
*Schachtel*

*Happiness lies not in doing what we like, but in liking what we have to do*  
*Carl Jung*

# VALUES RELATED TO RIGHT CONDUCT

