

Learning Intention: to understand the effect of our actions

Context: *Compassion - being kind*

Key Words: *lollipop lady, caring, helpfulness*

QUOTATION/THEME FOR THE WEEK

KINDNESS IS LOVE IN ACTION

Discuss. Volunteers may like to say how they felt at times when someone has been kind to them.

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 ...

Think of someone you know who is ill or hurt and send love to them ...

Let your love spread further and further to everyone ...

To all the animals ... And birds ...

To all creatures ... And plants ... Everywhere ...

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 kind to myself, to my friends, my family, my teachers.

I will be kind to all animals, birds and plants too.

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 WOUNDED BIRD

Based on a true story at a West London School told by Trudy Rood

One day a girl called Uzmaa and her friend, Valerie, were walking home from school. After crossing the road with the help of the 'lollipop' lady, they discovered an injured bird lying at the side of the pavement beneath a telephone pole. While the girls were looking at the bird, several people passed. Some did not even notice the bird, others stopped, looked quickly and then continued walking. The girls went up closer to the bird.

"Oh, look at this poor bird," said Uzmaa.

"He's not moving," Valerie exclaimed.

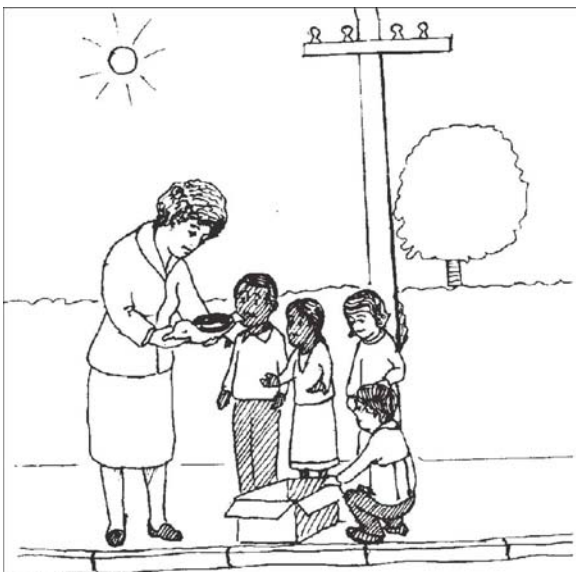
"He's blinking, so he's not dead, but it's only with the left eye. His right eye has some blood on it," replied Uzmaa. "What can we do?"

"I'll run back to school and ask our teacher. She will know what to do," suggested Valerie.

So Uzmaa stayed with the bird, while Valerie set off to find their teacher, Miss Brown. Luckily she was still in the classroom working, when Valerie arrived.

"What's the matter, Valerie?" she asked, surprised to see the girl back in class.

Valerie related what had happened. The teacher got up quickly, leaving her unfinished work. She collected a cardboard box with some tissues and a plastic bag and went with Valerie to the bird. At the scene of the accident were two little boys, Joseph and Saeed, looking very concerned. "Look, Miss," they both said, pointing to the bird. "What can we do to help?"



The teacher very care-fully lifted the bird out of the heat of the sunshine into the big box. The bird's beak opened and Saeed said, "He looks very thirsty. I'll get him some water."

"I've got some bird food at home. I'll go and get it," said Joseph.

"All right," said the teacher to Joseph. Then, turning to Uzmaa, she continued. "I'll give you the box to take home. And perhaps Saeed can give the bird some water. Joseph, bring your bird food to Uzmaa's house. Valerie can bring the box back to school tomorrow and you can both talk about how you cared for the bird to the rest of the class."

The children went home, each with a job to do, feeling very pleased that they were able to help the little bird. Miss Brown returned to school.

In the meantime the children gathered together at Uzmaa's house. They put the box in Uzmaa's room where it was quiet and would not be disturbed. Although the bird was scared at first, it soon felt at ease with the children. It saw the look of love in Valerie's eyes and the careful way in which Saeed offered water and Joseph gave the food. Uzmaa had put a little soft carpet, which she had woven at school, in the corner of the box so that the bird would be as snug as in its nest.

The happy ending was apparent the next day, when the bird, better because of the children's love and care, flew off.

QUESTIONS:

- 1 How did you feel when you listened to the story?
- 2 Did it remind you of anything in your own life?
- 3 What did the girls do when they saw the bird?
- 4 What would you have done if you had been there?
- 5 What do you think had happened to the bird?
- 6 What did the teacher bring to help?
- 7 How did the four children help?
- 8 What was the happy ending? Can you tell why?



GROUP SINGING

KOOKABURRA

(Australian Scouts' song)

Kookaburra sits on the old gum tree,
Very merry king of the woods is he,
Laugh, Kookaburra, laugh,
Kookaburra,
Fun your life must be.
(Repeat)

Laugh, Kookaburra, laugh,
Kookaburra,
Fun your life must be.

(This song can be sung as a round)

Discuss where Australia is and its unusual wild life.

GROUP ACTIVITY

1. Give each child a copy of the picture of The Dolphins on the next page, or show them the poster which is available from EHV Promotions Ltd. at the British Institute of Sathya Sai Education.

Discuss with the children the values related to love

Ask the children to imagine how the ripples of love the dolphins are making in the water will spread throughout the world if we practise certain ways of behaving.

What values do we need to practise for there to be love?

Write some values related to love around the dolphins (e.g. sharing, caring, giving, forgiving, being kind, being friendly, being thoughtful, being generous, being tolerant, etc.).

Ask the children what they feel about animals and birds and how we should treat them.

2. In the story Uzmaa and Valerie used the help of the 'lollipop' lady to cross the road.

Class Discussion:

Why is it important for us to be sensible when crossing the road?

3. How would you behave in a situation similar to the one in the story?

4. **'Partner talk':**

*Ask children to tell their partner 1 example of how to be kind. **Share feedback.***

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say to the child on either side, "I understand that what I do has an affect on others as well as myself and that every being needs kindness. I will be kind to you and to all animals, birds and plants."

Extension Exercise / Links to Other Subjects:

Teachers can invite a policeman to the class to talk about basic road safety -how to follow the guidelines.

Geography: Find out about the animals and birds in Australia that are different from other countries.