

## Value: Right Conduct



## Lesson 1.20

**Learning Intention:** To know the importance of helping others

**Key Words:** Dafydd (David), Wales, Welsh, villagers, flooding, barn, conscience, nature, balance

### QUOTATION/THEME FOR THE WEEK

#### HANDS THAT HELP ARE HOLIER THAN LIPS THAT PRAY

Discuss what this means.

Can you think of another well-known quotation with a similar meaning?

### 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:* Think of a time this week when you have helped someone ...

Have you helped someone at home ...

Have you helped someone at school ...

Have you helped someone somewhere else ...

How did you feel helping?

Give yourself a pat on the back for doing the right thing.

*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 know it is important to help others, so I will follow my inner voice, my conscience, and be there for others when they need my help.

*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

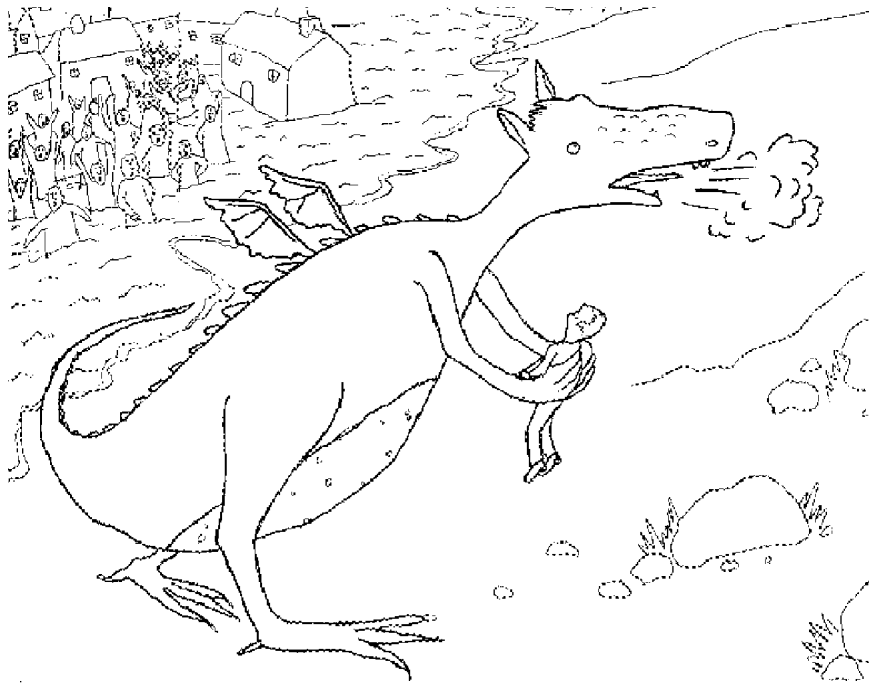
## DAFYDD THE WELSH DRAGON

by Sara John (adapted from a traditional story)

Dafydd was a dragon  
As lonely as can be  
No one seemed to like him  
When they saw him, they would flee.

**D**afydd (David) was a Welsh dragon who lived in a cave in a mountain in Wales. It was very damp in his home, but he did not mind that because he could dry it out with his hot breath. But he *did* mind living on his own as he felt very lonely. He longed for a friend and had once gone down to the village at the foot of the mountain to find one, but all the villagers fled in terror when they saw him. He felt very upset that nobody seemed to like him, but he didn't know what to do. He liked the villagers, especially the children, whom he often watched from a hidden place on the mountain as they played. They seemed to have such fun together. He did wish he could play with them too!

One night there was a storm. The rain lashed down and seeped into his cave. The thunder crashed around the mountain and the lightning flashed menacingly. Poor Dafydd sat trembling in the midst of it, when suddenly his cave began to collapse! He scurried out just in time to see the roof crashing in. He was so frightened that he ran down to the valley and right into the village. Then he realised that he was knee deep in water and that the village was quickly flooding!



If he did not get out of the valley quickly, he would be drowned because he could not swim!

“Oh dear! Goodness me! What can I do?” he thought frantically. He began to roar louder and louder to raise the alarm, but no-one would come out of their houses. They were too afraid of him. Then he saw a little boy, leaning out of a window trying to catch

a glimpse of the dragon. In a flash Dafydd took him gently in his claws and ran out of the village away from the flood! Of course, this brought the villagers out of their houses, frantically wading through the murky water after them, screaming and calling after the boy.

When Dafydd reached a place high enough to be out of danger, he placed the boy on the ground and stood over him, sheltering him from the rain. Soon, the braver villagers caught them up and began to pick up stones to throw at Dafydd, but before they had a chance to throw the first stone, the little boy shouted, "Look!"

The villagers looked to where the boy was pointing and saw their village was now half covered by the flood waters. They realised what Dafydd had done for them and that he was not going to harm the boy or them. He had saved the boy and them and they were not frightened of him any more.

The kindly dragon made a dry place on the ground with his fiery breath for them to rest. The little boy became his friend and when the villagers were re-building their homes, they built a huge barn for Dafydd too, so he could live there amongst them.

He was very happy that he had followed his conscience instead of running away in fear when they needed help.

Dafydd was a dragon  
Who always did his best  
To help others when in trouble.  
Now he has friends, like all the rest.

#### QUESTIONS:

- 1 How did you feel as you listened to the story?
- 2 Did it remind you of anything in your life?
- 3 Was Dafydd a happy dragon living on his own?
- 4 What did he wish for, when he saw the children playing?
- 5 What happened to his cave during the storm?
- 6 Why did he suddenly run into the village?
- 7 Describe how Dafydd raised the alarm when he saw that the village was flooding?
- 8 Shouldn't Dafydd have let the villagers look after themselves?
- 9 How did the villagers show their gratitude?
- 1 Is it good to listen to the little voice inside?
- 2 What did the story mean to you?

#### GROUP SINGING

##### IT'S SPLENDID

*(music by Stuart Jones, lyrics by Sara John)*

It's splendid, it's super, It's really super duper,  
How we always end up doing the right thing.  
When we give a thought to caring, We always feel like sharing  
And the happiness that comes you can't compare to any other thing.  
Others are so happy when we put others first, and then  
We become the winners spreading love and peace and harmony.  
Helping other creatures, also people, that will teach us  
That to grow in life is reaching unity for you and me.

It's splendid, it's super, it's really super duper,  
How we always end up doing the right thing.  
When there seems to be disaster, we split our sides with laughter  
For a problem can be solved with fun, it's joy to life we want to bring.  
What's the use in crying, it's more fun if we start trying,  
To transform ourselves and turn into a being full of selflessness.  
Giving and receiving, never taking or deceiving  
We can turn this world into a ball of bliss and happiness.  
*(Repeat both verses)*

## GROUP ACTIVITY

### GAME: THE GOOD SAMARITAN

Photocopy and cut out the phrases on the next page, or make up your own phrases or sentences which suggest a simple mime. Place the phrases in a bowl or hat. For example, "I am a neighbour who is crying."

The children sit in a large circle.

Teacher selects one child to take on the role of the 'Good Samaritan'.

He/she picks a sentence and performs the mime.

Another child is then selected from the circle to be the 'Good Samaritan', and has to help the neighbour in some way.

To help children who have trouble in thinking up actions offer possible solutions. For example, "I am a neighbour who is shivering."

How can we help him or her?

He/she needs covering with a blanket.

*(See suggested list on next page)*

This game can be followed by a reflective exercise as follows:

*I liked it when you (I) ...*

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "*I know it is important to help others, so I will follow my inner voice, my conscience, and be there for you when you need my help.*"

### Extension Exercise / Links to Other Subjects:

The children can be encouraged to keep a 'Busy Bee - Helping Diary' for a week where they record who they helped, how they felt and how the person whom they helped felt.

*Discussion:* Everything in nature is in balance, yet sometimes we are frightened of certain animals or insects. How does nature help us?

I am a neighbour who is crying

I am a neighbour who is limping

I am a neighbour who is crossing the road

I am a neighbour who is shivering

I am a neighbour who is caught in the rain

I am a neighbour who has to visit the doctor

I am a neighbour who needs help shopping

I am a neighbour who has a birthday today

I am a neighbour who needs help with the washing

I am a neighbour who needs help with a party

I am a neighbour whose rabbit needs feeding

I am a neighbour whose hamster 's cage needs cleaning out

I am a neighbour who is a new pupil at school

I am a neighbour who is from another country

I am a neighbour who is sweeping up hedge clippings

I am a neighbour who is going into hospital

I am a neighbour who is a good neighbour