

EMPATHY / KINDNESS

Objective: To stimulate understanding of the effect that putting yourself in someone else's shoes has on me and on others.

To recognise how our behaviour affects other people.

To listen to other people and play and work co-operatively.

To realise that people and other living things have needs and that we all have responsibilities to meet them.

To recognise that there are different types of teasing and bullying, that bullying is wrong, and how to help change a situation without resorting to bullying.

Key Words: dusk, guilty, haystack, savour, stampede, tolerate, whoosh

Curriculum Links: PSHE & Citizenship: 1a,b,c. 2a,c,e. 4a,b,c,d,e; **Maths:** Exercise 2; **Geography:** Where is Wales? (Story); **Literacy:** Exercise 1; Drama

Materials needed:

- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD 1 track 27 (music for silent sitting) or Silent Sitting CD track 5
- CD 2 track 10, or CD M1 track 10, for the song
- Copies of the drama script
- Photocopy of exercises on page 92 and 93 for each pupil

QUOTATION/THEME FOR THE WEEK

START THE DAY WITH LOVE
 FILL THE DAY WITH LOVE
 END THE DAY WITH LOVE
 THAT IS THE WAY TO LIVE



Discuss a way in which you might practise this.

SILENT SITTING

Steps 1, 2 (See pages 19/20 or page 36 of the 'Introduction' Manual)

Step 5: Let a feeling of love grow in your heart ...

Let the love spread all through you ...

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

Let your love spread further and further ...

To all plants ... animals ... And birds ...

To all creatures ...

To all children in the world ...

To people everywhere ...

Step 6.

STORY TELLING

THE DRAGON AND THE WELSH CAKES

A long time ago there was a dragon called Gerwyn who lived in a cave in Wales. For many years he had been happy with his own company and enjoyed just flying high and fast through the skies, over and under the clouds and savouring the feel of the wind whooshing past his wings, and of the sun or rain on his back.

He was a good dragon, but recently he had become lonely and restless. So one day he flew low over a village about ten miles from his cave. He watched the villagers run away and the animals stampede in the fields. "This is fun," he thought as he chased the children on their mountain bikes, peddling away as fast as they could go. He even set fire to haystacks and fields with his fiery breath as he flew back to his cave at dusk.

A few days later he was back and to his delight he found some Welsh cakes cooling outside a cottage. They smelt mouth-watering and disappeared in a flash. From that day on, no Welsh cakes were safe from Gerwyn. He could smell them from miles away. As he continued to visit the village; the hens stopped laying eggs, the cows no longer produced milk and crops in the fields began to die scorched by his fiery breath. This did not make Gerwyn happy. Instead he began to feel guilty because he knew in his heart that what he found fun was making so many creatures unhappy.

There was a boy called Daffydd who lived in the village with his aunt and uncle. Until that time it had been peaceful and Daffydd felt safe exploring the forest with his dog, Scamp. One day, deeper in the forest, he suddenly heard a curious wailing sound. Daffydd and Scamp followed the sound and peeped slowly out from behind a large oak tree. There in a clearing was the dragon, Gerwyn. Under his enormous clawed feet was a big pool of water. Huge round tears were falling from his eyes. He had a pain in his heart because he was sorry for his actions. "Nobody loves me or cares about me," Gerwyn murmured to himself as another tear splashed into the puddle.

Daffydd looked into Gerwyn's eyes and could see the dragon was terribly lonely. He understood what it was like to be lonely because he was an only child and had lost his parents when he was young. He knew in his heart that the dragon was sorry for his actions. But Daffydd wasn't brave enough to go up to the dragon and tell him what he knew, so he and Scamp just quietly crept away.

That evening the villagers held a meeting in the village hall. The women said that the situation just would not do. What use was it baking cakes for their families when the dragon stole them? How could they feed their families? The farmers complained that their crops were failing and their animals were scared. Enough was enough! They realised that they could not tolerate such behaviour any longer so they decided to set a trap.

The next weekend, all the village had a picnic just inside the forest. They set a big net around the trees, pulling the ropes tight. Gerwyn didn't appear all day. The villagers went home, but left some Welsh cakes in the middle of the clearing.

That night Daffydd couldn't sleep. He was worried about Gerwyn. He knew he wasn't a bad dragon, but that he was just a bit naughty. He tossed and turned in his bed. It was just before dawn when he woke up and knew straight away that he must set Gerwyn free from the trap. He went into the kitchen, found a large pair of scissors and crept out of the house with Scamp at his heels. He ran to the clearing, and found Gerwyn already caught in the net. It was twisted all round his body and he couldn't escape. Gerwyn's face was smeared with tears. He spotted Daffydd and their eyes met. Daffydd's eyes got bigger and bigger and his heart thumped louder and louder. The dragon spotted the scissors and was frightened. He tried desperately to get free of the net, but he was held fast.

Daffydd took a step forward. "I won't hurt you," he said. "I've come to set you free, but first you must promise me that you won't frighten the villagers or animals, burn the fields or steal any Welsh cakes ever again."

Gerwyn gulped and said, "Okay. I promise. But only if you promise to come and meet me here once a week and bring your friends. I've been so lonely and unhappy."

So they made their promises to each other and Daffydd began to cut the net away. It took a long time. Scamp helped by chewing the net in one corner, but he didn't want to get too close as the dragon was rather big. At last, the hole was big enough for Gerwyn to pull himself free. He looked once more at Daffydd.

"You won't forget your promise?" he asked. "Thank you for helping and being my friend."

"No," said Daffydd. "But make sure you don't forget yours either."

Gerwyn nodded, opened his big wings, lifted gently into the air and flew away to his cave.

When the villagers heard that Gerwyn had promised to behave, they forgave him and even agreed to let him come to the village and play. Daffydd too kept his promise and every week he and his friends met up with Gerwyn. They've become good friends. Gerwyn is no longer lonely or naughty. The village is once more a peaceful, happy place to live and the villagers bring Gerwyn a special present every week. Guess what it is? Welsh cakes, of course!

QUESTIONS:

1. How did Gerwyn feel when he was good?
2. When did Gerwyn change his behaviour?
3. What was Gerwyn's favourite food?
4. Why do you think the hens stopped laying eggs and the cows no longer gave milk?
5. What did the villagers decide to do?
6. How did Daffydd feel when the trap was set for the dragon?
7. How did Gerwyn feel when he saw Daffydd with the scissors?
8. What happened in the end?
9. How did he feel as you listened to the story?
10. Does the story remind you of anything in your life?

Link story: A Helping Hand (*Finding Your Feet*)

GROUP ACTIVITY

1. DRAMA

THE DRAGON AND THE WELSH CAKES

The scene is set in Wales

Cast: *Narrator*
 Gerwyn
 Daffyd
 Scamp
 Mayor
 Villagers

Narrator: A long time ago there lived a fire-breathing dragon called Gerwyn, who lived in a cave in the Welsh mountains. For many years, he had been happy enough with this own company. He enjoyed flying high and fast through the skies, over and under the clouds, and savouring the feel of the wind whooshing through his wings, and of the sun and rain on his back. He was a good dragon. However, just recently, he had become a little lonely and restless – and this had started to cause everyone else a bit of a problem!

[Scene is set in village marketplace: Enter villagers, gossiping among themselves and milling around the stalls. The atmosphere is friendly and relaxed. Suddenly, the mood changes as Gerwyn appears and swoops down on them, snorting fire through his nostrils and making frightening noises. The villagers scatter, screaming in terror and turning over the market stalls in their flight.]

Gerwyn: Wow! This is good fun! Look how I'm scaring them! I feel so powerful! I think I'll set fire to the farmer's haystack on the way back to my cave. That's be good! Just one big snort from my nostrils and whoosh – it will be up in flames! Tee hee hee! *[as he swoops off the stage].*

Narrator: A few days later, Gerwyn was back in the village and he's discovered a new game. Raiding the local housewives' Welsh cakes as they stood cooling outside their cottages.

Gerwyn: *[with a mouthful of Welsh cake]* Mmmmm! Yum yum!
[rubbing his stomach] These are scrummy! I wonder what they're called? Perhaps they're the famous traditional Welsh cakes my father used to rave about. Apparently, the Welsh housewives have been cooking these for centuries. Dad used to say that they were mouthwateringly delicious – and these certainly are!

[swoops off, still stuffing Welsh cakes into his mouth].

Narrator: From that day on, no Welsh cakes were safe from Gerwyn. He could smell them from miles away. He also continued to visit the village and wreak havoc on the farmers' fields and crops by scorching them with his breath.

After not too long, all the crops began to die, the hens stopped laying eggs and the cows stopped producing milk. And even, for the first time in history, the Welsh housewives stopped baking their traditional Welsh cakes. Now, this didn't make Gerwyn happy. In fact, he felt quite a bit guilty about the whole affair. He knew in his heart that it was naughty to get fun from making so many other fellow creatures unhappy.

[Scene moves to the forest. Enter Daffyd and Scamp, the dog].

Narrator: This is the orphan boy, Daffyd and his dog, Scamp. Now, it's a secret...but I can let you in on it. Scamp has very special powers. He can talk to Daffyd. But only Daffyd can hear him. Even Daffyd's uncle and aunt, whom he lives with in the village, have never heard Scamp speak. And they probably wouldn't believe you if you told them he could!

[Sounds of wailing and sobs.]

Daffyd: Scamp, shhhhhh! Can you hear that? It sounds like someone crying, but it doesn't seem quite human. I wonder what it can be....where do you think it's coming from?

Scamp: *[sniffing around]* I think it's coming from behind that big oak tree.

[Scamp picks up the trail and the two of them follow it to the big oak tree and then peep out from behind it to see Gerwyn standing in a huge pool of water.]

Gerwyn: *[between sobs]* Nobody loves me! Nobody cares about me! I'm all alone in the world! Oh, why can't I have nice friends like other people do?

Daffyd: *[Looking into Gerwyn's eyes]* Oh, that's sad. He looks terribly lonely. I know what that's like, Scamp, because I was very young when I lost my parents. And being an only child, I didn't have any brothers and sisters to keep me company. And so until you came along, Scamp, I was very lonely too. It's the worst feeling in the world.

[Gerwyn carried on crying. He doesn't see Daffyd and Scamp, who are still partly hidden by the oak tree.]

Daffyd: *[sadly]* Come on, Scamp. We'd better go. *[trudging away]*. I know how Gerwyn feels. And I know, in his heart, he's sorry for frightening the villagers and stealing their Welsh cakes. But I don't know what to do.

Scamp: He just needs to feel some love, some caring from others, and then he'll be able to say he's sorry. Couldn't you try to console him?

Daffyd: But he's a great big dragon and I'm only a small boy. I'm much too scared to even talk to him, let alone show him I care. I'm just not brave enough.

[Daffyd and Scamp creep sadly away.]

[Scene moves to village hall. Enter the villagers, who start to set out the chairs for a public meeting. The Mayor then arrives and addresses the meeting.]

The Mayor: Good evening everyone. I've asked you all to come here tonight because of the grave situation that is threatening our village and our usual peaceful way of life. This is all due to the bad actions of Gerwyn the dragon. Gerwyn used to be a good dragon. And until recently, he had lived with us peacefully and happily, as did his forefathers for centuries and centuries. But now all that is changed. Our hens have stopped laying eggs. Our fields are bare and burnt. Our cows have stopped producing milk. And all this is because of Gerwyn.

Villager 1: *[standing up]* He set fire to my haystack!

Villager 2: *[standing up]* He frightened my cows!

Villager 3: *[standing up]* And he stole all my Welsh cakes! What is the good of me baking Welsh cakes if he is just going to steal them? There's no point!

Villager 1: But then what shall we feed our children on?

Villager 2: There are no eggs, milk or wheat to make them with anyway. We shall all starve to death! Oh dear, what shall we do?

Villager 3: There's nothing else for it! Gerwyn will have to go!

All Villagers: That's it! Gerwyn will have to go! Gerwyn must go! Down with Gerwyn! Down with Gerwyn!

[The villagers then get into a huddle and mutter among themselves about a plan they're hatching to trap Gerwyn. Then they all march off.]

Narrator : The next day, all the villagers go to the forest and to pretend to have a picnic.

[The scene changes to the next day, in the forest. Enter the villagers carrying picnic baskets and a huge net. They sit down to pretend to have a picnic. After that, their actions should then follow the narration.]

Narrator: The villagers had brought their few remaining Welsh cakes, but before they left, they put them in a pile on the ground, and surrounded the area with the big net. Then they went home for the night. *[Villagers leave].*

[Scene moves to Daffyd's bedroom. Daffyd is in bed, tossing and turning.]

Daffyd: Oh dear, I wish I could sleep. What's wrong with me?

Scamp: *[from his spot at the foot of the bed]* It must be a guilty conscience. You're probably wishing you'd helped Gerwyn. You really should, you know. Now the villagers are going to trap him and goodness knows what'll happen to the poor chap then.

Gerwyn: But I'm just a small boy....he could eat me alive!

Scamp: Come on, don't be a wimp. You're braver than that. I know you are.

And anyway, if you don't help, poor Gerwyn will be left to a terrible fate.

Gerwyn: Oh dear! I know you're right. Suppose there's nothing else for it then. Come on then, Scamp. We'd better get going, or we might be too late!

[Gerwyn jumps out of bed and then goes to kitchen to get some scissors before setting off, with Scamp, for the forest.]

Daffyd: *[Entering the forest]* Oh dear, it's dawn already! I hope I'm not too late!

Narrator: But he was. As Daffyd ran into the clearing, his heart sank. Gerwyn looked such a sad sight. He was caught in the net that the villagers had left. It was all around his body and he couldn't escape. His face was smeared with tears and his eyes were even redder and puffier than usual. Gerwyn spotted Daffyd and their eyes met.

Daffyd: *[voice trembling, legs shaking]* Oh dear, Scamp. This is it! But I don't think I'm brave enough to go through with it.

Scamp: Now, pull yourself together Daffyd. You must help Gerwyn. You are his only hope.

Gerwyn: *[spotting the scissors, starts to also become frightened and tries to get free of the net, but only manages to get more enmeshed in it.]* Get away from me, you horrible boy! Go away and leave me alone!

Daffyd: *[visibly pulling himself together and taking a deep breath.]* Now, now. Calm yourself, Gerwyn. I'm not going to hurt you. I've come to help you.

Gerwyn: *[truculently]* What do you mean, help me? I don't believe you *[self-pityingly]*. I've been a very bad dragon and I know you all want to see the back of me.

Daffyd: I've come to set you free, Gerwyn. But first of all, you must promise me that you won't ever frighten the villagers or animals again. You must give me your word that you will burn no more haystacks and that you, most certainly, will absolutely never ever again steal any more Welsh cakes!

Gerwyn: *[gulping]* OK, I promise. But only if you make me a promise, in return. Will you promise to come and meet me here, once a week, and bring your friends. I've been so lonely and unhappy. That's why I've been such a bad dragon.

Daffyd: Of course we will, won't we, Scamp?
[Scamp nods his head vigorously and wags his tail.]
[Gerwyn's, Scamp's and Daffyd's actions should now mirror narration.]

Narrator: Daffyd sets out cutting the net away, with the scissors, and Scamp even tries to help by chewing one end of it – although it's the end furthest away from the dragon, because he is rather big! Gerwyn gradually wriggles himself free and then straightens up and looks Daffyd firmly in the eye.

Gerwyn: Thank you so much for helping me and being my friend, Daffyd. But you won't forget your promise, will you?

Daffyd: No, but you must make sure you don't forget your promise either!

Narrator: And Gerwyn nodded, opened his wings and lifted gently into the air to fly back to his cave. When the villagers heard that Gerwyn had promised to behave, they were so pleased that they forgave him, and even agreed to let him come to the village to play. Daffyd too kept his promise and every week, he and his friends, along with Scamp of course, meet up with Gerwyn to play with him. In fact, they've all become very good friends. So Gerwyn is no longer lonely or naughty. The village once more is a happy and peaceful place to live. And the villagers bring Gerwyn a special present every week. You'll never guess what it is! Welsh cakes, of course!

QUESTION:

How did you feel when you saw, heard or acted in this drama?

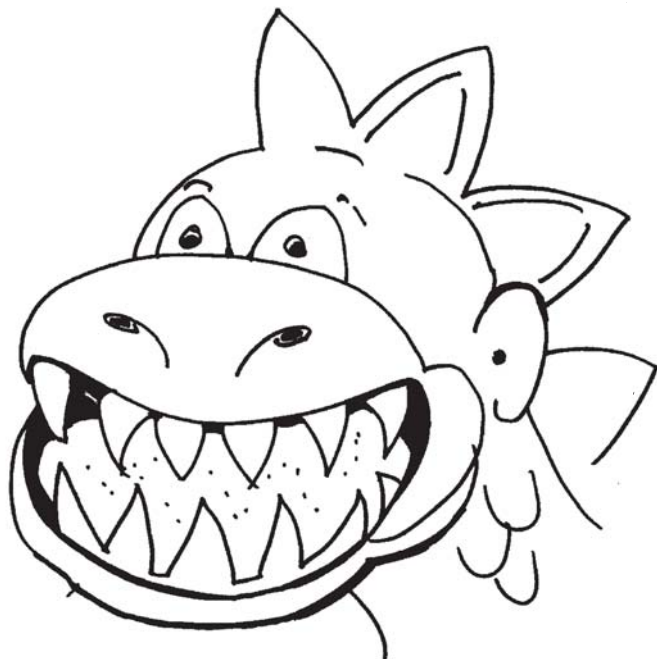
2. Call the Tooth Fairy!

Numbers to 20

These silly dragon friends ate so many sweet cakes that some of their teeth fell out. The dragons should have 20 teeth each.

Count how many teeth each has below and see how many are missing.

Which one has the most teeth, Gerwyn or Olwyn?



Gerwyn



Olwyn

3. The Dragon Rap

To do this well, all you need is:

.’ (full stop, single inverted comma marks)

“ (opening quote marks)

. (full stop)

.” (full stop, closing quote marks)

The dragon is so pleased that he has Daffydd to talk to. He is not lonely now.

Fill in some interesting words inside the speech marks so that Daffydd and the dragon chat together.

The dragon said, “..... .”

“..... ,” replied Daffydd.

The dragon shouted, “..... .”

“..... ,” said Daffydd.

The dragon ran away saying, “..... .”

“..... ,” shouted Daffydd.

GROUP SINGING

KINDNESS IS A TREASURE

Kindness is a treasure you find inside your heart
A precious gem both beautiful and true.
Show softness and gentleness to all who come your way
And it's magical, not just for them, but you.

*Chorus: Kindness is a treasure, kindness so true,
Kindness is a treasure, sharing with you.*

It's kindness that will help a broken hearted soul
It's kindness that will wipe away their tears.
A smiling face and open arms can help to ease the pain
And a loving hand can soothe away their fears.

*Chorus: Kindness is a treasure, kindness so true,
Kindness is a treasure, sharing with you.*

Kindness can be shared with the people that we love,
And loving them grows more with every day.
But don't let's limit such a gift to just a chosen few
No let's never turn a single soul away.

*Chorus: Kindness is a treasure, kindness so true,
Kindness is a treasure, sharing with you.*

A kind and loving heart speaking through a helping hand,
A listening ear when we hear someone's call.
All we need to do is just decide that we'll be there
It really isn't very hard at all.

*Chorus: Kindness is a treasure, kindness so true
Kindness is a treasure, sharing with you.
(Repeat)*

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 will think loving thoughts and behave helpfully towards you."