

SELF ESTEEM AND RESPECT

Objective: To consider how I feel about myself.

To identify and respect the differences and similarities between others.

To recognise how our behaviour affects other people.

To consider the importance of respect for myself and others.

Key Words: brag, convince, gadget, respect, perish

Curriculum Links: Citizenship & PSHE at KS1: 1a,b,c. 2a,c. 4a,c. **Literacy:** 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 M1 track 12, for the song
- Copies of the drama script

QUOTATION/THEME FOR THE WEEK

**RICHES ARE IN
THE HEART,
NOT IN MONEY**



Discuss what real riches are. Are riches to do with having a lot of money? Are good health, good character, beauty, etc. riches?

SILENT SITTING

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

Steps 2, 4 (Optional)

Step 5: Imagine you are walking along a beautiful country lane or a park ...

See the flowers at the side of the path ... the hedges ... the trees ...

Feel the warmth of the sun on your skin ...

Everything around you is beautiful ...

Look at yourself ... inside you are beautiful too ... and lovable ...

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

Seeing all this, you realise how rich you are, how rich we all are, in our beautiful world ... You feel relaxed and happy ...

When you are ready, walk back down the lane and back to your classroom ...

Step 6.

STORY TELLING

EQUALLY RICH

by Kwabena Mehutusekamen

Sofia came home from school feeling unhappy again. She had been arguing with Holly all week. It was the same quarrel each time. Holly would boast to her friends that she was richer than they were and she had the latest gadgets to prove it too. Sofia compared herself to Holly and secretly admitted that she couldn't have whatever she wanted, like Holly could.

Sofia discussed the matter with her mother. "Why does Holly have to brag so much that she is richer than everyone else, Mum? She boasts to everyone in school. I don't like it!" said Sofia sadly.

"You know that riches are in the heart and not in money," said her mother softly. "Giving consideration and understanding is a far greater treasure."

"But with lots of money Holly can have anything she wants - dolls, latest fashions and everything new," cried Sofia.

"Well, perhaps you can remind Holly that these things perish and do not come from the heart," said her mother.

Sofia tried telling this to Holly who laughed at her ideas about riches in the heart and asked her if she could spend those riches to get sweets in the shop.

"Perhaps you should discuss the matter with your Dad when he comes from work," said Sofia's mother when she saw how upset Sofia was that afternoon.

Sofia's father listened carefully to her story. "So you cannot convince Holly that we have equal riches in the heart?" he asked kindly.

"No. And all my friends laugh with her," complained Sofia.

"And you don't want to walk away from her at playtimes because your friends play together?"

"That's right," said Sofia nodding.

"Then the best thing to do is to agree with Holly," said her father quietly.

"What! You don't expect me to let Holly believe that she is better than me!" Sofia thought her father had gone mad.

"Well, it is clear that Holly needs to feel valued, very much," said her father smiling. "And at the moment, this is the only way she knows to make herself feel special. Think how she would feel, if the next time she says that she is richer than you, you just smile and say, "Yes". Now ask yourself if *you* are rich enough to give her this."

QUESTIONS:

1. Why was Sofia upset with Holly?
2. What advice did her mother give?
3. Why did her father tell her to agree with Holly?
4. How was consideration and understanding shown to Holly?
5. Can you think of a time when you wished you had said something nicer to someone?
6. How did you feel when you heard the story?
7. Did the story remind you of anything in your own life?

Link story: Naughty Or Nice (*Learning to Live!*)

GROUP ACTIVITY

1. DRAMA

EQUALLY RICH

The scene is set in Sofia's house

Cast: Narrator
Sofia
Mother
Holly
Father

Narrator: Sofia came home from school feeling unhappy again. She had been arguing with Holly all week. It was the same quarrel each time. Holly would boast to her friends that she was richer than they were and she always had the latest mobile 'phone, or the most fashionable shoes, to prove it too. But Sofia compared herself to Holly and was secretly annoyed that she couldn't have whatever she wanted, like Holly could.

Sofia: [*sadly*] Mum, why does Holly have to brag so much that she is richer than everyone else? She boasts to everyone in school. I don't like it!

Mother: [*softly*] You know that riches are in the heart and not in money. Giving consideration and understanding is a far greater treasure.

Sofia: But with lots of money, Holly can have anything she wants - dolls, latest fashions and everything new! It's just not fair!

Mother: Well, perhaps you can remind Holly that these things perish and can be lost. Good things in the heart can never be lost.

[Scene switches to Sofia's school]

Narrator: The next day at school, Sofia tried telling this to Holly.

Holly: Sofia, look at my new gold bracelet! Isn't it lovely? It's 22 carat gold! It was the most expensive in the shop!

Sofia: Holly, that's great and your bracelet is lovely. But you know, material things are not everything. One day, you will tire of this jewellery. Or it may get lost. But the good things that lie in the heart, like love and friendship, will never wear out, or get lost. These are the true riches.

Holly: *[laughs at Sofia]* Oh I see, Sofia! And can I spend these "true riches" in the sweet shop? I don't think so! Ha, ha! You can keep your "true riches"! You are silly!

[Scene switches back to Sofia's home]

Narrator: When Sofia came home from school that afternoon, her mother could see that she was really upset.

Mother: Are you still having problems with Holly, Sofia?

Sofia: Yes, Mum. She said I was silly because you couldn't spend true riches in the sweet shop.

Mother: Well, perhaps you could discuss the matter with your Dad when he comes from work.

Narrator: That evening after dinner, Sofia's father listened carefully to her story.

Father: *[kindly]* So you can't convince Holly that we have equal riches in the heart?

Sofia: No. She thinks I'm really stupid. And all my friends laugh with her. But I don't want to walk away from her because she is part of our group, and I don't want to lose my other friends.

Father: Then the best thing to do is to agree.

Sofia: Dad, that sounds really mad! You don't expect me to let Holly believe that she is better than me!

Father: Well, it is clear that Holly needs to feel valued very much and at the moment, this is the only way she knows how to make herself feel special. Think how she would feel if the next time she says that she is richer than you, you just smile and say, "Yes". Now ask yourself if *you* are rich enough to give her this.

QUESTION:

How did you feel when you acted or watched the drama?

2. Role Play: Good Manners

Ask the children to get into threes.

One person is **Watcher**, one is **Older Person** and one is **Younger Person**.

First the Watcher introduces the other two to each other. Then the Watcher watches while the other two act out meeting for the first time.

Introducing others and yourself

- **Always introduce a young person to an older one.**
- **Always introduce a boy to a girl.**

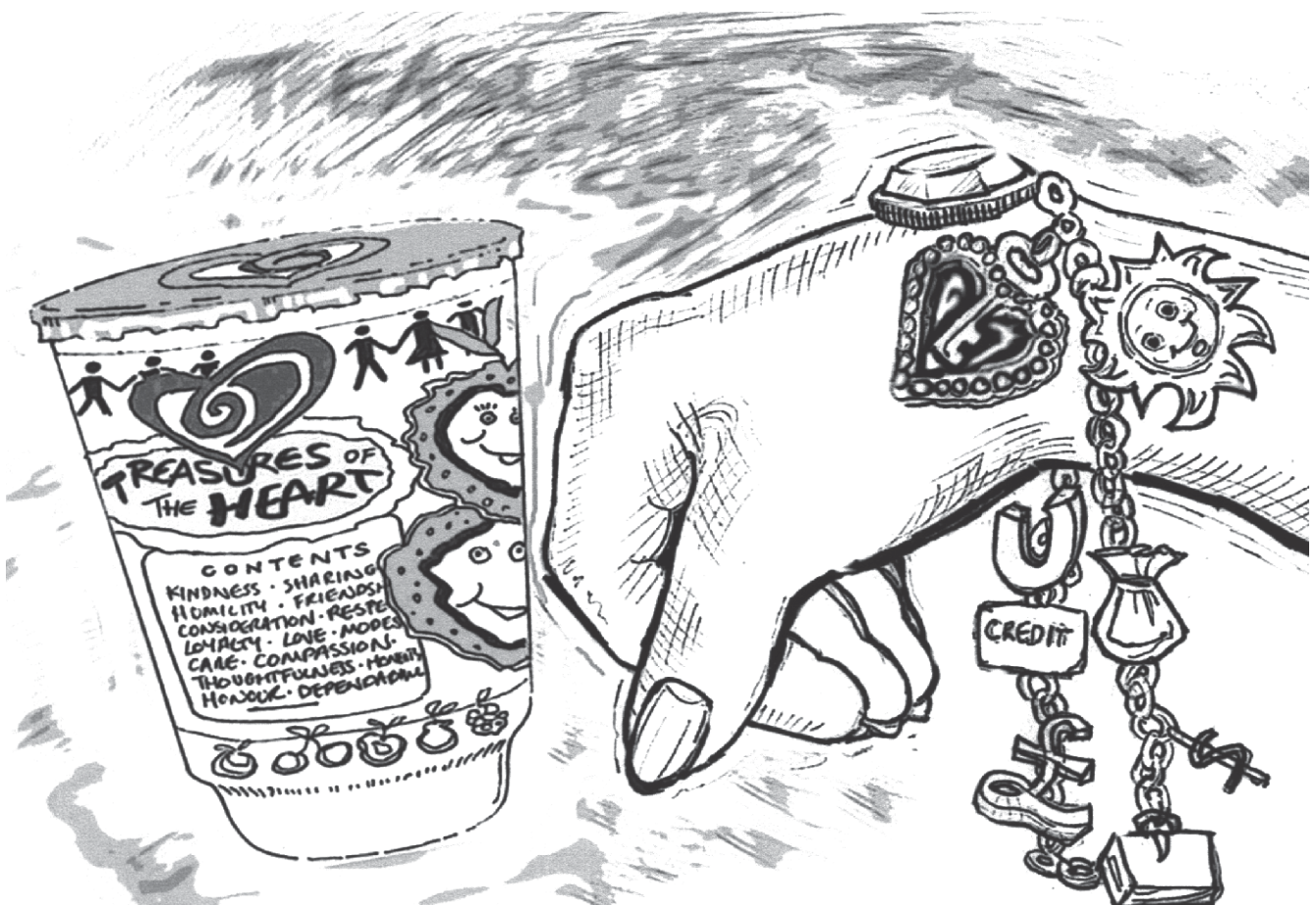
Sometimes there is no one around to introduce us to others. We should not be shy. It is perfectly correct to introduce ourselves by simply saying, "Hello. I am"

When we leave someone we have just met, it is thoughtful to say something such as, "**It was nice to meet you, (say name).**"

The Watcher can give observations. Then change over and so that the Watcher become Younger Person, Younger Person become Older Person, and Older Person becomes Watcher.

3. Art and Craft work - Treasure of the Heart

Decorate a container such as a yogurt pot or make a bracelet showing the treasure of the heart.



GROUP SINGING

CAN'T YOU SEE WHAT YOU'RE DOING TO ME?
(music and lyrics by Zita Starkie)

When I wake in the morning I'm feeling sad
Can't you see what you're doing to me?

I can't sleep at night 'cause I'm feeling so bad
Can't you see what you're doing to me?

Chorus:

*Can't you see?
Can't you see?
Can't you see what you're doing to me?*

When you're unkind I want to cry
If you can't be nice, then pass on by.

Do you think I deserve being treated this way?
Can't you see what you're doing to me?

Do you know how it hurts, would you like to be me?
Can't you see what you're doing to me?

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "We can let bad feelings about ourself or others go when we see them and accept them first. Then we can act kindly."

Extension Exercise: Through discussion and activities, the teacher and children can develop a scrapbook entitled, "Bullies are weak, friends are strong". It can include stories, pictures, poems, articles, cartoons, etc. on why bullying is unacceptable and what one should do, as well as how to be a good friend. The content of the scrapbook can be shared with other classes in a school assembly, or for an end of term concert.