

SELF-ACCEPTANCE

Objective: To develop confidence about oneself

Key Words: joints, elephant, frustrated, gazelle, giraffe, majestic, trunk, typical, velvet

Curriculum Links: Citizenship & PSHE at KS1: 1a,b,c. 2a,c.

Literacy: Drama; **Science Link:** Parts of the body.

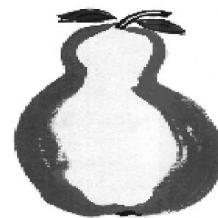
Materials needed:

- 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 1 track 15, or CD M1 track 13, for the song
- Copies of the drama script

QUOTATION/THEME FOR THE WEEK

**KNOW THAT YOU ARE A
BLESSING TO YOURSELF
AND YOU WILL BE A
BLESSING TO OTHERS**

Adapted from Samson Raphael Hirsch



Discuss what this means.

SILENT SITTING

Steps 1, 4 (See pages 19/20 or page 36 of the 'Introduction' Manual)

Step 5: Think of yourself as a rubber ball ...

You are well protected by a strong coat of rubber ...

Inside you feel very strong ...

Give yourself a minute to see how strong you really are ...

Imagine that nothing which might stop you from feeling strong while still being peaceful can get in ...

Anything negative which might hurt you, just bounces off your rubber coating ...

Rest in that feeling of strength and peace for a minute or two ...

In the future you can remember how strong you are when you feel you can't do something ...

Know that you can always find strength and peace inside you.

Step 6.

STORY TELLING

THE ELEPHANT

by Kay Challonor

There was an elephant big and grand
The largest ever in the land.
Yet he was sad as sad can be
That each leg had a forward facing knee.

Once upon a time, deep within the African plains, lived an elephant. He was a very big elephant, probably one of the largest that ever lived. Yet the elephant was very sad because in spite of his size and strength he believed that he had something wrong with him. His knees.

He just didn't understand why he had four knees. All the other animals had two knees facing forwards and the two joints in their back legs facing backwards. The elephant used to look at them and think how attractive they looked. He would wander around the plains observing the other animals. He watched the gazelles as they leaped over the dry land, looking as though they were dancing, effortlessly springing this way and that.

"That is something I could never do," thought the elephant.



At the water hole he watched the lions as they crouched down to drink. Their golden bodies gleaming in the sun as they delicately lowered their heads and lapped the water into their velvet mouths.

"That is something I could never do," thought the elephant.

Then there were the giraffes with their beautiful long legs. The elephant used to think how slender and elegant they were, almost gliding over the sandy soil.

If only I were like that! If only ..."

So it went on. Every day the elephant used to observe the other animals and think how lucky he would be if he had two knees instead of four.

The more he thought about it, the sadder he got, and the sadder he got, the more he began to dislike his own knees. Until eventually he disliked his own knees so much that he almost hated them!

“Knees. I do not like you, Knees. What good are you to me? Why couldn’t you be knees like the other animals have?”

Then one day, do you know what happened? The elephant’s knees stopped working! He woke up one morning to find that he could not move. His knees had locked and he was completely stuck.

“Typical knees,” he said. “You really are useless.” He stood there feeling very sorry for himself thinking how useless his knees were.

All that day his knees remained locked and all that night. Then all the next day and the following night it was the same. The poor elephant stood perfectly still and he got hungrier and hungrier and more and more fed up.

On the third day the other animals began to realise that something was very wrong with the elephant and they began to stop by and to ask him why he was standing still in one place. The elephant was very frustrated by now and so for the first time he told them the truth. All about his knees and how he felt that they were far inferior to the knees of the other animals. The other animals were astounded.

“You have beautiful knees,” they said in chorus.

“With two knees facing forwards and two backwards, it is like facing two directions at the same time,” said a gazelle.

“With two knees forwards and two backwards, you are never quite sure which way you should be going,” said a giraffe.

The lion came majestically forward. “It seems, Elephant, that you have been very much mistaken. You are lucky to have all your knees facing the same way. You have an advantage over the rest of us, for all your power is focused in one direction. Forwards.”

The elephant shook his head in disbelief and thought about what had been said. Slowly the truth dawned on him. He looked down at his knees as though he were seeing them for the first time, “What wonderful knees you are,” he trumpeted.

As he did so, do you know what happened? Yes, his knees unlocked.

The elephant was delighted. He lifted up knees one by one appreciating how good they felt. Then he lifted his trunk to the other animals in thanks and happily marched forward into his future and do you know, he was never sad or unhappy with his knees again.

There was an elephant big and grand
The largest ever in the land.
Yet he was sad as sad can be
Each leg had a forward facing knee.

He gazed at the gazelles gavoring
He looked longingly at the lions lapping
He glanced as the giraffes glided by
He envied their back legs so high.

An elephant has four knees, you see
Other animals have but two.
Because his knees did not please, you see
They went on strike, wouldn't you?

For three long days his knees were locked
The animals praised them, they never mocked
His forward facing knees, then he knew
He could face the future with a happy view.

QUESTIONS:

1. Why was the elephant sad?
2. How was he different from the other animals?
3. What happened to the elephant?
4. What did the other animals tell him?
5. How did the elephant feel at the end of the story?
6. How did you feel when you heard the story?
7. Did it remind you of anything in your own life?

Link story: Being Yourself (*Learning to Live!*)

GROUP SINGING

I AM THE WAY I AM
(by Loraine Burrows)

I am the way I am
And I'm very happy with that.
I may be short or I may be tall.
I may be thin or fat.
But I am the way I am
And I'm very happy with that.

GROUP ACTIVITY

1. Art Work

Ask the pupils to find a partner they want to work with.

Then ask them to draw a picture of their partner and themselves and write underneath each picture what they like about their partner and what they like about themselves, and what good qualities they both have.

2. DRAMA

THE ELEPHANT

The scene is set in Africa on the plains

Cast: Poet
Narrator
Elephant
Gazelles
Lions
Giraffes

Poet: (Recites first verse of poem)

Narrator: Once upon a time deep within the African plains lived an elephant. He was a very big elephant, probably one of the largest that ever lived. Yet the elephant was very sad.

Elephant: I feel so unhappy. In spite of being so big and strong, something is wrong with me. It's my knees. I just don't understand why I have four knees. All the other animals have two knees facing forwards and the two joints in their back legs facing backwards. When I look at them, *their* knees are so attractive!

Narrator: The elephant would wander around the plains observing the other animals. He watched the gazelles as they leaped over the dry land, looking as though they were dancing, effortlessly springing this way and that.

Gazelles: Come and run with us, Elephant. We'll show you how to leap.

Elephant: That is something I could never do.

Narrator: At the water hole he watched the lions as they crouched down to drink. Their golden bodies gleamed in the sun as they delicately lowered their heads and lapped the water into their velvet mouths.

Lions: Come and drink at the water hole with us, Elephant. It's fun lapping up the cool water with your tongue.

Elephant: That is something I could never do.

Narrator: Then there were the giraffes with their beautiful long legs. The elephant used to think how slender and elegant they were, almost gliding over the sandy soil.

Elephant: If only I were like that! If only ...

Narrator: So it went on. Every day the elephant used to observe the other animals and think how lucky he would be if he had two knees instead of four. The more he thought about it, the sadder he got, and the sadder he got, the more he began to dislike his own knees. Until eventually he disliked his own knees so much that he almost hated them!

Elephant: Knees. I do not like you, Knees. What good are you to me? Why couldn't you be knees like the other animals have?

Narrator: Then one day, do you know what happened? The elephant's knees stopped working! He woke up one morning to find that he could not move. His knees had locked and he was completely stuck.

Elephant: Typical knees. You really are useless.

Narrator: He stood there feeling very sorry for himself thinking how useless his knees were. All that day his knees remained locked and all that night. Then all the next day and the following night it was the same. The poor elephant stood perfectly still and he got hungrier and hungrier and more and more fed up.

On the third day the other animals began to realise that something was very wrong with the elephant and they began to stop by and to ask him why he was standing still in one place. The elephant was very frustrated by now and so for the first time he told them the truth. All about his knees and how he felt that they were far inferior to the knees of the other animals. The other animals were astounded.

Gazelles, Lions, Giraffes (in chorus): You have beautiful knees.

Gazelle: We have problems too, you know. With two knees facing forwards and two backwards, it is like facing in two directions at the same time.

Giraffe: Yes, it's like, with two knees forwards and two backwards, you're never quite sure which way you should be going.

Lion (coming majestically forward): It seems, Elephant, that you have been very much mistaken. You are lucky to have all your knees facing the same way. You have an advantage over the rest of us, for all your power is focused in one direction. Forwards.

Narrator: The elephant shook his head in disbelief and thought about what had been said. Slowly the truth dawned on him. He looked down at his knees as though he were seeing them for the first time,.

Elephant: (*trumpeting*) What wonderful knees you are!

Narrator: As he did so, do you know what happened? Yes, his knees unlocked. The elephant was delighted.

Elephant: (*lifting up knees one by one*) How good you feel, Knees.

Narrator: Then the elephant lifted his trunk to the other animals in thanks and happily marched forward into his future and do you know, he was never sad or unhappy with his knees again.

Poet: (*Recites poem*)

QUESTION: How did you feel when you heard, saw or acted in the drama?

Close the lesson: If the teacher wishes, ask the children to form a circle and say, "We can stay happy by appreciating the good things about ourselves."