

BEING GRATEFUL

Objective: To consider feelings about the things we have - home, friends, possessions - and gifts that are given to us and whether we take them for granted, wish for something better, or are grateful for them.

To recognise how our behaviour affects other people.

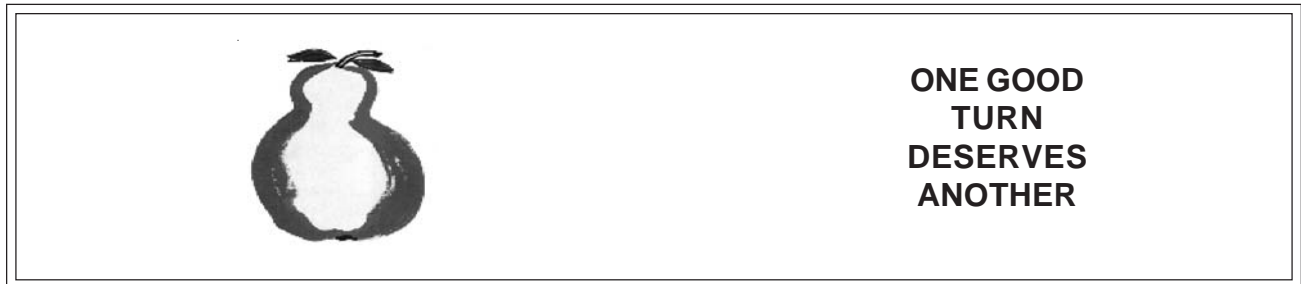
Caring for others and being grateful for those who care for us.

Key Words: hurt, knife, meek, paw, recognise, wander

Curriculum Links: Citizenship and PSHE at KS1: 1a,b,c. 2a,c. 4a,d. Literacy: Drama

Materials needed:

- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Copies of the drama script

QUOTATION/THEME FOR THE WEEK

Discuss what this means.

SILENT SITTING

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

Step 5: Imagine yourself walking in your favourite place ...

It could be a park ... or perhaps on the beach ...

Imagine the sun is shining ...

A slight breeze is blowing little fluffy clouds across the sky ...

See how beautiful everything is ...

Your friend is with you and wants to play with you ...

You feel very happy ...

You feel grateful for the things you have ...

When you want to, you walk back to your classroom ...

You sit down feeling warm and happy inside ...

Step 6.

STORY TELLING

IN THE LION'S DEN

A traditional story

A boy once helped a lion which came
To him with a painful paw.
When forced to fight in the Roman games
The raging lion did not roar
But recognised him, held up its pad.
The boy was all amazed,
The Emperor too! Their friendship had
Earned favour and his praise.

Long ago, in the 4th century AD, a shepherd boy was wandering in a forest. He lived in a small village on the outskirts of Rome and had lost his way. As darkness fell he felt very frightened and alone. Suddenly a large lion came padding out of the trees towards him. The boy was just about to run for his life when, to his surprise, the lion lay down, and put his head meekly on his front paws.

“Don’t be afraid. I won’t hurt you. I have a thorn in my paw. See, it is deep in the pad and I can’t get it out. Please help me,” the lion said coming closer to the boy and raising his paw.

“Poor lion, that does look sore,” cried the boy. “Come here and I’ll soon get it out for you. It may hurt a little because I’ll have to use my knife.” The boy sat down and the lion put his paw gently in his lap while the thorn was cut out. “You’ll be all right now,” continued the boy. “But try not to walk on it too much at first.”

“Thank you,” said the lion and without another word he disappeared into the forest.

Some time later the boy was falsely accused of stealing sheep. In those days the punishment for stealing was very severe: the judge ordered the boy to be taken to the games and thrown to the lions. The following week the poor shepherd boy was taken to the games which were held in a very grand arena called the Colosseum and he found himself standing before the roaring crowd and the Emperor himself. He was going to be thrown to the lions! He tried to stand bravely in the middle, grasping the thick piece of wood he had been given to fight with. Finally, the animals were let out and the biggest lion of all came bounding towards him. The poor shepherd boy’s legs were trembling with fear. But then, to everyone’s surprise, the big lion sat down in the sand and bowed its head.

“Don’t you recognise me?” asked the lion. “You helped me once in the forest when my paw was hurt. See, it is quite healed now,” he said raising his paw.

The boy stood holding the lion’s paw in amazement. The other wild lions soon backed away, seeing that the strongest of them all was refusing to fight.

“Let him go free!” shouted the crowd. “Give him a free pardon!”

“Come here, shepherd boy,” commanded the Emperor who was watching from his throne on the dais. “The behaviour of the lion towards you is very strange. You are obviously a very special boy and the lion is a special lion. You and your lion shall both go free.”

From that time on the lion and the shepherd boy were never parted but lived as friends for the rest of their lives.

A boy once helped a lion which came
To him with a painful paw.
When forced to fight in the Roman games
The raging lion did not roar
But recognised him, held up its pad.
The boy was all amazed,
The Emperor too! Their friendship had
Earned favour and his praise.

If you have a poorly pet
Or find some creature hurt
Be sure to take it to the vet
But be careful, be alert!
Wear gloves, cause it might peck or bite
It may not be grateful at first sight!
But caring for animals is right
They'll make your life happy and bright.

QUESTIONS:

1. Why was the shepherd boy frightened?
2. Who or what did he meet in the forest?
3. What help did the shepherd boy give?
4. Why did the shepherd boy get into trouble?
5. What did the judge say?
6. What did the Emperor say?
7. How did you feel when you heard the story?
8. Did it remind you of anything in your own life?

Link story: The Naughty Mouse (*Finding Your Feet*)

GROUP ACTIVITY

1. DRAMA

IN THE LION'S DEN

The scene is set in a forest near Rome in the 4th century AD.

Cast: Narrator
 Shepherd boy
 Lion
 Sheep
 Farmer
 Judge
 Emperor
 People

Narrator: A long time ago, there was a shepherd boy who was wandering far from his home in a small village on the outskirts of Rome. He had lost his way in the forest and as darkness fell he felt very frightened and alone.

Shepherd boy: Oh dear, I'm lost and now it's getting dark. I feel so frightened.

Narrator: Suddenly a large lion came padding out of the trees towards him.

Shepherd boy: And now I'm going to be eaten up by that great lion. I'd better run for my life!

Narrator: Then, to the boy's great surprise, the lion lay down, put his head meekly on his front paws.

Lion: *[coming closer to the boy and raising his paw]* Don't be afraid. I won't hurt you. I have a thorn in my paw. See, it is deep in the pad and I can't get it out. Please help me.

Shepherd Boy: Poor lion, that does look sore. Come here and I'll soon get it out for you. It may hurt a little because I'll have to use my knife.

Narrator: The boy sat down and the lion put his paw gently in his lap while the thorn was cut out.

Shepherd Boy: You'll be all right now. But try not to walk on it too much at first.

Lion: Thank you!

Narrator: Without another word the lion disappeared into the forest. Some time later the boy was falsely accused of stealing sheep.

Farmer: Caught you, you wicked boy. Someone told me that you're the one who has been stealing my sheep. I'm taking you to the judge to be tried straight away!

Shepherd Boy: I'm innocent, sir. It wasn't me.

Farmer: I don't believe you. Come along at once, or I will beat you.

[Scene switches to a courtroom]

Narrator: In those days the punishment for stealing was very severe.

Judge: You are accused of stealing sheep. That is very serious. I order that you be taken and be thrown to the lions in the arena next week.

Narrator: The following week the poor shepherd boy was taken to the games which were held in a very grand arena called the Colosseum and he found himself standing before the roaring crowd and the Emperor himself. He was going to be thrown to the lions! He tried to stand bravely in the middle, grasping the thick piece of wood he had been given to fight with. Finally, the animals were let out and the biggest lion of all came bounding towards him. The poor shepherd boy's legs were trembling with fear. But then, to everyone's surprise, the big lion sat down in the sand and bowed its head.

Lion: Don't you recognise me? You helped me once in the forest when my paw was hurt. See, it is quite healed now *[raising his paw]*.

Narrator: The boy stood holding the lion's paw in amazement. The other wild lions soon backed away, seeing that the strongest of them all was refusing to fight.

People: Let him go free! Give him a free pardon!

Emperor: Come here, shepherd boy. I have been watching from my throne on the dais. The behaviour of the lion towards you is very strange. You are obviously a very special boy and the lion is a special lion. You and your lion shall both go free.

Narrator: From that time on the lion and the shepherd boy were never parted but lived as friends for the rest of their lives.

QUESTION:

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

2. Favourite TV or radio programmes

First, invite the children to talk about their favourite TV or radio programmes, or books. Make a list of them and put them in order, with the favourite one first.

Then ask them the following two questions:

What are the good things this programme/book teaches us?
What are the bad things it teaches us?

Go through each of the programmes asking these two questions.

Do not forget to focus on the programme at the bottom of the list, as lack of time might otherwise cause the teacher to leave it out.

Next, working together in pairs or in groups of four, make a list of programmes/books which are inspiring, or teach us about the beauty of life, and which make us feel happy.

Finally, discuss what may have been discovered in class.

GROUP SINGING

IF YOU WISH FOR LOVE
(music and lyrics by Sara John)

If you wish for love,
You have to be loving,
If you wish for peace,
You have to be peaceful,
If you wish for truth,
You have to be truthful,
Together they give
A valuable life.

If you wish for joy,
You have to be joyful,
If you wish for bliss,
You have to be blissful,
If you wish for friends,
You have to be friendly,
Together they give
A valuable life.

(Repeat)

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "We can keep happy by caring for others and being grateful for those who care for us."