

## SELF-RELIANCE

**Objective:** To stimulate thinking about the importance of looking after yourself and not always relying on others for your needs.

**Key Words:** Africa, cavern, palace, rumble, towers, turrets, waddle

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

**Materials needed:**

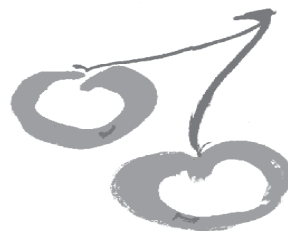
- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Copies of the drama script
- A copy of questionnaire on page 150 for each pupil

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### QUOTATION/THEME FOR THE WEEK

LAZINESS IS RUST AND DUST  
WORK IS BEST AND REST

*Sathya Sai*



Discuss what this quotation means. Would it be a good thing to practise?

### SILENT SITTING

Steps 1, 2, 3 (See pages 19/20 or page 36 of the 'Introduction' Manual)

Step 5: Imagine you are going for a walk down a country lane ...

The ground is soft under your feet ...

Branches of trees arch across the lane, offering their cool shade ...

The sunlight filters down through their branches making patches of golden light on the path ...

The wind is blowing gently. Hear the rustle of the leaves ...

Birds are singing happily above ... Listen to their singing ...

Look at them flying from tree to tree ...

See the robin hopping near you at the side of the path ...

They are happy to be alive.

You feel happy too.

Step 6.

## STORY TELLING

### THE KING'S PALACE

*a traditional story*

**W**hen the first clouds appeared above the hot African plains, King Lion roared. "The Big Rain is coming. I will order my subjects to build me a fine house. A King needs a palace and I am the King of the Beasts." Lion's roar was so terrifying that his servants shook with fear.

The King went to the White Ants. "Build me a house," he ordered. "A big house".

The White Ants built a palace of towers and turrets and chimneys and spires.

But King Lion was too big to fit through the door. "I won't live in the earth like an ant," the King said crossly.

The King went to the Weaver Birds. "Build me a house," he ordered. "A big house".

The Weaver Birds built a nest of grasses and palm-leaves and soft fluffy seeds and it hung from the branch of a thorn tree. But King Lion was too heavy to reach the door. "I won't live in a tree like a bird," the King said crossly.

The King went to the Ant Bears. "Build me a house," he ordered. "A big house".

The Ant Bears dug a huge hole with many rooms and caverns and tunnels and caves. But it was damp and so dark that Lion couldn't see anything. "I won't live underground like a bear," the King said crossly.

The King went to the Honey Badgers. "Build me a house," he ordered. "A big house".

The Honey Badgers found a hollow tree stump and ate all the bees and honeycomb inside it, and cleaned it as clean as clean and Lion climbed inside. But his head stuck out of the hole in the top and his tail stuck out of the hole at the bottom. "I won't live in a tree stump like a Honey Badger," the King said crossly.

The King went to the Crocodiles. "Build me a house," he ordered. "A big house".

The Crocodiles found a cave in the river-bank and swept it with their tails and Lion walked in and went to sleep. But in the night the cave filled up with water from the river. "I won't live in the water like a crocodile," the King said crossly.

By now King Lion was very, very cross, and the sky was absolutely full of big black clouds. So King Lion called all the animals together.

“You must ALL build me a house,” he ordered. “A VERY, VERY BIG ...” But just as he said the words ‘VERY, VERY BIG’, there was a flash of lightning in the sky and a rumbling of thunder and suddenly the Big Rain poured down everywhere.

The Ant Bears rushed underground. The Honey Badgers trundled off to their tree stumps and Crocodiles waddled into their caves. The White Ants marched off down their hole. The Weaver Birds flapped to their nests. And they all watched King Lion sitting in the rain in the middle of the African plain.

“He is so very difficult to please,” said the Head Crocodile, snik-snaking his teeth. And he cried a few tears. Not real ones. Just little crocodile ones.

And to this day, King Lion has not found a house to live in. So he just wanders the African plain, on sunny days and cloudy days and even in the Big Rains.

#### QUESTIONS:

1. Why did the King Lion want a house?
2. Who did he ask to build it?
3. Did he like the houses?
4. What did the animals think about King Lion?
5. Why did King Lion not build his own house?
6. What word would describe someone who like the lion, would not do something for himself, when he was quite able to?
7. How did you feel when you heard this story?
8. Did the story remind you of anything in your own life?

**Link story:** Putting Dreams into Action (*Learning to Live!*)

#### GROUP SINGING

##### DO IT!

*(music and lyrics by Zita Starkie)*

Do it, do it , do it, do it for yourself.  
Do it, do it , do it, do it for yourself.  
Why be lazy? Why don't you try?  
To help yourself to get on by.

Do it, do it , do it, do it for yourself.  
Do it, do it , do it, do it for yourself.  
Why be lazy? Why don't you try?  
To help yourself to get on by.  
Do it, do it , do it, do it for yourself.

## GROUP ACTIVITY

### 1. DRAMA

#### THE KING'S PALACE

*The scene is set in the African plains*

*Cast:*        *Narrator*  
                 *King Lion*  
                 *White Ants*  
                 *Weaver Birds*  
                 *Ant Bears*  
                 *Honey Badgers*  
                 *Crocodiles*

*Narrator:*    When the first clouds appeared above the hot African plains, King Lion roared.

*King Lion:*   The Big Rain is coming. I will order my subjects to build me a fine house. A King needs a palace and I am the King of the Beasts.

*Narrator:*    King Lion's roar was so terrifying that his servants shook with fear. Then the King went to the White Ants.

*King Lion:*    Build me a house! A big house.

*White Ants:*   Yes, your Majesty.

*Narrator:*    The White Ants built a grand palace of towers and turrets and chimneys and spires. But King Lion was too big to fit through the door.

*King Lion:*    (*crossly*) I won't live in the earth like an ant.

*Narrator:*    The King then went to the Weaver Birds.

*King Lion:*    Build me a house! A big house.

*Weaver Birds:* Yes, your Majesty.

*Narrator:*    The Weaver Birds built a beautiful, fragrant and welcoming nest of grasses and palm-leaves and soft fluffy seeds, and it hung from the branch of a thorn tree. But King Lion was too heavy to reach the door.

*King Lion:*    (*crossly*) I won't live in a tree like a bird.

*Narrator:*    The King then went to the Ant Bears.

*King Lion:*    Build me a house! A big house.

*Ant Bears:*    Yes, your Majesty.

*Narrator:*    The Ant Bears dug a huge hole underground, with a veritable maze of rooms and caverns and tunnels and caves. But it was so damp and dark that King Lion couldn't see anything.

*King Lion:* (crossly) I won't live underground like a bear.

*Narrator:* The king then went to the Honey Badgers.

*King Lion:* Build me a house! A big house.

*Honey Badgers:* Yes, your Majesty.

*Narrator:* The Honey Badgers found a hollow tree stump and ate all the bees and honeycomb inside it, and cleaned it as clean as clean and King Lion climbed inside. But his head stuck out of the hole in the top and his tail stuck out of the hole at the bottom.

*King Lion:* (crossly) I won't live in a tree stump like a Honey Badger.

*Narrator:* The king then went to the Crocodiles.

*King Lion:* Build me a house! A big house.

*Crocodiles:* Yes, your Majesty.

*Narrator:* The Crocodiles found a cave in the river-bank and swept it beautifully clean with their tails. King Lion walked in and went to sleep, but in the middle of the night the cave filled up with water from the river.

*King Lion:* (crossly) I won't live in the water like a Crocodile.

*Narrator:* By now King Lion was very, very cross, and the sky was absolutely full of big black clouds. So King Lion called all the animals together.

*King Lion:* You must ALL build me a house. A VERY, VERY BIG ...

*Narrator:* But just as he said the words 'VERY, VERY BIG', there was a flash of lightning in the sky and a rumbling of thunder and suddenly the Big Rain poured down everywhere. The Ant Bears rushed underground. The Honey Badgers trundled off to their tree stumps and the Crocodiles waddled into their caves. The White Ants marched off down their hole. The Weaver Birds flapped to their nests. And they all watched King Lion sitting in the rain in the middle of the African plain.

*Head Crocodile: (snik-snakking his teeth)* He is so very difficult to please .

*Narrator:* And he cried a few tears. Not real ones. Just little crocodile ones. And to this day, King Lion has not found a house to live in. So he just wanders the African plain, on sunny days and cloudy days and even in the Big Rains.

**QUESTION:**

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

## **2. Questionnaire**

Give each pupil a copy of the questionnaire on the next page to fill in. When they have finished, discuss the answers. Is there anything that can be improved on?

# QUESTIONNAIRE

## 1. Do you help wash up at home?

Every day  Once a week  Sometimes  Never

## 2. Do you tidy your own room?

Every day  Once a week  Sometimes  Never

## 3. How often do you watch TV?

Every day  Once a week  Sometimes  Never

## 4. How often do you read a book at home?

Every day  Once a week  Sometimes  Never

## 5. How often do you ask someone else to do something for you?

Every day  Once a week  Sometimes  Never

## 6. Do you do what your Mum or Dad ask you to?

Always  Usually  Sometimes  Never

*(Tick one box for each question)*

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**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and each say,

*“One useful thing I have learned today is ...”*