

HELPING

Objective: To raise awareness of the importance of looking after one's surroundings and having a good attitude to helping.

To listen to others and play and work co-operatively.

Key Words: invariably, lazy, Thailand

Curriculum Links: Citizenship and PSHE at KS1: 1a,b,c. 2a,c). **Literacy:** Drama
Numeracy: Time - write down times of the day and the amount of time wasted and time spent in helping and other good activities.

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
- Activity Cards

QUOTATION/THEME FOR THE WEEK

BUSY BETSY

I'm going to sweep the dirt away
I'm going to sweep the dirt away
I'm going to sweep the dirt away
WOOSH, WOOSH, WOOSH!

If you come in with muddy feet,
When all the place is clean and neat,
I'll sweep you out into the street
WOOSH, WOOSH, WOOSH!

I can't come out with you to play
I've got a very busy day
I'm going to sweep the dirt away
WOOSH, WOOSH, WOOSH!



Learn the poem and make up a tune to sing it.

SILENT SITTING

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

Step 5: Think of a time when you didn't help in the house ...

How did you feel?

Think of a time when you did help in the house ... And another time ...

Congratulate yourself for being helpful ...

Feel happy that you have done the right thing ...

Step 6.

STORY TELLING

KEOW AND KHWAN

A traditional Thailand story

Out in the countryside of Thailand there once lived two sisters called Keow and Khwan. They lived on their own as both their parents had died a few years previously. Keow, the elder of the two, was very responsible and hard-working, despite her young age. Khwan, on the other hand was lazy and would rather go out and play than help her sister in the house. Every morning, Keow would get up very early to light the stove and cook the rice for their breakfast. She would wash the clothes and clean the house before going to school. Invariably, Khwan would get up late and would barely have time to wash her face and eat her breakfast, before going to school. In the same way, every evening, Keow would rush back from school to iron the clothes and make dinner. Apart from this she had a part-time job cleaning houses, so as to make enough money to feed them both. Despite working so hard, she was a happy little soul, she liked to work and she loved her little sister very much.

One afternoon when Keow was returning home after work, she was passing through the woods. For some reason she took a different path from her usual one and passed by a big old house. She stopped to look at it for a moment and to her amazement she heard a voice coming from it. "Little girl," it said. "Please come and clean me. I am feeling so dirty and shabby."

Keow opened the front door and sure enough the house was in a terrible state. Without giving it a second thought, she took her apron out of her bag, put it on and got down to work. She opened all the windows and shook out the mats. She swept and mopped and dusted. In the kitchen she emptied the ashes out of the stove. She washed and dried the dishes and put everything away.

Once the ground floor was spick and span, she went upstairs. She felt a little discouraged at the mess she found, for it was equally dusty and the bedclothes were scattered all over the place. Within a short time, however, everything was in order and looking as clean and neat as could be. After working so hard, Keow was naturally feeling very tired so she lay down on the bed and fell asleep. She woke up refreshed to the sweet sound of birds singing. She got up and went downstairs. Laid out on the table was a delicious-looking meal. She realised that she was very hungry. After finishing her food, the little girl took the dishes into the kitchen, washed them up and put them away before leaving the house.

As she was walking away, she heard the house calling her name. When she turned round, she was amazed to find dozens of gold coins falling from the roof. Thanking the house profusely, she ran home to tell her sister what had happened. At home, Khwan listened to her sister's tale with great interest. Although she was very lazy, she would have liked to have had some gold coins like Keow. She decided to make a visit to the magic house. The next day, on the way back from school, she purposely went to the house. As she approached it a voice called out to her, "Little girl, please come and clean me. I am feeling so dirty and shabby."

She opened the door and was horrified at the mess and dirt inside. Only the desire for the gold coins made her stay. She picked up the broom and started to sweep. Alas, she was not like her elder sister! She swept the dust under the mats and never even bothered to mop the floors! In the kitchen she washed the dishes very quickly and put them away wet! She took one look at the stove and decided that it was much too mucky for her to mess around with, so she left it and went upstairs! Similarly, she did only the bare minimum in the bedroom. She pulled up the bed covers without making the bed properly and swept the dust under it. Feeling tired she lay down to rest. She was woken up within a few minutes, not by the melodious note of a bird, but by loud banging and rattling. Holding her ears, she ran downstairs. Sure enough, the table was set, but not with scrumptious food like Keow had said she found, but with the remains of a rotten meal!

Sulkily, Khwan went outside. She felt as if she had been cheated, but she didn't care too much. What she was really interested in was the gold coins. Imagine her disgust when instead of coins, the house threw small stones on her head!

"Is this the gratitude I get for cleaning you? You gave my sister gold coins, why do you only give me stones?"

The house replied, "Keow received what she deserved and so did you!"

However much she pleaded with the house, she could not get what she wanted. Bursting into tears, Khwan ran home. Through her sobs she told her sister what had happened.

"Never mind," said Keow comforting her. "Whatever I have, I will share with you anyway. Don't worry, there is plenty for us to live on quite comfortably."

This experience had a great effect on Khwan and from that day on, she changed her ways. She was no longer lazy and she helped Keow with all the household chores. And do you know? She enjoyed it too!

QUESTIONS:

1. What good qualities did Keow have?
2. What happened when she was returning home from work one day?
3. How did the house reward her?
4. How did you feel when you heard the story?
5. Did the story remind you of anything in your own life?

GROUP SINGING

HAPPY ARE THEY
(A Jewish round)

Happy are they who in friendship
Willingly work together. *(repeat)*
Happy are they who in peace united
Work together, willingly work together.

GROUP ACTIVITY

1. DRAMA

KEOW AND KHWAN

The scene is set in the outskirts of a small rural town in Thailand

Cast: *Narrator*
 Keow
 Voice
 Khwan

Narrator: Out in the countryside of Thailand there once lived two sisters called Keow and Khwan. They lived on their own, as both their parents had died a few years previously. Keow, the elder of the two, was very responsible and hard-working, despite her young age. Khwan, on the other hand, was lazy and would rather go out and play than help her sister in the house. Every morning, Keow would get up very early.

Keow: *[Enter Keow]* It's getting light now, so I must get the stove going and cook the rice for our breakfast. Then I must wash the clothes and clean the house before going to school.

Narrator: Invariably, Khwan would get up late and would barely have time to wash her face and eat her breakfast, before going to school. But, in the same way as in the morning, Keow would rush back from school every evening to look after things at home.

Keow: This evening, after my homework, I must iron the clothes and make dinner.

Narrator: On top of all this, Keow had a part-time job cleaning houses, so as to make enough money to feed them both. Despite working so hard, she was a happy little soul. She liked to work and she loved her little sister very much. *[Scene shifts to a large wood. Enter Keow]* Now, one afternoon when Keow was returning home after work, she was passing through the woods and, for some reason, she took a different path than usual and passed by a big old house. She stopped to look at it for a moment and then, to her amazement, she heard a voice coming from it.

Voice: Little girl, please come and clean me. I am feeling so dirty and shabby.

Keow: Who was that? The voice came from this big house. I'd better go and see.

Narrator: *[Keow goes up to house]* Keow opened the front door and, sure enough the house was in a terrible state. Without giving it a second thought, she took her apron out of her bag, put it on and got down to work. She opened all the windows and shook out the mats. She swept and mopped and dusted. In the kitchen, she

emptied the ashes out of the stove. And she washed and dried the dishes and put everything away.

Keow: The ground floor is spick and span now, so I'll go upstairs. *[goes upstairs]* Oh, I must say it's a bit discouraging to see so much mess! It's just as dusty as downstairs was, and the bedclothes are scattered all over the place. Oh well, I'll soon get everything in order and looking as clean and neat as can be.

Narrator: After working so hard, Keow was naturally feeling very tired so she lay down on the bed and fell asleep. She woke up refreshed to the sweet sound of birds singing.

Keow: The birds are already singing, so I'd better get up and go downstairs. *[goes downstairs]* Wow, what's this? The table is laid with a delicious-looking meal. I didn't realise how hungry I was until I saw this.

Narrator: After finishing her food, the little girl took the dishes into the kitchen.

Keow: I will just wash up and put the dishes away and then go home. My sister will be getting up soon and wanting her breakfast. *[She goes out of the house]*. Goodbye house. You are looking better now. Thanks for the breakfast.

Voice: Keow! Keow!

Narrator: When Keow turned round, she was amazed to find dozens of gold coins falling from the roof. Thanking the house profusely, she ran home to tell her sister what had happened. At home Khwan listened to her sister's tale with great interest. Although she was very lazy, she would have liked to have had some gold coins like Keow.

Khwan: I'd like some gold coins like Keow. I think I'll visit that magic house.

Narrator: *[Khwan is walking towards house]* The next day, on the way back from school, she purposely went to the house. As she approached it, a voice called to her.

Voice: Little girl, please come and clean me. I am feeling so dirty and shabby.

Khwan: I'll go in. *[goes in]* Oh, look at the horrid mess and dirt inside! Still I'll have to stay to get some gold coins. Where's the broom? I'd better start by sweeping up.

Narrator: Alas, she was not like her elder sister! She swept the dust under the mats and never even bothered to mop the floors! In the kitchen she washed the dishes very quickly and put them away wet! She took one look at the stove and decided that it was much too mucky for her to mess around with, so she left it and went upstairs! Similarly, she did only the bare minimum in the bedroom. She pulled up the bed covers without making the bed properly and swept the dust under it. Feeling tired she lay down to rest. She was woken up within a few minutes, not by the melodious note of a bird, but by loud banging and rattling.

Holding her ears, she ran downstairs. Sure enough, the table was set, but not with scrumptious food like Keow had said she had found, but with the remains of a rotten meal! Sulkily, Khwan went outside. *[goes outside]*

Khwan: I feel cheated, but I don't care too much. What I really want are the gold coins. What's happening? The house is throwing small stones at me! Is this the gratitude I get for cleaning you? You gave my sister gold coins, why do you only give me stones?

Voice: Keow received what she deserved and so did you!

Narrator: However much she pleaded with the house, she could not get what she wanted. Bursting into tears, Khwan ran home. Through her sobs, she told her sister what had happened.

Keow: Never mind. Whatever I have, I will share with you anyway. Don't worry, there is plenty for us to live on quite comfortably.

Narrator: This experience had a great effect on Khwan and from that day on, she changed her ways. She was no longer lazy and she helped Keow with all the household chores. And do you know? She enjoyed it too!

QUESTION:

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

Link story: Working Together (*Learning to Live!*)

2. Game: Charades

(The teacher needs to prepare activity cards. One side of the card is blank and the other side has a job to do to help at home

e.g. 'Sweep the floor'

'Clean the windows'

'Wash the car'

'Dry the dishes'

'Mend some clothes', etc.)

Divide the class into two teams. One person from each team takes it in turns to pick an Activity Card, making sure that no one from his team can read it. The pupil then performs the action in front of his team and they have to guess what it is. They then gain 1 point and the next person chooses a card and acts it out. There is a time limit of 30 seconds for each charade. The first team to win 20 points is the winner.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "I will keep happy and make others happy by helping at home and at school whenever I can."