

NOT HURTING OTHERS

Objective: To encourage gentle persuasion rather than bullying.
To recognise how our behaviour affects other people.

Key Words: bully, perspire

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

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



PERSUASION IS BETTER THAN FORCE

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 WIND AND THE SUN

by Aesop

The trouble with the Wind was that he was always bullying the Sun which led to them often quarrelling. You see the Wind was jealous of the Sun because everyone could see the Sun in the sky, but nobody could see the Wind. They saw only the things he was able to move. So he would blow the small white clouds across the sun so that the cloud shadows danced over the fields and houses, and the people would look up and say, "Where is the sun? Is it going to rain?" But soon the sun shone through the thin white clouds.

"Oh dear, I had better try harder," said the Wind. So he blew the big black storm clouds across the sun so that the people scurried indoors to avoid the oncoming storm. But soon the sun found a chink between the clouds, beaming brightly through the rain and creating the most beautiful rainbow of red, orange, yellow, green, blue, indigo and violet.

"Oh look," everybody cried, looking through their windows. "What a wonderful rainbow. It will soon stop raining. Thank goodness the sun is out again." This made the wind even more jealous.

One morning, they happened to meet on a hill and, as usual, the Wind began to argue. He boasted of the wonderful things he could do.

"I can bring the winter to blow the leaves, break the trees and move the seas," said the Wind.

"You must know that I am able to bring the summer to ripen the fruits and the wheat and cover the earth with beautiful flowers," the sun countered.



Just then a passing cloud paused and whispered. "The Sun carries out his work tirelessly getting up every morning. And I am thankful to the Wind for helping me on my way. I think you should settle your argument once and for all. See that man coming up the hill with the thick overcoat on? Why don't you see who can make him take it off?"

"Yes. That will be a good test," said the Sun. "You can try first, Wind."

At once the Wind took up the challenge and began to blow as

hard as he could upon the man. Using all his strength he huffed and puffed but, as he blew, all that happened was that the man buttoned up his overcoat. Harder and harder he blew, but the only effect was that the man put up his collar. The Wind blew so hard that the trees swayed and leaves fell to the ground, swirling about. But the man only held his coat firmly around him.

The Wind had tried as hard as he could, but could not remove the man's coat so at last he gave up.



Now it was the Sun's turn. Slowly the Sun began to shine. After a few minutes the man put down the collar of his coat and undid the top buttons. Then the Sun shone brighter and the man undid all the buttons and opened his coat. The Sun sent his hottest rays to shine upon the man. The man began to perspire and after wiping his forehead on a large cotton handkerchief, he took off his coat.

The Sun called out to the Wind, but the Wind had seen the error of his argument and had gone off to do his

duty, gently blowing the little cloud southward.

QUESTIONS:

1. How did the Wind treat the Sun?
2. Why was the Wind jealous of the Sun?
3. How did people know when the Wind was there?
4. How did the Wind try to get rid of the Sun?
5. What nice thing did the cloud say about the Sun?
6. How can you tell when you are jealous of someone? *
7. What is the best thing to do if *you* are bullied by someone?
8. How did the Sun win the challenge?
9. How did you feel when you heard this story?
10. Did the story remind you of anything in your own life?

(If you are not happy about their achievements or good luck, it is a sign of jealousy. If you want to damage something nice someone owns or has done, it is a sign of envy).*

GROUP ACTIVITY

1. DRAMA

THE WIND AND THE SUN

The scene is set on a hill.

Cast: *Narrator*
 Wind
 Sun
 Cloud
 Man

Narrator: The trouble with the Wind was that he was always bullying the Sun which led to them often quarrelling. You see the Wind was jealous of the Sun. Everyone could see the Sun in the sky, but nobody could see the Wind. They saw only the things he was able to move.

Wind: I know, I'll blow the small white clouds across the sun so that the cloud shadows dance over the fields and houses and the sun will disappear.

Man: Where is the sun? Is it going to rain?"

Narrator: But soon the sun shone through the thin white clouds.

Wind: Oh dear, I had better try harder. I'll blow big black storm clouds across the sun. Ha, ha! Look at the people scurrying indoors to avoid the oncoming storm.

Narrator: But soon the sun found a chink between the clouds, beaming brightly through the rain and creating the most beautiful rainbow of red, orange, yellow, green, blue, indigo and violet.

Man: Oh look! What a wonderful rainbow. It will soon stop raining. Thank goodness the sun is out again.

Narrator: This made the wind even more jealous.

Wind: It's not fair. Everyone sees the Sun and admires him. No-one can see me! I'll show him that I'm better.

Narrator: One morning, they happened to meet on a hill and, as usual, the Wind began to argue. He boasted of the wonderful things he could do.

Wind: I can bring the winter to blow the leaves, break the trees and move the seas.

Sun: You must know that I am able to bring the summer to ripen the fruits and the wheat and cover the earth with beautiful flowers.

Cloud: (whispering): The Sun carries out his work tirelessly getting up every morning. And I am thankful to the Wind for helping me on my way. I think you should settle your argument once and for all. See that man coming up the hill with the thick overcoat on? Why don't you see who can make him take it off ?

Sun: Yes. That will be a good test. You can try first, Wind.

Narrator: At once the Wind took up the challenge and began to blow as hard as he could upon the man. Using all his strength he huffed and puffed but, as he blew, all that happened was that the man buttoned up his overcoat. Harder and harder he blew, but the only effect was that the man put up his collar. The Wind blew so hard that the trees swayed and leaves fell to the ground, swirling about. But the man only held his coat firmly around him. The Wind tried as hard as he could, but could not remove the man's coat.

Wind: I've blown as hard as I can. I give up.

Narrator: Then it was the Sun's turn. Slowly the Sun began to shine. After a few minutes the man put down the collar of his coat and undid the top buttons. Then the Sun shone brighter and the man undid all the buttons and opened his coat. The Sun sent his hottest rays to shine upon the man. The man began to perspire and after wiping his forehead on a large cotton handkerchief, he took off his coat.

Sun: Wind! Look, Wind! The man has taken his coat off.

Narrator: The Wind could not hear the Sun. He had gone. Seeing that the Sun was winning, he realized he had lost his argument and had gone off to do his duty, gently blowing the little cloud southward.

QUESTION:

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

2. GAME: The Sun, the Wind and the Clouds

One person becomes the Sun and is blindfolded in the middle. The others are clouds floating past around him blown by the Wind.

When the Sun senses that a cloud is near him, he commands, "Be still Wind".

The Wind and Clouds remain still. The Sun then touches the face of the Cloud in front of him and guesses who it is.

If he guesses correctly, the Cloud then takes the place of the Wind, the Wind becomes the Sun and the Sun becomes one of the clouds.

GROUP SINGING

I AM A LITTLE ANT

by Susan Caffery

I am a little ant,
So please don't tread on me.
I only sting when I am scared,
I squash so easily.
You are so very large
And I'm so very small
That even if I stepped on you
It would not hurt at all.

Chorus: If you don't hurt me, I won't hurt you.

If you respect me, I'll respect you too.

*You know I'll blow away
If you only sneeze. Achoo!
So even if you can't love me
Just don't hurt me please.*

I am a little ant,
So please don't step on me.
I only sting when I am scared
I squash so easily.
You are so very large
And I'm so very small,
Why even if I pushed you hard
You would not even fall.

Chorus: If you don't hurt me, I won't hurt you...

Close the lesson:

Each say:

One useful thing I have learned today is ...

Literacy Link: Drama