

Topic: Discernment

Objective: To encourage a sense of the importance of being able to make wise choices. Fairness, listening to, and careful consideration of, the views of others. Recognising their rights to hold their own views. Consider the evidence and argument. Self-understanding - Developing a mature sense of self-worth. Evaluation - Weighing respective claims of self-interest. Crime and safety - discussion on alcohol abuse. Understand the nature and consequences of anti-social behaviour.

Curriculum Links: Citizenship, Drama, English, Geography, Music, PSHE, RE, Science

Key words: Pope, mass, settee, slurring

Materials needed:

- The Manual or copy of lesson plan
- Pages 36 and 37 of the Introduction Manual
- Writing materials
- Photocopy of exercise for each class member
- CD player
- CD with music for silent sitting
- CD with music for the song
- Pens, pencil, notebook or paper (for homework Self Audit)
- Pages of drama for 3 pupils

QUOTATION/THEME FOR THE WEEK



**SOW A SEED OF THOUGHT, REAP A FRUIT OF ACTION.
SOW A SEED OF ACTION, REAP A FRUIT OF HABIT.
SOW A SEED OF HABIT, REAP A FRUIT OF CHARACTER.
SOW A SEED OF CHARACTER, REAP A FRUIT OF GOOD FORTUNE.**

Sathya Sai

Write down the Theme for the Week and discuss what you think it means. Have you seen this connection in your own life? When do the choices we make affect our own good fortune, and when not?

SILENT SITTING

Step 1 (See exercise on page 36 of the Introduction Manual)

Steps 2, 3 (Optional)

Step 5: Guided Visualisation on Light exercise (See page 37 of the Intro Manual)

Step 6.

DRAMA

TO DRINK, OR NOT TO DRINK

by Tessa Hillman

The scene is set in Rome, Italy, in an apartment in the city centre.

Characters: *Maria*
 Felice
 Suzannah

Maria: This is a nice pad your parents have here, Felice.

Felice: Thanks. I like living at home. I could never afford a decent place in Central Rome otherwise. We're near the Vatican here and I enjoy seeing all the thousands of people flocking to hear the Pope giving his Sunday Service to the masses listening in the square.

Maria: Being a teenager in Rome certainly has its benefits. I love the shops showing all the latest styles by the most famous Italian designers. Mind you, the down side is that the streets can be dangerous at night. We are used to making sure we are with a group of friends if we go out at night. My cousin lives in England and she says it isn't so bad there. They don't have to travel together in a taxi and stay at each other's houses overnight, only travelling home in daylight, like we do.

Suzannah: Felice, your parents have left a bottle of gin on the sideboard. Remember a few weeks ago when our brothers were talking and showing off about getting drunk.

Felice: Yes. Let's try getting drunk to see what it is like. My mother always laughs a lot if she gets drunk. It must be fun.

Suzannah: Well, I don't really know. My father got drunk once. Then he started to get mad and shout at everyone. It was awful. We were all frightened because he seemed to be angry about such little things. He certainly wasn't happy.

Maria: My dad did too. It was horrible. He was sick over the settee and the carpet in the sitting room. I don't want to feel like that. I feel great as I am, don't you? Anyway, you've seen people when we're out, slurring their words and falling all over the place. You can't even dance half the time if you've been drinking.

Felice: I suppose it doesn't look so great really. And alcohol does seem to make people do stupid things; like they'll drink-drive, or get aggressive. Have you noticed people always seem to end up arguing, or crying, for no reason?

Maria: See. You're talking yourself out of it... It's up to you, but I don't want to be involved. Anyway I'm going to put a CD on, so we can carry on with our night.

Suzannah: You're right, Fel. My brother gets drunk and he can't do anything at all the next day except moan about his headache and ask people whether he had a good time. What's the point of getting drunk when you can't even remember if you enjoyed yourself?

Felice: And what's the point of enjoying yourself and then not remembering it.

Maria: C'mon you two, if you've finished!. You're missing a great dance track!



QUESTIONS: *Support answers to questions 1 to 5 and 8 with evidence from the text.*

1. What name would you give this drama?
2. What did Maria consider to be a benefit of living in Rome?
3. What was difficult about it?
4. Why did the subject of getting drunk come up?
5. Why did the girls decide against it?
6. Have you ever got drunk?
7. What are the short term and long term effects of drinking?
8. What other values are demonstrated in this drama?
9. How did you feel when you heard, saw or acted out the drama?
10. Did it remind you of anything in your own life?

Key words: *Look up any of the words in the dictionary that you have not understood and make sure you understand them and can spell them.*

GROUP ACTIVITY

1. Management of Thoughts

Thoughts precede actions, so it is important to be aware of our thoughts before we are prompted by them to act..

Awareness and management of thoughts are helped by two practices:

A. Silent sitting exercises.

Regular practice improves concentration, poise, confidence, self-control and will power.

Have we been aware of our thoughts and feelings when we practise silent sitting? The inner dialogue or chatter calms down, and we conserve energy, thus getting less tired.

B. Self Audit

It is commonly experienced that without proper audit and accounting, no success can be achieved in any enterprise in this world. Right from running a household kitchen to managing a large corporation, accounting and audit hold the key to success.

In the same way it is important to take account of our actions and audit the events of the day. Before going to bed at night, spend a few minutes reviewing the day and ask:

- a) Have I made someone happy?*
- b) Have I been kind to myself?*
- c) Have I spoken good of others?*
- d) Have I not gossiped?*
- e) Am I a better person than I was yesterday?*

Give yourself a pat on the back for every time you have responded to a situation in a positive way and decide to do better if your response was negative, but don't blame yourself. Remember - mistakes are steps by which we learn.

Self audit is accountability which helps in maintaining a balance. It helps us to realise which things we could do better and reinforce the good already done by us. The only person we can improve in the world is ourselves. Excellence does not depend on doing 100% better, but doing one hundred things 1% better.

2. Alcohol abuse:

As a class, brainstorm ways in which alcohol abuse can affect the body through

- a) being a depressant
- b) being a poison
- c) impairing judgement

GROUP SINGING

KEEPING SOBER

(lyrics by Nicky Gilbert, music by Stuart Jones)

If you drink to quench your thirst
It shouldn't make behaviour worse.
When drunk you can behave in ways
You will regret on sober days.

*Chorus: Did you know that alcohol
Isn't all that great at all?*

Some people drink to ease their pain
It only rises up again.
It cannot bring you happiness
And often leaves you feeling less.

*Chorus: Did you know that alcohol
Isn't all that great at all?*

You do not have to be a monk
Just to decide not to get drunk.
We've seen in programmes on TV
What it can do to you and me.

*Chorus: Did you know that alcohol
Isn't all that great at all?*

Friends may want us to fit in
But don't be tempted by a whim.
And do not judge the ones that do
Just say that it is not for you.

*Chorus: Did you know that alcohol
Isn't all that great at all?*

Extension:

1. Plan and organise a workshop with a local agency on alcohol abuse for your class or the whole school.
2. Class drama project - Understanding oneself and others.
Write a play as a joint class project concerning the theme of Discernment. Two contrasting families could be portrayed; one that is not discerning in its life style and one that is.

Citizenship Link: Unit 15 Crime and Safety Awareness.

Programme of study: 3a use imagination to consider other people's experiences.

English Link: Spelling 7: Spelling key words; Vocabulary 15: use a dictionary;

Speaking 2: recount the story and say how it differs from the written drama;

Drama 15: develop drama techniques.

Geography Link: 3c page 23: Investigate lifestyles in two different cities in the European Union - London and Rome.

PSHE Link: 2 Developing a healthier, safer lifestyle.

2g recognising when pressure from others threatens personal safety and well-being;

2d facts about alcohol.

RE Link: Talk about feelings and about consequences of unity and division within a group (*AT2*).

Attitudes - willingness to value insight.