

**Topic: UNIVERSAL LOVE**

**Objective:** To realise that all the countries of the world are interdependent, and that to live peacefully we need to act with a loving heart and fairness to all.

Media in society - effect of media on life.

Willingness to develop a positive approach to life.

Readiness to look beyond surface impressions.

Recognising the needs and concerns of others.

Developing a mature sense of self-worth and value.

To see issues from others' point of view.

Distinguishing between opinion, belief and fact.

**Curriculum Links:** Citizenship, Drama, English, Music, PSHE, RE

**Key words:** consoling, extraordinary, triggered

**Materials needed:**

- The Manual or copy of lesson plan
- Page 36 of the Introduction Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Large sheets of paper and coloured pens (*For extension work*)
- Pages of the drama for 9 pupils

**QUOTATION/THEME FOR THE WEEK**



**LOVE IS A LANGUAGE ...**

**... WE ALL UNDERSTAND**

Brainstorm what you think this means.

Give some examples.

**SILENT SITTING**

Step 1 (*See page 36 of the Introduction Manual*).

Steps 2, 4 (*Optional*).

Step 5: Think of a time when you helped someone worse off than you..

And another...                      Feel the pleasure of the achievement ...

Imagine joy spreading out from your action like ripples in a pond ..

Think of a way of helping that you would like to see happening more.

Imagine yourself organising it to happen... See yourself doing it ...

Feel the pleasure of the achievement ...

Imagine joy and happiness spreading out from your action like ripples in a pond

Step 6.

## DRAMA

### DIANA - THE PEOPLE'S PRINCESS

by Pierrette Poirot and Michelle Eames

*The scene is set in England*

*Characters:*

- Narrator*
- Her Majesty the Queen*
- Princess Diana*
- Teacher*
- Prince Charles*
- Earl Spencer*
- Baroness Thatcher*
- Mother Teresa*
- Nelson Mandela*

*Her Majesty the Queen:* On the eve of Diana's funeral I said in my tribute to her that she was an exceptional and gifted human being. In good times and bad, she never lost her capacity to smile and laugh, nor to inspire others with her warmth and kindness ... No one who knew Diana will ever forget her. Millions of others who never met her, but felt they knew her, will remember her. I, for one, believe that there are lessons to be drawn from her life and from the extraordinary and moving reaction to her death ...

*Narrator:* Indeed the news of Diana's death triggered the most extraordinary outpouring of public grief in the U.K. and around the world. United in their grief were people of all ages, all cultures and religions, of all classes and backgrounds. She had touched them all.

*Princess Diana:* I was born in 1961 into the aristocracy, the third daughter of Earl Spencer. From an early age I knew that my parents had wanted a boy. My childhood was not a happy one. My parents divorced after years of loud and bitter arguments when I was just six years old. When my father remarried some years later, I found it difficult to get on with my stepmother. Although my home life was privileged in many respects, I grew up feeling insecure.

*Teacher:* Diana enjoyed sports and ballet, but never excelled academically at school and she failed her 'O' levels.

*Princess Diana:* I went through school feeling hopeless, a drop-out, with a brain the size of a pea, thick as a plank - that's me.

*Teacher:* But whilst at school, her character started to emerge and strengthen. She was often found consoling smaller children if they were crying and was always ready to help. At West Heath School, we encouraged pupils to visit the sick and the elderly. Some shied away from it, but Diana thoroughly enjoyed her regular visits to the mentally disabled. She had found her role, and was a good example of the saying: "The aim of education is character".

*Princess Diana:* When I was nineteen, I went to live in London where I shared a flat with three girlfriends. I worked for friends, cleaning and babysitting. I loved children, they're easier to relate to than adults, so I was delighted to get a job as an assistant at a kindergarten in Pimlico.

*Narrator:* But this period of happy, carefree, giggling days was to be shortlived, however, as she became involved with Prince Charles. She was a shy and retiring girl and the public immediately warmed to her.

*Princess Diana:* By the time our engagement was announced in February 1981, privacy was a thing of the past. The media became obsessed with me, and this continued unabated to the day I died. I remember once that I cried like a baby to the four walls, I just couldn't cope with it.

*Narrator:* Publicly she had to bear the attention bravely, looking calm and smiling.

*Princess Diana:* Our wedding was a fairytale event, watched by millions around the world. Life would never be the same again, as from being a nobody, I became a star almost overnight. But I was given little or no help on how to carry out my new role. I became miserable, depressed and feeling very vulnerable. So much so that I began to suffer from bulimia nervosa, a condition characterised by bouts of binge eating and vomiting which would last for nearly ten years. When no one listens to you, or you feel no one is listening to you, all sorts of things start to happen. For instance, you have so much pain inside you that you try to hurt yourself on the outside because you want help, but it's the wrong sort of help you're asking for. People see it as crying wolf and attention seeking, but I was actually crying out because I wanted to get better, in order to go forward and continue my duty, and my role as wife, mother and Princess of Wales. So yes, I did inflict harm upon myself. I didn't like myself. I was ashamed because I couldn't cope with the pressures.

*Narrator:* Yet in her public life, she was always seen smiling. She became the most photographed woman in the world and a fashion icon, a princess of style and glamour. She could have led a useless life of frivolity like some other princesses, but instead she opened her heart to the sick, the needy, the unloved. She had suffered much mental pain, but had emerged a stronger person.

*Prince Charles:* She devoted herself to our two sons, William and Harry, and to her charity work. She brought up the children to be open and in tune with the outside world, unlike previous royal generations. Our boys meant everything to her and she was keen to give them the love and security they needed to grow up in confidence. She was determined to show them life outside the sheltered walls of the palace.

*Princess Diana:* I wanted them to have an understanding of people's emotions and insecurities, people's distress, people's hopes and dreams. So when William was nine, I often took him with me on visits to hospitals and shelters for the homeless, often unannounced. I was able to share with him my concern and compassion for those dying or in pain.

*Prince Charles:* Under her influence, William has grown in sensitivity and maturity. It was his suggestion that Diana should auction seventy of her famous ball gowns in New York a few months before her death, raising millions of pounds for the charities she worked so hard to help.

*Princess Diana:* I took the children to theme parks and fast food restaurants, like ordinary children. I organised my schedule around their school activities and would always be there to cheer them and support them, at school events, such as plays or sports days.

*Prince Charles:* We were keen on discipline too, and it was part of their daily routine to write letters of thanks to friends and family who had helped them.

*Princess Diana:* As our marriage deteriorated and my loneliness increased, I took on more and more engagements and was involved with over one hundred charities. I eventually sought help for the bulimia and this gave me the understanding, encouragement and praise I was craving for. With the help of several therapists, I began the long journey of self-discovery, allowing my true nature to emerge. For years, I had felt inferior and intimidated by people with academic achievements, letting them influence my judgement and allowing them to govern my life. For years I had felt unwanted... unloved... humiliated! The unhappiness in my life became balanced by the joy I found in helping the sick and dying. People said that it was my charity work that revealed me at my best.

*Narrator:* Yes, her love for people shone through, winning the hearts of all. She did not hide behind a conventional stiff upper lip mask, but was spontaneous, compassionate, generous and genuine in her public appearances, touching or hugging people, however poor or sick they may be. Nor did she ever look as if she wanted to rush to the nearest bathroom to wash her hands. She gave unreservedly of herself, with that loving smile which people adored, no matter how tired, distressed or insecure she was feeling, or whatever trials she was going through at the time. She was always giving. She championed health causes, especially challenging and difficult causes, such as AIDS, leprosy, drug addiction, the homeless and abused children. Wherever she felt she could make a difference, she was happy. She became aware of a deep need within herself to help those who were sick and dying.

*Princess Diana:* I soon realised that anywhere I see suffering, that is where I want to be, doing what I can. I often visited hospitals, like Stoke Mandeville and the Great Ormond Street Hospital for Sick Children. I preferred to go unannounced, which seemed to delight the patients.

*Narrator:* She brought light and comfort into their lives, acting not out of duty, but out of pure love. She gave of herself with warmth and compassion, talking and listening to the patients and their families, giving comfort and reassurance with a smile, a pat on the cheek, holding hands or hugging them. By openly and publicly touching and hugging AIDS and leprosy patients, it did much for their causes.

*Princess Diana:* The time I spent with a sick friend, Adrian, strengthened my faith in myself, and changed my outlook and priorities in life. He died of AIDS in 1991.

*Mother Teresa:* We became friends and she supported my mission. I told her that order to heal other people you have to suffer yourself.

*Narrator:* This was a message Diana understood well. She had a special empathy for the outcasts, the downtrodden. It is no surprise that of the six charities she concentrated on in her last years, five of them were associated with stigma.

*Princess Diana:* I knew I had a role to play. I think the biggest disease this world suffers from in this day and age is the disease of people feeling unloved, and I know that I can give love for a minute, for half-an-hour, for a day, for a month. *That* I can give. I am very happy to do that and I want to do that.

*Narrator:* She was determined to put the worldwide fascination with her to good use. She learned to use the royal institution and the persecuting media for the benefit of her charity work, instead of being their victim. She became the most successful fundraiser on earth and started to be recognised by Foreign Office diplomats for her own true worth. Her campaign against landmines highlighted the plight of landmine victims on her visit to Angola in January 1997. She thus succeeded in bringing the world's attention to an issue which had been largely neglected until then. She did her best to help.

*All:* She was truly the People's Princess.

*Earl Spencer:* In my sister's funeral address on 6th September 1997 I said, Diana was the very essence of compassion, of duty, of style, of beauty. All over the world, she was a symbol of selfless humanity. All over the world, a standard bearer for the rights of the truly downtrodden, a very British girl who transcended nationality...

*Baroness Thatcher (Former British Prime Minister):* With her tragic death a beacon of light has been extinguished. Her good works brought hope to so many of those in need throughout the world.

*Mother Teresa:* She was in love with the poor, anxious to do something for them. That is why we were so close.

*Nelson Mandela (South African President at the time):* Princess Diana will be sadly missed as a warm, compassionate and caring person. I was tremendously impressed by her. She was undoubtedly one of the best ambassadors of Great Britain. She was highly intelligent and committed to worthy causes. She became an ambassador for landmine victims, war orphans and the sick and needy.

## QUESTIONS:

1. Diana felt she was 'thick as a plank' at school. Was that true of her? Why?
2. No one listened to Diana's problems. As a result how did she feel and act?
3. What are the many positive qualities Diana had?
4. What are the causes she championed?
5. How do you think you may have helped others if you had been Diana?
6. How did you feel when you heard the story?
7. Does the story 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 SINGING

### GIVE, GIVE, GIVE

*(lyrics and music by Sara John)*

If you give from your heart,  
Then you've made a good start,  
To a life that's full of joy and happiness.  
And you won't feel bad, if you haven't had,  
A little something in return.  
The more we give, the more we learn.

*Chorus: Let's give, give, give, as we live, live, live  
With a joy in our hearts as every day starts.  
Let's give, give, give, as we live, live, live  
With the love in our hearts as every day starts.*

Let us give to all no matter how small,  
The gift is very special indeed.  
We'll feel so glad, and never feel sad,  
When a smile shines at us through the day  
We know this is a better way.

*Chorus: Let's give, give, give, etc.*

You can give of yourself in a way that will help,  
It may not be a gift you can see.  
But it works when you just give and do,  
It's a present to someone in need  
And they'll never forget your deed.

## GROUP ACTIVITY

1. In groups of four:

*Discuss what values we need to practise to make the world a good place to live in.*

Report back to the whole class. What positive steps will you take to achieve this.

2. Discuss the effect the media had in Princess Diana's life and death.

3. Princess Diana took an active part in many charities. Research and discuss the work of some community based, national and international voluntary groups.

4. These lesson plans are prepared by a voluntary group of people who receive no monetary payment whatsoever. Why do you think they do this work?

**Extension Work:** Make a chart or poster to illustrate the positive steps the class could take to ensure the basic values are followed in your school to make the school a happy caring environment for the benefit of all who attend there.

**Citizenship Link:** Unit 9 - The Media: Programme of study 1h: the media in society.

**English Link:** Spelling 7: Spelling key words; Vocabulary 15: use a dictionary;  
Drama 15: develop drama techniques.

**PSHE Link:** 2b: ... what influences health, including the media.  
3b: how to empathise with people different from yourself.

**RE Link:** Discuss the value of absolute rules in life which can never be broken.