

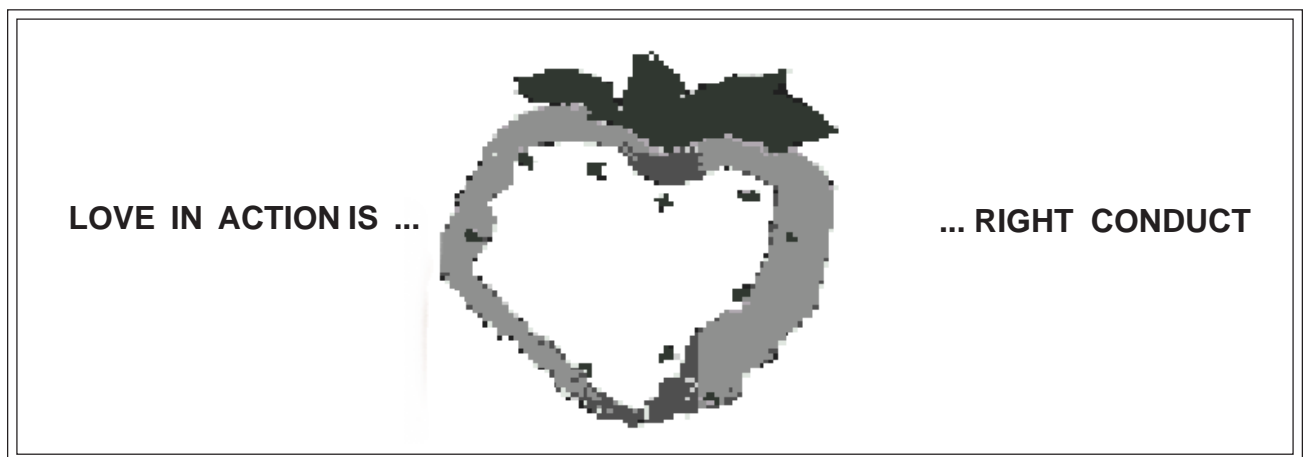
Topic: CARING

Objective: To stimulate thought and action about the importance of caring about others and caring for myself

Key Words: blood-curdling, frantic, hesitate, instinct, occasion, partial, reassure, relief

Materials needed: The Manual or copy of lesson plan
Silent sitting exercises from the Manual
CD/Tape player
CD/Tape with music for silent sitting
CD/Tape with music for the song

QUOTATION/THEME FOR THE WEEK



Discuss what this quotation means. Volunteers might like to give an example.

SILENT SITTING

Step 1 (See page 36)

Steps 2, 4 (optional)

Step 5: Be aware of yourself in the room ...

Let a feeling of goodwill expand to fill the room, ... the building ... the town...

Now imagine joy and happiness expanding to cover all the earth ...

Everyone is your brother or sister ...

Everyone needs to be cared about ...

Each one of us is worth caring about ... including you ...

Think how you can care for yourself better ...

Think how you can care for someone else better ...

Think how you will do it...

Step 6.

NARRATIVE

EMERGENCY

A true story by Bina Valsan

We first came to Britain on a visit in 1983. Our relations took us to visit all the sights of London that were famous at the time. We saw Buckingham Palace and the changing of the Guard, then Big Ben, the Houses of Parliament, 10 Downing Street, and Whitehall. Another day was London Zoo in Regent's Park and Madame Tussaud's waxworks near Baker Street; Covent Garden and theatreland. In the City was Tower Bridge, the Tower of London with the Crown Jewels, and St. Paul's Cathedral, etc. Outside London we saw Windsor Castle, and Windsor Safari Park.

Having to travel into London from Croydon, we normally caught the East Croydon train to and from Victoria. On one such occasion, we were at Victoria Station during the peak rush hour to catch our train on our usual platform for the East Croydon bound train. In the hustle and bustle, a woman walking in very high heels was knocked over by a burly man rushing to catch his train. The woman tripped and fell off the platform onto the section of the tracks between two coaches of the train. As she fell, she let out a blood-curdling scream, but the man who knocked her over rushed off, ignoring her and so did the hundreds of other people who were there. Without a moment's hesitation, my father instinctively leaned over the platform trying to reach her arms, gently reassuring her as she struggled to get up. Her head had hit the metal section of the train and she seemed only partially conscious. Gripped with fear, I grabbed my father around his waist in an attempt to prevent him from falling onto the tracks as well. In desperation, I tried to scream in an attempt to attract the guard's attention, as there were only two minutes left before the train was to leave, but my voice seemed to have vanished.



Praying frantically, we managed to heave the woman onto the platform, just before the guard showed his green flag. A couple of other women who saw what had happened, rushed to the injured woman who was holding her head in agony. They sat her down and took over. Only then, did we leave on the same train. I do not know whether the woman had to be taken into hospital and treated for concussion and shock, or whether she was put on a train, or accompanied home. We had helped her, she could not even thank us, she was in so much pain and shock, but we felt horrified that nobody stopped to help, yet relieved and good about ourselves for perhaps helping to save her life.

Later, as a teacher, I related this event during a morning assembly to a group of 330 13-year-olds, many of whom sat with rapt attention taking in every word I said. I also warned them that it was important to help others, but if there was any kind of danger involved, to try to get help as soon as possible rather than walking away ignoring the person in distress.

A week later, one of our 13-year-old boys came rushing back up the hill to the school at around 4.00 p.m. He had seen a woman with a dog being attacked by a man on the Downs. The school is surrounded by woodland all the way down to the main roads. The boy puffed and panted as he tried to get us to phone the police while he reported the horrifying ordeal of the woman and her dog. The police were there within minutes, the man was caught, and the woman with the dog was safe.

In order to show the school her appreciation of the boy's actions, she sent a large box of chocolates and a lovely card thanking the school for instilling good values in their students.

QUESTIONS: *Support answer to question 5 with evidence from the text.*

- 1 What name would you give this story?
- 2 How did you feel when the woman fell onto the tracks?
- 3 How did you feel when you heard that the man who pushed her did not stop to help her?
- 4 What did you feel when you heard that another man had helped her?
- 5 What did the schoolboy do when he saw the helpless woman and her dog?
- 6 How did you feel when the boy helped the woman and her dog?
- 7 Does either story remind you of anything in your own life?

GROUP SINGING

LET'S CARE
(music and lyrics by Sara John)

Let's care, let's share
Our beautiful world.
All people and creatures
Together, forever.

GROUP ACTIVITY

1. Brainstorm definitions of love.

The following definition has been given for love:

*Love is an energy which is the substance of life.
Love is the basis of character.*

Discuss.

2. Discuss issues which follow an uncaring attitude towards others.

3. Role play the story.

Extension exercise:

Daily diary:

List one thing each day that you do to help another person without seeking a reward. (Remember safety first, you can always call for help).

Links to Other Subjects:

Caring, in attitude and actions, can permeate all subjects.