



RELATIONSHIPS

Objective: To help children to become aware of and appreciate that their mother's, or carer's, love includes the need to guide and protect.
Keeping ourself safe

Key Words: manners, stitch, sob

Materials needed: Music for Silent Sitting and Song
Paper
Pencils, crayons

WARM UP GAME

Breathing Snake

Children all lie on the floor with knees bent and feet flat.
Each child's head is on another child's abdomen.
Feel the abdomen move up and down as the breath goes in and out.

QUIET TIME

Sit down slowly and cross your legs. (*Children sitting where they were standing*).
Sit up with your backs straight.
Hands on your knees.
Everyone take a deep breath in ... and out ...
This time let's try it quietly ...
Keep every part of your body still and hear how quiet the room is.
If you want to, close your eyes (*Pause for 5 seconds*)

Listen to the sounds outside the classroom ...
Slowly release your body and open your eyes and smile.
Now stand up quietly and come close together. Sit down.

Discussion:

What noises did you hear? Discuss.
What did you think of when you were sitting quietly?
How did you feel?
Put your hand up if you enjoyed quiet time.

STORY TELLING

JANE LEAVES HOME

by Jacqui Robinson

When I was a little girl, my mother, like all mothers, kept telling me what to do and what not to do. I used to get so fed up.

“Jane, I need you please to go to the shop for me,” she would say, just when I was in the middle of reading a good story.

“Time to come in now,” she would say - just as I was having a fun game with my friend.

“Eat all your food up. Waste not, want not.”

“Be careful, go slowly.”

“A stitch in time saves nine.”

It felt as if she was always bossing me around.

One day, I was so fed up with being ordered around, I decided to run away. I would go to my grandma’s. She would understand.

I was only a very little girl and I didn’t really know the way to Grandma’s, but I didn’t think about that. I crept out of the house, shut the door quietly and tip-toed down the garden path out into the street. I hugged my teddy for comfort. I just walked thinking I would get there, to my Grandma’s. I crossed the road with some other people and kept walking, but I couldn’t see Grandma’s house. I began to feel hungry and it was getting a little dark. “Oh dear! No sign of Grandma’s house.” I began to feel frightened. I began to cry. “I want my Mummy.”

(If there is time, ask the children to finish to story and say what they think happens. If not, continue)

By this time, my Mum had discovered that I was missing and was frantic. Guessing I must have run away, after looking everywhere, she phoned my Dad and the police and was looking for me along the streets around our house. Poor Mum! She didn’t know which way I had gone.

“I want my Mummy,” I was crying pitifully now. “If only she would come, I will never run away again. I will always be helpful to her.” As I was thinking about how fed up I had been and was sobbing, I began to think how safe I had felt in my home.

As I was sobbing and thinking about my Mum and forgetting about how I had felt when I ran away, a lady came up to me and asked if I was lost. She asked where I lived.

“In the big blue house with the pretty flowers in the garden,” I replied.

Just then a police car stopped and my Mum jumped out. How relieved and happy I was to see my Mum. “Oh Mummy,” I cried. “I’m so sorry. I love you, Mummy.”

My dear mother never reproached me about causing her so much fear. She just hugged me like never before. Teddy also got a hug. It may have been my imagination, but it seemed like she was never so bossy after that and as for me, I had a big change in my attitude. My Mum fed me, clothed me, made sure I knew my manners and gave me guidelines, so that I would become a good person. I learned that she loved me and that love doesn’t mean just hugging, but also includes all the caring and sacrifices that mothers make for their children.

QUESTIONS:

1. Why did Jane run away?
2. What did she learn after her mother found her?
3. Who knows what, ‘Waste not, want not’ means?
4. Who knows what, ‘A stitch in time saves nine’ means?
5. Would the lady or the policeman have known where Jane’s house was, if her mother had not told the police?
6. Why not?
7. Do you know your address and your phone number?
8. How did you feel when you heard the story?
9. Did it remind you of anything in your own life?

GROUP SINGING

WHEN I LOVE MY MOTHER

When I love my mother,
Cos my mother loves me
I will be so happy
We’ll be a happy family.

When I love my sisters
And my brothers too
Our school will be happy
And I’ll love you.

GROUP ACTIVITY

Give each child a copy of the worksheet on the next page to draw their mother doing something for them e.g. washing or ironing their clothes, giving them food, doing the shopping, etc.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say to the child on either side, “I will think loving thoughts and remember all the good things my mother does for me.”

WHAT MY MOTHER DOES FOR ME

Draw a picture of your Mum doing something good for you.
Then colour in the picture.