



**Learning Intention:** *to know the importance of learning*

**Context:** *Love of learning*

**Key Words:** *library, learning, curiosity, quest for knowledge*

## **QUOTATION/THEME FOR THE WEEK**

### **LEARNING IS FUN**

Discuss times when learning has been fun and when it hasn't.

## **SILENT SITTING**

*Step 1:* Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

*Step 5:* Imagine you are going for a ride in an aeroplane ...

Step inside your aeroplane and know that you are perfectly safe ...

The aeroplane rises gently into the air ...

Look through the window at the land below ...

See the uneven shape of the fields and dark green patches of trees ...

See the rivers curving across the land bringing water for the plants, animals and people ...

Now we are flying over the hills where the sheep graze peacefully ...

Now we are flying higher, over mountains with snow on their tops ...

See the beauty of the white glittering snow ...

On further, down across the desert, rocky and sandy, for many miles.

There are many places where we could fly ..

Over the rain forests ...

Over the snowy Arctic ...

So much to discover in life ...

So many places to visit ...

So much fun in learning about the world ...

*Step 6:* Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

## ALTERNATIVE EXERCISE

*Step 1:* Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

*Step 5:* Think, what fun it is to learn about all the interesting things there are in the world. I love learning new things.

*Step 6:* Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

## STORY TELLING

### FUN AT THE LIBRARY

*by Carole Alderman*

“Mummy, you remember that story you told me about the boy and the wolf. I’d like to hear some more stories,” said Tammy one Friday evening after she had finished her homework.

“We can go on a visit to the library tomorrow and see if we can find a copy of Aesop’s Fables to read,” replied her mother pleased that Tammy had remembered the story.

So the next day, Tammy and her mother got up early and after breakfast Tammy helped her mother tidy up so they would have more time to spend at the library.

When they arrived, Tammy looked round excitedly. She had never seen so many books. She ran to the nearest shelf and picked one up and began looking at it.

“Mummy, this is too hard. I can’t read it. It has so much writing,” she exclaimed in a disappointed voice.

“Leave that one, Tammy. Come over here to the Young Children’s section. These are written for children of your age and have pictures and will be much more interesting for you.”

Tammy put the book back on the shelf and ran over to where her mother was pointing. There were many books - big coloured ones and small ones, but all with pictures and big print that was much easier to read. “Look, Mummy. There’s one about aeroplanes and here’s one about how to make things. ‘Step by step’. Look it’s a windmill.”

Her mother came over and sat down with Tammy to look at it. “Yes. Look how

you cut out the shape, then you fold the paper over and clip it and fix it to a wooden handle.”

“Oh! Can we take that book home Mummy and try to make one?” Tammy thought it looked fun. She liked making things.

“Yes,” said Mummy. “Learning how things work is exciting and makes you feel happy, doesn’t it, Tammy?”

“I don’t think Danny knows how to make one. We can show him how to, when he comes round. Look Mummy, here’s a book on birds - and here is another about the jungle animals. There are so many interesting books. Can we come every week to get a different one?”

“I think that’s a very good idea, Tammy. Let’s do that. Now we’ll go to the counter and get a ticket for this one and on the way home we will pop into the craft shop and get the things we need to make a windmill for you and Danny.”

And Tammy and her mother did just that.



#### QUESTIONS:

1. How did you feel listening to the story?
2. Did the story remind you of anything in your own life?
3. What did the story mean to you?
4. What sort of books can you find at a library?
5. Which books do you like best?
6. What sort of things can you learn from books?
7. What else can you find at the library?
8. What do you like best about a library?

## GROUP SINGING

### I LOVE LEARNING

*(music and lyrics by Sara John)*

We are learning  
Every day learning  
Something new  
And something true.  
I love learning  
You love learning  
Day to day,  
In every way.  
*(Repeat x 3)*

*Sing as a round, starting after the first two lines.*

## GROUP ACTIVITY

Give each child a copy of the picture of The Mountain of Truth on the next page, or use the poster which is available from EHV Promotions Ltd. at the British Institute of Sathya Sai Education.

Discuss with the children:

- How sometimes it can seem ‘an uphill struggle’ to gain knowledge.
- What are the values related to truth? (e.g. telling the truth, asking questions, hope, trust, honesty, an inner knowing what is right and what is wrong, exploring life).
- What values do we need to practise to spread truth throughout the world?
- How do we care for and respect books and how in many ways books provide more fun in learning as compared to just using help from computers or other media?

### Extension Exercise / Links to Other Subjects:

The children can be asked to use the library to find out information about a specific topic e.g. the human body.

Divide the class into small groups and ask each group to research a particular aspect. For example, the senses, bone structure, nervous system, etc.

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, “*I can learn more and more things each day. Books can help us.*”