



Learning Intention: to understand the effect of our thoughts

Context: loving thoughts

Key Words: India, water-carrier, warm feelings, love, heart, smile

QUOTATION/THEME FOR THE WEEK

START THE DAY WITH LOVE
FILL THE DAY WITH LOVE
END THE DAY WITH LOVE
THAT IS THE WAY TO LIVE

Discuss a way in which you might practise this.

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: Let a feeling of love grow in your heart, then let it spread all through you ... You are lovable and beautiful and so are the others around you ...

Let your love spread out to everyone in the class ...

... then out to your family ...

... to the people in your street ...

... then all over the town ...

... throughout the country ...

... then throughout the world ...

... to all the creatures ... fish ... trees ... and plants ...

Everyone and everything needs love ...

Your love is important for everything around you ...

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, I will think loving thoughts and behave helpfully to all my friends and my family and my teachers too.

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

SURYA, THE WATER CARRIER

A true story from India told by Tessa Hillman

Children of the world all feel the need to be loved. We all hope that our parents love us and that our brothers and sisters love us. But is that enough? I am going to tell you a story about a child called Surya who was about eight years old. She lived in a small village in India and had two brothers.

Surya was usually a happy child. She would often help her mother to carry water back from the well to her home. Each day this task had to be done - once at sunrise and once at sunset. It was quite a long walk to the well. She and her mother would carry the water jars on their heads.

Surya's mother could carry a larger jar than Surya's, but Surya knew the water she carried was just as important.

"All the water you carry will be used. So however much you carry, it is all useful," her mother always reassured her.

This made Surya feel important. She knew that without water her family would not survive. She knew that her family depended on her work so that they could wash, drink and cook their food. She was pleased to be able to help them. They would smile at her and call her, "Our water carrier".



Surya liked this. It made her feel nice and warm inside. Even if she was tired and weary, when they smiled, she felt better.

One day she asked her mother about this feeling. "Mother, what is it in my body that makes me feel warm and happy when I bring back the water and daddy smiles at me? Something inside me seems to get bigger and get warm. "It feels so nice. It doesn't happen when people turn their heads away from me and don't notice me. It feels like a little warm animal inside me. When someone smiles, it gets up and turns round, and fluffs out its fur and snuggles down. When no-one smiles, it just lies there and doesn't move. It just stays there very quiet, waiting and hoping for a smile."

"Ah, I see, my child. You have begun to notice your heart. Yes, it is just like a little animal. It likes to give love and to be loved. When it can do both, it is very happy. When it gives love and nobody notices, it does not feel so happy. It waits quietly until someone notices it and then it wags its tail and turns round and round and is happy.

“And so it is with everyone. We all have a little warm feeling which comes into our hearts when we know we are loved. When we lose someone we love, or maybe our pet dies, then we feel very heavy inside. Our little warm place changes to a cold stone sitting in our chest, and our little furry animal seems to have gone away. We feel all alone. But it is then that we need to remember that everybody has love somewhere in their heart.

“If we need love, we must give love. Give a smile and a kind word to another person and you will make them feel nice and warm inside. In turn they will smile at you and thank you for your kindness and you will not feel alone any more. Love is what we all need and in order to get it, we must be sure to give it. Children are very good at giving love. It is something they do very easily and it is something that they need to remember to do as they get older. No matter how hard life is at times, if you can love people, you will never feel lonely.”

QUESTIONS:

1. How did you feel as you listened to the story?
2. Does the story remind you of anything in your life?
3. What name would you give the story?
4. What made Surya happy?
5. How did she feel when her father smiled at her?
6. How did she feel when no-one smiled at her?

GROUP SINGING

IF YOU WISH FOR LOVE

(music and lyrics by Sara John)

If you wish for love,
You have to be loving,
If you wish for peace,
You have to be peaceful,
If you wish for truth,
You have to be truthful,
Together they give
A valuable life.

If you wish for joy,
You have to be joyful,
If you wish for bliss,
You have to be blissful,
If you wish for friends,
You have to be friendly,
Together they give
A valuable life. *(Repeat)*

GROUP ACTIVITY

1. Good Posture Game

Each child finds a partner. They make lines of about five pairs facing each other. Leave plenty of space between the lines. The pair of children at the back then walk together to the top of the line, balancing something (such as a book) on their heads, to see who would make the best water carrier.

2. Creative drawing

Give each of the children a copy of the picture of Surya and her mother on the following page to colour in and add to it some background scenes of how they imagine village life is in India.

What are the people doing?
What do the houses look like?
Is there a school in every village?



Extension Exercise / Links to Other Subjects:

Cultural link: Include Group Activity No. 2 as extension idea. The teacher may choose to show the children some pictures about life in India.

Parents can be invited to the class to share their own experiences of growing up in India. Artefacts, costumes and examples of the different foods can also be used to enhance the lesson.

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 understand that all thoughts and behaviour have an effect on someone. I will think good, loving thoughts.”*

SURYA AND HER MOTHER

