



## SHARING LOVE

**Learning Intention:** to begin to understand the nature of love

**Context:** Sharing love

**Key Words:** concerned, time, wind, sky, welcome, growing-up, needs, habits, young, younger, old, older, oldest

### QUOTATION/THEME FOR THE WEEK

#### YOU ARE WELCOME

Discuss how it feels when someone says you are welcome.  
Have you ever felt unwelcome?  
What was that like? How can you make others feel welcome?

#### 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:* (Play some music, possibly track 5 of the Silent Sitting CD)  
As you listen to the music, let a feeling of love grow in your heart ...  
Let the love spread throughout you ...  
Direct the love to your family  
    to your friends ...  
    to people everywhere ...  
    to all the plants, flowers and trees ...  
    to all the animals ...

Imagine you are covered in a beautiful light of love ...  
How happy you feel.

*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 keep myself happy and make others happy by making them feel welcome at home and at school.

*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

### A NEW BABY IS COMING

*A true story from India told by Tessa Hillman*

**W**hen mother told Susan that she was going to have another baby, Susan felt both pleased and concerned about the news. If her mother had a baby, would she still have time for Susan? Would she love Susan just as much? How could she? Surely she would have to share her love between three children instead of two and there would not be as much love for Susan?



This worrying thought took Susan to her father who was busy mending the car.

“What is the trouble, Susan? You look rather upset. Why do you frown so?”

“Daddy,” she said. “When Mummy has the new baby, will she still love us just as much? I can’t see how she will be able to. She will have to share her love with all three of us - and with you too!”

“Ah, so that is your big problem for today. Well, Susan, certainly Mummy will have to share her time between the three of you. That is true. But love is different from time. There are only so many things you can fit into a day, before you run out of time.

“But love is different. Love is like a colour, or like the warm wind. It just is. It surrounds you, like the blue of the sky. If someone else sits next to you, you still see just as much sky, don’t you? You still feel the warm wind whether you are by yourself, or with other people. The wind is not used up because there are more people. The wind is still there just as much. Mummy loves you and your brother. She did not love him less when you were born. He did not lose Mummy’s love when you came along, but he gained someone else to love himself. When this baby is born, do you think Mummy will stop noticing whether you are happy or sad? Or if you have a splinter in your finger, will she say, ‘Go away, Susan, I am loving the baby at the moment’?”

“No. She will care for you just as before. She will always love you the same because you are her daughter and you have a place in her heart. You can show her how much you love her by helping her with the work and then she will have more time to show you how she loves you.

“So don’t worry, my child. You will not be forgotten when this baby is born and you will discover how nice it is to love babies. You will feel a lot of love for your new brother or sister. You will find that you enjoy holding the baby and stroking it and playing with it. Babies are very good at loving and they love everyone who loves them. Their smiles are one of the sweetest things in the world.”

#### QUESTIONS:

1. How did you feel when you heard the story?
2. Did it remind you of anything?
3. What was Susan worried about?
4. When she told her father about it, what did he say to her?
5. Do you think mothers will love their children less when a new baby is born?

## GROUP SINGING

### TO ALL THE LITTLE CHILDREN

*(music and lyrics by Sara John)*

To all the little children in the world  
To all the little children in the world  
We send them lots of love,  
We send them lots of peace,  
To all the little children in the world.

*(Chorus) Singing i yi yippee, yippee, yi. Yippee, yi.  
Singing i yi yippee, yippee, yi. Yippee, yi.  
Singing i yi yippee, i yi yippee,  
I yi yippee, yippee, yi. Yippee, yi.*

To all the grown up people in the world  
To all the grown up people in the world  
We send them lots of love,  
We send them lots of peace,  
To all the grown up people in the world.

*(Chorus) Singing i yi yippee, yippee, yi ...*

To all God’s creatures in the world  
To all God’s creatures in the world  
We send them lots of love,  
We send them lots of peace,  
To all God’s creatures in the world.

*(Chorus) Singing i yi yippee, yippee, yi ...*

# GROUP ACTIVITY

## CIRCLE DANCING - The Greetings Dance

Form a circle

As you do the steps, look at the face of the person opposite you, as if in greeting.

- 1 Step left foot forward
- 2 Close right foot to left foot, with two slight bounces, bending knees.
- 3 Step right foot back.
- 4 Close left foot to right foot, with two slight bounces, bending knees.
- 5 Side-step right.
- 6 Close left foot to right foot, with two slight bounces, bending knees.

As the children step forward, they say: I greet you.

As they step back, they say: I give you space.

As they side-step right, they say: I move on.

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### **Extension Exercise / Links to Other Subjects:**

The children can bring in pictures of themselves at different stages in their life. This can be stuck on a time-line and the class can discuss some of the changes they observe e.g. size, needs, taste in foods, teeth, patterns of sleep, interests, etc.

*Literacy Hour:* The children could write a descriptive and imaginative piece on what they think they will be like in five years time.

**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, "You are welcome."