

CONCERN FOR OTHERS

Objective: To stimulate thinking about the importance of looking after yourself and not always relying on others for your needs.

Key Words: admire, cherished, conceited, reflection, rescue, shiver, unicorn

Curriculum Links: Citizenship and PSHE at KS1: 1a,b,c. 2a,c.

Literacy: Drama

Materials needed:

- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Copies of the drama script
- Copy of page 196 for each pupil

QUOTATION/THEME FOR THE WEEK

**FOR THE NON-VIOLENT PERSON
THE WHOLE WORLD IS ONE FAMILY**
Sathya Sai



What is a non-violent person? (*Someone who cares for, and is compassionate to, everyone and everything*)

What does the quotation mean? Would it be a good thing to practise?

How big is your family?

How far do you think your own family extends? Is it just your parents or carers, brothers and sisters? Does it include cousins and aunts/uncles?

Does it also include some friends or even people from overseas?

Have you friends in other countries whom you regard as extensions of your own family?

SILENT SITTING

Steps 1, 2, 3 (*See pages 19/20 or page 36 of the 'Introduction' Manual*)

Step 5: Think of a time when you were kind and helpful to someone without expecting anything back in return ...

And another ... And another ...

think of a time when someone was kind and helpful to you which made you feel loved and cherished ...

You feel happy too.

Step 6.

STORY TELLING

THE BEAUTIFUL UNICORN

by Ann McMail

There was once a unicorn who was very beautiful but she was also conceited. She loved to look at her reflection in the lake on the edge of the forest where she lived. One day while she was admiring herself in the clear water, an ugly toad jumped on to a stone at the edge of the lake.

“Croak, croak,” he said. “Good morning. How are you this bright spring day?”

The unicorn looked down at the toad and wrinkled her pretty nose, the way you do when there is an unpleasant odour about. The proud unicorn thought that she was so beautiful, and too important, and far too clever, to talk to such an ugly animal as the toad, so she shook her beautiful mane and turned away from him.

The toad was a kind creature who knew in his heart that he was just as clever and important as the unicorn. Because he knew this, he ignored her bad manners and kept on talking to her, telling her about the trees and the tiny flowers that were poking their heads through the spring grasses. The unicorn carried on admiring herself and eventually the toad went on his way, singing to himself as he went.

“If I stand on that rock at the edge of the lake, I will be able to get a better view of myself,” thought the unicorn. She walked majestically round the lake to the rock. It was very pretty, being covered in moss. “It looks very soft and inviting,” thought the unicorn springing up on to the rock. Unfortunately it was also very slippery and as soon as her hooves landed on the rock, she slipped! Her legs went out straight and with one almighty SPLASH she landed in the deep, cold water. The unicorn shouted for help, but the animals who heard her didn’t want to help because she had always been so rude to them and they didn’t like her at all. “Ooh! Please help me. The water’s cold as ice,” she called out louder with tears in her already wet eyes. The animals just carried on eating and chatting to each other while the unicorn, no longer feeling proud, became more and more frightened. She shivered and called for help even louder.

In the forest the toad was gently sniffing the primroses when he heard the unicorn’s cries. He hopped quickly back to the lake. “Do you need some help?” he called.

The unicorn was so relieved to see someone that she begged him to bring help quickly.

“Always happy to help,” said the toad amiably. “I won’t be long.”

He persuaded all his friends in the forest to come back with him and so the unicorn was soon rescued.

And now do you know what? The toad and unicorn became such good friends that if you were to go into the forest you would be able to see them together, walking through the trees.

“I must admit,” said the unicorn to the toad. “You are far more beautiful than I am, because I am only beautiful on the outside, but you are so beautiful inside.”

QUESTIONS:

1. What name shall we give this story?
2. Why do you think the unicorn had no friends to help her when she needed them?
3. What was the toad like?
4. Who do you find it easier to be friends with - someone beautiful like the unicorn, or someone ugly, but kind, like the toad?
5. How did you feel when you heard the story?
6. Did the story remind you of anything in your life?

Link story: The Proud Peacock (*Learning to Live!*)

GROUP SINGING

A LITTLE LOVE

(music by Stuart Jones, lyrics by Sara John)

A little love makes your heart grow each day.
Sweetness of thoughts gives more love in every way.
Just fill your mind with thoughts so kind,
And you will feel the difference as you start to unwind.

A little peace makes your heart grow each day.
Sweetness of thoughts gives more peace in every way.
Just fill your mind with thoughts so kind,
And you will feel the difference as you start to unwind.

A little joy makes your heart grow each day.
Sweetness of thoughts gives more joy in every way.
Just fill your mind with thoughts so kind,
And you will feel the difference as you start to unwind.

(Repeat first verse)

You will feel the difference
as you start to unwind.

GROUP ACTIVITY

1. DRAMA

THE BEAUTIFUL UNICORN

The scene is set by a lake in a forest

Cast: *Narrator*
 Unicorn
 Toad
 Forest animals

Narrator: There was once a unicorn who was very, very beautiful. But she was also conceited and she was always stopping to look at her reflection in the lake on the edge of the forest where she lived.

[enter unicorn].

Unicorn: *[peers into lake]* I really am very beautiful. Look at my snow-white mane, glistening in the sun. Look at my wonderful shiny horn! There really is no other animal like me.

Narrator: *[enter toad]* One day while she was admiring herself yet again in the clear water of the lake, an ugly old toad jumped up on to a stone nearby.

Toad: Croak, croak. Good morning. How are you this bright spring day?

Narrator: The unicorn looked down at the toad and wrinkled her pretty nose, the way you do when there's an unpleasant odour about.

Unicorn: I am so beautiful, and too important and far too clever to talk to such an ugly animal as a toad. *[shakes her mane and turns her back on him].*

Toad: *[aside]* Oh dear, poor beautiful Unicorn. I know in my heart that I'm just as clever and just as important as she is, so I'll ignore her bad manners.

Narrator: The toad kept on talking to the unicorn, telling her about the trees and the tiny flowers that were poking their heads up through the spring grasses. The unicorn carried on admiring herself and eventually the toad went on his way, singing to himself as he went.

Unicorn: If I stand on that rock at the edge of the lake, I will be able to get a better view of myself.

Narrator: The unicorn walked majestically round the lake to the rock. It was very pretty, being covered in moss.

Unicorn: It looks very soft and inviting.

Narrator: The unicorn sprang up on to the rock. Unfortunately it was also very slippery and as soon as her hooves landed on the rock, she slipped! Her legs went out straight and with one almighty SPLASH she landed in the deep, cold water.

[enter forest animals]

Unicorn: Ooh! Help! Help!

Narrator: The animals who heard her didn't want to help because she had always been so rude to them and they didn't like her at all.

Unicorn: Help! Please help me. The water's cold as ice. (starts crying)

Narrator: The animals just carried on eating and chatting to each other while the unicorn, no longer feeling proud, became more and more frightened. She shivered and called for help even louder.

Unicorn: Help! Please help me.

Narrator: In the forest, the toad was gently sniffing the primroses when he heard the unicorn's cries. He hopped quickly back to the lake.

Toad: Do you need some help?

Unicorn: Oh, Toad, dear Toad. I am so relieved to see someone. Please help me. Please bring someone who can get me out quickly.

Toad: *[amiably]* Always happy to help. I won't be long.

Narrator: Toad persuaded all his friends in the forest to come back with him and so the unicorn was soon rescued. And now do you know what? The toad and unicorn became such good friends that if you were to go into the forest you would be able to see them together, even today.

Unicorn: *[to Toad]* I must admit you are far more beautiful than I am, because I am only beautiful on the outside, but you are so beautiful inside.

QUESTION:

How did you feel when you listened to, saw or acted in the drama?

2. WORD SEARCH

Give a photocopy of page 196 for each pupil.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "I will be careful how I treat people."

2 Word Search



ADO
ADORE
COD
COLD
CONCEIT
DOUR

LOVED
MOCK
MOSS
NEAR
NICE
ORE

REST
ROCK
SAP
SAVE
SOOT
TEARS

EVIL
FOREST
HELP
ICE
KIND
LAKE

PATIENT
POET
PRETTY
PUSS
REAL
REALLY

TOAD
TOE
TRIO
TRY
TYRES
UNDERSTAND
UNICORN