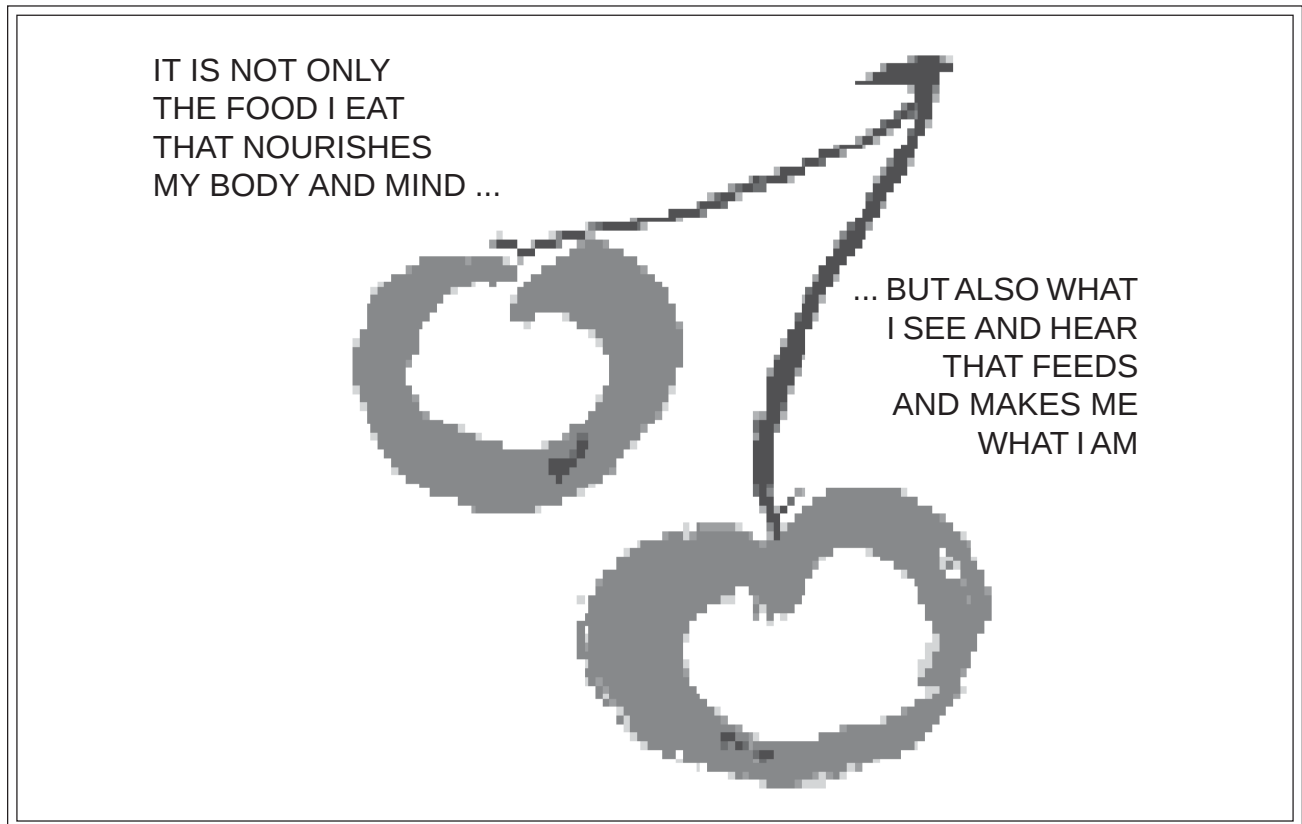


CARE OF MYSELF

Objective: To raise awareness of the different ways of caring for myself and to raise self-esteem

Key Words: inspire, pleasant, good, happy

QUOTATION/THEME FOR THE WEEK



Discuss what this means.

SILENT SITTING

Steps 1, 2, 4, (See page 40)

Step 5: Think of all the things that make you what you are ...

All the things that make up your body and mind:

the food you eat ...	the things you read ...
the things you watch on TV ...	the things you listen to: music ...
things other people say ...	things you say yourself ...

Are you taking care that they are all good things?

Take care of yourself because you are valuable.

Step 6.

STORY TELLING

WATCHING TV

by Winifred Matthews

Daniella burst into the kitchen glowing with happiness. “Oh Mum! Guess what? Dad’s promised to buy me a television for my birthday.”

“What for?” asked her mother frowning slightly. “We already have a telly. Is it so you can watch it or play videos in your room and not do your homework?”

“No. It’s so I can pick the programmes I want to watch. I don’t like the things you and Dad watch. And Ben watches horrible things. I don’t like watching those kind of programmes.” Daniella pulled a face to prove it.

“What’s wrong with the programmes? What’s got into you?” asked her mother.

“Miss Stella says we should not watch things that are bad or violent or about people not behaving well.” Daniella looked up at her mother as she spoke. “It is better if we watch programmes which inspire us, or which teach us things and that are pleasant and beautiful which make us feel good and happy. She says the things we see affect the way we behave. I don’t like to see fighting or hear bad language on the telly. It causes bad thoughts and frightens me.”

“Oh!” said her mother. “You never said anything about it before. Which class were you discussing all this in?”

“Human Values,” said Daniella.

“Human Values. What’s that?”

“Education in Human Values, Mum. We discuss things that are important to us and how we feel about things that happen. Why don’t you come and sit in on the class sometime, Mum? Tammy’s Mum comes!”

“Can I do that?” replied her mother in surprise.

“Yes, you can, Mum. The teacher said we can ask our parents to come and the lessons are wonderful fun. Miss Stella reads stories about all kinds of things, often true ones and always with real values in them. That’s how we learn the important things of life and what it means to have a good character. And she said telly is similar to stories and often a more powerful teacher. That’s why we are to be careful to choose good things to watch. Why don’t you come, Mum? Sometimes the story is so lovely, it makes me cry.”

“Oh, you are funny,” said her mother giving her a hug. “It’s so lovely, it makes you cry! But I would look silly in a class of eight-year olds.”

“No, you wouldn’t. Other mums come,” pleaded Daniella.

“What time are the classes?” asked Mum as she poured out some tea.

“After school on Fridays,” said Daniella. “We finish early and the EHV class lasts about an hour.”

"Well, I hope you realise your tea won't be ready when you get home, if I'm to come to the class."

"It's never ready on a Friday, Mum, because you watch 'Families'.

"Oh, I forgot! I'll miss it if I come."



"Oh, please do come, Mum. EHV is better. You'll see ."

"All right then. Just once," laughed her mother.

Daniella hugged her. "The film 'The Railway Children' is on TV at a quarter-to- eight. Can I watch it?" she asked.

"All right," her mum replied. "I'll come and watch it with you too, this time."

She lovingly smiled at her daughter and admitted to herself that she was very proud of her wise child.

QUESTIONS:

1. Why has Daniella asked for a telly for her birthday?
2. How did her father react?
3. What did her mother say?
4. How did Daniella explain to her mum why she wanted a telly?
5. How do you know that Daniella's mum is interested in Daniella's Human Values lessons?
6. Do you agree that things we see can affect the way we behave?
7. How did you feel when you heard the story?
8. Does it remind you of anything in your own life?

GROUP SINGING

RIGHT ACTION SONG

(music by Sara John and Stuart Jones)

We have learned, we have learned
What the words Right Action say.
We must do what we know is right
Every day and every night.

*Chorus: Think of Love, think of Peace,
Think of Truth in all you do.
Find these values in your heart,
As a new day you start.*

If you use these values true,
Right is all that you can do.
Happiness with all you'll share,
And with these they'll know you care.

Chorus: Think of Love, think of Peace ...

We have learned, we have learned
What the words Right Action say.

GROUP ACTIVITY

1. Invite the children to talk about their favourite TV or radio programmes, or books. Make a list of them and put them in order, with the favourite one first.

Ask them: *What are the good things this programme/book teaches us?*

What are the bad things it teaches us?

Go through each of the programmes asking these two questions.

Do not forget to focus on the programme at the bottom of the list, as lack of time might otherwise cause the teacher to leave it out.

2. Working together in pairs or in groups of four, make a list of programmes/books which are inspiring, or teach us about the beauty of life, and which make us feel happy. Then discuss in class.

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 what I read, hear or watch and see how it affects my thoughts."

Extension Exercise / Links to Other Subjects:

"You are what you eat" class project. The children can explore how to make choices in order to live a healthy lifestyle and to eat a balanced diet every day. The topic of healthy eating also includes cleanliness and hygiene when preparing food. The teacher may wish to demonstrate this whilst cooking a healthy dish with the children.