

## HUMILITY

**Objective:** To raise self-confidence and self-esteem, without self-conceit

**Key words:** honesty, humility, self-confidence

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### QUOTATION/THEME FOR THE WEEK



Discuss what this means. Do you feel you are okay?  
Are there times when you don't?

### SILENT SITTING

Steps 1, 2 (See page 40)

Step 5 : Think of one or more things that you do well.

Think of another one that you would like to do differently from the way you do it now ...

Perhaps you would like to do it more, or do it less ...

Or perhaps you would like to do something completely differently ...

Imagine yourself trying hard and doing it how you would like to ...

Remember to try hard and do your best even when you think something is easy.

Step 6.

## STORY TELLING

### THE HARE AND THE TORTOISE

*A Fable by Aesop*

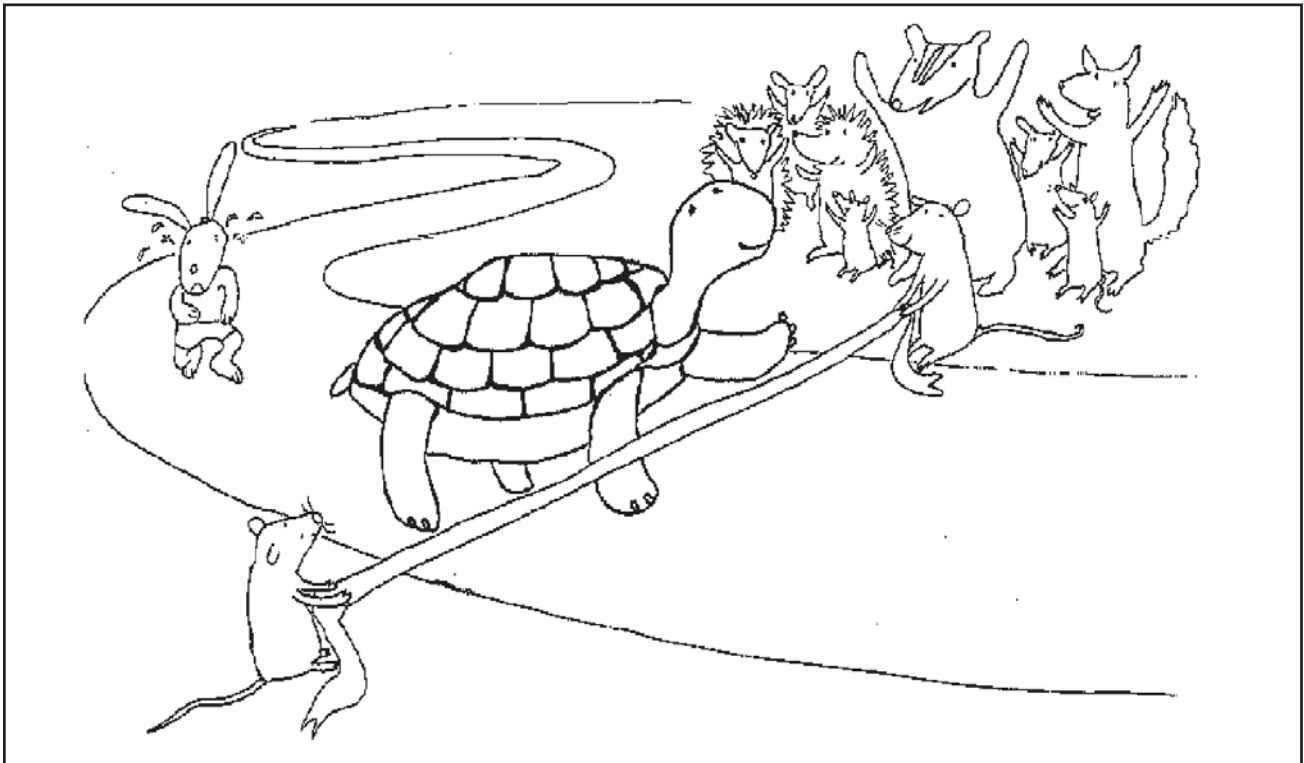
**A** hare was once showing off to a tortoise about how fast he could run and teasing the tortoise about her own slowness. The poor tortoise, knowing she had good points that the hare did not have, decided to challenge the hare to a race. The hare, who was an extremely fast runner, laughed at the idea of racing with the plodding tortoise, but a time and place for the race was fixed.

When the day came, the other animals turned out to see the race and the tortoise was ready to begin. The hare, who thought he was so good that he did not have to try at all, decided he did not need to hurry.

"It does not matter if I am not on time. I will easily win, even if the tortoise is three-quarters of the way round the track," he laughed to himself as he sat down to take a short nap.

Meanwhile, it was time for the race to begin and the tortoise set off. It was a long way and the tortoise realised how slow she was and knew she needed to keep going if she was to finish the race at all. On and on she plodded until she saw the finishing line in the distance. As she finally padded over the finishing line to cheers from the crowd, the lazy, conceited hare, who had overslept, ran up. Too late, he realised how silly he had been.

The tortoise had won the race!



## QUESTIONS:

1. In what way was the hare better than the tortoise?
2. In what way was the tortoise better than the hare?
3. What things were not good about the hare's character?
4. How did the tortoise win the race?

## THE SAILOR MAN

*by Winifred Matthews*

Once upon a time two boys named John and Peter came to the house of a sailor who lived beside the sea. The sailor was sitting on his porch busy knotting ropes.

"Good morning, Sir," said the boys politely.

"Good morning, boys," replied the sailor smiling. "What can I do for you on this fine day?"

"John and I would very much like to learn to sail and, hearing that you have a boat, we thought perhaps you might take us out in her and teach us," said Peter.

"All in good time," said the sailor. "I am busy now, but by and by when my work is done, I may take one of you - if you are ready to learn." The sailor continued busily with his knotting.

"Sailing is what I want to do most of all," said John watching the sailor's busy hands.

The sailor glanced up. "Very well then. I have to go and see someone. While I'm out you can practise knotting, since it needs doing anyway. Look! Watch what I do."

He showed them how to knot the ropes and left. As soon as he was out of sight, Peter ran down the porch steps and across the sands. Half-an-hour later he returned.

"Look at the sea," he said. "The waves will come almost up to the steps of this house at high tide. Come and see, John."

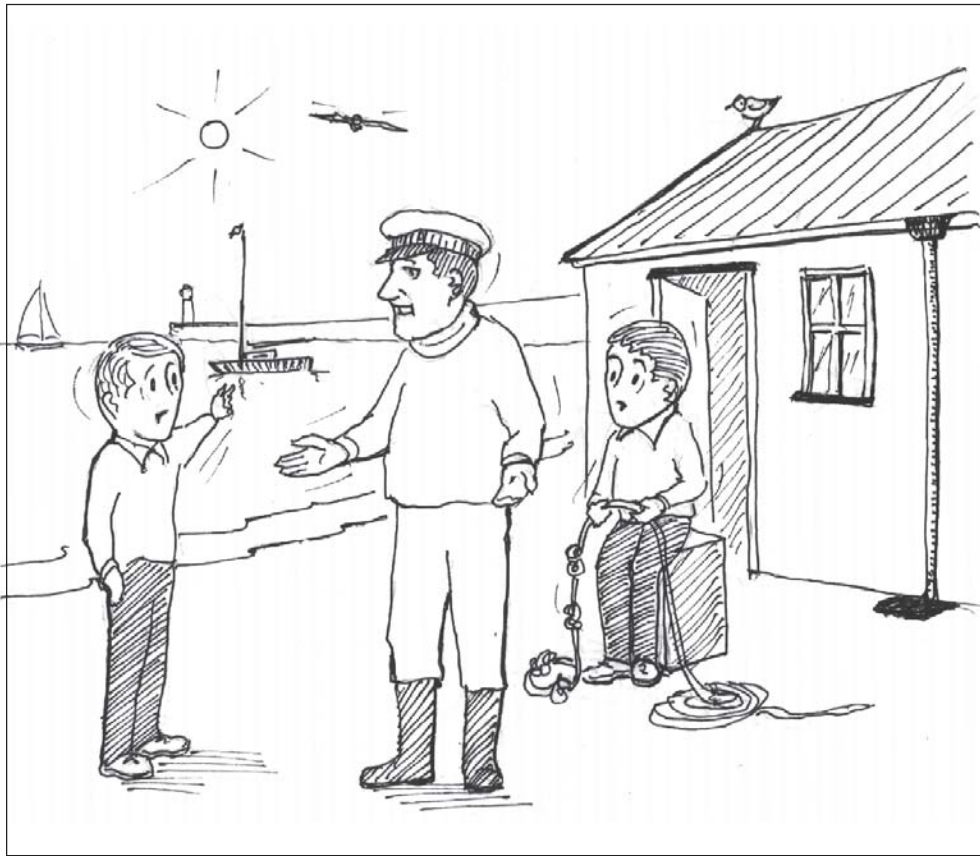
"I can't come," replied John. "I'm tying a knot."

"Oh!" cried Peter. "I went to see the boat. She is dancing in the wind. She's a beauty. Come and look."

"I can't," said John. "I'm tying a knot."

"It will be such fun sailing in her," said Peter to himself. "The sailor is bound to take me because I'm older and know all about knots. There was no need for me to watch when he showed you the knots. I know how to do them," he continued grandly.

Just then the sailor came back. "Well, how have you two got on? Have you



finished the knotting?"

"I've been watching the waves. I do love the sea so," replied Peter trying to impress the sailor with his enthusiasm. "And I've been admiring your boat. She's a beauty," he added flatteringly.

"Do you like my boat too?" The sailor turned questioningly to John.

"I haven't had time to look yet, Sir. I've

been busy with the knots," John sounded apologetic.

"Then I'll take you out in her and teach you to sail," returned the sailor.

"But that's not fair. I am older than he is," Peter said indignantly. "I know more than he does."

"That may be so," said the sailor. "But a person must learn to tie a knot before he can learn to sail a boat."

"But I have learned to tie knots," exclaimed Peter.

"How do I know that?" asked the sailor. "I have only got your word for it. You haven't done the knotting I asked, so how can I tell? But I can see here that young John can knot all right. He's proved it. Nor does he waste time when there's work to be done."

#### QUESTIONS:

1. What were the good things about John?
2. What were the good things about Peter?
3. Why was Peter sure the sailor would choose him?
4. Why did the sailor choose John?
5. In what way is the story of the Hare and 'The Tortoise' like that of 'The Sailor Man'?

## GROUP SINGING

OUR MOTHER TERESA  
*(music and lyrics by Sara John)*

Our Mother Teresa your work is love  
Love for the poor  
The sick and the sore  
Every day you go your way  
Consoling all, for them you pray.

*Helping those who have no homes  
No clothes to wear  
For them you care  
With loving arms you reach them,  
With loving heart you teach them.*

Our Mother Teresa your work is love.  
Caring and true  
And so humble too.  
Every day you go your way  
Consoling all, for them you pray.

*Helping those who have no homes  
No clothes to wear  
For them you care  
With loving arms you reach them,  
With loving heart you teach them.*

Our Mother Teresa your work is love.

## GROUP ACTIVITY

### AFFIRMATION ANT

Colour in the branches of the tree which you think the ant will feel happy on.  
Then draw and colour in some leaves for those branches. *(See the next page)*

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "I like myself and I like you. I'm okay, you're okay too."

### Extension Exercise / Links to Other Subjects:

Construction exercise: The teacher can place a large tree branch in a pot and this can be called the "I'm Okay, You're Okay Tree" ... Each child can then draw on a circular disc a picture of himself. On the reverse, the children can be encouraged to write one good quality about themselves. Using pieces of string, all the circle shapes can be hung on the tree for all to read.

*(NB To revise the concept of shapes, the teacher may choose to use different polygons).*

ON WHICH BRANCHES WILL ANT FEEL HAPPY ?

