

CONTENTMENT

Objective: *To question whether external things bring happiness or whether happiness comes from within*

Key Words: *contented, surroundings, environment, justice, waterlilies, natural*

QUOTATION/THEME FOR THE WEEK



Discuss what this means. What are the things that make you rich, besides money?

SILENT SITTING

Steps 1, 2, 4 (See page 40)

Step 5: As you sit comfortably, think ...

What things smell nice ... What things taste nice ...

What things have you seen that are beautiful ...

What things feel nice to touch ... What sounds do you enjoy hearing ...

Enjoy being you, NOW - then you will be contented ...

Everything is there in nature for our happiness if only we look and find it ...

Feel alive ... feel happy ... feel contented.

Step 6.

STORY TELLING

GOLDIE THE GOLDFISH

by Carole Alderman

Goldie was a happy fish
Who lived with six friends in a dish.
Goldie saw good in each and all
From very small to really tall.

There was once a goldfish named Goldie who lived in a big glass dish, called a fishtank, with six other goldfish. Goldie was a happy little fish who always saw good in everything, but the other six fish were unhappy because although they were beautiful and had a nice home and plenty of food, they felt angry that their surroundings were not good enough to do them justice. They each felt that they should have a better home than their fellows and complained that the tank was too small and wondered how they might get free.

One fish, called Maisie, decided to attract attention and get help to escape by making a noise. Again and again, she charged into the wall of the tank, but she just ended up hurting herself.

Another, called Banger, decided to eat so much that it would be seen that he had outgrown the tank and he thought he would then be taken to a larger, more suitable, residence. He became very fat and eventually became ill from over-eating.

The third goldfish, called Flyer, tried to swim so fast that he would be able to jump out of the tank. Round and round he swam, faster and faster. Then with a tremendous leap he jumped out of the tank and landed in a pot of geraniums and was never seen again.

One, called Lenny, became so sulky and bad tempered that no one wanted to talk to him. Another, called Dreamy, stayed in bed all day and never really learned what the world was like. The sixth, named Mopey, gave up hope and became so depressed that she too never enjoyed or learned about the rest of the world.

In the meantime, the seventh goldfish swam gently round the tank, happy simply to be alive and in awe of the beauty of the world around her. She basked in the sunlight, ate moderately and rested when she was tired. She was contented with her lot. She eventually grew into a fine adult goldfish.

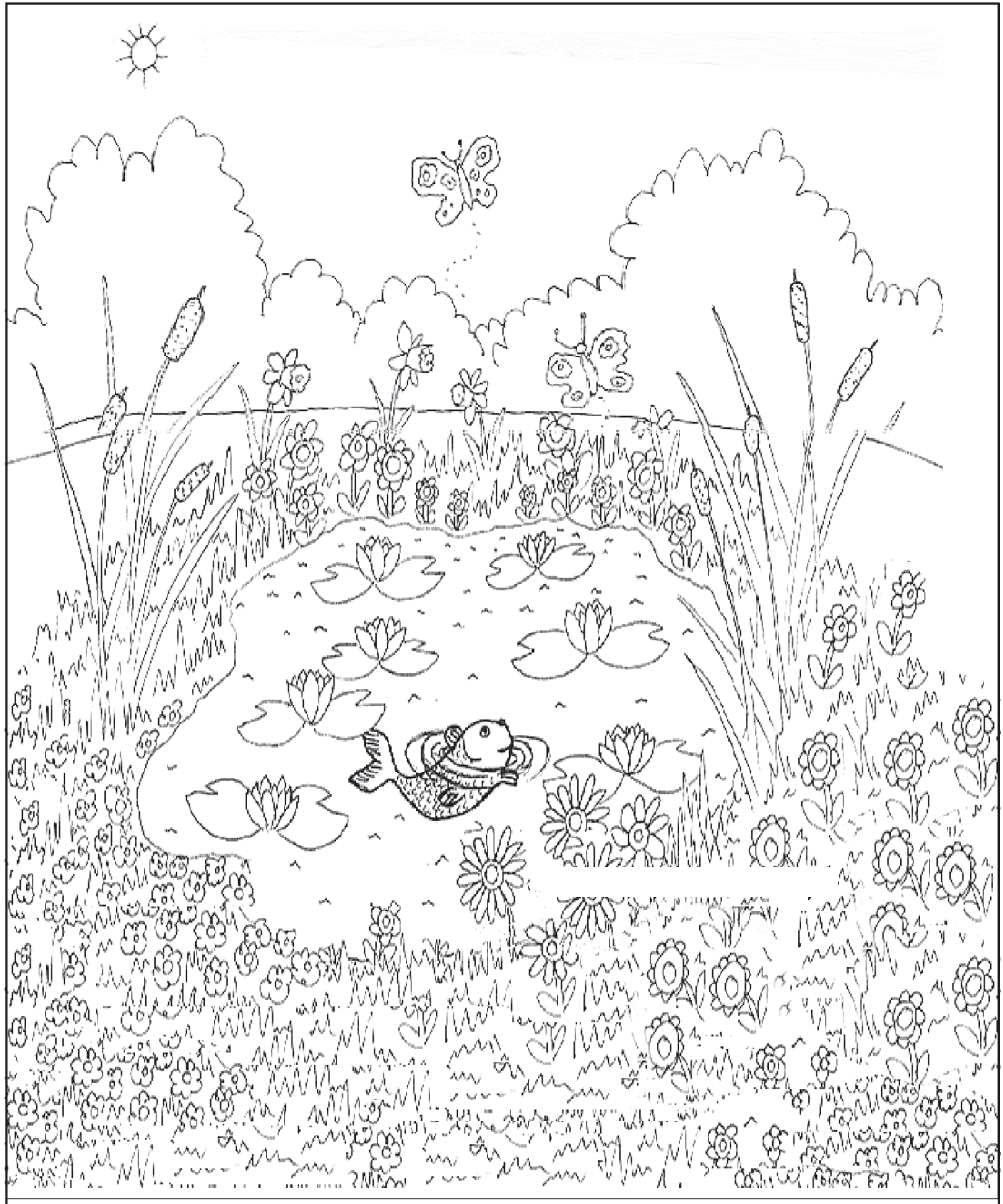
“How wonderful life is!” she thought.

One day, her owner looked at her and thought, “This fish is now a little too big for her tank. I’ll make her a pond out in the garden.”

So the little goldfish was taken from the tank to a lovely pool where the water lilies shaded her from the bright sun on fine days. Some days she hid amongst the reeds as the cool breeze rippled the top of the water. The fragrance from the flowers in the garden and the colourful butterflies which danced around them, delighted her.

“How wonderful life is!” she thought.

Goldie was such a happy fish
Always content, no further wish.
Kind and peaceful, speaking true
She lived happily. You can too!



QUESTIONS:

1. What name would you give this story?
2. What were the first six goldfish like?
3. How was Goldie different?
4. Who was the more successful in life? Why?
5. How did you feel when you heard the story?
6. Does it remind you of anything in your own life?
7. What did the story mean to you?

GROUP SINGING

THE BODY SONG

*(music by Stuart Jones
lyrics by Sara John)*

Let my head feel peace,
Let my eyes see good,
Let my mouth speak only truth.
Let my hands always help,
Let my feet move to serve,
Let my self be always used by my heart,
Always full of love.

(Repeat)

GROUP ACTIVITY

1. TEST YOUR LISTENING - THE PEBBLE GAME

The teacher will need some pebbles and a tin box.

The children should sit with their backs to the teacher, perhaps in a circle facing outwards with the teacher in the middle.

Suggest that the children imagine Goldie's goldfish bowl.

Then imagine that they are going to count the pebbles in the bottom of the goldfish bowl.

Ask them to close their eyes and listen carefully.

As they hear the pebbles falling, count them one by one.

At first they can all count them out loud together.

Then ask the children to count the pebbles silently to themselves as they are dropped one by one into the tin. Drop just a few pebbles slowly.

As the children's listening ability and concentration increase, gradually increase the number of pebbles, still dropping them one by one, let them fall more quickly.

At the end, each child can say how many pebbles there were. Then choose a child to take the next turn to drop the pebbles into the goldfish bowl.

Remind the children that they are competing against themselves, and not against each other.

2. Give each child a copy of the picture of the Peace Tree on the next page.

Discuss with the children the values related to peace
(see the picture on page 27 and the list on page 34).

Ask the children to imagine that this is a Peace Tree and to say how the peace in the heart of the tree will spread throughout the world if we practise certain ways of behaving.

What values do we need for there to be peace?

Ask them to write on the leaves of the tree, or around the edge of the tree some of the values related to peace [e.g. being calm, being happy, believing in yourself, being humble - confident, but not conceited - being modest, etc.]

Then colour the picture.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "I am happy and contented with the things that I have."

Extension Exercise / Links to Other Subjects:

Science link: the teacher can show the children examples of where waterlilies grow, the different types of waterlilies and what lessons we can learn from waterlilies.

The children can make waterlilies out of tissue paper in an art lesson.

School visits, or a guest speaker, can also be arranged to enable the children to appreciate natural environments in their local area and how these are looked after.

THE PEACE TREE

