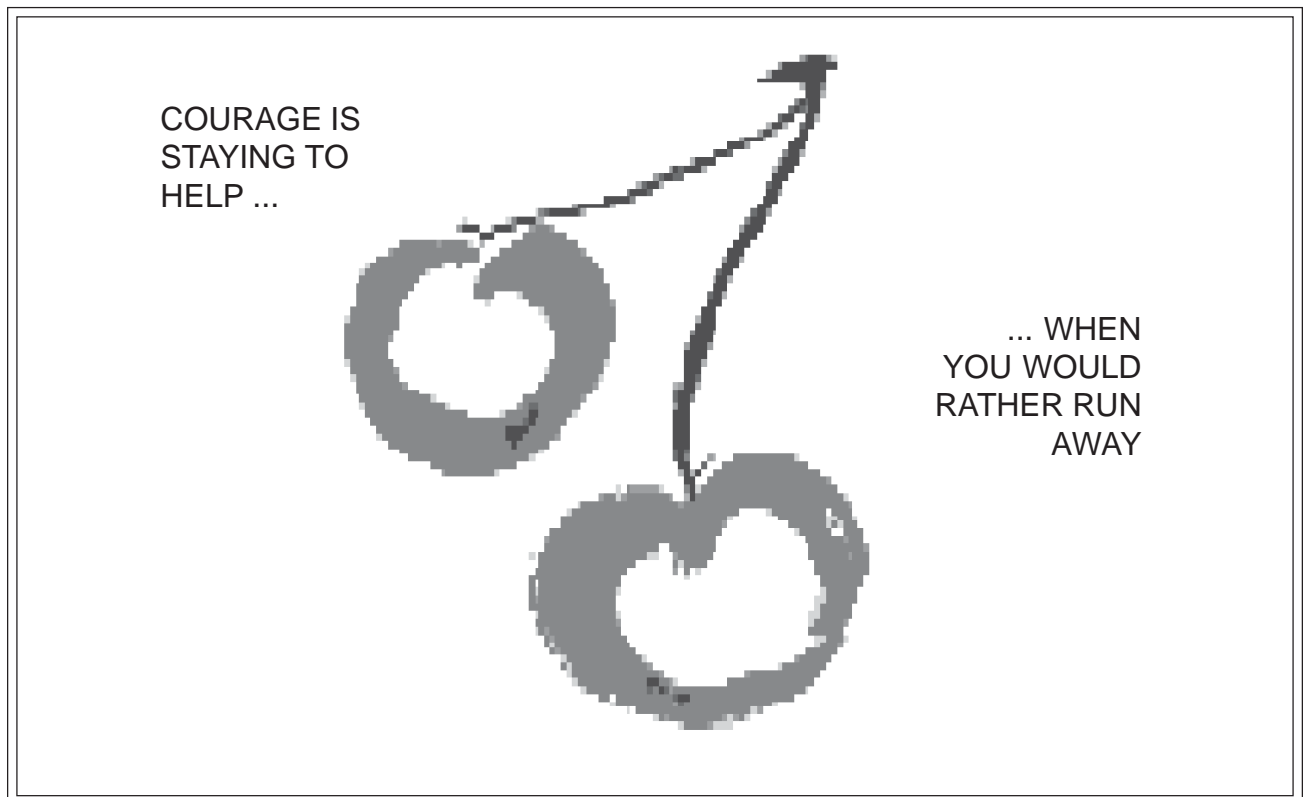


COURAGE

Objective: To focus on how to acknowledge, accept, then overcome feelings of fear or anger in order to help somebody who needs our help

Key Words: courage, right conduct, farm, sharp, metal, frightened, headache, band-age

QUOTATION/THEME FOR THE WEEK



Discuss and ask for real life examples.

SILENT SITTING

Steps 1, 3, (See page 40)

Step 5: Breathe out any feeling which may be unpleasant or uncomfortable, such as

feeling frightened ...

feeling angry ...

feeling sad ...

Let any feeling that upsets you drift away ...

Feel peaceful and loving to everyone including yourself.

Step 6.

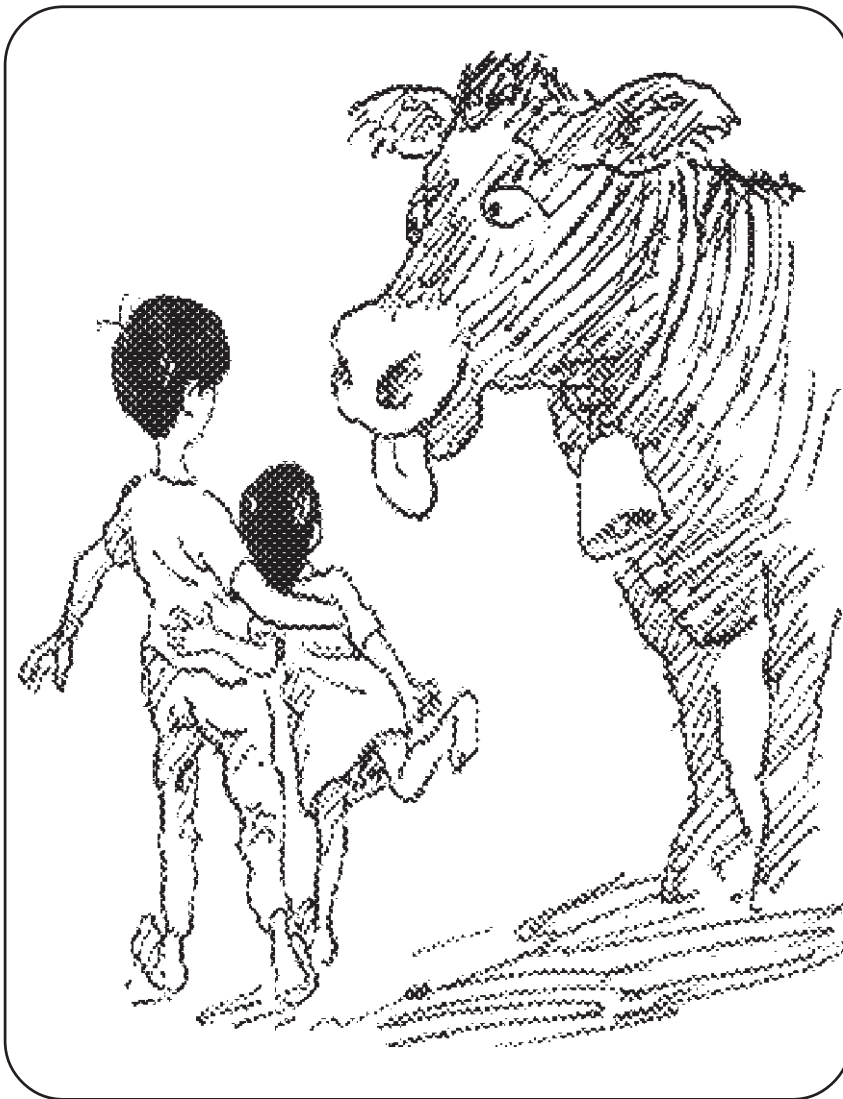
STORY TELLING

RAJ'S SISTER FALLS OFF A COW

by Tessa Hillman

"Raj," mother said. "Please take your sister over to Uncle's. I have work to get on with and I need a bit of peace and quiet."

Delighted at the prospect of going to my uncle's farm, I ran to saddle up the horses, collected my sister and went off for the day. We liked to see all the animals. Some of them were very tame, the cows especially. You could sit on their backs or stroke them and talk to them. They would lower their heavy heads, and lick you, just once. It was as if they knew that their rough, rasping tongues would hurt our delicate skin, but they just wanted one lick, perhaps to show us that they were our friends.



I remember a time when my sister hurt her leg when she was climbing down off one of Uncle's cows. She did not look where she was sliding and scraped herself on a sharp piece of metal lying on the ground. She became upset as the scratch began to bleed and it frightened her. It frightened me too. I was not very good at coping with blood and things like that. I wanted to run away and leave her to sort herself out. She sat on the ground crying loudly - screaming, in fact.

I could see that the scratch was not very deep and I thought she was making far too much noise. I stopped being frightened and started to get angry. Her screaming was giving me a headache!

Again, I wanted to run away. But something inside me told me that I had to be brave and look after my sister. I ran to her side and put my arms around her.

“Come on, Sis,” I said. “It’s not so bad. Let’s get you back to the house to ask Auntie to clean it up for you.”

Immediately the screaming stopped. My sister shakily stood up and tested her wounded leg. It still seemed to work. With my arm around her waist, she hobbled back to the farm house, occasionally sobbing a little to herself, but brave and quiet most of the time.

When my aunt saw what had happened, she said that I had done the right thing to bring my sister straight back to the house. “A cut like this has to be seen to straight away, so that dirt does not get into it. You are a good boy, Raj, to look after your sister so well. I remember when I was little and my brother fell off a haystack. I was so frightened, I ran away and hid myself, so that our parents had to find both of us at the end of the day. I was not brave enough to tell them that we had been playing on the haystack, which was not allowed, and I was afraid to tell them that my brother had fallen because they might blame me. The result was that my brother spent a very long time with his leg in a splint while it mended. If he had been seen to straight away, probably his leg would have healed much quicker.”

We stayed overnight with my aunt and uncle and in the morning we set off for home, my sister proudly wearing her big bandage. I felt very pleased with myself and more grown up because I had acted in a responsible way.

QUESTIONS:

1. What did Raj’s mother ask him to do?
2. Where did his uncle live?
3. Why did they like the cows so much?
4. What happened to his sister one day?
5. Can you describe how Raj felt when he saw her leg bleeding?
6. What did he do in the end?
7. Which story did his aunt tell about when she was young?
8. In their aunt’s story, why had it taken so much time before her brother’s leg had healed?
9. How did you feel when you heard this story?
10. What does the story mean to you?

GROUP SINGING

COME AND TAKE MY HAND

(Traditional)

Brother, come and take my hand.

Hallelujah

Brother, come and take my hand.

Hallelujah.

Sister, help to understand,

Hallelujah.

Sister, help to understand,

Hallelujah.

River of Life is deep and wide.

Hallelujah.

Milk 'n' honey on the other side.

Hallelujah.

River of Life is deep and wide.

Hallelujah.

Milk 'n' honey on the other side.

Hallelujah.

GROUP ACTIVITY

1. The class may dramatise the story.

At the end pupils might like to reflect on how they worked together:

It worked well when we (you, I) ...

2. Give each child a copy of the picture of The Happy Clown on the next page.

Discuss with the children the values related to right conduct
(see the picture on page 25 and the list on page 29).

Ask the children to write a value related to right conduct in each balloon
(e.g. being helpful, showing respect, not wasting anything, being good, showing courage, etc.)

Then colour in the picture.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and each says to the child on either side, "I will help you when you need help and will do what is right."

Extension Exercise / Links to Other Subjects:

Discuss the sights, sounds and smells of a farmyard.

How do farmers take care of their animals?

What kinds of things harm the crop and animals on a farm?

THE HAPPY CLOWN

