

LESSON PLAN : PEACE

VALUE: PEACE

Age: 6 - 8 years

Concept: PATIENCE IS NEVER TOO MUCH

Value Aspect: patience – Value aspects: tolerance, strength, determination, detachment, perseverance.

Aim and objective: To make children aware that patience is necessary to accomplish tasks and produce good results, and above all to respect others.

Lesson components: the five basic teaching techniques.

Materials needed:

- copies of the activity sheet *I am patient when....*

QUOTATION / THOUGHT FOR THE WEEK: "Patience is the virtue of the strong"

SILENT SITTING: Meditation on the light

Imagine the light of a candle. Gaze at its steady flame for a few seconds, then close your eyes and try to feel it between your eyebrows. Let the light flow down into your heart, shedding its warmth along the way. Your heart is like the bud of a flower and when the warmth of the light touches it, the petals of your heart open, one after the other. Let go of any thought, feeling or emotion that is disturbing you. "Where there is light there is no darkness, fear or trouble". The light becomes bigger and brighter. Feel the light in your legs and arms. "May I always go to good places and seek only good company." Feel it illumine your hands. "May I be good and be of help to others." Feel the light illumine your eyes. "I shall see goodness wherever I look." Feel it illumine your ears. "I shall listen to good words only." The light is now on your tongue. "I will only speak the truth, and will speak softly and kindly." Imagine that the light surrounds you with its warmth and keeps growing, spreading out in wider and wider circles. Imagine that it is now embracing your parents, your family, your relatives and your friends. Send it to all the people you can think of, even to the people you do not like or with whom you cannot get along. Let the light flow towards all creatures on earth. It is stronger than the light of the stars, the moon and the sun. Let it fill the whole Universe. Remain silent and speak silently to yourself: "I am in the light. The light is in me. I am the light." Enjoy this light and the feelings it gives you for a moment, then bring it back to your heart. Slowly stretch your arms, move your hands and fingers and open your eyes.

STORY TELLING

JUN SOOK AND THE BEAR

Jun Sook was nine years old. Every day he would say to the village people: "I will be the best warrior of the territory!" One night he dreamt of being a warrior whose arrows would never miss their target. The next morning when he awoke the boy wondered. "Will I be a hero only in my dreams?" He knew that the best warrior had to be a talented archer. In exchange for their services the wise master of the village taught Jun Sook and the other boys all he knew in matter of weapons and archery. The boys helped his wife collect firewood, berries and roots. Every morning they had lessons on history, mathematics, music and martial arts. But after six months of training, Jun Sook was very sad. He had not learned to aim well enough and felt that he would never be the warrior of his dreams. "You look troubled, my son. What is the problem?" asked his master, "Nothing," replied Jun Sook. "Surely you have something on your mind," insisted the master, encouraging the boy to speak up. "Sir, will I ever improve in archery? Is there any way?"

The wise man observed the boy quietly and after a brief pause said: "There is a way. Bring me a live bear's nail. If you succeed in doing this, I assure you that you will become the best archer of the village." Jun Sook had heard about the powers wise men could grant to others. He had heard that wise men could do anything, thanks to their wisdom. But how could his master ask him to bring him a live bear's nail! He felt very discouraged. He bowed his head to offer his respects to the old man and bid him goodbye. Jun Sook wandered into the hills, thinking about his master's request. How could he ever find the nail of a live bear? Could he ever even approach a live bear? He wondered, slowly walking home, and then he recalled that yes, the villagers had occasionally sighted bears in the woods surrounding their village.

A few days passed by and during one of his usual rounds on the hills, Jun Sook spotted a grizzly bear at a distance. The boy was very frightened and did not dare to get nearer. He laid his lunch on the grass and sat down quietly. The bear sat down, too, and looked at him. The hours passed quickly and the sun began to set. Finally, the boy gathered enough courage to stand up and go home. The day after, he returned to the same place and guess who was there? Yes, the grizzly bear! The boy was very cautious and without making any noise he sat down. Now and then the bear would look at him, but the bear and the boy seemed content just by being there with each other without saying a word. The hours passed by, but the boy still sat quietly. At sunset, he got up slowly and started walking home.

For two months the boy went to the hills, found the bear waiting for him and sat in silence with the bear. Finally, Jun Sook gathered courage and approached the animal. The big bear was accustomed to the boy now and his presence did not seem to disturb him. One day, after almost six months, the bear ate from the boy's hands. Jun Sook felt that

this was his chance. It was the right moment to cut off one of the bear's nails. He started caressing the animal's big paw and was surprised that the bear did not seem to notice him. Gathering even more courage, the boy gently clipped off one of the bear's nails. As soon as he did this he ran to give the good news to his master.

The wise teacher took the nail and said: "Well done, Jun Sook. I see you are very happy. Tell me, how did you get this nail?" Almost breathless, the boy answered: "Sir, you won't believe it, but after almost six months I cut a live bear's nail!" "Almost six months! Why did it take you so much time?" Asked the wise man. "Sir! You know very well that bears are wild animals. You cannot get near to them easily. Every day I went up to the hills and the bear got accustomed to my presence. I think he began to trust me. Every day, Sir, I went a little closer, until finally the bear allowed me to touch him. When I was completely sure that I had earned his trust, I wasn't worried or afraid of him, and cutting one of his nails was no problem for me." "Ah, so you waited patiently for six months! Jun Sook, now you can go." said the teacher. The boy was disappointed. He thought that his master would have given him a magic formula that would make him into a powerful hero.

"Sir! Won't you grant me some power now, so that I can become a good archer?" he cried. The old man's smile was full of sympathy and understanding. "Son, the patience that you have used with the bear is what you need to succeed in the art of archery".

It was so simple! Jun Sook gasped for he knew that he had secured the magic formula to achieve success. Patience, and patience alone, was the secret key that would enable him to make any dream come true.

Questions:

- What was the lesson Jun Sook learned from his master?
- How did Jun Sook earn the bear's trust?
- How would have the story ended if Jun Sook had not treated the bear with love and kindness?
- How would have the story ended if Jun Sook had not had enough patience to wait six months to bring the bear closer to him?
- Thanks to patience, even the smallest tasks give extraordinary results. Has you ever noticed how patience can help you?



GROUP SINGING - POEM

*Patience is the best of friends.
A virtue that makes me strong.
When the two of us are holding hands
Nothing can ever go wrong.
Patience means to wait and bear,
That is what I do.
Its ways are full of loving care;
it gives time to others, too. (spc)*

ACTIVITY

I am patient when	Aways	Sometimes	Never
I wait for my turn in line			
I have to teach something to my brother/sister			
I listen quietly while the teacher repeats the lesson to another group			
My baby sister, or brother or the neighbour's baby is crying.			
My mother calls me while I'm playing.			
I have to follow instructions.			
I have to clean my room.			
When I am not able to do things right.			

Additional questions to enhance group discussion:

- 1) How do you show your patience? Have you ever lost it?
- 2) How do you feel in both situations?
- 3) Do you have less patience when you are tired?
- 4) When are you extra good at being patient?
- 5) What kind of reward can patience bring?

Close the lesson:

Refocus and summarize the contents of the lesson. Ask the children to practice patience during the week and to bring three examples back to school to share with their classmates during a follow-up session.

