

EDUCATION IN HUMAN VALUES

RIGHT CONDUCT:
KINDNESS

SAMPLE

Human
Values
Foundation
Life-enriching values for everyone



Lesson 3



Right Conduct



Kindness

Related Value	Good behaviour (2)
Aim	To learn that being gentle and kind are central to good behaviour.

Talk about

People often say and do unkind things but is it always intentional? Have we been unkind this week, not only in our actions but our words and thoughts? What makes us do unkind things? What do we feel when someone pushes us in the lunch queue? Or is rough with us on the playground? Which would you rather have, a gentle friend or a rough friend? Who are the people who are kind to us? How can we show kindness towards others? How should we speak – should we speak gently and avoid an unpleasant tone? Do we need to be careful with speech? How many different ways can we speak? (– slowly, impatiently, whining, surprised, happy, sad.) When should we not talk? (–when someone else is talking, when we are about to say an unkind thing, when we are about to tell an untruth.) Has anyone ever said an unkind thing to us? How do we feel? Have we left anyone out this week? What is it like being ‘left out’ – how do we feel? Let’s give an example of being ‘left out’ – two girls are playing together and a third one asks to join in and the other two won’t let her. What would you do?

good
 helpful
 truthful
 encouraging
 peaceful
 warm
 friendly
 welcoming



Words can be kind

beautiful
 wise
 caring
 loving
 cheerful
 kind
 pleasant

criticising
 teasing
 hurtful
 shouting
 impatient



Words can be unkind

unfriendly
 harsh
 moaning
 telling lies

Quotation

“Watch your thoughts, actions and words.”

Silent Sitting

Use the silent sitting approach ***Stages 1, 2, 4 and 5.

Stage 3 (Read gently)

Take your little light, star or flower (emblem) to your tongue. Let it dwell there – allowing your tongue to be very still – holding it to the roof of your mouth. Remember your tongue can enjoy nice food – help you sing and speak kind words. Now take your emblem to your hands and let it dwell there. With your hands you can do kind deeds. Now let your emblem go down to your feet and let it dwell there – always let your feet take you to places that are good and kind to you. As the music starts let your feet take you to a happy place – where there is only kindness.

Play soft music for a few moments – see Resources page in the Manual.

Story

‘The King’s Three Sons’

Moral: Being kind/unkind brings its own consequences later – sow good seeds, reap good corn.

Additional story – ‘Watch Your Tongue’

Post Discussion

1. How many sons did the King have?
2. What did the King ask his gentle son to do?
3. What was the first thing the brothers came across on the way home?
4. What were the two unkind brothers going to do to the ducks?
5. What was the first test the three brothers had to pass in order to marry the three daughters?
6. Which son received all the help from animals that had received kindness from him?
7. Did the story have a happy ending?
8. How did you feel when the two unkind brothers suggested hurting the insects or animals?

Song

‘Loving Kindness’

Activity Choices

- Complete sheet on Right Conduct.
- Draw or paint a picture depicting ‘Kindness’
- Complete sheet ‘Watch your Words’.
- Role play – ‘Roughly speaking’
 In small groups – Short role play on the following: Give some examples in your role play of different examples of the following:
 - * It’s my turn next
 - * Hello
 - * What are you doing here?
 - * Are you coming?
 - * Where are you going?
 - * Where have you been?
 - * I’ll do it
 - * Have you seen my brother?

Each sentence must have two different effects on the listeners – the remainder of the group.

- **Game** – ‘When I go to Camp’
 In this game the children sit in a circle. First person begins “When I go to camp I will take ...” (names something e.g. ‘the tent pegs for Jane’). Next person repeats “When I go to camp I will take tent pegs for Jane and adds something else. This continues round the circle repeating the list of items that someone is *kindly* taking for somebody else. If a person forgets an item, the person who thought of it can remind them. (Kindness.)
(This game improves memory.)

Follow-up and Application in Life

Design and decorate a card which you can send to a friend.

Start a verse with ‘Kindness

or

Make a card to hang up, at home for example. Share your ideas with your family.

Kindness is...
Helping the family to clean the car
Saying Good Morning to my neighbour

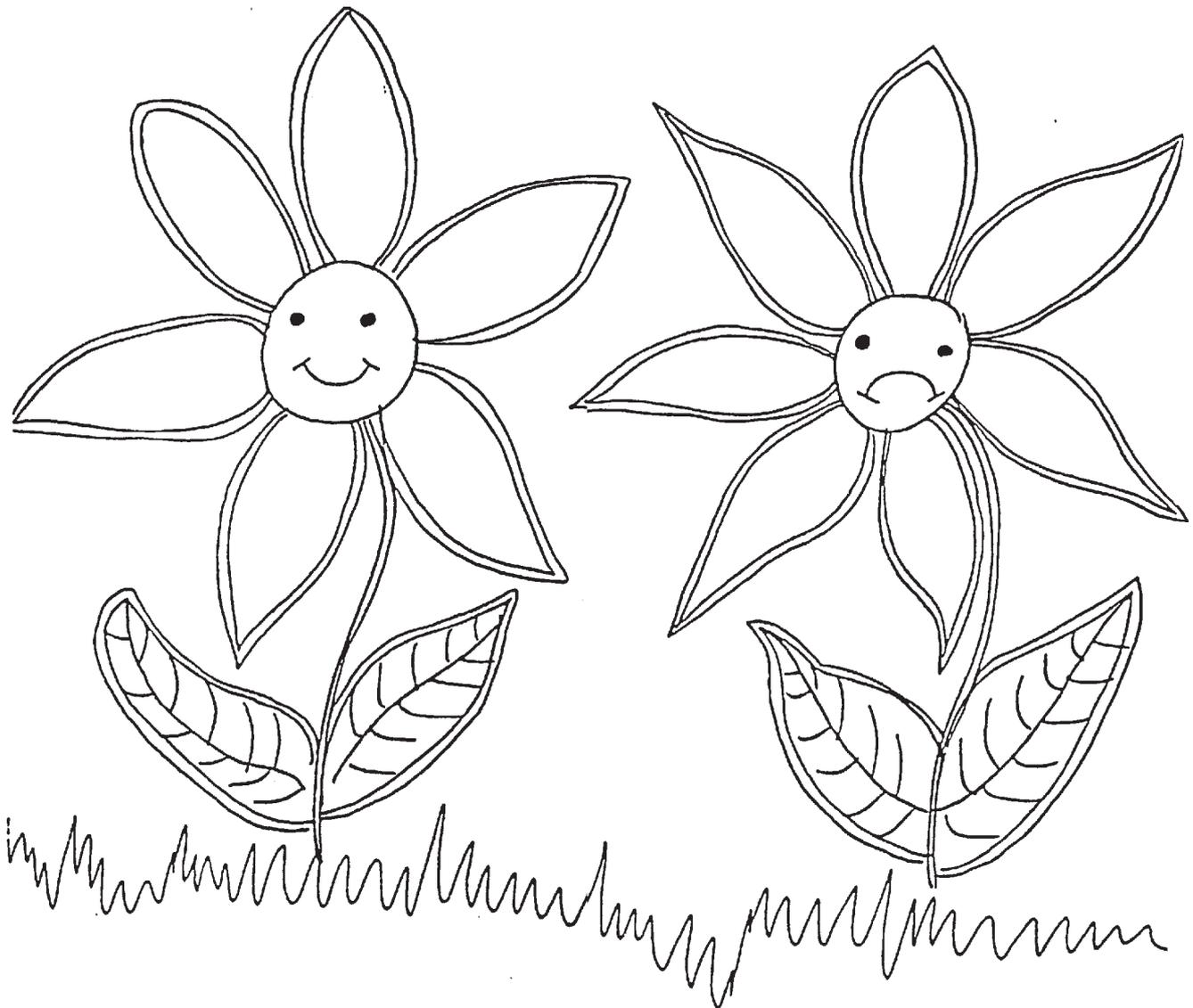
Prayer or Thought for the Day

*May we go on being kind
 to people, to ourselves, to nature,
 to the planet.*

Name _____

Right Conduct

Write down the things that show right conduct on the happy flower and the things that show wrong conduct on the sad flower. Can you think of ideas to put in the empty petals?



1. Enjoys playing with others
2. Leaves other people's things alone
3. Takes turns when playing
4. Gets angry when doesn't win
5. Fights with others
6. Wants to be first when playing
7. Tries to be a good sport
8. Takes other people's things

The King's Three Sons

Adapted by Pat Moran

There was once a King who had three sons. The first two were strong and very active and they enjoyed nothing more than going out hunting. But the third son was gentle and his brothers made fun of him because he did not like hunting; in fact he did not like hurting other people or animals.

Now one day the first two brothers went out hunting and were away for several days! After a week had passed the King got rather anxious. What had happened to them? Had they been hurt? He didn't know and he was worried. He sent his third son to find them.

The third son followed the route that he knew his brothers usually took and sure enough he found them. He asked them to return to set their father's mind at rest.

On the way home they came across a swarm of ants busy doing the jobs ants do.

"Let's spoil the ants' home and tread on them," said the first two but before they could do this their brother begged them not to kill the ants for they were hurting no one; so why should they be killed? Very reluctantly the brothers agreed to leave them alone.

Further on they came to a lake and while sitting there for a rest some ducks swam towards them. The brothers leapt to their feet and were about to kill the ducks when their brother again begged them to stop.

"It is not necessary," he said, "you are not hungry and the ducks are friendly and will do you no harm."

So once again the two brothers reluctantly lowered their bows and left the ducks alone.

Setting off again and near to home they passed three or four bee-hives, where the bees were busily bringing pollen from flowers to make honey.

"Oh, look," said the brothers, "here's some fun. Let's turn the hives upside down and steal the honey and kill the bees," they said.

"No, no!" cried the younger brother, "they do us no harm if we leave them alone, in fact they provide us with delicious honey. So please do not kill them."

Once more the elder brothers gave way.

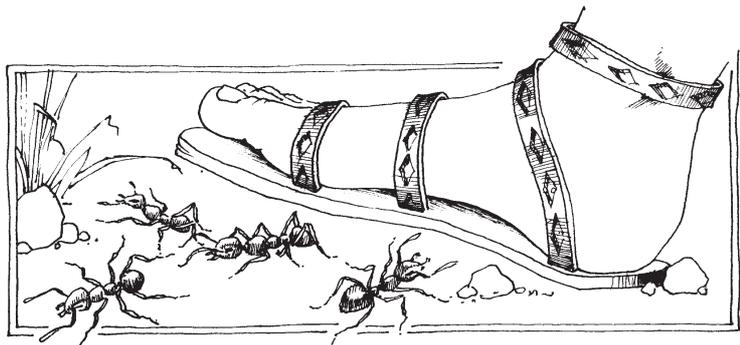
When they arrived home their father said it was

time for the brothers to marry. There was a King in the next country with three daughters but before he would agree to the brothers marrying them, they had each to successfully perform three tests.

For the first test the King sprinkled a thousand pearls in amongst the long grass and the test was to pick up all the pearls in three minutes. The first two brothers failed but when the third one tried he found that hundreds of tiny ants were helping him and before the three minutes were up all the pearls had been picked up.

"Good," said the King, "you have passed the first test. Now for the second one. At the bottom of my lake is a tiny key. I want you to find it and bring it to me."

The first two brothers failed to find the key but when the youngest one began to look in the lake he



suddenly found a duck beside him, who dived down and brought up the key.

"Good," said the King, "now for the third and last task. There sit my three daughters, all very beautiful but two have bad tempers and one has a sweet nature. If you choose correctly you shall marry her."

How to choose? The princesses all looked equally beautiful but as the third son stood trying to decide, several bees came and lightly landed on the dress of one of the princesses.

"She must be the right one," thought the youngest brother, "for bees would certainly know where to find the sweetest things."

"You have chosen correctly," said the King.

So the youngest son married the sweetest princess and when the King died he became King of that country and his princess became Queen.

Watch Your Tongue

Sticks and stones may break my bones but words will never hurt me. How many times have we heard that story? But words *can* hurt people and they can do a lot of harm.

Many, many years ago there lived a man who regularly said nasty things about other people. He had few friends and always caused a lot of unhappiness to all those he gossiped about.

One day the man went too far and caused so much unhappiness that the wise man of the village sent for him to talk to him about the distress he was causing.

“I’ve done nothing wrong,” protested the man.

“Go and put a feather on every doorstep,” said the wise man.

The man did as he was asked and returned to the wise man next day.

“Now go and gather up the feathers,” ordered the wise man.

“But how can I do that? The feathers will have blown away on the wind and scattered everywhere by now,” complained the man.

“The same thing happens when you speak unkind words, for they too are scattered everywhere,” replied the wise man.

The man then realised what harm he had done with his idle gossip.



Loving Kindness

We should give to all we meet, loving kindness
Helping in the hour of need, bringing light, peace and joy
We are brothers, sisters all in loving kindness
Sharing with our fellow men, We are one small world

Thailand Songs



Loving Kindness

C F C



We should give to all we meet Lov-ing Kind - ness. Help-ing

Em Dm C/G G7



in the hour of need, bring - ing light, peace and

C F



joy. We are bro - thers, sis - ters, all in lov - ing kind -

C Em Dm C/G G7 C



ness. Shar-ing with our fel-low men. We are one small world.



EHV is a 2-3 year course which gives children a bedrock of life-enriching values. Comprises user-friendly lesson plans which...

HELP STUDENTS DEVELOP...

- a healthy and safe lifestyle
- good relationships and a caring attitude
- confidence and responsibility

BUILD ON...

- what pupils already do well
- their own strengths and resourcefulness
- their own unique and creative nature

PREPARE INDIVIDUALS FOR THEIR PART
- AND LIFE IN - TODAY'S "GLOBAL VILLAGE"

WITH SOCIETY GAINING ...

healthy, active, confident, considerate young people who can participate fully in family, school and community affairs.



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