

Lesson Plan for Year 1, Lesson 20

Aim to understand what is acceptable behaviour

Objectives

After fully participating in both the lesson and the homework, the student should be able to:

- a. state one thing that unites us all,
- b. say that being good results in happiness,
- c. give a reason for moderation,
- d. state a need of our body and how it can be met.

Materials

“Food” (see10.) – e.g. page available to print and cut up

Page with quotation and pictures (for 6)

Worksheet for each student

1. Game/News – Game: Ha Ha.

First student says “Ha”. Second student says “Ha Ha”, etc. – one more Ha each time. Anyone getting the number wrong, or smiling/laughing while speaking, is out. (Students not speaking may smile and laugh, but must compose themselves when it comes to their turn.)

2. Mark Homework

3. Virtue – Unity

People are a lot like flowers. They are all different yet all similar. They are all different and that’s what makes them interesting. Flowers get all their light from the same sun. People get all their teachings from the same God. We and flowers all live in the same place as each other. Many writings compare people to flowers.

[Part of the following in worksheet for daily reading.]

“Let this gathering be a foreshadowing of what will, in very truth, take place in this world, when every child of God realises that they are leaves of one tree, flowers of one garden, drops in one ocean, and sons and daughters of one Father, whose name is love!”

‘Abdu’l-Bahá, *Paris Talks*, p.30.

4. New Topic – Why is it good to be good?

Ask whether they can tell you.

What sorts of things happen if we are not good? e.g. does it make us unhappy?

So what is one result of being good? [Happiness!]

And what can we do to be good? Make a list of their suggestions on the board, maybe add one or two of your own, then discuss – do they all do them?

[Part of homework is to make a list of these.]

5. Writings.

“A good character is, verily, the best mantle for men from God. With it He adorneth the temples of His loved ones.”

Tablets of Bahá’u’lláh, p.36.

6. Activity

Colour the fruit and leaves round the quotation, shown in miniature on the next page.

(A4 size for students may be printed from file "Y01L20-quotation.jpg".)

7. Music

Sing "Bahá'í School" (with Year 4 if the teacher agrees).

8. New Topic – Learning to eat, sleep, dress, within the bounds of moderation and restraint

Discuss what moderation could mean for sleep (that should be easy) and dress (that's more difficult at this age.)

Then read the first quotation, which concentrates on eating:

"Economy is the foundation of human prosperity. The spendthrift is always in trouble... It is more kingly to be satisfied with a crust of stale bread than to enjoy a sumptuous dinner of many courses, the money for which comes out of the pockets of others."

'Abdu'l-Bahá, cited in J. E. Esslemont, *Bahá'u'lláh & the New Era*, p.102.

9. Writings – [in worksheet to learn.]

"In all matters moderation is desirable. If a thing is carried to excess, it will prove a source of evil."

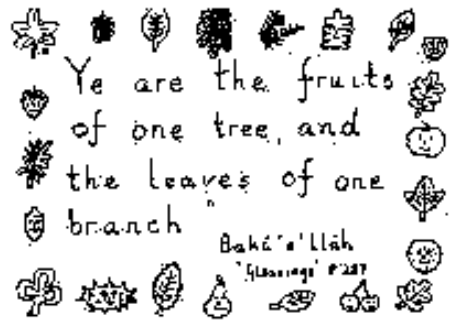
Tablets of Bahá'u'lláh, p.69.

10. Activity – Moderation

Teacher has prepared "food" cut out of card printed from the separate page [print at least one per student], and arranged on paper plates along a table. Students pretend it is refreshment time at a Feast, each take an empty plate and go along the plates of "food", taking what they think they could eat. When the items are counted up on each of their plates (note some pictures contain more than one item!) have discussion on whether anyone has shown moderation. Maybe need to replace all items and try again!

11. New Topic – The body, how to answer the needs of (Story)

All the mice in Harvest Town were happy when Millie the Harvest Mouse announced she was to marry Beamish the Town Mouse. Arnold was arranging a store of food to be collected for their new home. But first the mice had to build them a new nest. So they collected straw and feathers and other soft things and made the nest. Mervyn heard about the food store and he brought a strange piece of food that he had found. Arnold wondered what it was, but Beamish knew: "It is bread, made by man", he said. The other mice were scared at the mention of man. Arnold threw the bread on the ground, saying: "Everything he makes is dangerous for us, we had better leave it alone." Beamish picked it up and said "No, Arnold, what about cheese? Man makes it and it is not dangerous, it is very good." Mervyn laughed for they all knew that they liked to eat cheese. Millie said "It sounds just the thing for our store." But Beamish declared "Oh no, Millie, there is the mould." All the others queried this, so Beamish explained: "Bread is different to seeds and nuts, it does not always hold together. When it gets old, mould grows on it and breaks it up so we can no longer eat it." Mervyn asked: "You mean it won't taste nice?" Beamish replied: "It's worse than that, the mould will spread into other stored food, so we can no longer eat any of it." Then, laughing, he said "In fact, bread is much better eaten now!" and he broke it into pieces and passed them round among all the mice there. They all enjoyed it.



12. Activity
Discuss the mouse story. What did the married couple need? How were the other mice helping to provide these things?
13. Worksheet
14. Revision of this lesson
15. Set Homework
Daily reading.
Learn quotation.
Make a list of ways in which you can be good.