

My Family Tree

MICHAEL

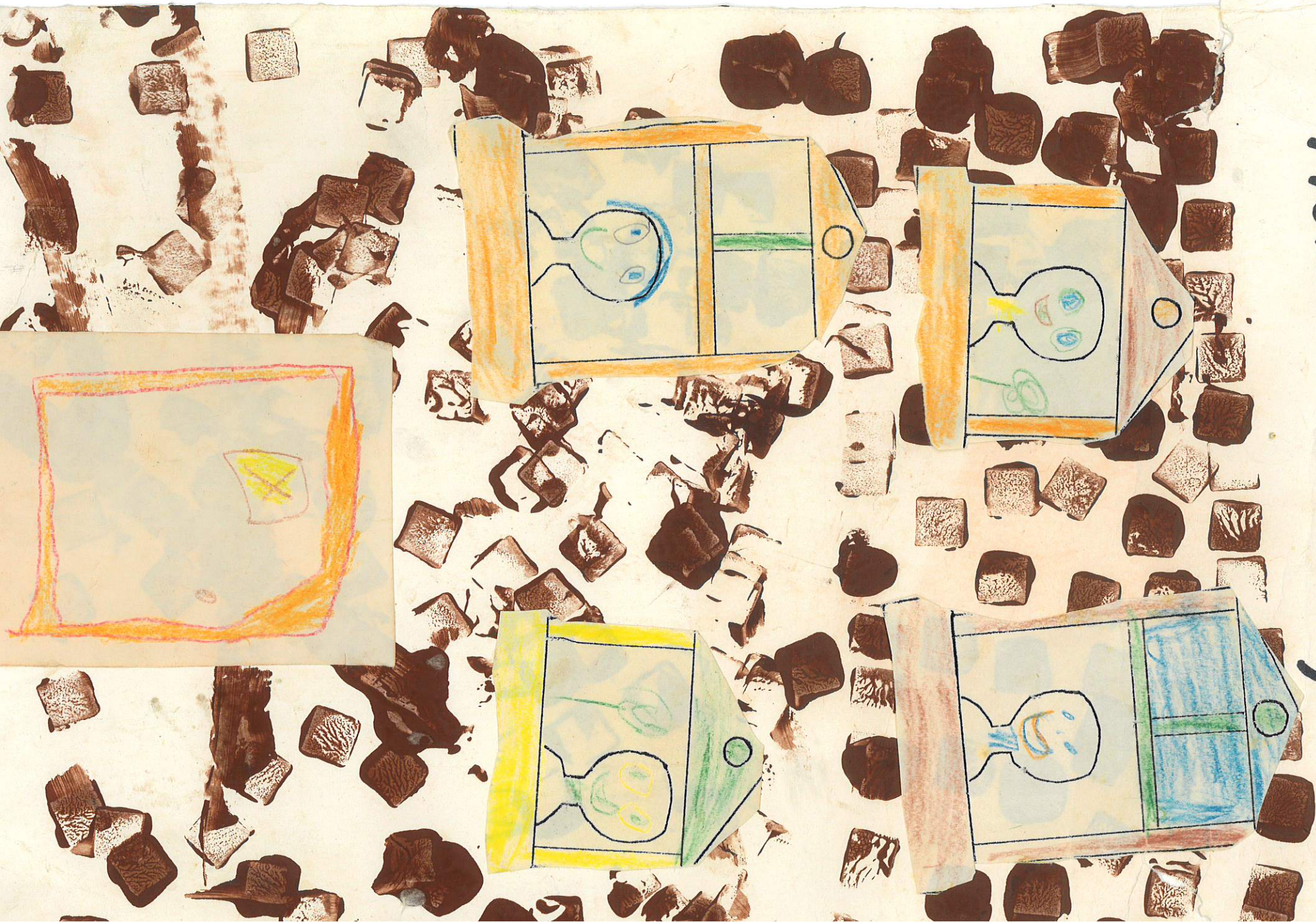


I am five. I have

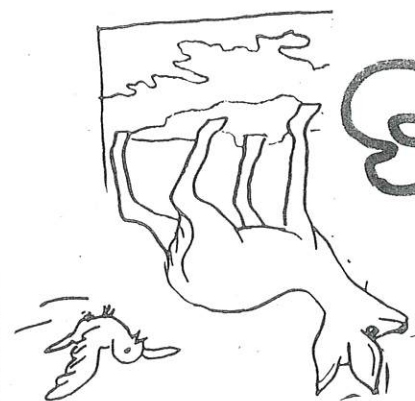
I'm Michael!



The Pickard Family



TO ALL LIVING BEINGS.



LOVING KINDNESS

WE NEED TO FEEL





LB2. Activity C. Making a Paper Swan

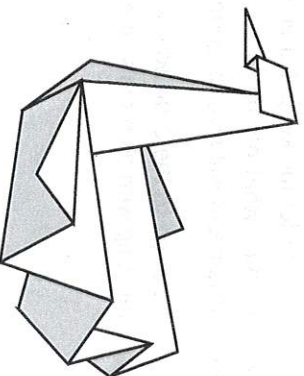
Name

Date

1. Have a square of coloured paper.
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| | | |
|---------------|--------------|--------------|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| 7 | 8 | 9 |
| 10 | | |

Finished





LB2. Activity D. The Wounded Swan – A Play

Characters: Narrator or Chorus, Prince Siddhartha, Prince Devadatta, King Rajah Suddhodana, Wise Person 1, Wise Person 2, Old Man.

Narrator: The swans are happily flying in the sky.

Narrator: Enter Prince Siddhartha who is walking in the garden. He looks up in the sky to see the swans.

Siddhartha: The swans are migrating south again. How beautiful they look.

Narrator: Enter Prince Devadatta, cousin of Prince Siddhartha.

Devadatta: I'm so excited today! This is my first bird hunt. I finally get to put all the archery lessons to good use.

Ah, there are some swans flying over there.

He shoots an arrow and hits a swan. The swan falls to the ground near Prince Siddhartha.

Siddhartha: Oh dear! What happened to you? Are you badly hurt? Let me pull this arrow out from you. *(He nurses the swan).*

(Devadatta comes running in, searching for the swan. Prince Siddhartha quickly blocks the swan from view)

Devadatta: Hello Siddhartha. Did you see my swan? My prize for my good archery? You should come and join me next time, it was good fun. Wait a minute!

What's that on your hands?

Blood?

Where's my swan?

Siddhartha: No, you can't have it. You will kill it to keep it. It is wounded now and I want to nurse it and let it go. It deserves to be free and happy.

Devadatta: No, give it back. I shot it and it is my prize.

Siddhartha: No, I won't do that.

They continue to argue

Siddhartha: OK. If you won't let me keep it then we should go and ask the King what he thinks we should do. He is wise and fair and will give us good advice.

Narrator: They decide to go to the court where King Suddhodana is having a meeting with all his wise men over state matters.

Rescuing a swan shot by Devadatta

Story of the Buddha - no. 8



8. One day, Siddhartha was playing with his friends in the palace garden. One of the boys was his cousin, Prince Devadatta. While Siddhartha was gentle and kind, Devadatta was by nature cruel and liked to kill other creatures. While they were playing, Devadatta shot a swan with his bow and arrow. It was badly wounded. But Siddhartha took care of the swan until its wounds healed. When the swan was well again, he let it go free.

Hayley

FAMILY

FRIENDS

TEACHERS

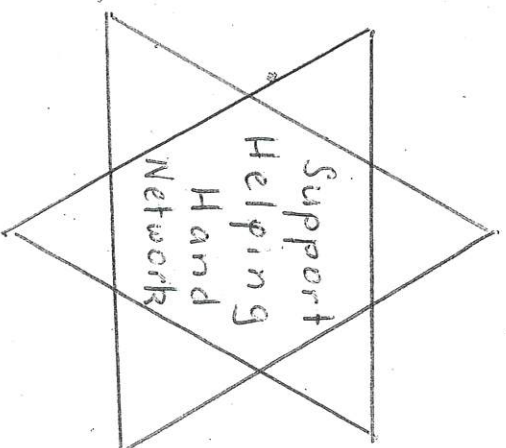
DOCTORS

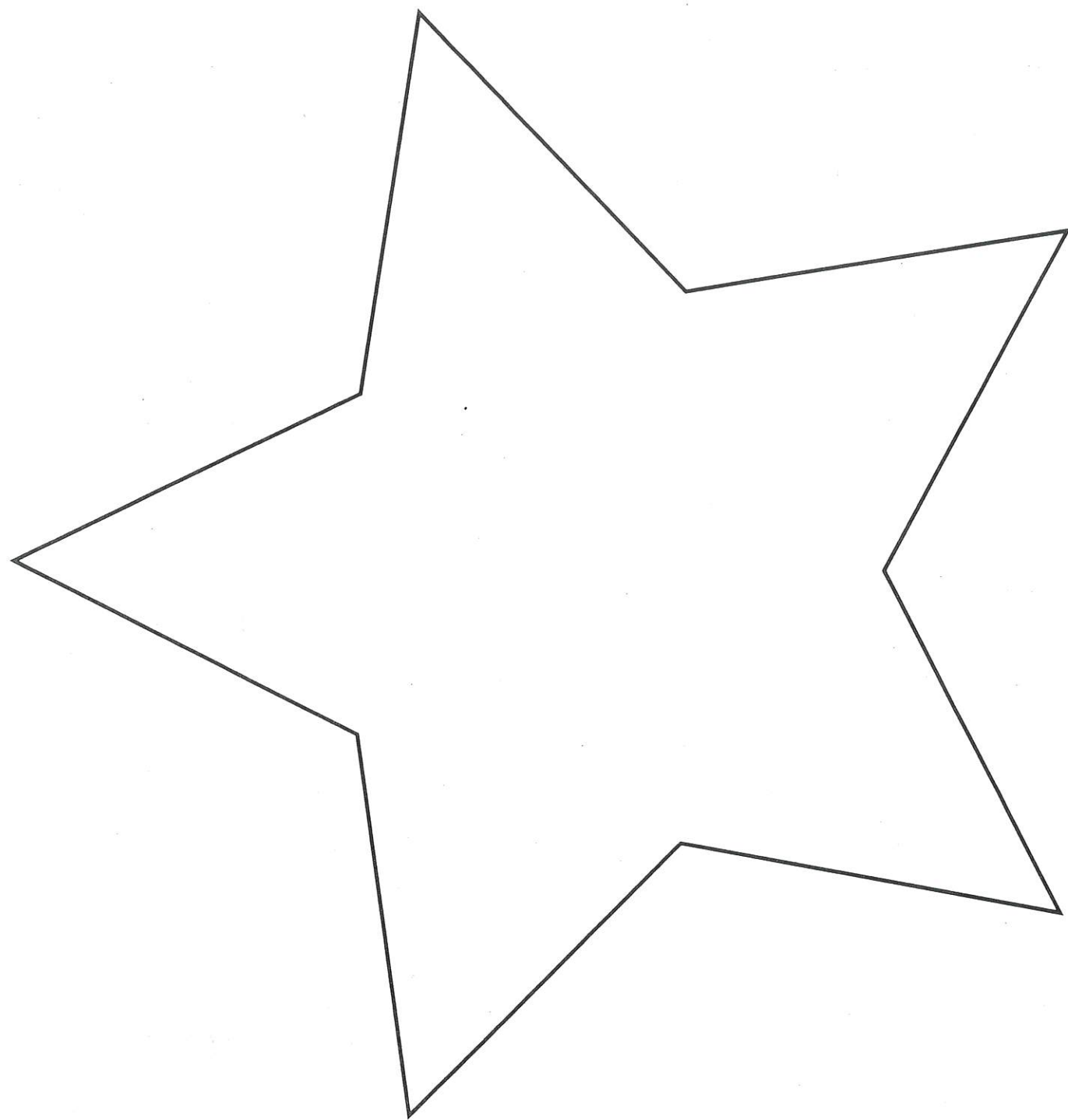
NEIGHBOURS

OFFICIALS

STRANGERS

People are like vines...
We are born and we grow.
Like vines, people also
need a tree to cling to,
to give them support.

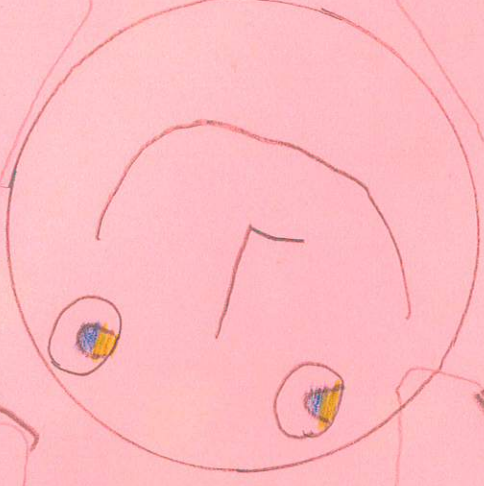






Siddhattha showing loving-kindness

Hayley

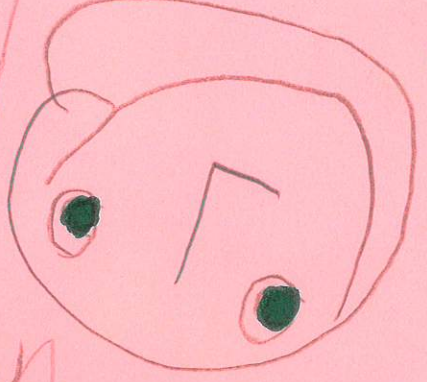


Nicky

Dad
Mam

Josh

Hayley



Cooper



Jack

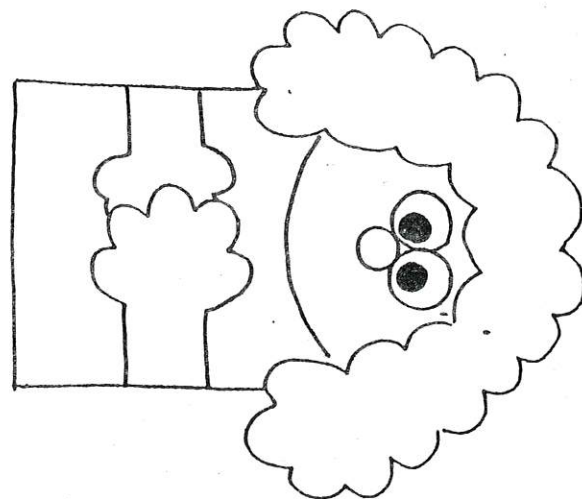
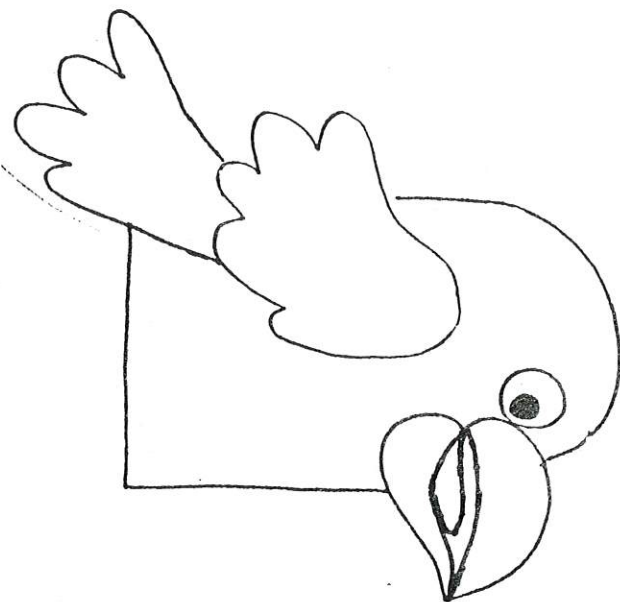
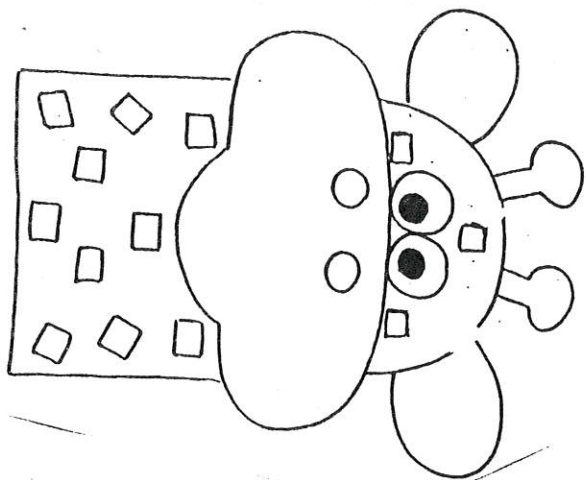
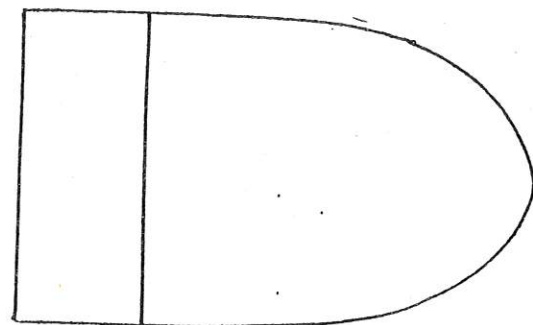
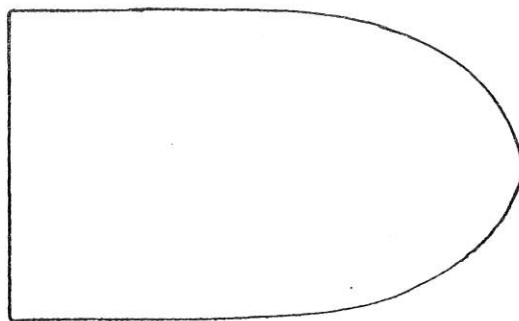
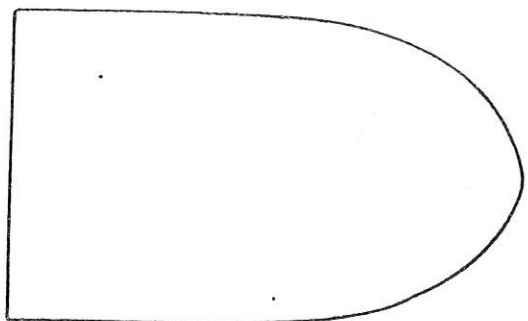
Alysse

Roxy

Ava







Chance

Luck decides who wins
Eg. Toss a coin

Get Help

Advice from a
friend or the
teacher

Humour

Laugh at the
problem and
the person

Strategies for

Resolving Conflict

Compromise

Both give up
something

Take Turns

Everyone is ok

Apologise

Remember to say
"Thank You" when
someone says
"Sorry"

Share

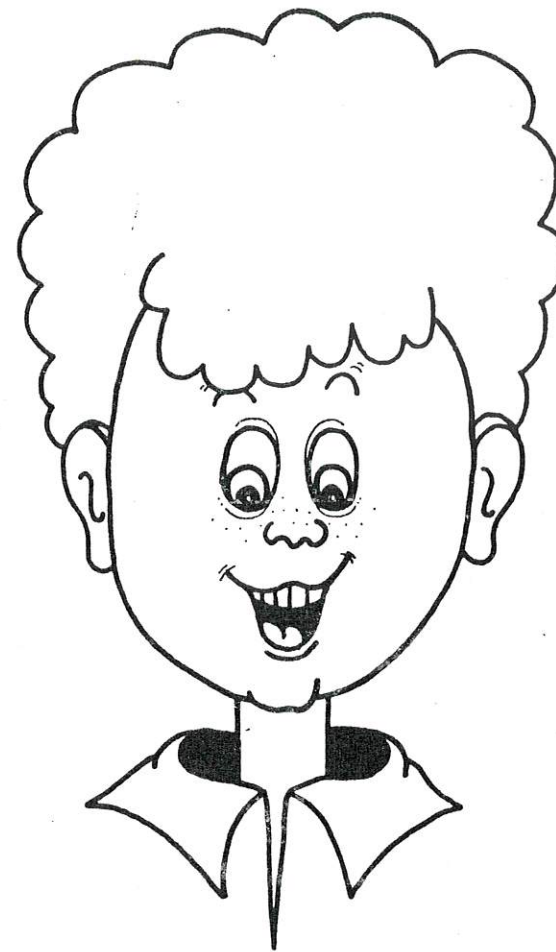
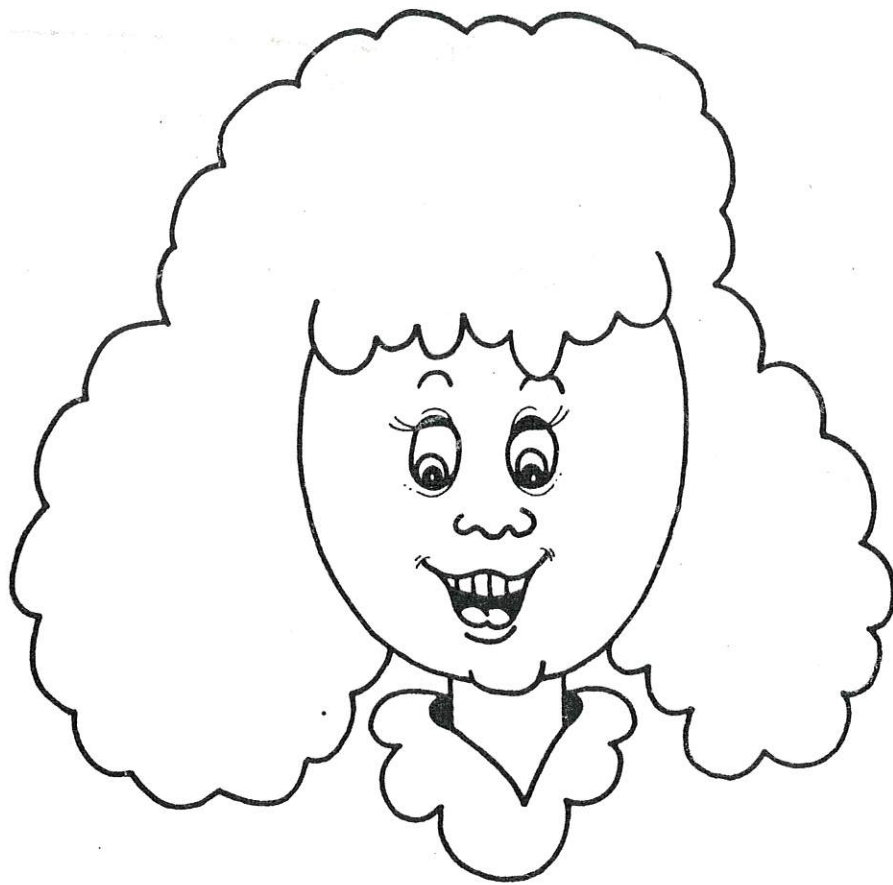
People's
feelings are
more important
than things

Avoid

Sometimes it's not
worth the bother,
let it go!

Conflict Resolution Situation Cards

| | | |
|---|--|---|
| One of your friends always makes you play the game he or she wants to play. | Another kid on the playground says your shirt is ugly. | A classmate tells you during art time that your picture is ugly. |
| You want the basketball and so does Bobby. | Your friend screams at you in the hallway. | A friend tells you they won't play with you anymore unless you race them, but you don't want to run. |
| Your two best friends have been ignoring you on the playground this week. | Sarah has been telling other kids in your class a secret you told her. | Jealous has been talking ugly about your big brother. |
| During your presentation in class, a classmate says a sarcastic comment about you that embarrasses you. | Both you and Janine want to use the class laptop. | Teacher is making fun of a special needs student and you don't like it. |
| Ashley calls you stupid when you make a bad grade on a test. | Chen is telling you one thing about his birthday party, but is telling your friends another thing about his party. | Laura is always taking your favorite pencil to use in class. |
| George steals your seat at the table. | You are playing a game with Derek and he keeps telling you what moves to make. You don't like it. | You let Peter borrow your copy of the class novel to get caught up over the weekend. He promised to bring it back last Monday and hasn't. |



LESSON 5 PRINCE SIDDHARTHA'S KINDNESS

Prince Siddhartha was very kind to people, animals and other living things. As a very brave horseman he won many prizes in the country. Although he did not have to suffer any hardships and difficulties because he had everything, he always thought of the poor people and living things who were working hard to make him happy. He felt sorry for them and wanted to make them happy too as he always was.

One day he was walking in the woods with his cousin *Devadatta* who had his bow and arrows with him. Suddenly Devadatta saw a swan flying and shot at it. His arrow brought the swan down. Both the boys ran to get the swan. As Siddhartha could run faster than Devadatta, he reached the bird first and found, to his surprise, that the swan was still alive. So he gently pulled out the arrow from the wing. He then got a little juice from cool leaves, put it on the wound of the bird to stop the bleeding and with his soft hand, stroked the swan, which was very frightened. When Devadatta came to claim the swan, naturally Prince Siddhartha refused to give it to him. Devadatta was very angry to see his cousin keeping the swan away from him. "Give me my bird, I shot it down," said Devadatta.

"No, I am not going to give it to you. If you had killed it, it would have been yours. But now since it is only wounded and alive it belongs to me because I saved its life," said Siddhartha.

Devadatta still did not agree. Then Siddhartha suggested, "Let us go to the court of wisemen and ask them who really owns the swan."

Devadatta agreed and then both of them went to the court of wisemen to tell them about their quarrel. The wisemen said, "A life certainly must belong to him who tries to save it, a life cannot belong to one who is only trying to destroy it. The wounded swan by right belongs to Siddhartha."

EXERCISE 5

1. Who was Devadatta?

Answer

2. Who was more kind?

Answer

3. What did Devadatta do when he saw a swan flying?

Answer

4. How did Siddhartha save the life of the swan?

Answer

5. Did the boys expect to see the swan alive?

Answer

ASSERTIVENESS RESPONSES: PRACTICE SITUATIONS

1. Another boy or girl is spreading a rumour about you and you decide to front them about what you think they may be doing.
2. A teacher of one of your classes ignores others who are talking and picks on you most of the time (N.B. private approach).
3. You don't understand the work and you want a further explanation. You take your book to the teacher and ask for help.
4. One of your friends dubs you in for doing something. You say to your friend
5. You need more time to finish an assignment so you approach the teacher and ask for more time.
6. You are at home trying to work but your brother or sister is playing really loud music that is stopping you from concentrating.
7. You don't like the way a teacher or a parent talks to you (ridicule, sarcasm and criticism) so you decide to talk to them about it.
8. The teacher tells you that you must stay in for detention but you have to be home as your cousins, whom you have not seen for years, are coming to your house at the same time.
9. You have been wrong and you have argued or insulted another (a teacher/a parent/or another student). You have decided to say you are sorry about what you did and that you were wrong.
10. Other kids in the class are blaming you for causing the whole group to be in trouble when it was everyone's decision to talk and muck up.
11. You are trying to say something but all the time another person keeps interrupting you. You say to the interruptor
12. A group of kids has taken something that belongs to you. You know it - you can't prove it as the object has been missing several days. You decide to talk to them about your suspicions.
13. You have failed to understand the teacher's instructions and you request another explanation of what to do.
14. One of your friends borrowed some pens with your permission. He/she has had them several days and you think it is about time he/she got organised and gave back your pens.

PROVOKING SITUATIONS

The object is to ask students to indicate what they would say to themselves to remain under control.

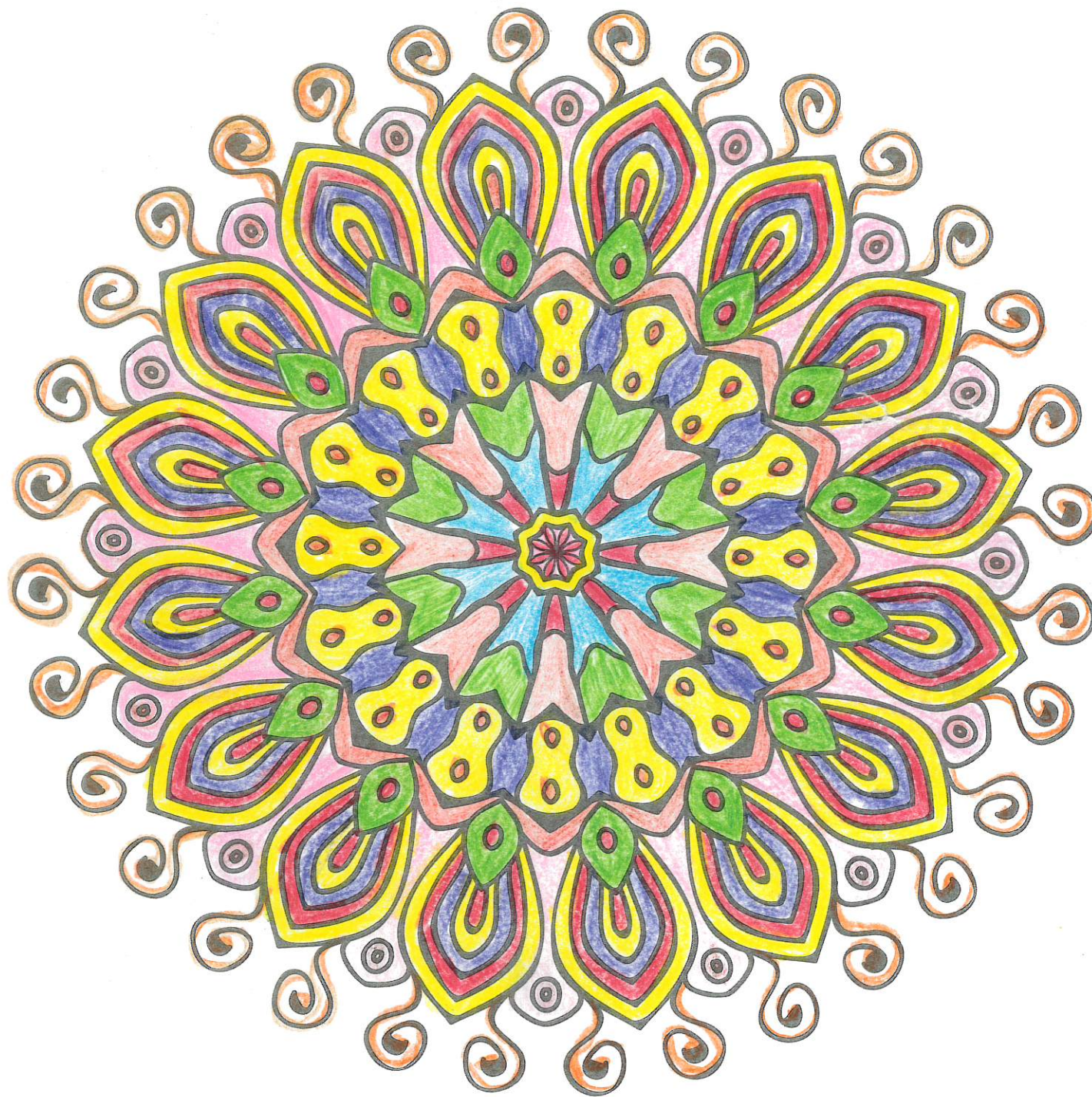
"What would you say to yourself - Talk Sense to Yourself".

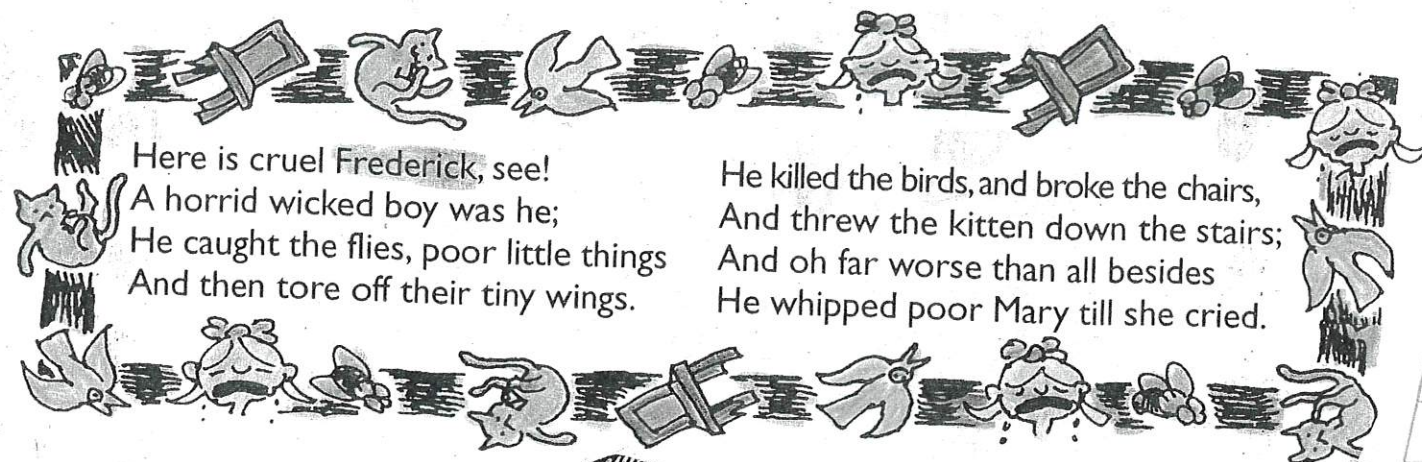
1. A boy or girl accuses you of doing something you didn't do - e.g. moving their bag.
2. A boy or girl calls you a name.
3. You are trying to finish your work while others in the class are fooling around. One of the other kids says "look at he's the teacher's pet - he's doing the work - crawler!"
4. You get to class and find that some kids have hidden your bag.
5. You are in a noisy classroom and you have to get some work completed but others around you are making it hard to get the work done because of their talking and fooling around.
6. You are in the playground and accidentally get knocked by another kid who is not watching where he is going. He runs into you - you feel angry but you say to yourself
7. You have been wasting time and talking. The teacher tells you that he will send you out of class. You think that's unfair because others were also doing the same thing.
8. Another boy or girl has (you think), started a rumour about you that is not nice. You hear others calling you the names Also the other boy is in your next class.
9. You are going to be late for a class and you know the teacher will get angry. You feel like wagging that lesson - what can you say to yourself?
10. You have forgotten to bring some homework or an assignment and today the teacher is in an angry mood. You have done most of the assignment but it is at home and the teacher will probably not believe you.
11. Continue with other situations from real life that can be elicited from students.





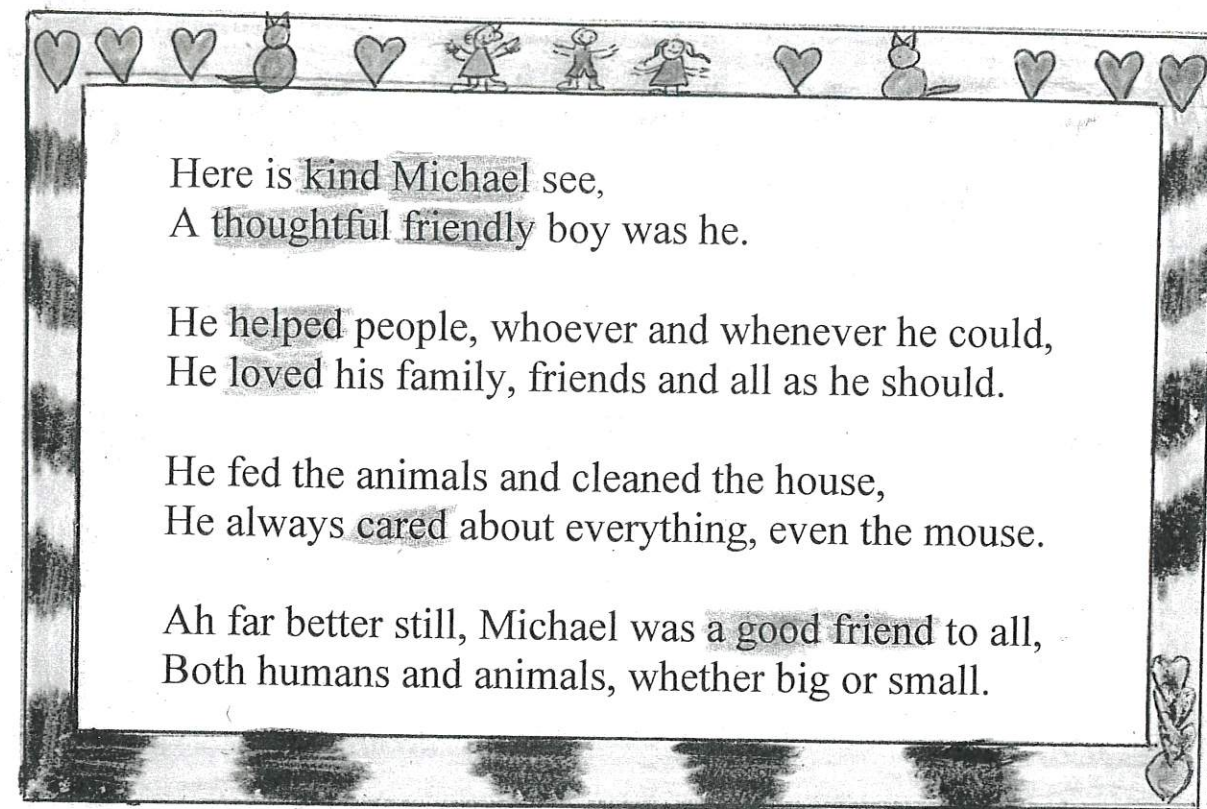
Mindful Colouring-in.





Here is cruel Frederick, see!
A horrid wicked boy was he;
He caught the flies, poor little things
And then tore off their tiny wings.

He killed the birds, and broke the chairs,
And threw the kitten down the stairs;
And oh far worse than all besides
He whipped poor Mary till she cried.

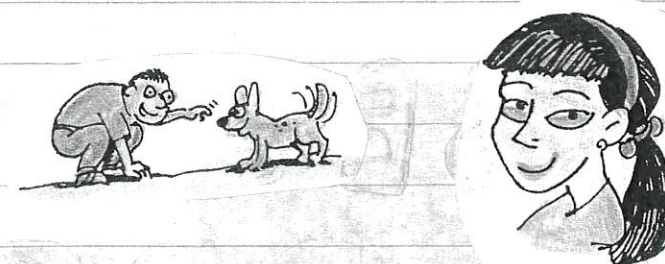
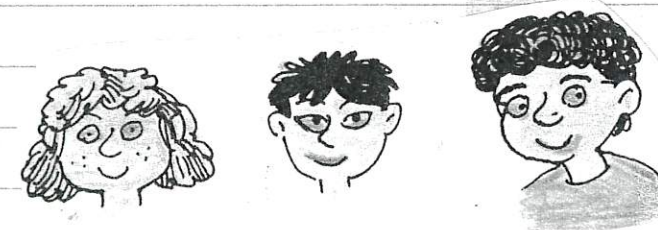


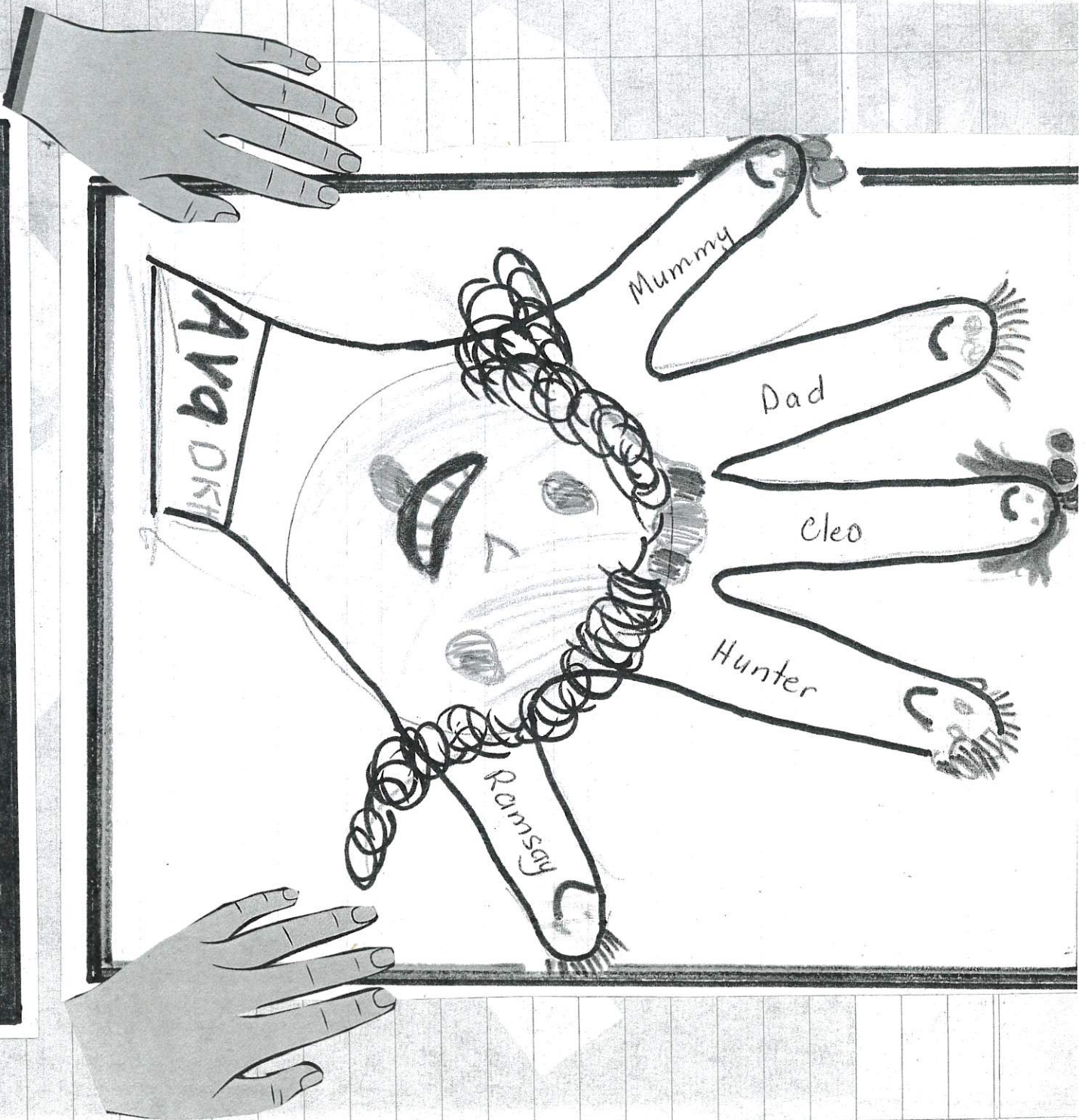
Here is kind Michael see,
A thoughtful friendly boy was he.

He helped people, whoever and whenever he could,
He loved his family, friends and all as he should.

He fed the animals and cleaned the house,
He always cared about everything, even the mouse.

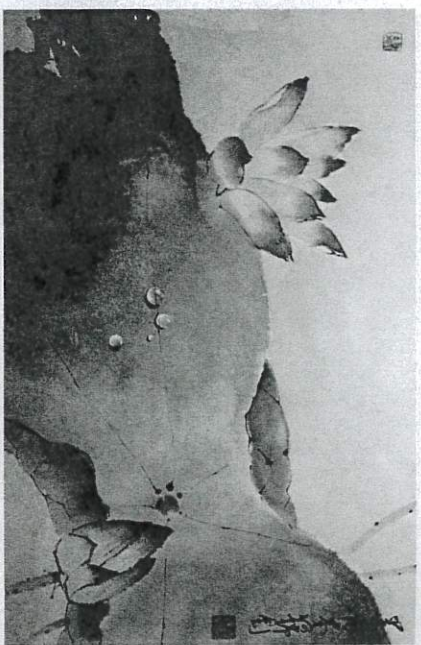
Ah far better still, Michael was a good friend to all,
Both humans and animals, whether big or small.





PEOPLE on our
HELPING HAND
can help us to make
GOOD CHOICES

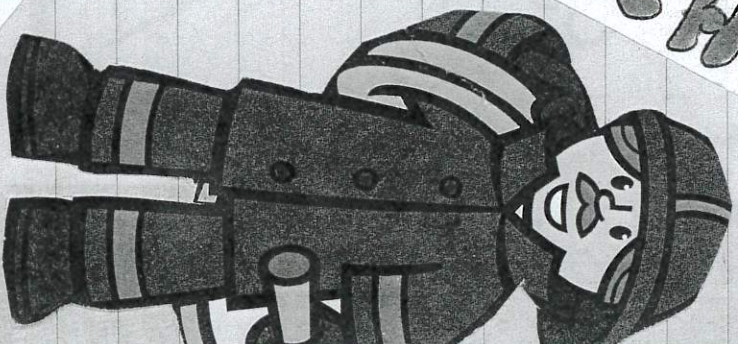
People are like vines....
We are born and we grow.
Like vines, people also
need a tree to cling to,
to give them support.



OFFICIALS

STRANGERS

TEACHERS



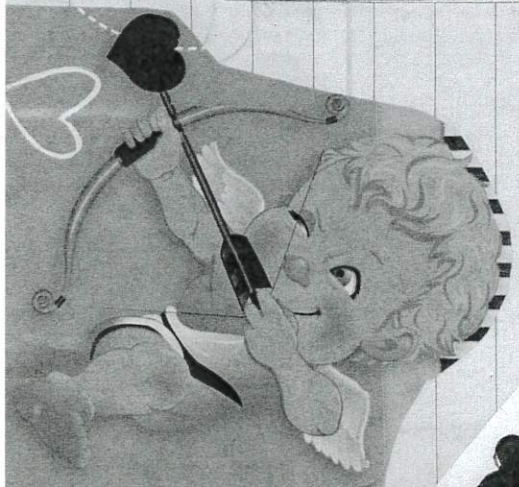
POLICE

Support
Helping Hand
Network

DOCTORS

FRIENDS

NEIGHBOURS



FAMILY

The 4 sights: death

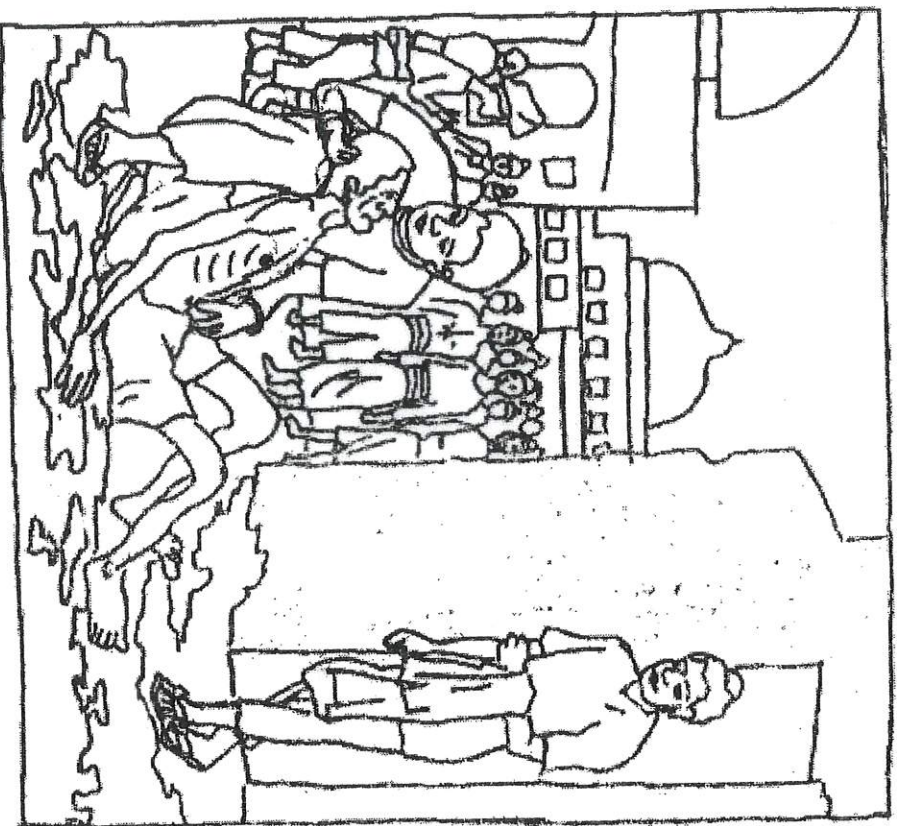
Story of the Buddha - no. 15



18. On the third visit, Siddhartha and Channa saw four men carrying another man on a stretcher. Channa told Siddhartha that the man was dead and was going to be cremated. He also said that no one can escape death, and told the prince that everyone will die one day. When they returned to the palace, Siddhartha kept on thinking about what he had seen. Finally, he made a strong decision to find a way out of the suffering of old age, sickness and death.

The 4 sights: sickness

Story of the Buddha - no. 17



17. Although Siddhartha felt frightened by the vision of getting old, he wanted to see more of the world outside. On his next visit, he saw a man lying on the ground and moaning. Out of compassion, he rushed over to the man. Channa warned him that the man was sick and that everyone, even noble people like Siddhartha or the king could get sick.

The 4 sights: a monk

Story of the Buddha - no. 19



19. Some time later, while the prince was riding in the garden, he saw a man in a yellow robe. He noticed that the man looked very peaceful and happy. Channa explained to him that the man was a monk. The monk had left his family and given up his desire for pleasures to search for freedom from worldly suffering. The prince felt inspired by the sight of the monk and began to want to leave home to search for freedom in the same way. That day, his wife gave birth to a lovely baby boy. Although he loved the boy, Siddhartha could not rejoice because he wanted to become a monk. He realised that now it would be more difficult for him to leave home.

Social Scenarios

You lent your friend a DVD, but he hasn't given it back yet.

What will you do?

You are trying to watch a movie and your friend is being too loud.

What will you do?

You want to go to your friend's birthday party, but you are nervous about the large crowd.

What will you do?

You feel like one of your friends is upset with you, but you don't know why.

What will you do?

You want a turn on the computer, but your friend isn't sharing.

What will you do?

You are at the mall and a friend dares you to steal something.

What will you do?



LB2. Activity D. The Wounded Swan – A Play

Characters: Narrator or Chorus, Prince Siddhartha, Prince Devadatta, King Rajah Suddhodana, Wise Person 1, Wise Person 2, Old Man.

Narrator: The swans are happily flying in the sky.

Narrator: Enter Prince Siddhartha who is walking in the garden. He looks up in the sky to see the swans.

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Narrator: Enter Prince Devadatta, cousin of Prince Siddhartha.

Devadatta: I'm so excited today! This is my first bird hunt. I finally get to put all the archery lessons to good use.

Ah, there are some swans flying over there.

He shoots an arrow and hits a swan. The swan falls to the ground near Prince Siddhartha.

Siddhartha: Oh dear! What happened to you? Are you badly hurt? Let me pull this arrow out from you. *(He nurses the swan).*

(Devadatta comes running in, searching for the swan. Prince Siddhartha quickly blocks the swan from view)

Devadatta: Hello Siddhartha. Did you see my swan? My prize for my good archery? You should come and join me next time, it was good fun.

Wait a minute!

What's that on your hands?

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Where's my swan?

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Siddhartha: OK. If you won't let me keep it then we should go and ask the King what he thinks we should do. He is wise and fair and will give us good advice.

Narrator: They decide to go to the court where King Suddhodana is having a meeting with all his wise men over state matters.



LB2. Activity C. Making a Paper Swan

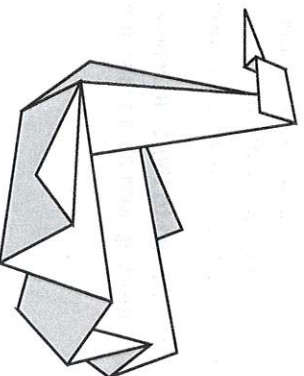
Name

Date

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| | | |
|---------------|---|--------------|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| 7 | 8 | 9 |
| 10 | <p>Make the beak by first making 'mountain' fold A and then 'valley' fold B</p> <p>Do the same on the opposite side</p> | |

Finished



Rescuing a swan shot by Devadatta

Story of the Buddha - no. 8



8. One day, Siddhartha was playing with his friends in the palace garden. One of the boys was his cousin, Prince Devadatta. While Siddhartha was gentle and kind, Devadatta was by nature cruel and liked to kill other creatures. While they were playing, Devadatta shot a swan with his bow and arrow. It was badly wounded. But Siddhartha took care of the swan until its wounds healed. When the swan was well again, he let it go free.

Hayley