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## **SUB-VALUE: Unity**

### **GROUP 1**

**AIM:** When you work together, you are stronger. It is also important to teach the children the importance of sharing, patience and working together. Unity also comes in thoughts, words and action when you are learning to work together.

**QUOTE:** LOVE ALL SERVE ALL

**PRAYER:** Samastha Lokah Sukhino Bhavanthu (3)

**SILENT SITTING:** Follow the standard prescribed commentary

### **Group Singing:**

Gauri Ganesh Uma Mahesh (2)  
Parvathi Nandana Parthi Ganesh (2)  
Sharanam Ganesh Sharanam Ganesh (2)  
Shiva Nandana Ganapathi Ganesh (2)

### **Stories:**

[Unity is Strength](#) (Video) or [Unity is Strength narrative](#)

1. Why could the farmer's son not break the stick?
2. What was the father trying to teach his sons or what is the moral of the story?

[Unity is Strength – Story 2](#)

### **Questions:**

1. Where did the King dove take his other doves?
2. What happened when they came to rest under a tree?

3. Who came to help them from being trapped?
4. How did the doves escape from the hunter?
5. How did they come out of the net?
6. What is the moral of the story?

### **GROUP ACTIVITY:**

#### **Puzzle**

Materials needed -Pencils, erasers, 8x8 blank sheets, ruler, scissors, Sarva Dharma Logo (photocopy) picture below

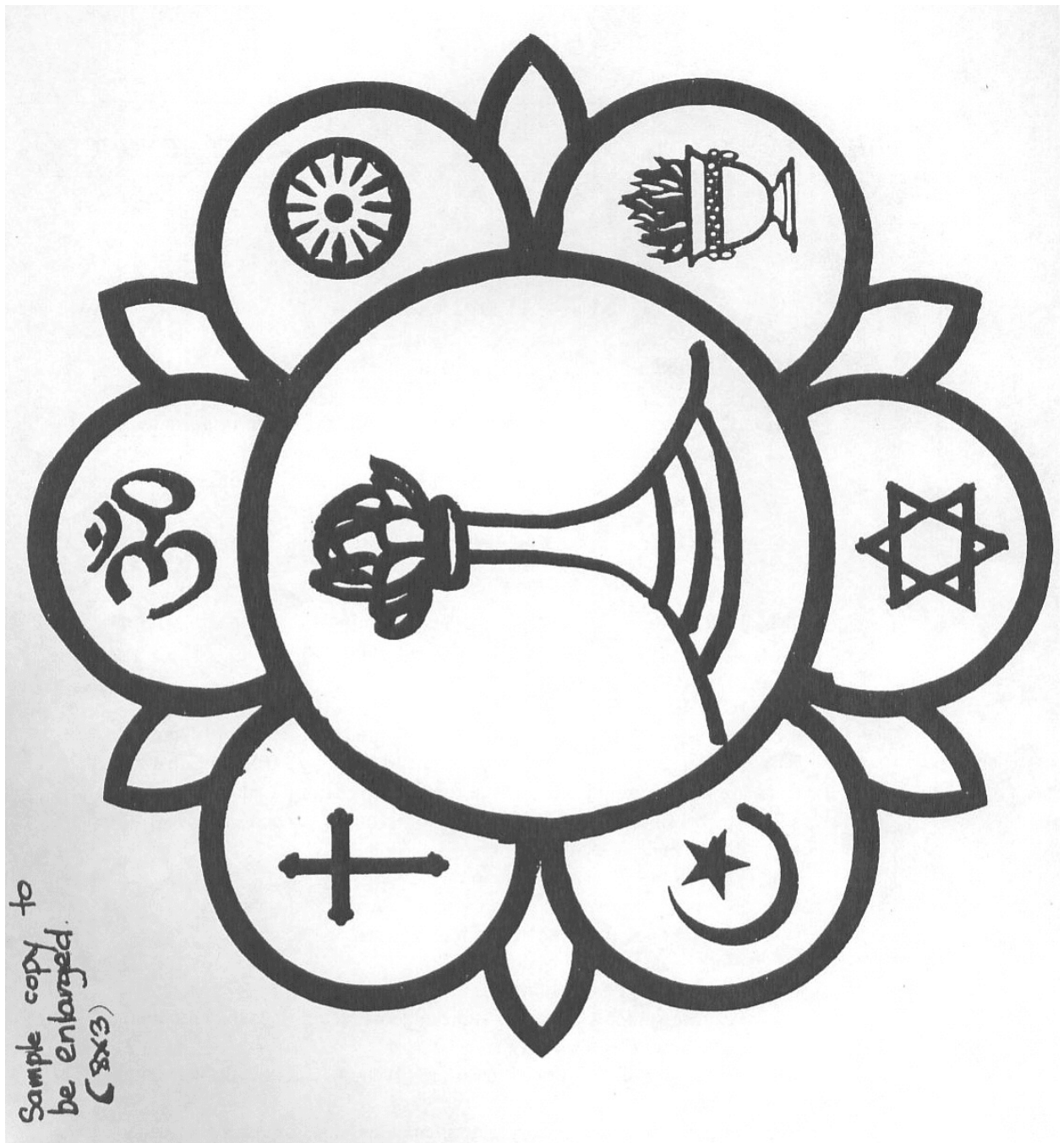
#### **PROCEDURE:**

1. Discuss with the class the idea of doing a little drawing. If some of them lack interest, try to motivate them.
2. Keep the students apart so that they don't look at each other's work till the end.
3. Prior to the class complete the following.
  - a. Have a photocopy of the Sarva Dharma symbol
  - b. Cut it into equivalent squares
  - c. Mix pieces by shuffling
4. In the class, give one little square and an 8X8 sheet.
5. Ask the students to simply reproduce whatever lines they see on the little square onto the big square.
6. Make sure all the little squares are given out – double up with some Students.
7. When they finish, ask them to place the puzzle together (they may need some help).
8. The final picture will most likely be less than perfect – that's the idea.
9. Quietly, record all the comments the students make regarding the picture.
10. Collect the picture and tell them you will discuss it with them later.

#### **LIFE APPLICATION:**

Work together with one another to achieve the desired result.

It is important to understand for students why they must practice the principle of love through unity of thoughts, words and action. The human values need to be incorporated in all thoughts and emotions.



## **SUB-VALUE: Unity**

### **GROUP 2**

**AIM:** The student must realize that if he/she wants to experience the sweetness of God's love, he/she must express love for all beings.

**SILENT SITTING:** Follow the standard prescribed commentary

**QUOTE:** LOVE ALL, SERVE ALL

### **PRAYER:**

Oh Lord thank you for this beautiful day.  
Help me to be cheerful and bring a smile to others each day.  
Let me bring joy and peace to all  
I am one with you and so are all  
Together we will be united and strong

### **GROUP SINGING:**

Love Is My Form, Truth Is My Breath, Bliss Is My Food (2)  
My Life Is My Message Expansion Is My Life (2)  
No Season For Love No Reason For Love  
No Birth No Death (2)  
Prema Sathya Ananda Dharma Shanti Ananda (2)  
Shirdi Sai Sathya Sai Prema Sai Jai Jai  
Shirdi Baba Sathya Baba Prema Baba Jai Jai (2)

### **STORY:**

A dog entered a room fitted with mirrors and saw many dogs in the mirrors. It was afraid to see so many dogs in the room, considering them as danger to its life. In order to escape from the situation, it jumped upon one of the mirrors, considering its own reflection in it to be another dog. As it did that, it saw that the dog in the mirror also jumped upon it. In the process, the mirror broke. Then, it felt that there was no other dog at the place and escaped from the room. It felt greatly relieved that it could save itself from so many other dogs. But where were so many dogs? It saw its own reflection in so many mirrors. The same is the case with people today. If one sees all other forms as his own reflection in the

mirror of the world, one will realise the principle of unity. So, there are no such separate entities like father, mother, brothers, and sisters. But one develops worldly relationships due to one's delusion and says, "She is my sister, he is my brother, he is my father, she is my mother." These are all only physical relationships and not the relationships based on your divine reality. Try to understand that the same Atma is present in all.

### Questions

1. Why did the dog jump on the mirror?
2. Why did he break the mirror?
3. Why did the dog think that he got saved from many other dogs?
4. How many dogs were there?
5. What did the dog understand in the end?
6. Why do we say we are all one?

### **GROUP ACTIVITY 1:**

Paint pictures of feelings for example, peace, love, anger, envy, happiness etc  
Students may link colours together for emotions for example 'green with envy'  
'Seeing red' -anger, etc (or they may link red colour to 'Love').

### **GROUP ACTIVITY 2:**

Creative project - If you want to get your students experimenting with their creative side, you can make a team building activity out of it. Whether they're drawing, painting, doing pottery or making music. To make it into a team activity, choose a final project that has many elements and have them create the parts. For example, you could have them draw a comic book and each person could draw a page. They would need to get together to work out the story and who takes on which part. By working to a common goal, but creating individual components, they will learn collaboration skills and the importance of communication.

**LIFE APPLICATION:** by making everyone inclusive and participating together, we can be successful in any mission.

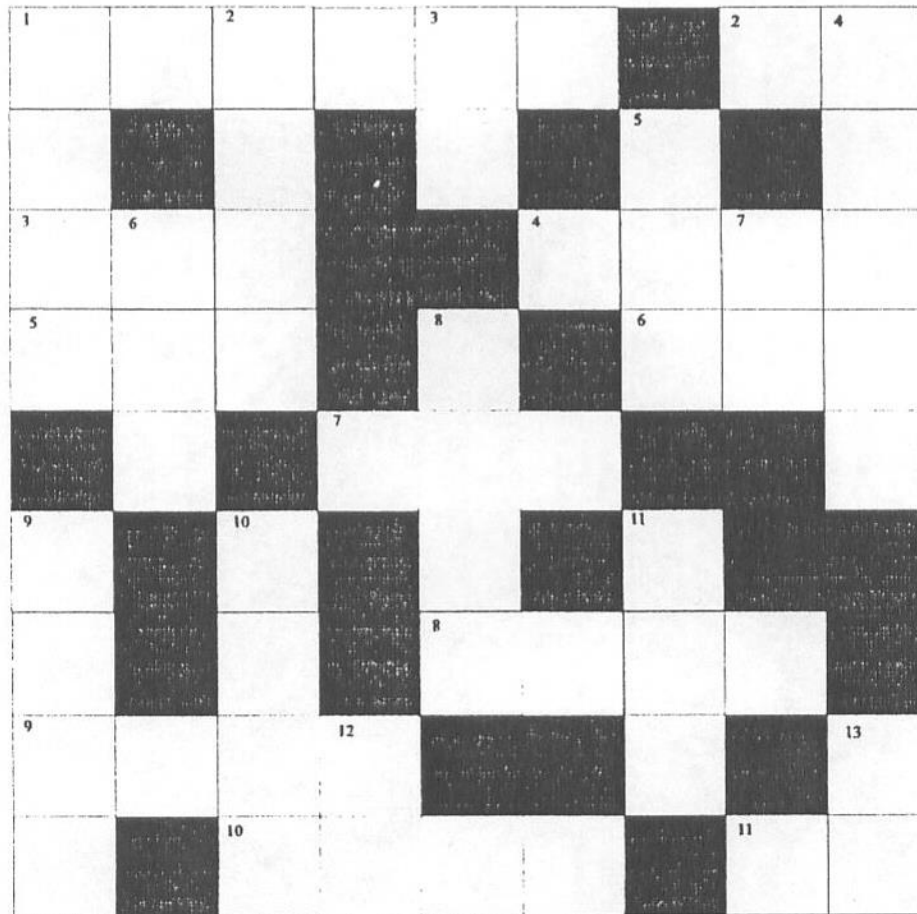
# Crossword 1.

## Clues Across

1. Vakra Tunda describes--
2. Short for Mother.
3. That many steps to Divinity
4. Start the day with -- (reversed)
5. Era
6. One Tusk- One=
7. Pranava Sound
8. Prelude to meditation
9. Mother (respectfully)
10. Incomplete non-violence
11. Balance of non-violence

## Clues Down

1. Divine song
2. Code of Conduct has -- points.
3. Breathing in
4. Prophet
5. Pride + arrogance =
7. All right (slang)
8. Work is worship. -- is God
9. Avatar of Right conduct
10. King Janaka's daughter
11. Yuga
12. Exclamation
13. -----Ba.



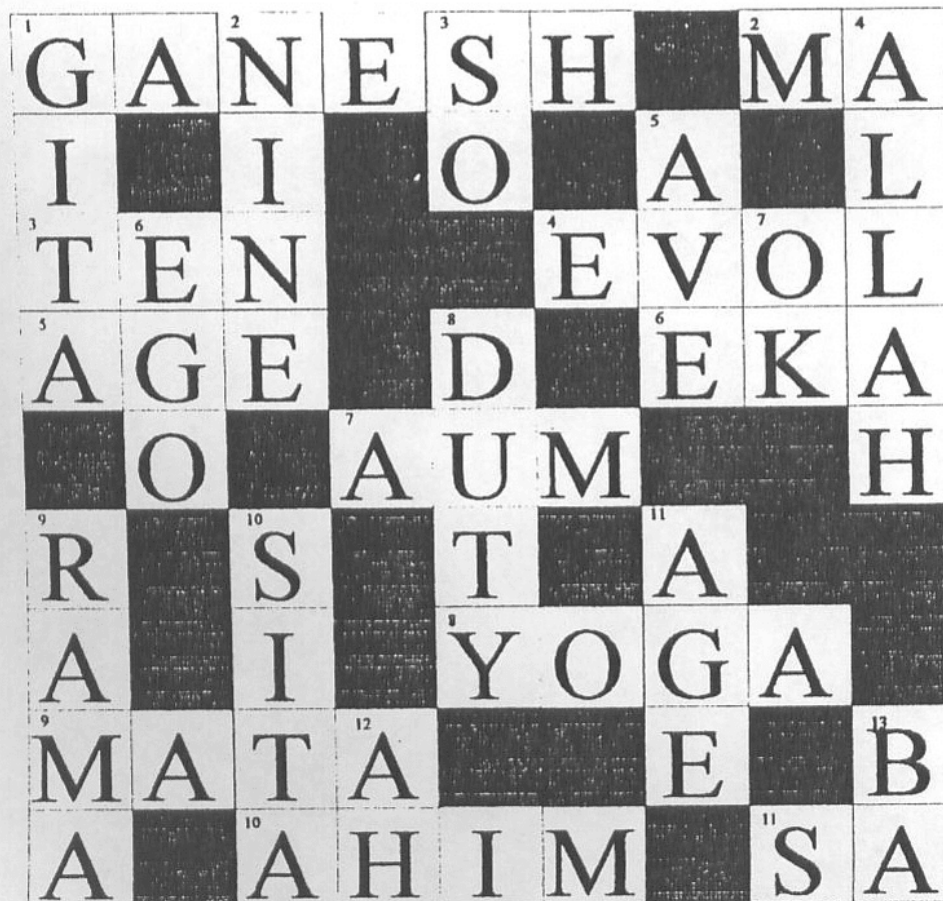
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## **SUB-VALUE: Unity**

### **GROUP 3**

**AIM:** The student must realize that if he wants to experience the sweetness of God's love, he must express love for all beings.

### **PRAYER:**

Oh Lord, as we work together to build your empire, let us be the light that leads the world to you. God, teach us to be good role models to the people around us, so that when they see you and your love within us, they would want to know you more and more.

**SILENT SITTING:** Follow the standard prescribed commentary

**QUOTE:** "The golden way is to be friends with the world and to regard the whole human family as one." – Mahatma Gandhi

**Story / Discussion** on Bhagavath Geetha- Chapter 12 Verse 13-14

<https://www.holy-bhagavad-gita.org/chapter/12/verse/13-14>

### **GROUP SINGING:**

Gopala Radha Lola (2)  
Murali Lola Nandalala (2)  
Gopala Radha Lola (2)  
Keshava Madhava Janardhana (2)  
Vanamala Brindavana Bala (2)  
Murali Lola Nandalala  
Sai Murali Lola Nandalala

**GROUP ACTIVITY-** Team Building Exercise [Team Building](#)

**LIFE APPLICATION:** Work together in Unity to achieve any task successfully. Students write poems/ prose on experiences that drew them closer to God and experiences that made them farther from God. They share these experiences with the class.

## SUB VALUE: Faith

### GROUP 2

**AIM:** To have faith in God and yourself; Put all your efforts into the task and try your hardest. OR to help students develop a positive attitude towards prayer.

**SILENT SITTING:** Follow the standard prescribed commentary

#### QUOTATION:

*Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lies defeat and death.*  
- Nelson Mandela

#### PRAYER:

Thank you God for the grace you lavish when I falter in my faith.  
Open my eyes, not to see the world more clearly, but to see You.  
Open my eyes to see you working around me and in me.  
You orchestrate every day of my life.  
Help me to trust in what I cannot see, and believe in Your invisible presence

Ask the students what is Faith? Encourage students to share their thoughts with the class. Share the following from Swami's teachings, "you should have faith in Swami's teaching, love them, adore them, and follow them.

#### **Story: The math test**

One day Steve's teacher announced that they would be having a test in Math next class. Steve found Math very hard and no matter how hard he tried, he could not understand the problems and solutions. Steve came home and seemed very worried; he was afraid that if he didn't do well in this test, then he would fail this class and his parents would be disappointed.

After a while Steve decided to go to his mother and tell her his problem. He told her, “Mom, I have a math test tomorrow and don’t know how to do any problems. If I don’t know how to do the questions then I will fail this class.”

The mother came and stood beside him. “Well, Steve, why didn’t you come to me before? Don’t worry. I will help and make sure that you understand what you are doing tomorrow. You can pray to God to help you in the test but make sure that you try your hardest to understand.”

That night Steve understood some of the questions but he still didn’t get all. The next morning, before going to school, Steve went to the prayer room, sat and prayed:” Dear God, I have done my best to understand these problems, but I still don’t feel comfortable. I don’t know everything that might be on the test. I sit in class and listen but I don’t understand. Please help me write this test and at least let me pass. I have faith in you that you will help me because I have tried my hardest.”

That day Steve went to school with confidence and faith that he could write the test. When Steve wrote the test, he knew how to solve all the problems, and even the ones he didn’t get before.

Next day the teacher had all the tests marked and when Steve got his paper, he had a big smile on his face. Steve got an A on the test. He knew he could do it because he had faith in God and in himself. He went home to show his parents and they were very proud of him.

**Questions:**

1. Why was Steve worried?
2. Was Steve good in Math?
3. What did Steve’s mom do?
4. What did Steve do in the morning?
5. Do you think Steve had faith in himself?
6. How did Steve feel before writing his test?

### **GROUP SINGING:**

Hey Nanda Nanda Gopala  
Aanandha Nanda Gopala (2x)  
Hey Nanda Nanda, Aanandha Nanda  
Yadu Nanda Nanda Gopal

Meaning: Son of Nanda, blissful Krishna, the cowherd boy, Blissful son of the Yadu clan, Nanda's cowherd boy

[http://prasanthi-mandir-bhajan.net/Hey\\_Nanda\\_Nanda\\_Gopala.mp3](http://prasanthi-mandir-bhajan.net/Hey_Nanda_Nanda_Gopala.mp3)

### **GROUP SINGING:**

Hey Krishna Madhava Govinda Gopala  
Mathura Naatha Madhana Gopala  
Nanda Mukunda Sai Gopala  
Krishna Harey Jaya Krishna Harey  
Jaya Hari Govinda Krishna Harey (2X)

**Meaning:** Victory to Thee, Hey Krishna, Lord of Mathura, Madhava, Govinda, Gopala, Mukunda, Shyama, Nanda Mukunda (different names for Krishna)

[http://prasanthi-mandir-bhajan.net/Hey\\_Krishna\\_Madhava\\_Govinda.mp3](http://prasanthi-mandir-bhajan.net/Hey_Krishna_Madhava_Govinda.mp3)

### **Group Activities:**

1. Talk about one of your experiences which is similar to this story.
2. Role-play.
3. Draw a scene from this story
4. **Game:** Prepare slips containing one line from the bhajan that have been taught in the class. For example "Hey Nanda Nanda Gopala" from the words of the bhajan etc.

### **How to play:**

Make the children pick-up a slip one by one and guess the song. If the child cannot guess, pass it on to the next child. If no child can guess, then add one clue and try again. Continue this until

the slips are exhausted.

The child should not only guess, but also sing the entire bhajan. The other children can also join in singing. The same can be done for shlokas and Swami's Quotations.

**Life Application:**

Describe a time in your life when you see things as impossible to do but with your faith in God you were able to overcome it. Share with us next week.

**SUB-VALUE: Initiative**

**GROUP 2**

**AIM:** To understand the importance of initiative and have the ability to work with little supervision

**SILENT SITTING:** Follow the standard prescribed commentary

**QUOTATION:**

There are three types of people in this world:  
Those who make things happen  
Those who watch things happen and  
Those who wonder what happened.”

Ask students to reflect on this quote by writing down whether they agree or disagree with this statement.

Encourage students to share their thoughts with the class.

**PRAYER:** Aum Sayeeshvaraaya Vidhmahe  
Sathya Devaaya Dheemahi  
Thannassarvah Prachodayaath

**Meaning:** We know this Sai is Supreme Divinity incarnate. We meditate on this God of Truth. May this Almighty Personality lead us on the path of total liberation.

Ask what is initiative? How do we define initiative? Share the following definition with the class and ask them to make note for reference.

**Initiative:** The power or opportunity to do something before others do.

### **Story: The Ski Hill**

Once there was a boy who lived with his parents near a ski hill. His name was Tony and he was nine years old. When he reached the age of six, his mom used to take him skiing.

He could ski on his own when he was seven years old. He got permission from his mom to ski alone when he was 9. But his mom told him to return by seven p.m if and when he went to ski.

One day when Tony was returning home after skiing at about 6 p.m., he found an elderly lady who had fallen down on the ski hill near a tree. He discovered that the lady had fallen while skiing and hurt herself. Tony stood for a few moments' undecided. Then he remembered his mom's words, which she had told him a long time ago: "Tony," she said, "if you ever find anyone, whether is a deer or a human being hurt on the ski hill, you must always help."

Tony remembered these words and went to the nearest telephone and called the ski patrol. Then he went to the lady and waited with her till the ski patrol arrived.

His mom meanwhile was very worried, as it was not like Tony to be late. When Tony arrived well after 8:30 p.m. his mom was very angry with him. However, when Tony explained the reasons for his being late, she excused him and also praised him. But she also made some rules.

#### **Questions:**

1. How old was Tony when he started to Ski?
2. How old was he when he was allowed to ski alone?
3. What was Tony's deadline to return home?
4. What time did Tony find the elderly lady?
5. How did Tony display initiative?
6. What was the lady doing?
7. What did Tony remember?
8. What did Tony do?
9. Why was Tony's mom angry?
10. After hearing about the events what did she do?

**Discussion:**

1. Why do you think Tony's mom allowed Tony to ski alone only when he was 9 years old?
2. What made Tony's mom insist on a time limit for Tony to come home after skiing?
3. What is the statement of 4 words which Bhagwan gave which will fit in with what Tony's mom said to Tony and which Tony remembered?
4. Do you think that Tony could have done something more?
5. Do you think Tony's mom should have done something more than being just angry?
6. What different human values were emphasized in this story?
7. What might have happened if Tony didn't take initiative?

**Group Activities:**

Create a crossword puzzle with online crossword puzzle maker.

Describe a time you took initiative and how you felt

What motivated you to take action?

**Group Singing:**

Mana Mohana Murali Gopala

Bhajo Govinda Radhey Gopala

Pandarinatha Jai Hari Vitthala

Govardhana Giridhari Gopala

**Meaning:**

How charming and captivating our Sri Krishna is! Our Lord, the Vithala of Pandarpur, who plays on the flute, who held the Govardhan mountain aloft to protect the cows and cowherds from being destroyed by the torrential rain sent by God Indra. Victory to You Krishna!

[http://prasanthi-mandir-bhajan.net/Mana\\_Mohana\\_Murali\\_Gopala.mp3](http://prasanthi-mandir-bhajan.net/Mana_Mohana_Murali_Gopala.mp3)

**Life Application:**

Have each student write down what they will do to show their initiative over the next two weeks.

At the end of the week write a page about the reaction you received and how you felt. Share your experience with us next week.



## **SUB-VALUE: Initiative**

### **GROUP 1 or 2**

**AIM:** The ability to be resourceful and work without always being told what to do. It requires resilience and determination. People who show **initiative** demonstrate they can think for themselves and take action when necessary.

**SILENT SITTING:** Follow the standard prescribed commentary

**QUOTATION:** “Man should be courageous. Lack of courage leads to doubt, despair, dejection and depression. When obstacles come, meet them with courage. They harden you, make you tough”

### **PRAYER:**

**Om Bhur Bhuva Svah  
Tat Savitur Varenyam  
Bhargo Devasya Dheemahi  
Dhiyo Yo Nah Prachodayaat  
Om Shanti, Shanti, Shanti**

We meditate on that Supreme effulgence of the Radiant Being  
The Indwelling Controller and Director of all Things  
May He stimulate our Intellect entirely (to realize the Truth)

## STORY:

### The Two Polar Bears – a story about the need for initiative



There were once two polar bear twins who had grown old enough to leave their mother's care.

They were sitting on separate ice floes in the middle of the ocean wondering what to do next. The sister peered into the water and knew that she had to dive in to hunt for her lunch.

The brother sat on the ice and hoped that a nice juicy seal would jump onto his ice floe for him to eat.

The sister put her paw in the water and felt how cold it was. She knew that it wouldn't be easy to survive.

The brother sat back watching his sister and wondered what she was doing. Surely a seal would come within reach soon.

The sister dived in and looked for her prey. After a while she re-emerged. She hadn't caught anything and was now cold and wet, as well as hungry.

The brother laughed at his sister's foolishness.

The sister dived in again. Again, she emerged with nothing to show for her efforts, but she had got closer this time and was encouraged by the improvement in her hunting abilities.

The brother yelled out to her, *"You're crazy! Why don't you just wait, eventually a*

*seal will come to you.”*

She grunted and dived in again. This time, she was successful and emerged with a young seal which she consumed enthusiastically. It was the best meal she had ever eaten and she felt satisfied afterwards as she dozed off and had a snooze.

The brother’s stomach grumbled with hunger. *“Life’s not fair.”* he thought to himself. The sister went on to become a feared hunter and lived a long happy life.

Sadly, the brother never braved the cold water, never chased his food, but waited for it to come to him.

It never did!

**Discussion:**

We aren’t that different from these polar bears. There are opportunities all around, but you need the courage and initiative to get uncomfortable, to push yourself and to develop your skills if you are to take advantage of them. They won’t just jump into your lap of taking initiative?

**Question:**

1. Why were the two twins polar bear let alone?
2. What do they need to do to survive?
3. What did the sister bear do to survive and eventually what happened?
4. Did she give up after the first attempt to dive?
5. What was the other sister bear thinking and waiting for?
6. What are some benefits of taking initiative

**Group Singing:**

Mana Mohana Murali Gopala  
Bhajo Govinda Radhey Gopala  
Pandarinatha Jai Hari Vitthala  
Govardhana Giridhari Gopala

**Meaning:**

How charming and captivating our Sri Krishna is! Our Lord, the Vithala of Pandarpur, who plays on the flute, who held the Govardhan mountain aloft to protect the cows and cowherds from being destroyed by the torrential rain sent by God Indra. Victory to You Krishna!

**Group Activity:**

1. What things in life are important to you?
2. Name somethings that you are afraid to take the initiative to do
3. Have two teams of students role play a scenario where they were faced with a problem and had to make a quick decision. Following the role play, one team must be the observer and provide feedback and identify what the other team did well and what they may want to practice for the next time. Exchange roles.

**Life Application:**

Identify a time when you took initiative to solve a problem either at home or school. Write the obstacles you faced and what you did to meet the challenge. Discuss as a team at the next class.

## **SUB-VALUE: Courage**

### **GROUP 2**

**AIM:** Students will learn that courage removes fear. To demonstrate the greatness of human spirit.

**SILENT SITTING:** Follow the standard prescribed commentary

**QUOTATION:** Never give up, there is always a way  
Selfless service alone gives the needed strength and courage to awaken the sleeping humanity in one's heart.

**PRAYER:** The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid? Psalm 27.1 (Bible)

### **Group Singing:**

Aanandha Sagara Muralidhara  
Meera Prabhu Radhey Shyama Venu Gopala  
Nanda Yashoda Aanandha Kishora  
Jai Jai Gokula Bala Jai Venu Gopala

### **INTRODUCTION:**

The teacher will show pictures of a family working together and develop a discussion by asking questions:

1. Why do families have to work together?
2. Have you ever been afraid to do something that you were asked to do?
3. How did you feel when facing a situation that you were uncertain of?
4. What would you do to overcome the fear?

## Story1: Meera's Courage

Once there lived a young goat herder and his family whose main source of income were his goats. His daughters, Meera and her elder sister, Shanti, would take their animals to the rocky plains and valleys to allow them to graze. Generally, they would let the animals roam all day long, and lead them back home at dusk. The goats would sometimes wander too far away, getting lost in the darkness. Usually, Shanti was the one that went looking for the missing animals while Meera stayed with the rest of the heard. This happened quite often.

Once Shanti said to Meera, "I have to leave with our parents to the market-place to help sell the vegetables from the garden. You will have to take the herd out by yourself. I know this is the first time that you will be doing this on your own, but I think that you are quite capable. Remember to count how many animals you take out as some may go astray."

That day Meera, looking a little nervous, took the animals out. Later, the sun began to set and Meera decided to start the long journey back home. She knew that she had to count heads to make sure all the goats were present. So she started to count. She counted. Recounted.

Something was wrong. Oh no, she thought, there is an animal missing. She left the herd, which stayed close together as it was becoming dark, and went to look for the lost animal. Alone she wandered over the valley, aware that it was starting to get cold and dark. Suddenly, she heard a mournful bleating coming from a small canyon ahead. Meera hesitated. "I cannot go down there," she murmured. She remembered her friends claiming that the canyon is haunted by hungry ghosts. "Who knows what will be awaiting me down there?" Besides, the sides of the canyon were very steep and only an animal could climb up or down.

She sat and thought about her situation a little. "What am I to do?" she pondered. She knew how important goats were to the well-being of her family. The goats were their main source of income as her family sold the animals and the milk at the local market.

Meera heard the cry of the goat again. "Oh no," she thought, "it is only a baby. It will not even recognize my call and come to me like the older animals do."

Suddenly Meera heard an unfamiliar sound from the bottom of the canyon. It was neither goat, nor human. Meera froze with fear. "I knew this place was haunted," she uttered to herself. The little goat bleated once more. She quickly made up her mind. "I cannot leave this animal to die. Ghosts or no ghosts, I am going in after the kid."

Very carefully, Meera climbed down the side of the canyon. Reaching the bottom, she looked around nervously and saw the young animal lying in front of her. It looked at her expectantly and bleated again. Suddenly, she heard the strange noise once again. She grabbed a nearby rock and turned to face the noise.

"Ghost," she said, "I am here to take my animal back home. If you are hungry, you will have to deal with me first." She stared at the strange creature in its eyes, then realized she was face to face with a giant, green... bull frog! Relieved, Meera burst into laughter. Some ghost, she laughed and the frog once again croaked at her.

Meera lifted the tiny goat in her arms and walked toward the side of the canyon. But her delight was short-lived. How was she going to get the baby back up the canyon? She needed her hands to climb and would not be able to hold on to the animal. Meera put the kid down and called it, asking it to follow her out of the canyon. It just looked at Meera confused, and bleated some more. "Please," she cried, "it is getting quite dark and I am getting hungry."

She contemplated her situation and then an idea struck her. Without wasting time, Meera climbed back up the canyon and went to where the herd was patiently waiting. Walking through the herd, she came across a mother goat bleating for her kid. Meera took a piece of rope and tied it around the mother goat's neck, leading it to the edge of the canyon. Once the mother goat heard the kid bleating, she responded. The kid's bleating became very excitable. "I know you are hungry," Meera said, "so why don't you come to your mother?"

A few minutes later, the kid popped its head over the side of the canyon and came happily to greet its mother. Meera led the two goats back to the herd and proudly led the herd back home.

**Discussion:**

1. Why did Shanti have to go to the market with her parents?
2. What made Meera worry?
3. What did Meera do when she found that a kid was missing?
4. What was Meera thinking while she was looking for the animal?
5. How did Meera overcome her fear? How did Meera rescue the kid from the canyon?
6. What would you do if it happened to you?

**Group Activity:**

Have the children enact the story, or have them make up a story with a family working together using the value and sub-value of courage, initiative and responsibility.

**Follow up and Life-Application:**

Ask students to think of a situation when they were afraid and to describe how they overcame the situation. For homework, they should note whether they experienced fear during the next week and if so, what did they do about the situation? This is to be shared voluntarily at the end of the week.

Story 2: [Yuuki the Tsunami](#)



## **SUB-VALUE: Courage**

### **GROUP 3**

**AIM:** Students will learn that courage removes fear. Courage also demonstrates the greatness of human spirit.

**SILENT SITTING:** Follow the standard prescribed commentary

### **QUOTE:**

Rely on the Lord within and discover inexhaustible reinforcements of courage within each heart. The final victory is for those who have faith in invincible soul, their inner reality.

### **PRAYER:**

Heavenly Father, I know that persecutions, afflictions, hardships and disappointments are the textbooks of Your schoolroom. Give me boldness as I walk through this life, knowing that even during hardships, I can walk in joy, peace, service and triumph.

With the indwelling Holy Spirit leading and guiding me, may I proclaim Your name with boldness, both in prayer and in speech. May I always live to please You, Lord, and not man. Help me to spread the glorious gospel of salvation to all those I meet, knowing that there is no other Name under heaven by which we must be saved but by the blessed Name of Jesus, to whom be glory and dominion forever and ever,

**Story 1:** [The Might To Follow The Right](#)

### **Questions:**

1. Why did the new recruits leave their jobs from the bank?
2. Why did V. Krishnamurthy not leave the bank job for another when he knew he can get a better job elsewhere?
3. If you were in a similar position, what will you do?
4. What was so unique about Krishnamurthy?
5. Would you have the courage to make the decision that Krishnamurthy made?

**Story 2:** [The C Factor of My Character](#)

### **Questions to Reflect:**

- 1) Describe the first moment of integrity faced by Ms. Preeti Sahoo?
- 2) What was the foremost ideal Preeti took from the Sathya Sai University before stepping into the software company –her first job ? (never compromise on one’s integrity...and a vital part of her training as a Sai student was to be courageous enough to stand for the right)
- 3) What did she witness in the software company?
- 4) What action did she take?
- 5) Why did she take the decision to resign and how was she motivated to stay in the company?
- 6) What were the fruits of her action?
- 7) What is the key value demonstrated in this real life story and how did she acquire this trait?

**Discussion** - <http://saibaba.ws/discourses/1958/58Mar03.html>

### **Group Activity**

List at least 3 ways by which you exhibited integrity not being fearful of any outcome?

### **Group Singing:**

#### **Guru**

- Manasa Bhajare Guru Charanam (2)
- Dustara Bahavasagara Taranam (2)
- Guru Maharaj Guru Jai Jai (2)
- Sai Nath Sadguru Jai Jai (2)
- Om Namah Shivaya Om Namah Shivaya (2)
- Om Namah Shivaya Shivaya Namah Om (2)
- Arunachala Shiva Arunachala Shiva (2)
- Arunachala Shiva Aruna Shivom (2)
- Omkaram Baba Omkaram Baba (2)
- Omkaram Baba - Om Nammo Baba (2)

## **Ganesh**

Mangala Dayaka Hey Gananatha

Pranava Swaroopa Vighna Vinasha (Mangala ...)

Hey Shiva Nandana Pahi Dayala

Parti Pureeshwara Jagath Paripala (Pravana ...)

**LIFE APPLICATION:** Have the courage to follow your conscience which is always right and will make you successful and grow spiritually.

Research the life of a well-known personality who has overcome a great difficulty in his/her life through courage. Examples might be Christopher Reeve, the star of Superman, who broke his neck in a riding accident.

## **SUB-VALUE: Punctuality**

### **GROUP 1**

**AIM:** To increase awareness of the importance of punctuality as a life-skill

**SILENT SITTING:** Follow the standard prescribed commentary

**QUOTATION 1:** Better three hours too soon than a minute too late

**QUOTATION 2:** Start Early Drive Slowly and Reach Safely. -- Sri Sathya Sai Baba

**PRAYER 1:** Guru Brahma Guru Vishnu Guru Devo Maheshwaraha

Guru Saakshat Para Brahma Tasmai Sree Gurave Namaha

Meaning: Guru is verily the representative of Brahma, Vishnu and Shiva. He creates, sustains knowledge and destroys the weeds of ignorance. I salute such a Guru.

### **PRAYER 2:**

Shree Vakratunda Mahakaya Suryakoti Samaprabha Nirvighnam Kuru Me Deva Sarva-Kaaryeshu Sarvada ||

**Meaning:** O Lord with the twisted trunk, with the effulgence of a billion suns, always remove the obstacles when I am on an auspicious undertaking."

**Before story:** Ask students "What do we mean by punctuality?"

**Story: It pays to be punctual:**

Harry was a very active thirteen-year-old boy. He loved to play all kinds of sports. He was part of his community soccer and softball team. At school, he was on the soccer, basketball and volleyball teams. Harry spent two or three hours each day playing sports. He loved it. However, Harry had a big fault. He could never make it to a game or practice on time. Most often, he missed the first few minutes of the game because of his lateness. His coach would advise Harry to be on time but Harry just could not do it.

Harry loved to play and to watch on TV. When Harry was in grade seven his home team made it to the Hockey playoff finals. Harry's friend Brian had won three tickets to see the game. Brian asked Harry to join him and his father. Harry was thrilled. He got permission from his parents and was all set to go to the game.

The day of the final game came. Harry and Brian were excited. At school, they talked about the game during recess and lunch. In fact, the whole city was excited about the game. The home team had won three games and the visiting team had won three games. The game the Harry and Brian were to see would determine the world hockey champions.

After school Brian reminded Harry to be at his house exactly at six p.m. They had to drive into the huge city. Harry assured him that he would be at his house on time. Brian and his father were ready at six and waited for Harry. They both sat in the car and were ready to leave as soon as Harry arrived. They waited till 6:10 and Harry did not arrive. The clock struck 6:15 and still there was no sign of Harry. Brian thought as usual Harry was 15 minutes late. Brian and his father were getting impatient. They decided to wait for 5 more minutes. It was 6:20 and Harry was still not there. Brian and his father did not want to miss the beginning of the game so they left without Harry.

Harry arrived at 6:30pm – 30 minutes late! He knocked on the door and Brian's mom answered. She felt sorry for Harry but told him since he was late; Brian and his father had left without him. Harry was very, very disappointed. He had dreamt of watching the final exciting game and now. Because of his lateness, he had missed the chance. He sat on Brian's doorstep, tears rolling down his face and waited for Brian and his father to come back from the hockey game.

**Questions:**

1. Describe two good acts done by Harry.
2. Why do you think Harry was late? Has this become a habit?
3. Have you ever been late to anything? Why and what Happened?
4. Name some occasions for which punctuality is very important.
5. What would happen if you are late on these occasions? (Optional – you can use flashcards with various activities/ occasions to facilitate the discussion.  
Suggested occasions: Airport/plane, wedding, bhajan/Bal Vikas class, interview, doctor/dentist appointment, Disney movie soccer game, pass curfew. Etc.)

**Group Activities:**

1. Draw a scene from the story.
2. Think of a time when you or someone you know was late to a special occasion. Draw the occasion.
3. Provide colorful paper and ask students to create a mnemonic by using their name. The advice given in the mnemonic must be related to punctuality. Ex. If a student's name is SAM..... Swami says Always Make it on time

**Few other links:**

**Story:** <https://www.booksie.com/posting/rani/the-fox-and-the-wolf-383460>

**Questions:**

1. Where were the Fox and Wolf going?
2. Why did the Wolf want to relax and go?
3. Why the fox want to go early?
4. Who could enjoy the delicious food?
5. What did you learn from this story?

**Time Management Videos:**

<https://www.youtube.com/watch?v=XltR4CtpgK0>

[https://www.youtube.com/watch?v=F5JI\\_6nsgaM](https://www.youtube.com/watch?v=F5JI_6nsgaM)

**Group Singing:**

Gauri Ganesh Uma Ganesh

Parvati Nandan Shri Ganesh

Sharanam Ganesh Sharanam Ganesh

Shiva Nandana Ganapati Ganesh

**Meaning:** Chant the name of Lord Ganesh, beloved Prince of Mother Gauri, I surrender to Thee, Lord of all Demi-Gods, beloved Prince of Lord Shiva and Mother Guru.

[http://prasanthi-mandir-bhajan.net/Gauri\\_Ganesh\\_Uma\\_Mahesh.mp3](http://prasanthi-mandir-bhajan.net/Gauri_Ganesh_Uma_Mahesh.mp3)

**Group Singing:**

Gopala Gopala Nacho Gopala

Nacho Nacho Sai Nandalala

Rhuma Jhuma Rhuma Jhuma Nacho Gopala

Nacho Nacho Sai Nandalala

**Meaning:** Please dance and give us the enjoyment of seeing you dance - Gopala and son of Nanda. While you dance, let us hear the sound of your anklets "Rhuma Jhuma".

[http://prasanthi-mandir-bhajan.net/Gopala\\_Gopala\\_Nacho\\_Gopala.mp3](http://prasanthi-mandir-bhajan.net/Gopala_Gopala_Nacho_Gopala.mp3)

**Life Application:** Make a list of all the tasks that you have to get done in the morning in order to get ready to leave for school. If you are always late, think about how you can develop good habits in order to be more punctual. Be prepared to discuss it in the class.

**SUB-VALUE: Courage & Honesty**

**GROUP: 2 - 3**

**AIM:** To understand that hardships and difficulties in life can bring out good qualities such as courage and through the struggle we may become stronger.

**QUOTATION 1:** *“Follow the master, Face the devil, Fight to the end, and Finish the game”*

**QUOTATION 2:** You will never do anything in this world without courage. It is the greatest quality of the mind next to honor

**OPENING PRAYERS: Thank You, God**

Thank you for the world so sweet,  
Thank you for the food we eat,  
Thank you for the birds that sing,  
Thank you God for everything.

**SILENT SITTING:** Follow the standard prescribed commentary

**Group Singing:**

Sathyam Gnanam Anantham Brahma (3)  
Sathyam Brahma  
Gnanam Brahma  
Anantham Brahma

**Meaning :** *Glory to You, O Lord Sai, who is the embodiment of Eternal Truth, Wisdom and Infinite.*

<http://www.sathyasai.org/audio/audioprashanthi/sathyamjnanam.MP3>



### **Group Singing:**

Bhaja Govindam Bhaja Gopalam  
Paramanandam Shyama Bhajo  
Nityananda Brahmananda  
Satchidananda Shyama Bhajo  
Prema Svarupam Dina Dayalam  
Paramanandam Sai Bhajo

*Chant the names of Govinda, Gopala and Krishna and attain eternal bliss.  
Krishna and Sai are love incarnates and personify truth, knowledge and bliss.  
They are protectors of the fallen and afflicted.  
Singing their names gives endless and supreme happiness.*

### **CLASS DISCUSSION: Stories**

#### **Story # 1 – Little Guy, Big God**

Israel was at war with their enemies, the Philistines. Instead of both armies fighting, the Philistines suggested the battle be won or lost based on the outcome of one Israelite soldier fighting Goliath. Goliath was a massive Philistine soldier. Day after day the Philistine army sent Goliath out to taunt the Israelites, asking if anyone was willing to fight him. But all of the Israelites were afraid to fight him.

Then one day a younger brother of some of the Israelite soldiers came to the battleground to bring food for his big brothers. When this shepherd boy named David heard Goliath mocking the Israelite army, he began asking questions about what was going on. David was then brought to see the Israelite king, Saul. David told Saul that he was willing to fight Goliath. Saul questioned whether or not David could fight Goliath, but David explained that he had fought and killed a bear and a lion while he worked as a shepherd. “If God took care of me while I fought the wild animals, He can help me fight Goliath”

Saul offered David his armour (which did not fit) so David took just his slingshot and some stones and headed out to fight the giant. As David approached Goliath the big soldier mocked

David. David replied, “You come against me with a sword and spear, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. Today the Lord will help me defeat you”. David put a stone in his sling and fired it at Goliath, striking him in the forehead. The mighty giant fell to the ground. When the Philistines saw their hero was dead, they all ran away. David trusted in God and God gave him victory.

### **Questions for discussion**

1. Who was Goliath?
2. How did Goliath challenge the Israelites every day?
3. Why was everyone afraid to fight him?
4. Who was David?
5. Why did David think he could take on the giant, when none of the Israelite soldiers were brave enough to fight him?
6. What did David mean when he said “the armies of the living God”?
7. What did Saul say to David when David offered to fight the giant?
8. What was David’s reply?
9. Was David’s confidence in his own abilities, or in God?
10. What did David say when Goliath mocked him?
11. Who won the battle?
12. What kind of battles do you fight each day?
13. Can you fight these battles with your own strength?
14. Who is strong enough to help you win the war against sin?

**Listed below each question are examples of the types of responses you are looking for. You may need to rephrase students’ answers or guide them along.**

(Ask) What does courage mean?

1. Doing the right thing even if it is difficult.
2. Facing your fears with confidence – being brave

**(Ask) What are some ways you can show courage?**

1. Do the right thing, even if others are not.
2. Bravely deal with your daily challenges.
3. Be willing to try new things, even if you might fail.
4. Tell the truth regardless of the consequences.
5. Face your fears and work to overcome them.
6. Admit your mistakes and learn from them.
7. Do not give into negative peer pressure

**(Ask) Name some people who have shown courage?**

1. Rosa Parks, Martin Luther King, Susan B. Anthony, soldiers, police officers, fire fighters, Mahatma Gandhi.

**Group Activity:**

1. Have students work in small groups to role play situations in which a person shows courage. You may want to write possible scenarios on note cards and distribute one to each group. Allow each group to perform their skit for the rest of the class. Remind students to be respectful while others are performing

**Story #2: The Lion's Tail**

In a small village there lived a boy called Leo. He was a small, slim kid, and he lived forever in fear because some boys from a neighboring village would harass poor Leo and try to have fun at his expense.

One day, a young wizard was passing by the village and saw Leo being made fun of. When the other boys left, the wizard went over to Leo and gave him a beautiful lion's tail, along with a small tie that allowed Leo to hang the lion's tail from his belt.

-“It's a magic tail. When the person wearing it acts bravely, he or she will turn into a ferocious lion.”

Having seen the young wizard's powers some days earlier during his act, Leo didn't doubt his words, and from that time on he wore the lion's tail hanging from his belt, hoping that the horrible kids would turn up so he could teach them a good lesson.

But when the boys came along, Leo was scared and he tried to run away. However, they soon caught him up and surrounded him. The usual jokes and pushing started, then, Leo felt the lion's tail hanging from his belt. Then, summoning up all his courage, Leo tensed his body, made two fists, and looked up, fixedly into the eyes of each of the boys, and with all the calmness and ferocity in the World, he promised that if they didn't leave him alone at that instant one of them - even if it were only one - would regret it for ever... today, tomorrow, and any other day. He kept looking them in the eye, with his hardest expression, ready to do what he had promised.

Leo felt goosebumps all over. This must be the sign that he was turning into a lion, because the looks on the boys' faces were definitely changing. They all took a step back, looked at each other, and finally ran off. Leo wanted to take off after them and give them a good beating with his new body, but when he tried to move, he felt his legs were short and just normal, so he had to abandon the idea.

Not far off, the wizard observed, smiling. He ran over to Leo. Leo was very happy, though a bit disappointed that his new lion body had lasted only a short time, and he hadn't managed to fight them.

-“You wouldn't have been able to anyway,” the wizard told him,

-“no one fights with lions, because simply from seeing them, and knowing how brave and ferocious they are, everyone runs away. Have you ever seen a lion fighting?”

It was true. Leo couldn't remember ever having seen a lion fighting. Leo became filled with thought, looking at the lion's tail. And he understood everything. There had been no magic, no transformation, no nothing. What happened was that a good friend had shown him that bullies and other cowardly animals never dare to confront a truly brave boy

### **Questions:**

1. What was Leo's problem before he met the Wizard?
2. Why do you think the other boys could bully Leo?
3. How did the Lion's tail help Leo deal with the bullies?
4. Why did the boys step back?

5. What had changed with Leo that helped him deal with the boys?
6. What do you learn from the story?

**Group-Activities:**

2. Role play Leo when his friends are making fun of him and Leo shows courage to get over the situation.
3. Ask students to share examples of their own acts of courage
4. Have students work in small groups to role play situations in which a person shows courage. You may want to write possible scenarios on note cards and distribute one to each group. Allow each group to perform their skit for the rest of the class. Remind students to be respectful while others are performing.

**Life Application:**

1. Think about any situation where you showed courage to overcome any fear or situation. Narrate the incident in the class focussing on what are some of the things that helped you overcome your fear.
2. Ask the students to write and illustrate their own quote for courage. Discuss next class.

## **SUB-VALUE: Self Confidence**

### **GROUP 2**

**AIM:** To develop faith and confidence. The student should realize that it is his /her inner strength and courage that enables him/her to face failures and disappointments as well as welcome success in life.

#### **QUOTATION:**

The first thing you have to do is to develop self-confidence. It is such people who have no confidence in their own self who begin to wander about and to waver, and take to various different paths. When you take your body to different places, and when you go about moving aimlessly, the mind also goes to different places."(Sathya Sai Baba. SSS. Vol. 13, Chapter 6).

#### **PRAAYER:**

Aum, Sahana Bhavatu Sahanau Bhunaktu  
Sahaviryam Karavahai  
Tejasvina Vadhi Tamastu Ma Vidvisavahai  
Aum Shanti Shanti Shanti

#### **Meaning:**

May our practice be protected. May our learning be fruitful and nourishing.  
May we join our strengths together for the good of humanity. May we never disparage one another. Aum Peace, Peace, Peace!

**SILENT SITTING:** Follow the standard prescribed commentary

## **STORY 1:**

### **Believing in ourselves**

It was a cold day in January. It had snowed the whole day and the temperature was below Zero. The roads were icy and the drivers were told to drive carefully. Sheila and her mother were driving home from a birthday party. All of a sudden, a car from the opposite side of the road slipped on the ice and banged into Sheila's mother's car. The car hit Sheila's side of the car. It was a very hard impact and all other cars around the accident heard the awful noise. Sheila and her mother were in so much shock that they fell unconscious.

The next thing Sheila remembered was being in a hospital bed. The people who saw the accident phoned 911 and within five minutes, an ambulance arrived at the scene of the accident. Sheila's mom had become conscious and pulled herself out of the car through the back. She and others had tried to get Sheila out of the car but her legs were stuck under the part of the car that had been hit by the other driver. As soon as the fire truck arrived, they cut open Sheila's door and the paramedics took Sheila out of the car. Sheila had been unconscious for almost 10 hours.

When she opened her eyes, her mother and doctor were standing beside her. She was glad to see her mother. Sheila remembered what happened and tried to sit up. She could not do it. Sheila could not feel her legs. When she told her mother and the doctor, the doctor did an examination and a couple of tests.

The next day, the doctor told Sheila and her mother that Sheila had been paralyzed waist down and that she may never walk again. Sheila started crying. This would mean that she would have to stay in a wheelchair and she would not be able to swim, skate, play soccer, baseball etc. The doctor did mention that there was 10% chance that Sheila could get feelings back in her leg. She would have to be very determined and would have to keep trying!

Sheila was very upset. However, Sheila's mom was very supportive. She kept on reminding Sheila that there was a chance. She encouraged Sheila to have faith in God and herself. No one else could help Sheila. The doctor showed Sheila what she would have to do in order to get back the feeling in her legs. He showed her a variety of exercises but Sheila felt that they were very hard. She tried but always gave up and

went back to bed. Sheila's mother kept pushing Sheila to try. She kept on saying that unless Sheila was self-confident, she would not be cured.

One day Sheila got up and realized that she was still in the hospital. She decided to do something about it. She made a deal with God. She promised to have faith in herself and to work hard so that she could walk again. She asked God to help her. She tried all the exercises that doctor showed her for 3 weeks but there was no sign of feeling in her leg. She was getting frustrated. She did not want to spend the rest of her life in a wheelchair. She had believed she could do it, but now she was having doubts. While she was having lunch that very same day, she felt a twitch in one of her toes. She could not believe it. She did not tell the doctor or her mother because she was afraid it was her imagination. The next day she felt her toes twitching. Sheila kept on exercising and massaging her legs and within a week she could feel her legs. Sheila was so happy. Now she would be able to go back to school and her best friends. She would also be able to skate, swim, play soccer, etc. She would be able to do anything she wanted. She was very thankful to God for giving her strength to overcome such an awful experience. She was also very pleased with herself and realized that if she had confidence in herself anything was possible!

### **QUESTIONS:**

1. What is self-confidence? How do we get confidence?
2. How was Sheila's self-confidence at the beginning of the story? What changed her attitude?
3. How did Sheila's mom help her?
4. Sheila decided to do something about her illness. What did she say to God?
5. Have you ever been in a situation where you felt self-confident?
6. Do you know of anyone who has been in a situation where they showed self-confidence and determination?

### **Group-Activities:**

1. List some ways of how you can show self-confidence?
2. Name some people who have shown self-confidence.
3. Ask students to list 3 things they are confident about and three things they are not confident about. Discuss



**Group-Singing:**

A temple in my heart, a prayer in my soul

A song on my lips and I sing to You (2X)

[Chorus:]

Baba Sai Baba, Sathya Sai Baba, Baba Sai Baba, I sing to You

Sathya Sai Baba, Baba Sai Baba, Sathya Sai Baba, I call to You

A light in my heart, a yearning in my soul

A name on my lips and I call to You (2X)

[Chorus in Unison]

Joy in my heart, peace in my soul

A smile on my lips and I sing to You (2X)

[Chorus in Unison]

<https://www.youtube.com/watch?v=oqeILAHAKbE>

## **SUB-VALUE: Self Confidence**

### **GROUP 2**

**AIM:** To develop faith and confidence. The student should realize that it is his /her inner strength and courage that enables him/her to face failures and disappointments as well as welcome success in life.

**QUOTATION:**      **You are not one person, but three;  
The One you think you are (physical)  
The One other think you are (mental) and  
The One you really are (God) - Sai Baba,**

**PRAYER:**              Heavenly Father, Help me today to not define myself by the world's standards or other people's opinion of me, but to know that my confidence comes from you alone  
Because your spirit lives in me

**Explain what is Self-Confidence** – Swami says self- confidence is the foundation. When we have complete and unwavering faith in the Self (Atma), we are able to surrender and let ourselves become a hollow flute for the Lord to play. In the process, we also progress towards the goal of realizing our inherent divinity.

**SILENT SITTING:** Follow the standard prescribed commentary

### **STORY 2:              Abraham Lincoln**

Abraham Lincoln was born in a poor family. He was so poor that he had to study under streetlights. He used to go to school in the company of wealthy boys in his childhood. Those boys were wearing costly clothes and Abraham however, had to go to school with worn-out clothes that were mended by his mother. One day, his friends made fun of his poor dress and books. He could not control himself. He went home crying and said to his mother, "Mother! I will not attend school hereafter. My classmates are making fun of me. They are looking down

upon me as a poor boy unable to wear decent dress.” They said that I don’t deserve to walk along with them in my poor attire and that I should walk on the footpath.”

His mother took him into her arms lovingly and consoled him, saying, “My dear son, do not get affected by praise or blame. Do not be afraid even if they make fun of you. All this is going to help you in your future life. Understand the situation at home. Your father cannot afford to spend money on your education. Do not mind what others say. Lead a life of self-confidence and self-respect. That is your property.

These words made a lasting impression on the tender heart of the boy. He inculcated self-confidence and self-respect, with the constant support and encouragement of his mother. He eventually went on to become the President of the United States by sheer hard work and self-confidence which his mother encouraged him to develop all through his life.

### **QUESTIONS:**

1. How do we get confidence?
2. How was Abraham Lincoln’s self-confidence at the beginning of the story?
3. What changed his attitude?
4. How did he develop self-confidence and courage?
5. Have you ever been in a situation where you felt self-confident?
6. Do you know of anyone who has been in a situation where they were self-confident or not self-confident?

### **GROUP-ACTIVITIES:**

Write a list of behaviors that is associated with self confidence that may be helpful when you feel low in self-esteem

Write two tips on how do we practice being aware of the Self 24/7 e.g.

1. Listening to the inner guidance
2. Believing in your inner strength

**LIFE APPLICATION:**

Recall a time when you felt confident and experienced a sense of self-worth. Note down your reflections.

1. How would you describe the situation? What is happening? Discuss in next class
2. What could I do differently next time I am in this situation? What actions would empower me?

## **SUB-VALUE: Selfless Service**

### **GROUP 1 or 2**

**AIM:** To develop an attitude of love and service

**QUOTATION 1:** Hands that serve are holier than Lips that Pray - Sathya sai Baba

**QUOTATION 2:** Love All Serve all, Help Ever Hurt Never -Sathya sai Baba

**QUOTATION 3:** Service to humanity is service to divinity. -Sathya sai Baba

### **Prayer 1:**

Omkaaram Bindu Samyuktam

Nityam Dhyaayanti Yoginah

Kaamadam Mokssadam Caiva

Omkaaraaya Namoh Namah

**Meaning:** (Salutations to Him) Who resides in the spiritual heart center as Omkara, On whom the yogis constantly meditate, Who grants all desires and also liberation to his devotees. Salutations to Shiva, who is represented by syllable "Om".

### **Prayer 2:**

Saraswati Namastubhyam

Varade Kaama-Roopini

Vidyaarambham Karishyaami Siddhir-Bhavatu Me Sadaa

**Meaning:** Salutations Mother Saraswati, giver of boons, fulfiller of desires

Bless me, so that I begin my studies successfully, may there be accomplishments.

**Sathya Sai Baba on Selfless Service:** *“Engage yourselves in service activity. Consider social service as service to God. This is the best way to earn God's Love. Love all and serve all. Your entire life will be sanctified thereby.” - Sathya Sai Baba*

**Explain what is Selfless Service:** Selfless service is a service which is performed without any expectation of result or award for the person performing it.

**STORY:** The genie and the lamp

Once there were two neighbors: one was named John and the other Bill. Bill was rich and loved to keep everything to himself. He never helped out his neighbor John who was poor and did not have much. John loved helping others and found that this gave him more happiness than being helped. One day as Bill was walking in front of his house, he saw a beautiful lamp. The lamp was very dusty and needed to be dusted. So Bill picked up the lamp and decided to clean it and keep it. When Bill rubbed the lamp a cloud of dust came out of the lamp, and there before Bill stood a genie. The genie told Bill, “I grant you three wishes but...”

As soon as Bill heard this he began asking, “I would like a new and bigger house, more money and a new car.”

Stop, your wishes have to be selfless service. You cannot wish anything for yourself,” he told him. “If you do not wish for anything, rub the lamp again and leave me where you found me.”

Bill was disgusted by the genie’s request. “What? I cannot even wish for anything for myself? What kind of a magic lamp is this? I mustn’t waste my valuable time with garbage like this. Here, genie I shall let you back into your lamp.” Bill took the lamp and threw it in front of his house where he found it.

John was walking by Bill’s house when he saw Bill throwing his beautiful lamp out. He decides to ask Bill what he was doing. “Bill, why are you throwing out this beautiful lamp? I thought you would want to keep it.”

Bill smiled and said, “Oh no, I have so many things in my house.” Bill began to think that if John took the lamp maybe he would wish the three selfless wishes for Bill. “John, why don’t you take the lamp? It is a great lamp but I would need a bigger house if I were to keep all these kinds of things.”

John decided that he would take the lamp and perhaps he could give it to someone else who wanted it. John saw that it had only been half cleaned and so began to rub the dust off when all of sudden a cloud of dust came out of the lamp, and before him stood the genie. “I will grant

you three wishes but all of them must be for others. You cannot wish anything for yourself. If you do not wish for anything, rub the lamp again and leave me where you found me.”

John was very happy that he had the opportunity to help all those people who really needed help. “Oh genie, I wish I had enough money to give the hospital so they can help all those poor people that don’t have money and cannot cure themselves. I wish for lots of toys to give to all those homeless children who do not have anything and I wish I had an endless supply of food for all those people I come across everyday begging for food.”

The genie was pleased and said, “Now all your wishes will be granted and I will give you a boon. You will never be poor again in your life. You shall have plenty of Food, Money and clothes for yourself and your family. After I clap my hand, rub my lamp and take it and put it into a body of water nearby.”

The genie clapped his hands and John rubbed the lamp and let him into the lamp. All of a sudden the torn down house was turned into a big beautiful house with new furniture and appliances.

John’s family came running to him and asked him what happened. John told them, “Do not worry; everything is perfect.” Bill saw what happened and now wanted to know how it happened. But it was too late. John had already taken the lamp and put it in the water. From then on John was rich but never let it get to him. He was still always giving away his things to people who needed it more than him and his family. Bill, on the other hand, became more greedy and jealous.

**Questions:**

1. What kind of person was Bill? John?
2. What did Bill find in front of his house?
3. Why didn’t Bill use his three wishes?
4. When did John see the lamp?
5. What happened when John was cleaning the lamp?
6. What were John’s three wishes?
7. How did John become rich?

**Group Discussion:**

1. Why did John gain happiness by helping others?
2. What activities in this story reminds you of Sathya Sai Baba's mother wishes?
3. How can you practice selfless service at home?
4. What are the different ways which you serve your family?
5. How can we practice seeing God in those we serve, and in everyone?
6. What does "serving with love in our heart "mean?

**GROUP- ACTIVITIES:**

1. Student will fold a piece of construction paper in half. Label one side of the paper Selfless and label the other side Selfish. Under the label, the students will draw a picture to illustrate their understanding of these concepts.
2. Ask students to write descriptive sentences under each picture
3. Draw a scene from the story.

**Story 2: Krishna Arjuna Story**

<https://saibalsanskaar.wordpress.com/2015/08/03/selfless-service-story-of-arjuna-and-the-brahmin/>

**Story 3:**

<https://kids.dadabhagwan.org/stories/moral-stories/selfless-service-begins-at-home/>



**Group- Singing:**

Gopala Radha Lola Murali Lola Nandala

Gopala Radha Lola

Keshava Madhave Janaardhana

Vanamala Brindavana Bala

Murali Lola Nandalala

Meaning: Chant the name of Lord Gopala, the beloved of Radha (devotee). Chant the name of Prince of Nanda, Who moves about in Brindavan garden, wearing a garland made up of many pretty flowers. Worship Lord Keshava, Madhava and Janaardhana.

[http://prasanthi-mandir-bhajan.net/Gopala\\_Radha\\_Lola.mp3](http://prasanthi-mandir-bhajan.net/Gopala_Radha_Lola.mp3)

**Group- Singing:**

Shaila Girishwara Uma Maheshwara

Kashi Vishweshwara Sada Shiva

Sada Shiva Sada Shiva

Sada Shiva Shambho Sada Shiva

Meaning: Chant the names of the Lord: Lord Girishwara (Lord of the Shaila mountain), Lord Maheshwara (The Lord of Uma), Lord Vishweshwara (the Lord of Kashi, holy place of pilgrimage in India), Lord Shiva and Lord Shambho.

[http://prasanthi-mandir-bhajan.net/Shaila\\_Gireeshwara\\_Uma\\_Mahe.mp3](http://prasanthi-mandir-bhajan.net/Shaila_Gireeshwara_Uma_Mahe.mp3)

**Life Application:** Devote everyday at least five minutes for reciting the Lord's name and a few minutes rendering/ performing some kind of service to the needy. Include in your daily prayers a prayer for the welfare of all people in the world. Discuss it at our next class.