

LESSON 10

VALUE Peace

RELATED VALUE Self Acceptance

LEVEL Junior Primary

OBJECTIVE For children to begin to understand accepting themselves as they are.

QUOTATION *I like the way I am*

DISCUSS: How everyone is different and need to accept themselves as they are.

SILENT SITTING: Sit comfortably. Close your eyes.

Take a deep breath in.... and out, and again.

Listen to hear if you can hear any sounds.

If there aren't any sounds, listen to the quiet for a few minutes.

If you can hear sounds, try to think what they may be.

Open your eyes slowly and look around the wall.

STORY:

LOUIS THE FAIRY PENGUIN



Louis lives in a rescue centre in Australia. The centre rescues and protects sick penguins. The centre is called a "Recovery Centre" and is on an island called Penguin Island in Western Australia.

Visitors can go there by ferryboat and spend time looking at the penguins and watch the attendant hand feed them from a bucket of fish. The penguins go up to her one by one.

Louis had been very sick and would not have lived if he had not been rescued; he felt very grateful for this and was happy to be in a safe place where he was well fed.

The visitors to the recovery centre thought that all the penguins were cute but that Louis was the cutest of all. He was different to the other penguins, he liked to be alone, he didn't like chatting with the others and he found their talk to be boring and preferred his own company. When it was feeding time, Louis waited until all the other penguins had finished eating and then he would go up and get his share from the attendant who fed them each day.

Sometimes Louis felt he would like to be like the other penguins but was happy to accept the way he was and didn't try to be different.

One day a new penguin arrived a bit battered from a stormy sea, but with the help of the assistants at the Recovery Centre she became well again and they named her Penny.

Penny made friends with Louis; she talked with him and got to understand him. She told Louis that she thought he was a very special penguin to know and accept himself as he was and not try to be something other than his true self.

Louis was pleased with Penny's compliment and was grateful to Penny for being such a supportive friend. With Penny's help, he even became a little more social as he got to know the other penguins a little better, but still he remained his true self.

QUESTIONS:

1. How did you feel about Louis liking to be on his own?
2. In what way was Louis different to the other penguins?
3. Why did the penguins live at the Recovery Centre?
4. How do think Louis felt when Penny made friends with him?
5. What did Penny do to make herself a good friend to Louis?
6. Why do penguins have webbed feet?

ACTIVITIES:

SINGING;

Walking around in a circle and to the tune of 'The Farmer's in the Den' sing the words 'I like the way I am, I like the way I am' ee...i, ee...i I like the way I am.

More verses could be added by changing a word, for example 'I like the way I dress' ...walk...talk....children can choose words for the teacher to write up or for them to remember.

MUSIC AND / OR JUST MOVEMENT: (Familiarising with the names of penguin body parts)

Children waddle around the room like penguins.

They lift their flippers and give a little hop.

They go for a swim and paddle with their flippers.

Nose down to act as their bill (beak) they dive to catch a fish.

Back on land they waddle again as they look down at their webbed feet. Repeat.

ART:

Draw or use a photocopied sheet of the body of the penguin.

Draw a round circle for its head and draw its eyes and bill (beak)

Draw its flippers. Draw its webbed feet.

Colour it dark blue or black on its back and leave white for its front.

It can then be cut out to make a class project:-

Each child can glue its penguin on to a large sheet pinned to the classroom wall.

Children may add to the scene by painting the sea in the background and adding fish swimming in the sea etc.

CLOSURE Lay down, close your eyes and pretend you are a penguin sleeping in its little cave.

(The Recovery Centre has man made boxes for them to hide away in. Normally they would hide in little crevices in the rocky terrain.)

After the session try walking out of the room like a penguin would walk.

Source: Jacqui Robinson 2014: Junior Primary