

Some suggestions for integrating values into grammar and phonics activities

Some values messages for starting the Chinese Whispers game

- Love your brother.
- Love all serve all.
- Always help your brother.
- Be always full of wonder.
- There is only one language, the language of love.
- Be hard working like the beaver.
- Always speak quietly and with love.
- Don't worry, be happy.
- Love your friends as much as you love yourself.
- Feed the hungry
- Children, be gentle and kind to animals.
- Celebrate happy times.

About Myself

Sing the English song "I am the way I am" (see Songs for the words and music)

Talk about the values message that on the inside we are like a diamond. The more we live by good values the more we will polish our diamond and be shiny and sparkling instead of dark and dull. What can you do to polish your inner diamond.

Every one of us has a special, unique quality. It might be a talent for music or art, or for sport or mathematics. It might be that you are good at making people feel happy. We need to find out what our quality is, and use it to help ourselves and others. Ask the children to tell their friends what they think their special quality might be.

what, where, who, why

Add in some new sentences (written on the board or on a PPT) that have a values message

---- is helping his mother?

---- does Peace feel like?

in/between

Make up some extra questions, eg.

What is **in** your heart?

What are the good things **in** your friend?

I can choose **between** good actions and bad actions.

Plurals of nouns

Include values words that follow the same rules that you are teaching

eg

friend friends

smile smiles

duty duties

Also you can choose some of the words in the list and have a short discussion, eg hero: Who are your heroes? Why? What can you do to be more like these heroes?

This/that/these/those

Change some of the sentences a little bit to reflect values messages, eg:

Look, --- boy is running fast to help his friend.

..... girls are playing peacefully in the playground.

---- children have turned off ---- tap to save water.

Capital letters

Rewrite the stories or add some extra ones, eg

i am raheem..... i love my friends because they are kind to me. my best friends are nisha and pooni because they are honest and truthful.

? and .

Again add in some new sentences, eg:

Do you do silent sitting at home

Silent sitting helps me to be peaceful

Do you do ceiling on desires

Helping others makes me feel happy

Inserting fullstops

Use passages from inspiring stories. Use the opportunity to have some short discussions about the values message in the passage, eg

What good things did [the main character] do to be respected? Is it more important to be respected or to be rich? What do you do in your life to be a person who is respected?

and

Add some values-related sentences, eg

(i) I do silent sitting.

(ii) I solve problems more easily

Phonics

Include at least one values word that has the same sound.

Make a display on the classroom wall – every day add the new values word and a quotation about it

For example, **or**

forgive

Forgive and forget.

Note:

After you have taught the word and told them the meaning, it is important to talk about what the word means to them, eg:

- *What does “forgive” mean?*
- *Why should we forgive people who do something we think is wrong?*
- *Can you tell about a time when you forgave somebody? How did you feel?*

Some other examples:

ea

peace

- *What does peace feel like?*
- *What we can do to have peace in our hearts and our thoughts?*

team

- *In a team we are stronger than working alone. What can you do to be a good team member?*

clean

- *How can we keep ourselves and our environment clean?*

watch

Watch (ie look at) your:

Words

Actions

Thoughts

Character

Hearth

Friend

How do you help your friend?

Forgive your friends.

- *Tell about a time when somebody has been a good friend to you.*
- *How can you be a good friend?*

e

Help ever, hurt never

Do your best.

a

I **am** the way I **am** and I'm very **happy** with **that**.

ow

power

Love is power.

th

think

silent **thinking**

Think good, do good, be good

are

care

share

i

kind

smile

silent

tidy

Some more values words – please choose the ones that are useful and introduce them in your lessons to match the sounds in the textbook.

honest

courage

calm

concentrate

considerate

unselfish

respect

truth

good

love

promise

manners

polite

gentle

patient

discipline

happy

sorry

unity

patience

duty

service

Values words to teach phonics

Sound	Words	Sentences and values messages to think about
ai,ay	praise aid pain brain	Use your brain to avoid giving others pain.
al,au,all	all caught taught naughty	Love all, serve all. Good habits are caught, not taught. [This means that other people learn good habits more from watching us than from us telling them what to do.] If we are naughty we hurt ourselves and others.
ar	star are	We are all stars in the same sky.
ar		
air	fair	Before you speak or act, think about whether it is fair to everybody. Have you ever done anything that was not fair? Has anyone done anything to you that was not fair? How did you feel?
ass		
aw	awe law	When we look at the beauty of nature we feel awe. Why is it important to obey the law?
ea,ee	peace need see please speak clean	Inner peace is a good feeling. Help people who are in need. See only the good things in others
ea	head health	
ear	hear fear	Only hear good things – do not hear bad things or gossip about others If we can fill our hearts with love all the time, there is no room for fear. [The following silent thinking can be done to help children to cope with fear.]

		<p>Step 1You know that Fear is going to arrive and you must be ready for it ...</p> <p>You freeze up and your muscles become tense. Take a few moments to realize you are in a state of reaction....</p> <p>Say to yourself "I am feeling fear now ..I now have the awareness...this is what fear feels like...I do not like this feeling....</p> <p>Step 2.... Ask yourself if love is available during this time....Love is available if you choose it.... to fill your heart. When you feel fear, your heart is hungry for love and connection... you choose love... in your heart, call out the word Love.</p> <p>Step 3 ...you call on your 'inner computer' not to get rid of your fear...but...to fill your heart with love because that's what you'd do when you're love-hungry</p> <p>Step 4 ...the fear then starts to dissipate and you start to have a completely different sense of connection. Take a deep breath of fresh air and slowly open your eyes</p>
ear		
ere,eir		
ie	lie	<p>Why is it not good to tell a lie? [It is better to be truthful, even if we have to be brave and face the consequences of making a mistake. If we are truthful we have a clear conscience – if we lie we have to remember what it was that we said.]</p>
igh	<p>light</p> <p>right conduct</p> <p>bright</p>	<p>[Song]: This little guiding light of mine, I'm going to let it shine... What can we do to be like a light, lighting up other people's lives?</p> <p>[Song – Let us be brave and courageous]</p> <p>There is no light more bright than the light that shines within us.</p>
ir	first virtue	Think first before you act.
oa		

oy	joy loyal	What can we do to bring joy to other people?
oo	fool	Don't be a fool
oo	good look	Everybody is good at something and we should use this special thing to help ourselves and others. Ask children to identify what they are good at and what their classmates are good at. Stop, look and listen before you speak or act. [Traffic light poster]
or,oor,our	forgive	If we forgive people who have done wrong to us, it helps us to feel more peaceful on the inside.
ou,ow	power doubt our shower around	We should not doubt our power to shower love all around.
our,ur	hurt courtesy	Help ever, hurt never.
ch,tch	watch choice cheerful cherish each challenge	Watch your: Words Actions Thoughts Character Heart We need to make the right choice, to do good and not bad. What are some things that you cherish? (Are material things more important, or simple things like good friends and beautiful nature?)
ck	luck	If you do good acts you will have good luck.
kn	knowledge know	We need book knowledge but we also need to know how to be happy.
ll	well still allow	Behave well. Use silent thinking to keep your mind still. Allow others to be the best they can be.
ng		

ng	angry	If we get angry with somebody, we are doing harm to ourselves. Ask children to think about where in their bodies they feel anger and talk about the negative physical effects on their health. Discuss strategies for releasing anger in a values way rather than holding on to it.
nk	think thank	Before you speak, think “Is it true, is it necessary, is it kind?” Think before you act. Say “Thank you” to somebody today. How does it make you feel? How does it make the other person feel?
qu	quiet quality	If we sit quietly we can find solutions to our problems. Are you a person of good quality?
sh	shine unselfish	[Song]: This little guiding light of mine, I’m going to let it shine... Who is a classmate who is unselfish? What does he/she do that is unselfish.
th	this others	[Song]: This little guiding light of mine, I’m going to let it shine... What can we do to make others feel happy?
th	thank you truth thinking think	Do we always remember to say “Thank you?” What are some of the things we are grateful for? For homework, make an effort to say “Thank you” to somebody and see how it makes them feel. How can we use silent thinking to solve our problems? Think before you act
wh	whole	Be a whole person, with balance of thought, word and deed.
wh		
wr	wrong	Judge your thoughts, words and actions in your heart to make sure they are not wrong.

