

Topic: Liquid measure

Volume capacity

Example 1: Use of a quotation to introduce the topic

“Care has to be taken to see that you select and stick to the proper company. A cup of water has no cash value; but, if it is poured into ten cups of milk, it acquires the value that people attach to milk! If on the other hand, one cup of milk is poured into ten cups of water, it loses the value it had and is condemned as useless. So, the Satsang you join must be purer, more venerable, and sticking to higher ideals of virtue and truth than you yourselves. When a smoker joins a group of non smokers, there is every likelihood of his giving up that bad habit; but, when a non smoker falls into a den of smokers, he is certain to become a victim soon! Such is the subtle influence of the company one keeps. The company you join must be qualitatively and quantitatively greater and higher than the one in which you are now caught.” (Sathya Sai Baba)

An activity to support this quotation (from Mrs Rama Ganapathy, Vidya Vahini Project, India)

The company we keep can reduce us or elevate us depending on the quality of people in that gathering.

The teacher can prove it through the following activity:

Materials required:

1. 1 glass of water + 1 spoon of milk
2. 1 glass of milk + 1 spoon of water

First the teacher can add a spoon of milk to the glass of water and elicit the reaction from the students.

Next the teacher can repeat by adding a spoon of water to the glass of milk and elicit the reaction from the students.

Discussion questions:

1. What happened when a spoon of milk was added to the water?
2. Did it enhance or reduce the value of the milk?
3. What happened when a spoon of water was added to the milk?
4. Did it enhance or reduce the value of water?

Explanation:

- The cash value of a cup of water is much less than the cup of milk.
- But if a spoon of water is added to a cup of milk it assumes the cash value of milk.
- If on the other hand, a spoon of milk is added to a cup of water it loses its value.

Such is the subtle influence of the company one keeps.

The company we keep must be qualitatively and quantitatively greater and higher so that our value is enhanced and we become part of a similar or a higher group.

Example 2: p.85: Reword the problems

Problem 4. (This is also use of a quotation): Sai Baba tells us that we are like tanks that have the capacity to be filled with Love. We must endeavour to Love all. Love all, serve all. Hating everyone, caviling at everyone, feeling jealous of everyone – if you want to experience peace, how can you have it? Only if there is water in the tank can you get water in the tap. If the tank is dry, how can you draw water from the tap? If you fill the tank of your heart with Love, you can have Love towards everyone and receive Love from everyone.

Imagine now that the tank in the problem is you and it is filled with Love. What are the things in the pipe that can drain your tank? [get students to give the answer that our bad qualities like anger, jealousy, laziness.....can drain us.] Now imagine there is another pipe going into the tank, filling it with Love, Peace etc. If these good qualities are coming into the tank at the rate of 200ml per minute and the bad qualities are emptying it at 300ml per minute, how long now will it take for the tank to be emptied? How about if the in-pipe is filling at 400ml per second?

Activity: Draw a diagram to explain this values message. On the “in” pipe write your good qualities that can fill your tank with love and peace. On the “out” pipe write the negative qualities that can drain your tank of its love and peace. Write down 3 things you can do to keep your tank from draining. **Note that this can be a homework activity if there is not enough time in class. Ask students to bring the work to class the next day and display their diagrams on the classroom wall.**

Example 3, p.85: Ask some values-related questions connected to the problem. (This can be done in 1-2 minutes of class time.)

Problems 5 and 6: What are the good qualities of a cow? [ask students to brainstorm – for example she is loyal to the other cows in the herd (cows will help other cows that are sick or in danger), calm and peaceful temperaments, protective, curious to learn about new things, adapt well to whatever situation they find themselves in)

Problem 7: What are the good qualities of a bee? (they make something beautiful, ie honey, for others to enjoy; they all know their purpose in life and do their work as best they can, work hard, help plants by pollinating them)

I suggest putting pictures of these animals on the wall with lists of their good characteristics. Over time you can build up a collection. It is important to have values messages on the walls so the students are immersed in them.

Example 4: Using a homework activity to put a values message into the problem

Problem 8, p.85. This is already a good problem for the value of not wasting water (Non-violence). **For homework** ask the students to estimate how much water they waste in a day (e.g. by leaving the tap running while they clean their teeth or wash vegetables, drinking half a glass and throwing the rest away).

- The next day add up all of the class's estimates. (They can do this first in groups and then the group leaders can report – this will save a lot of time). How many one-litre bottles of drinking water would their wasted water fill in one day? One week? One year? Explain why it is important to save water even in a place like Sri Lanka where there is a plentiful supply, and emphasize the importance of people with abundance sharing their abundance with those who do not have the same resources.

Ask the students their feelings about the results, and suggest that they persuade others not to waste water, because this relates the whole idea of water wastage to themselves.

Example 5: Using quotations that are related to the problem

This is still about Problem 8, p.85:

Select **quotations** from the following to display around the school:

A drop of water is worth more than a sack of gold to a thirsty man.

A slogan on Water is a slogan on life.

Be green like a pro, by conserving H₂O.

Conserve water, conserve life!

Conserve water, our life's on the brink!

Don't let your children blame you one day for leaving them without clean water.

Don't be a fool, cover your pool.

Don't drop out to save the drop.

Don't let the water run in the sink, our life's on the brink!

Don't let your children blame you one day for leaving them without water.

Don't waste it, just taste it!

Every drop you save now will save the children of tomorrow.

If we care of it, It will care for us.

It's only good until the last drop, than What?

Life depends on water, the reservoir depends on you.

More water, more happiness.

No matter your occupation. Water conservation is your obligation.

Put a stop to the drop.

Rainwater tank, won't break the bank.

Save a drop, save your future.

Save water – every drop counts.

Save water and save the life on the earth.

Save water for your daughter!

Save water it will save you later!

Save water secure the future!

Save water today for tomorrow.

Save water! Save Life!
Save water, it will save you later!
Save water, secure the future.
Save water, shower with a friend.
Save Water.....It's not just a drop in the bucket.
Save water...it doesn't grow on trees.
Saving water can save the world.
Saving water means saving the future of our planet.
Saving water one drop at a time.
Stop making a splash. Conserve water.
Stop the drip to save the drop.
Tap the Tap.
The choice is yours- Save it or Waste it.
Think outside the sink!
Todays rain water is tomorrows life saver!
Turning off the water while brushing your teeth, saves more water than you think.
Want mental hydration? Think water conservation!
Waste water today, live in desert tomorrow!
Water covers two-thirds of the surface of the Earth, but Fresh water is 0.002% on Earth.
Water for the future generations.....priceless.
Water is life!
Water is life! save water,save life!!
Water is the basic of everything that lives, tread it like that.
Water is where the life comes from.
Water should be seen and heard not smelled.
Water, water everywhere but not a drop to drink
We need your helping hand, to save water, sky and land.
We never know the worth of water till the well is dry. Save Water!!
When you conserve water, you conserve life!

Sing a song about conserving water, eg

<https://www.youtube.com/watch?v=kTWE18VPj-c>

<https://www.youtube.com/watch?v=xn62e5ZJDqs>

<https://www.youtube.com/watch?v=7w0QF2IMsJ0>