

Living Values Activities for Children Ages 8-14 (Living Values: An Educational Programme)

By Diane Tillman

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About the Author

Diane Tillman is an educational psychologist who worked in a California public school system for twenty-three years. She lectures internationally on personal development and training educators. Tillman has served with the United Nations Association-USA at the local, regional and national levels

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Honesty Unit

Goal: To increase knowledge about honesty.

Objectives:

- To participate in discussions about the Honesty Reflection Points and be able to talk about two or more.
- To understand the relationship between honesty and trust.

Goal: To develop awareness about the effects of dishonesty.

Objectives:

- To create and then participate in a skit on the theme of honesty and dishonesty, placed within a period of history the students have been studying, and to discuss the effects on the people of that time economically and socially.
- To Mind Map the effects of honesty or dishonesty in small groups, and to share their Mind Maps with other groups.

- To participate in lessons and discussions about why people lie, how we feel when we lie, how we feel about others when they lie and how others feel about us when we lie.
- For older students to examine the effects of dishonesty and corruption in a real world event.

Goal: To learn social skills that can help one be honest.

Objectives:

- To participate in lessons about "one minute of courage."
- To discuss and practice communication skills when we have done something we regret.
- To make up Honesty Situation Cards and act out honest and dishonest responses and the consequences.

Goal: To value being honest.

Objectives:

- To enjoy "The Emperor and the Flower Seed" story and be asked to think of a time when they were loved for their honesty.
- To understand that when I am honest, I will be clearer and happier inside.
- To write three guidelines for being a good friend.

Honesty Lessons

Continue to play a song daily.

Do one of the Relaxation/Focusing exercises every day or every several days, as suitable for your class. The students may enjoy making up their own exercises.

Honesty Lesson 1

The Emperor and the Flower Seeds

Read "The Emperor and the Flower Seeds" in the Appendix.

Discuss the story, and then discuss it in relationship to the following Reflection Point: A person worthy of confidence is honest and true.

Activity

Ask younger students to draw a picture of one aspect of the tale, or make a few props in preparation for acting out the story during the next lesson. Older students could write a short story on why the Emperor chose the little girl.

Alternative Activity: Ask the students to think about and then discuss in pairs how they would rule their kingdom if they were a king or queen. They can then write some of their ideas.

Honesty Lesson 2

Flower Seeds

Read "The Emperor and the Flower Seeds" story again, this time with the students acting out the story.

Discuss/Share

Begin with the comment that Serena, the protagonist, is loved for her honesty. Ask:

- Can you think of a time when you were loved for your honesty?
- Who would like to share?
- Can you think of a time when you really appreciated someone else's honesty?

Activity

Write a short personal essay on, "I was loved for my honesty when _____, "or,

"I like people to be honest because _____."

Item 1: Peace

Example of a World Cake

By a Student in China

Angel World Cake

Dry

2 1/2 cups Happiness ùscatter evenly
1 3/4 cups Freedom ùdistribute equally
1 1/2 cups Trust ùgrate and toss in bowl
1 pinch Laughter ùsift throughout mixture
a dash of Helpful People ùradiating out from center

Wet

2 cups Respect ùpour and mix well
1 1/2 cups Cleanliness ùspread on bottom of pan
1 cup Understanding ùmix throughout batter
1/4 cup Friendship ùmix until doughy

Toppings

1 1/2 cups Peace ùspread on finished cake
1 tbsp. Unity ùsprinkle on top
1 tsp. Love ùsprinkle lightly everywhere

Steps

1. Spread cleanliness on bottom of circular pan with a circumference of the equator.
2. Mix friendship, respect and understanding in a bowl. Allow to sit for one minute.
3. Mix trust, helpful people, happiness, freedom and laughter into a separate bowl. Beat for one minute.
4. Mix ingredients together in one bowl. Blend for two minutes.

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