

EduCare

LET'S GROW TOGETHER!



HUMAN VALUES

Educational magazine for children,
kids, families and schools with
human value focus

1
2013



Mom and Dad!

Call your kids, sit down and flip through this magazine together. You'll have a chance to sow the seeds of values in your family. Not the material values you work so hard for, but human values, like friendship, care, trust, respect, cooperation and unity. Values that make a family strong and build your child's character. Read about them, talk about them, sing about them, and find ways together to bring them into your day to day living.

Teachers!

Be value inspired and uplift your lessons with higher focus to foster self-understanding and humanity in your students. You and their parents are their very first compass: they need you in order to find orientation throughout their lives. Equip them with the skills they need to 'become their own 'compass', so that they will be ready to face the joys and challenges they meet along the way with a sense of balance, appreciation, and self confidence.

Adols and adults!

Catch the value pointers disseminated along your life journey and learn about the power of thoughts, and how they are a major creative force in your lives. Keep them in check and make them positive. Slipping and falling along the way is part of the process, that's why a value basis is the best you can find: it builds your integrity and empowers your self confidence and character.

Children! Kids!

Have fun reading this magazine with your parents or using it in class with your teacher. Values live in your heart, you don't see them but you feel them. We can make them visible by putting them into practice in what you think, say and do! Listen to your heart, and be happy!

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Human values



Quotations

Love in speech is Truth. Love in action is Right Action. Love in thought is Peace. Love in understanding is Nonviolence.

Sathya Sai

Rather than love, than money, than fame, give me truth.

Henry David Thoreau

Don't let your special character and values, the secret that you know and no one else does, the truth - don't let that get swallowed up by the great chewing complacency.

Aesop

The first principle of value that we need to rediscover is this: that all reality hinges on moral foundations. In other words, that this is a moral universe, and that there are moral laws of the universe just as abiding as the physical laws.

Martin Luther King Jr.

Do you think it is a vain hope that one day man will find joy in noble deeds of light and mercy, rather than in the coarse pleasures he indulges in today-gluttony, passion, ostentation, boasting, and envious hostility with his neighbor? I am certain this is not a vain hope and that the day will come soon.

Fyodor Dostoevsky

Goals



When talking about values one may question: "Whose values?" But if our values are 'human', they can not be tagged as something that belongs to one category of people or to another. They can only be the offspring of an inner wealth, a universal legacy common to all people, irrespective of nation, culture, tradition. As such, human values are an invisible foundation on which humanity itself evolves and flourishes, from which virtues and good character traits are prompted into manifestation through the triple power of thought, word and action.

To kindle the awareness that shared values such as friendship, cooperation, respect, peace and love, can be fostered to uplift the quality of living on a worldwide scale, and that these and other values enhance our sense of being with inner fortitude and self-confidence, is one of the most precious gifts we can give to our children. Moreso today, in a world that seems to have lost the needle of the compass. To sow values in our lives means cultivating good habits and a spirit of self-inquiry, and to live up to them as exemplars.

Where do we start from? Marcus Aurelius, (121-180), Roman Emperer and Stoic philosopher gives us a pointer: "Dig within", he says. "Within is the wellspring of Good; and it is always ready to bubble up, if you just dig."



Dictionary

HUMAN VALUES

IN THE DICTIONARY WE DISCOVER THAT VALUES ARE DEFINED AS SOMETHING HAVING RELATIVE WORTH IN MERIT OR IMPORTANCE. THEY CAN REPRESENT A FORM OF MONETARY OR MATERIAL WORTH. MATERIAL VALUES ARE INFLUENCED BY MANY FACTORS. THEY COME AND GO. HUMAN VALUES ARE THE WORTH OF HUMANITY. THEY RESIDE IN THE HUMAN HEART AND DEPEND ON NO OUTER CONDITION. THEY ARE UNIVERSAL AND ETERNAL.

Synonyms

HUMAN WORTH
INNER TRUTH
SPIRITUAL CORE
TRUTH
LOVE
PEACE
RIGHT ACTION
NON VIOLENCE
ETC.

Opposites

MONETARY WORTH
OUTER RELATIVE
THINGS OF VALUES
MATERIAL FOCUS
EGOISM
GREED
ANGER
JEALOUSY
ETC.



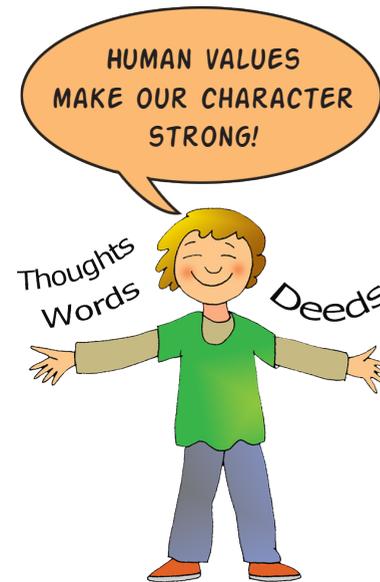
Education in Human Values

Every child is like a seedling that has within it an invisible force to grow into a tree. Every child should be supported in its delicate process of growth with the care of a gardener who is skilled in pruning (the art of setting limits and giving orientation), and in uprooting the infesting weeds of bad habits, and

who is equipped with selective fertilizers to enrich the soil of the child's heart with the right nutrients: values. And like every gardener whose effort is genuine and heartfelt, the child's mother, father or teacher should pray for rainfall and sunshine, so that the tender plant may be blessed by their grace.

When the upbringing of a child is seen as an overall process, the whole child needs to be taken into account. As the petals of a flower blossom in a unified and natural way, the physical, vital, emotional, intellectual, psychic and spiritual potential of the individual should awaken and develop harmoniously and integrally, reaching out towards their highest expression: Right Conduct, an intensive quest for Truth, Equipose, inner Peace, Love and Non-Violence.

Unity in diversity, unity of religions and "a ceiling on desires..."



...are all part of the Educare programme. Self-help skills and ethical living together with the development of practicality and academic know-how are facets of right conduct. The quest for truth keeps the mind in check and is a training ground for the intellect, stabilizing and enhancing the faculties of discernment, and intuition. Vital and emotional balance become a natural output when head, heart and hands work in unity. Inner peace allows the energy of love to flow towards a larger and fuller perspective, thus expanding into universal love and a sense of belonging to one family, one home...

| | | | |
|----------------|----------------------|-------------------|-----------------|
| Honesty | Sincerity | Spirit of Inquiry | Calmness |
| Discrimination | Self-analysis | Kindness | Self-control |
| Integrity | Search for Knowledge | Accuracy | Self-acceptance |
| Purity | Justice | Optimism | Self-confidence |

| | | | |
|----------------------|-------------------|-----------------|---------------|
| Sincerity | Spirit of Inquiry | Patience | Cooperation |
| Self-analysis | Gratitude | Forgiveness | Understanding |
| Search for Knowledge | Accuracy | Sharing | Morality |
| Generosity | Acceptance | Care for Nature | Compassion |

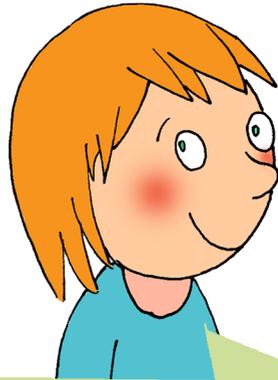
Educare postulates that the five cardinal values of Truth, Righteousness, Peace, Love and Non-violence are inherent in the individual. They cannot be 'taught from behind a desk' but only drawn forth and fostered. To do so they are ex-

plored and experienced in a direct or indirect way, both at school and in the form of extracurricular activities. A learning process made of growing awareness and practice.

Human Values belong to everyone



TALKING ABOUT VALUES AT SCHOOL TODAY WAS FUN!



BOB TOLD US THAT HIS DAD'S WATCH IS MADE OUT OF PURE GOLD!

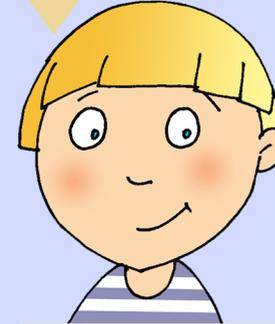


WOW! IT MUST BE WORTH A FORTUNE!



LIKE RED FERRARIS! GEE...

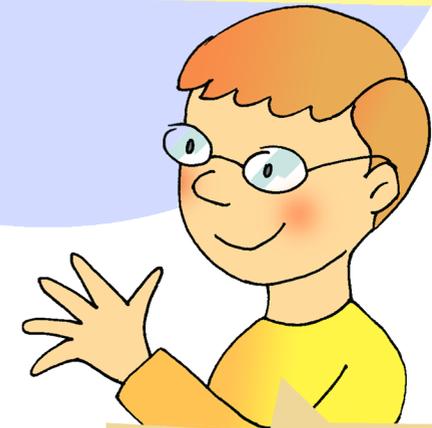
THEN PEDRO SAID THAT THINGS LIKE FRIENDSHIP ARE VALUES TOO. YOU CAN'T WEAR THEM LIKE A WATCH...



...OR DRIVE THEM LIKE A CAR! BUT THEY'RE IMPORTANT FOR EVERYONE IN LIFE. THEY'RE HUMAN VALUES!



HUMAN VALUES BELONG TO EVERYONE. THEY FILL OUR HEARTS WITH LOVE AND LIGHT. AND THE BEST THING ABOUT THEM IS THAT...



...WHEN WE PRACTICE THEM IN WHAT WE THINK, SAY AND DO, WE SHINE LIKE GOLD!

Quotations



First of all human values should be fostered in every house. Everyone should recognize the basic truth that the house is the centre of human values.

Each limb of the body has a specific role to perform. While accomplishing a bigger task, all limbs coordinate and work in unison. When the eyes spot a fruit on the top of the tree, the legs will walk towards the tree ; the hand picks up a stone and pelts at the fruit. When the fruit drops down, the fingers pick it up and put it in the mouth where it is masticated by the teeth and sent to the stomach. Thus we see that all limbs of the body have to work in a coordinated manner to perform even a small deed. With such unity prevailing in the house, anything can be achieved.

Understanding and adjustment between each other are very essential for the smooth functioning of any family. Adjusting will come easy only when there is proper understanding.

SATHYA SAI 29.10.2000



CHOOSE A VALUE QUOTE OR SAYING FOR THE WEEK AND TAPE IT TO THE FRIDGE. MAKE YOUR SAYING SPECIAL USING

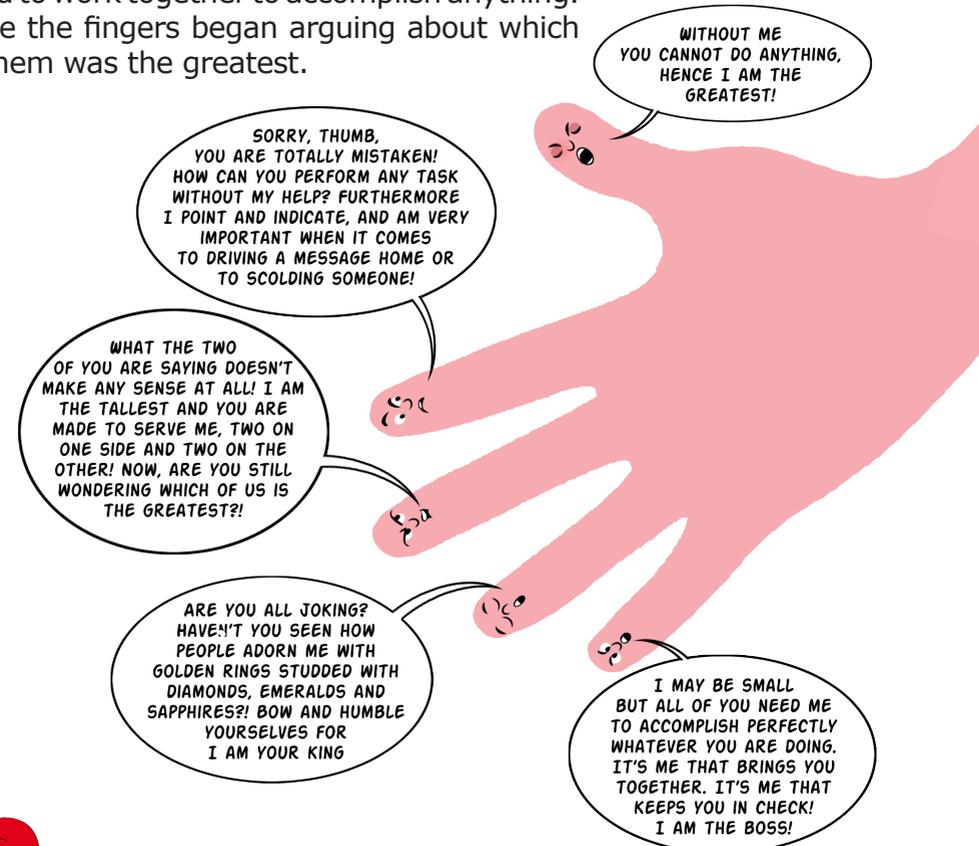
CRAFT MATERIALS, COLOURS AND YOUR OWN DRAWINGS. TALK ABOUT THE VALUE AT HOME AND WITH YOUR FRIENDS AND THINK ABOUT HOW YOU COULD PRACTICE IT TO MAKE IT STRONGER.



DECORATE AN OLD SHOE BOX AND TRANSFORM IT INTO A TREASURE BOX. USING COLOURED PAPER CUT OUT LOTS OF RECTANGLES AND WRITE A VALUE ON EACH ONE. KEEP THE CARDS IN THE BOX AND PICK A CARD AT THE BEGINNING OF THE WEEK. IT CAN BECOME A FUN FAMILY RITUAL TO DO SO. YOU CAN PICK A VALUE FOR YOUR WHOLE FAMILY AND AN INDIVIDUAL ONE FOR YOURSELF.

Always follow your heart

Our hand has five fingers. Each finger has a specific task to carry out but the five of them need to work together to accomplish anything. Once the fingers began arguing about which of them was the greatest.



While the fingers were arguing among themselves in such a silly way, the heart's voice was heard: "You fools! Each one of you is equally important. Without unity and harmony it will be impossible for you to engage successfully in any task. In fact, you represent the five Human Values which are like the five vital breaths of the human being." On hearing these words of wisdom, the five fingers understood their mistake and hung their heads in shame.

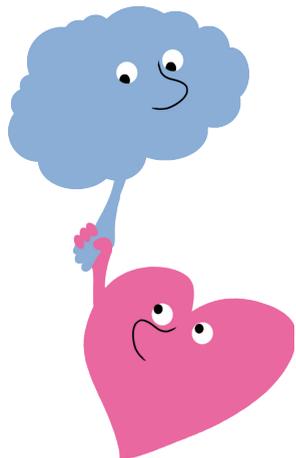
Be a hero 100%

All great men and women, from famous rulers, military commanders and warriors to great saints and sages, genius scientists and inventors, to top athletes or singers: had one thing in common – they were 100%!

Be 100%!

To be 100% means to be true to your self. To be your own. To live for your dreams. To endeavour to fulfil your own unique life mission. To follow yourself and your own inner voice. Fully and with no constraint. To be 100% means to be faithful to your own life, embracing it fully, breathing it in to the full capacity of your lungs with courage, energy and joy. Yes, just as our heart pumps blood and sends it to the various organs of our body. It does not do it with 70, 85 or 99% of its capacity, but with 100%! Without saving it's energy for later or calculating for the future. Or heart always beats 100% for us.

The mind and heart



If so, you might wonder, why have so few been great people in the past? Why is it so difficult for most people to be 100% true to themselves? Why can't we pump 100% for ourselves, for our own life, when our heart can do it for us?

The answer to this question is: because of our mind. The human mind is always judging, weighing and calculating. And not just that – the human mind is not as brave as the heart is! This is one of life's greatest secrets! For, if you want to be successful and happy, no matter what your life mission, then your mind has to follow your heart. It means that it, too, has to be brave, persist-

Aim at the highest!



The path to yourself

ent and hardworking! To be true to the accomplishment of your dreams and pursue your life goal without any calculation! Honestly, faithfully – 100%!

Are you wondering how to achieve this? It is not so difficult. All you need to do is to choose one thing that can even be what you find easy to do and you like most. Then be at it 100%. Become the best you can. For example, if you love playing basketball, start playing every game in the same spirit that you would play the World Championship Finals. Play 100%. If you like volleyball or football, practice it so that you are the first on the floor in workout sessions, and the last in the locker rooms. Or if you like nature and animals, and you are good at biology, take up the subject with passion, 100%. Slowly but surely you will see that things like praise and taking part in competitions, as well as finding the best paid job in the future, will simply be the consequences of the 100% energy you put into what you did with dedication and devotion.

You say, you are not so good at sports, and you are not so much into school, either. This doesn't matter. The only thing that matters is that you are in yourself and your life! Love your life 100% and your life will love you back with the same intensity. Love people 100% and you will be the most loved person in any group. You will be invited to parties and birthdays, will be a

favourite friend and adored by your peers. You say you are neither sociable nor funny. This doesn't matter, then love being alone 100%. Get to know yourself in solitude and then you will be visited by wisdom itself. It will be followed by all the gifts that accompany it.

You say, you don't like being alone, and you are not interested in philosophy, either. It doesn't matter. Then listen to music 100% and enjoy it the best you can. The 'best' means to be focused, interested and dedicated! In no time you will turn into a popular DJ at parties, and then on the radio, in disco-clubs and at concerts.

The greatest power

The secret is to dedicate yourself to something 100%. Then you will have the two greatest powers in the universe on your side. They are two sides of the same coin. The first is truth. Nothing is as powerful and as strong as truth. All the great people whom we mentioned at the beginning of this article lived their truth 100%. This is why they made history!

The other side of the coin is – love. Love as passion, energy and calling. Love as courage, determination and dedication. In other words, when you live your passion for basketball, music or biology, you do not do anything else but love it 100%. There is nothing as important, good or victorious in human life or anywhere else in the world as living this love. That means living for your Self, and dedicating your life to that which your Self is dedicated to.

Borna Lulić



Therefore – be!
Be brave and be your own!
Be true to yourself and your dreams.
Honestly and fully – 100%
And you will be a winner! 100%!

THE MESSAGE FOR AN EAGLE THAT THINKS HE IS A CHICKEN

A man found an eagle's egg and placed it in a chicken's nest. The egg hatched together with the other ones that had been laid by a chicken, so the little eagle grew up with the chicks. For its whole life the eagle did what the courtyard chickens did, thinking it was one of them.

It ransacked the soil in search of worms and insects, it clucked and squalled, it fluttered its wings again and again, jumping just a teensy bit above the ground. The years went by and the eagle grew very old. One day, high above in the open sky, he saw a gorgeous bird gliding, majestic and graceful, through the strong air currents, moving its golden wings at ease.

The old eagle stared in bewilderment:

"Who is that?", It asked. "It's an eagle. It's the king of birds", answered a chicken. "It belongs to the sky. Not like us. We belong to the soil, the ground, the earth... because we are chickens." That's how an eagle lived and died like a chicken, because it is what it believed to be.

Anthony de Mello



FATHER ANTHONY DE MELLO,
 (4 SEPTEMBER 1931, MUM-
 BAI, INDIA – 2 JUNE 1987,
 NEW YORK CITY, USA),
 WAS A JESUIT PRIEST AND
 PSYCHOTHERAPIST, WIDELY
 KNOWN FOR HIS BOOKS ON
 SPIRITUALITY.

THE OLD MAN AND THE MONKEY

Adapted from Aesop's myths

A STORY FROM GREECE

Roots and wisdom

Once upon a time there was an old man whose one and only friend was a little monkey. He loved her dearly and took great care of her. The monkey, too, loved him so much, that, although she was free to go wherever she pleased and could very well leave him, she chose to stay with him for life. The old man and the monkey lived rather poorly. They went from town to town and from village to village entertaining people, he with his recorder and she with her funny somersaults. Despite their poverty they were very attached to one another and felt happy because they were together.



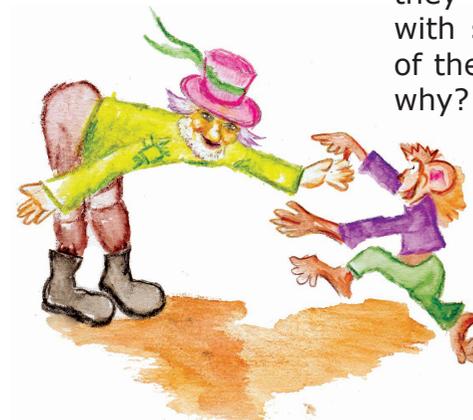
of food to eat and loads of soft straw to lie down on. No more somersaults, no more sleeping on hard ground and rocks. This is paradise!". She spent her day that way, enjoying her new rich and comfortable life. But when the next day broke, having had her fill of all the comforts, her heart yearned for her beloved friend, the old man. She missed his company, his recorder, his smile, his love. In no time at all, she understood that the railing before her was an iron cage which deprived her of her freedom and did not allow her to go up the trees, hang from branches, play with the old man and make somersaults freely in so many different places.



One day they went to a place where they saw a big stable filled with many animals kept in cages. As the monkey passed by she saw that all the animals had plenty of food to eat and a warm corner to sleep. So she thought: "What a wonderful time these animals seem to be having! They have so much food and they don't get the least tired. They don't need to do somersaults and jump all day like I do. Wouldn't it be nice if I could stay here, too!" Without thinking twice about it, she jumped to the nearest tree, held tight to a branch with her tail, made a somersault in the air, flew over the railing of the cage and landed right inside. "That's what I call life," she said. "Plenty

That's when she felt that she had had enough. Employing all her strength and making the grandest somersault she had ever attempted, she managed to get out of the cage and rushed to find the old man. She found him sitting on a rock, playing his recorder in a very sad state. She threw herself in his loving arms and they both started dancing and singing, with such joy and happiness that none of them had ever felt. And do you know why?

Because they felt deep in their heart, that love and freedom cannot be exchanged for all the comforts in the world.

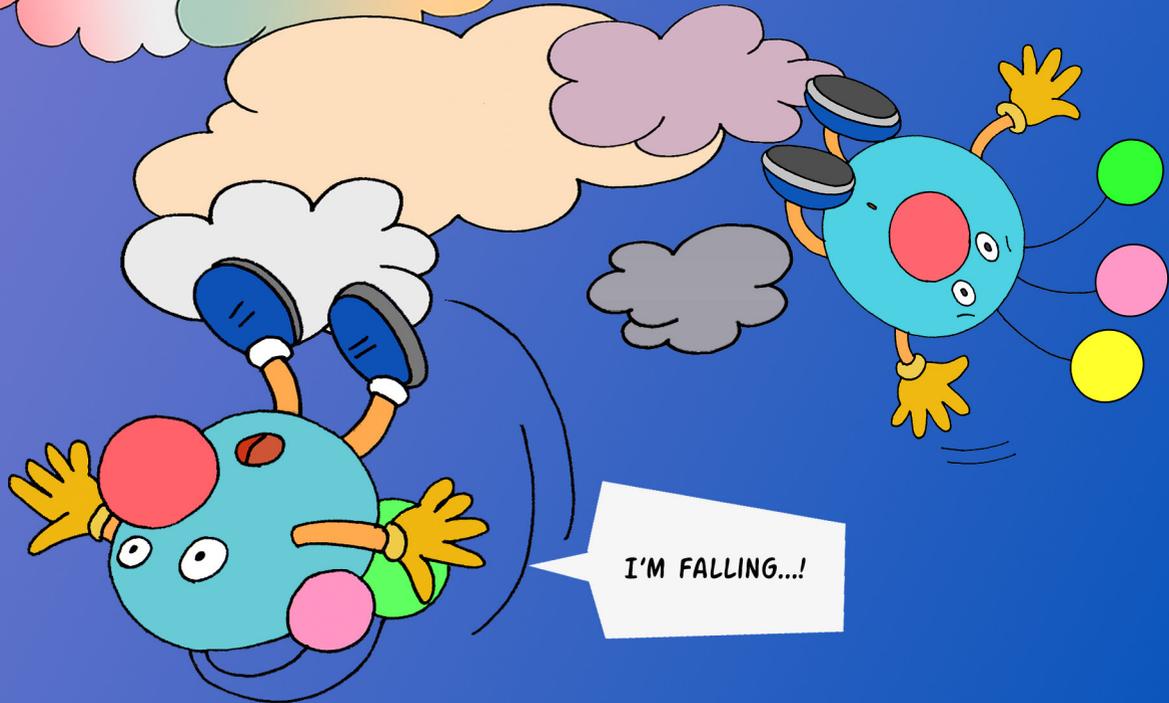


Marty's Fall

ONE DAY MARTY WAS WALKING ALONG A RAINBOW, WHEN HE SUDDENLY TRIPPED AND FELL.



HEY! WHAT'S GOING ON?



I'M FALLING...!

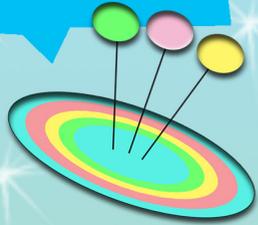


...STRAIGHT TO PLANET EARTH!



AARGHH!

READY FOR LANDING?



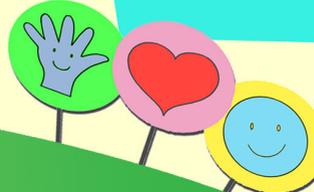
PLOOK!

AUCH!

WHEW!
MADE IT!

NO NEED TO WORRY, I'M EQUIPPED FOR
BEING HERE... EYES, NOSE, FEET ARE IN
PLACE... AND THANK GOODNESS...

...MY ANTENNAS DON'T
EVEN HAVE A SCRATCH!



AARGGH!

HEY! WAIT A MINUTE!
WHERE'S THE RAINBOW?

THEN WE'RE READY FOR
A NEW ADVENTURE!

IT'S GONE!

I KNEW IT! I'M STUCK
ON THE PLANET!

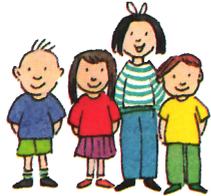
ONE THING'S FOR SURE, ONE
THING I KNOW... I'LL LEARN
SOMETHING NEW WHEREVER
I GO! AND ONE DAY I'LL
FIND MY WAY BACK HOME!



THE EARTH'S BIRTHDAY



*"Follow us!
Don't stay alone!
You will see that
the world is our
home!
Read the story!
It's about the birth
of a network of light
on planet earth!"*



CHILDREN



One evening birds, animals, trees and plants from all over the world met to talk about the situation on planet Earth. "Everyone knows that Earth is one of the planets that makes up our solar system", said a bear. "And our solar system put together with other stars and planets makes up a galaxy!" said a wolf. "And that many galaxies put together make up the whole universe!", added an oak tree. "But not everyone knows that the Earth is growing and growing", said a rock, "just like the children that live on it!"

"Not everyone knows that an extraordinary event is about to occur!", said a tiger. "An extraordinary event?", asked a baby elephant.

"Yes, extraordinary! It's almost the Earth's birthday!"

"Then we have to prepare a birthday party!" said the baby elephant.

"But we can't do it by ourselves..." said a butterfly.

"We need some help! Let's sing a song for all the children of the world! They will listen to us and help us!"



*"Get ready! Are you ready?
For a change? A new birth?
That soon will occur on our planet Earth?
Send invitations! Make lots of cakes
for children near and far!
Tell them to come, to join in the fun!
Are you ready? Get ready! Tell everyone!"*



BIRD



TREE



BEAR



ROCK



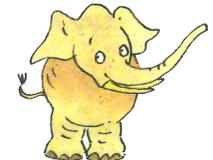
WOLF



BUTTERFLY



TIGER



ELEPHANT

AT SCHOOL ANY TOPIC CAN BE USED TO VEHICLE VALUES AND SENSITIZE CHILDREN. THIS SECTION HAS CHOSEN TO USE STORIES AND LEGENDS FROM AROUND THE WORLD TO HIGHLIGHT THE VALUES ALL PEOPLE HAVE IN COMMON, THOUGH TRADITIONS AND CULTURE MAY BE DIFFERENT. THE STORIES HAVE BEEN WRITTEN AS SUPPORT LESSONS OF ENGLISH FOR FOREIGN CHILDREN.



Children from all parts of the world heard the song. "It's almost the Earth's birthday!", they said. "And there is no time to lose".

They quickly sent invitations to the four corners of the the Earth. And, with the power of thought, sent messages to children on other planets too!



"Children from Sirius and from Mars, from Venus and Jupiter, living on stars: come to the party for the birth of a new world on our planet Earth!"

The invitations travelled fast and reached every country in the world. "Hurray!", said the children. "It's almost the Earth's birthday!"

The invitations travelled as fast as light, and reached children on other planets and star systems to!

"It's the Earth's birthday!", said the Sun children. "There is so much confusion on Earth... Our gift will be the value of Truth!"



"There is so much selfishness on Earth...", said the children of Mars. "Our gift will be the power of Right Action!"

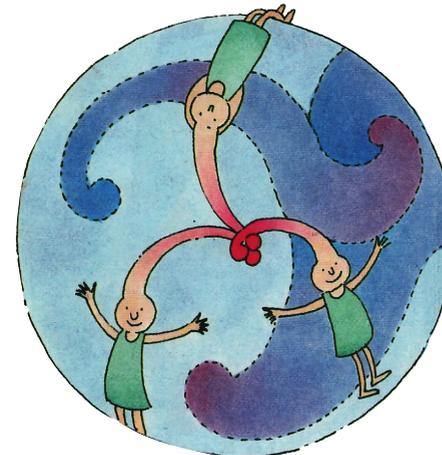
"There is so much war on Earth...", said the children on Jupiter."Our gift will be Peace!"

"And ours will be the energy of Love!" said the Venusians.

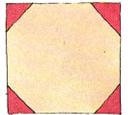
A little boy from Sirius received the invitation too.



"From here to infinity, the Universe is a field of energy! And we are love drops in an ocean of love!"



INVITATION



FOUR CORNERS



STARS



PLANETS



GIFT



"My gift will be the value of Non-violence!", he said.

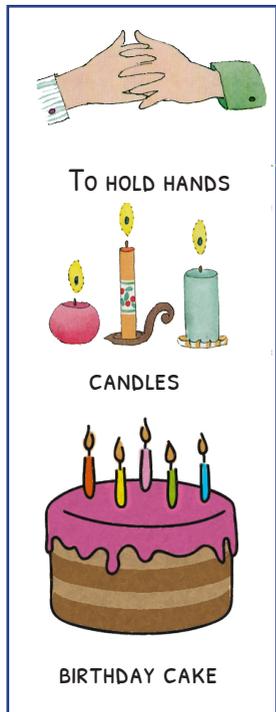
Then he wrapped his gift up with twinkling stars and was ready for the party.

All the children soon gathered on Earth. Everyone brought something special. Each child of the Earth also had a gift to give to the planet.

"We all have a quality we can share with others!", they said. "Our own special quality is our gift for the planet!"



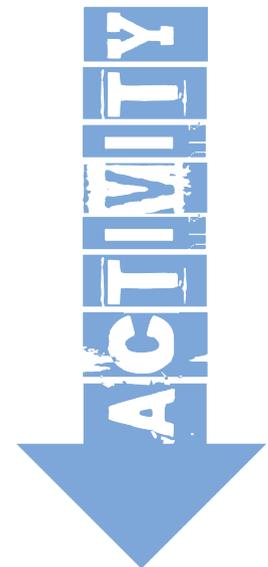
"The best gift for anyone is to be what is best in you!"



TO HOLD HANDS

CANDLES

BIRTHDAY CAKE



"Sincerity! Tolerance! Gratitude! Respect!", cried the Earth unwrapping her gifts. "Friendship! Forgiveness! Cooperation! Fun!"

The planet lit up with happiness and cried: "What beautiful presents! What wonderful gifts! This is just what I needed! This is just what I wanted! Thank you! Thank you! Your gifts are as precious as you are to me!"

The children held hands and danced around the planet and suddenly...the Earth changed size, shape and colour and became an enormous birthday cake! And all the children laughed and laughed and became thousands of candles!

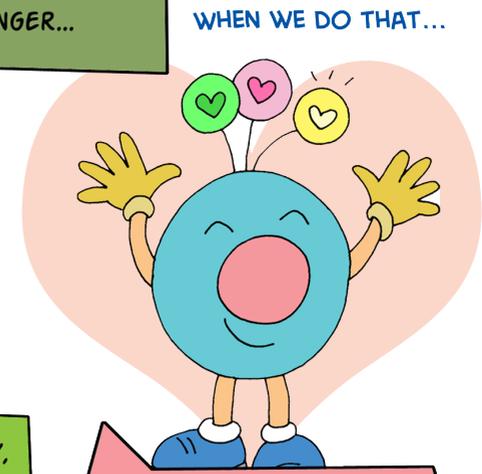
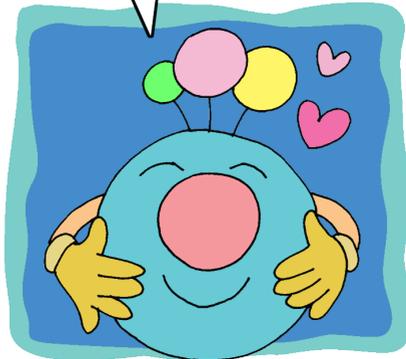
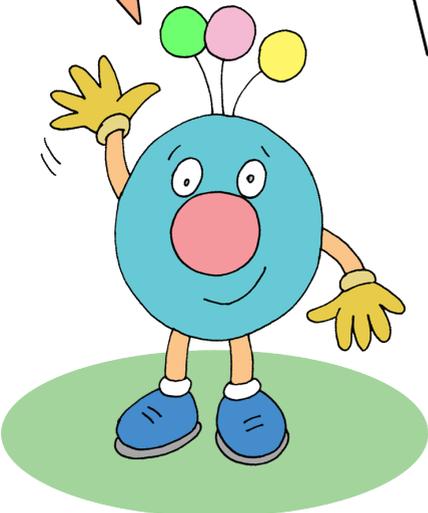
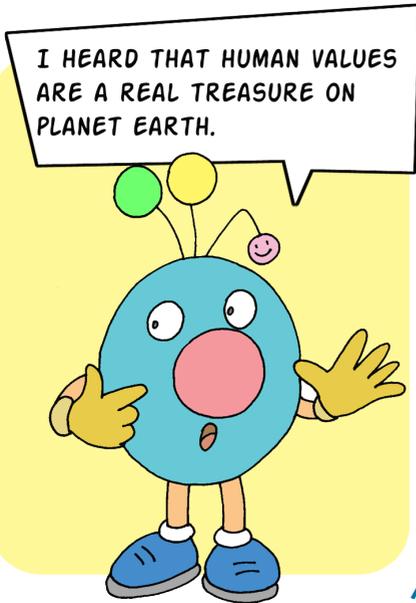
LET'S MAKE OUR EARTH HAPPY BY DANCING THE DANCE FOR UNIVERSAL PEACE.



MAKE A CIRCLE WITH YOUR FRIENDS AND HOLD HANDS. ROCK RIGHT AND THEN LEFT AND THEN TAKE A STEP RIGHT AND SAY THESE WORDS:



"PEACE BE WITH YOU,
AND WITH YOU BE PEACE"



The Value Compass

Wouldn't it be great to have a compass to keep in our pockets that helps us find direction in life? A compass that can help us make the right decisions and show us what to do all the time? Have fun making a compass like that!

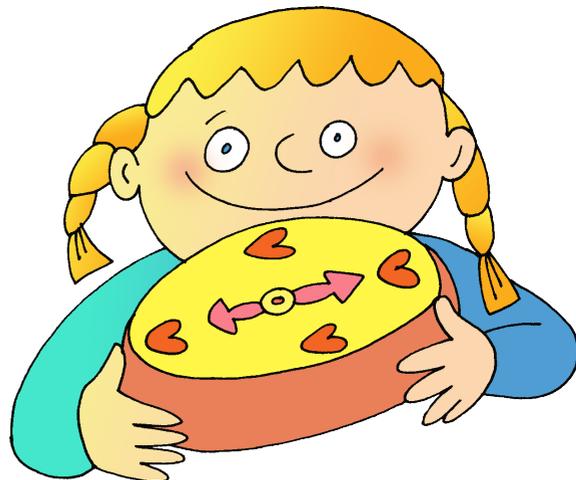


I WANT TO FIND DIRECTION IN LIFE... BUT MAYBE I NEED TO SEARCH FOR IT INSIDE OF MYSELF...

YOU NEED

- WATER,
- A BIG NEEDLE,
- A PIECE OF PLASTIC,
- A PLASIC CUP,
- A SMALL BOWL,
- A MAGNET,
- SCISSORS,
- GLUE,
- A BLACK MARKER.

- Place the plastic cup upside down on top of the piece of plastic and draw an outline.
- Cut out the circle and write four values in place of the four cardinal points.



- Put the plastic circle in the bowl and fill it with water. Write your name on the bottom of the cup.



- Now you can magnetize your needle by putting it on the magnet for a few minutes.



HUMAN VALUES ARE LIKE AN INNER FLASHLIGHT THAT I CAN TURN ON ANYTIME I WANT. THEY ILLUMINE THE PATH OF LIFE WITH GOODNESS AND BEAUTY, AND SHOW ME THE WAY!

- When the needle is ready, place it on the plastic paper circle that's in the bowl. What value is it pointing to? That's your direction!



BY THE WAY, DO YOU KNOW WHAT THE FOUR CARDINAL POINTS ARE?





The World Conference of Animals

Man is the noblest of all animals, the final product of untold ages of progressive evolution; but he is not consciously striving to live up to his heritage.

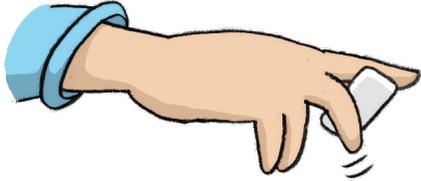
The animals held a world conference, to confabulate on the authenticity of man's claim to be the acme of creation and the monarch of all that walks on earth. The lion presided over the deliberations. The tiger questioned the claims of man; the leopard seconded the resolution of emphatic protest. It made a devastating speech condemning man, "He is a standing disgrace to animals everywhere. He manufactures and drinks merrily fatal poisons and is proud of his utter foolishness. He cheats his own kind and spends all his energies and resources in devising diabolic weapons to wipe out his sisters and brothers; he spoils nature by polluting the five elements and draining the Earth, his home, of its precious resources. He wastes time and money in numerous ways. He is cruel, greedy, immoral, insatiable and unashamed. He sets a bad example to the animal world. Though endowed with superior emotions and intelligence, his behavior is disgusting and demeaning", he said. "We animals do not know if and where we will get our next meal; we have no sure place of rest. We have nothing to wrap round ourselves, except the skin. And yet the least of us is a far worthier child of God than this monster called man", he concluded. The fox rose and added, "We have a season when we mate, but man, I am ashamed to say, has broken all regulations and cares for no restraint. He is a law unto himself and disaster to the rest. The lion rose, to sum up the arguments. "My dear friends," he said. "What you say is not surprising. Man follows his ego, and often

says one thing and does another. This inconsistency is not found in animals, though we cannot tar all with the same brush. In the matter of food, sleep and living habits, there is no difference between man and animals. But there is one fundamental difference. Animals cannot change their nature, while man can transform himself through education, good company and emulation. All men have the opportunity to use their special gift of discrimination to rise high, conquer and transform their lowest traits. All men can surpass what their fathers and forefathers have done and choose to consciously make a difference in their lives and the lives of their fellow beings. I deliberate thus that man is superior to beasts and the jewel of creation.

Adapted from Sathya Sai Stories,
The World Conference of Animals & Man Versus Animals



Teo and the choice



"It's not right. I can't do it!" muttered Teo. Three of his classmates had drawn lots to see who would enter Mr. Bell's stationary shop with one sole intention ... to swipe the first small object they could get their hands on... an eraser, a pencil sharpener, or

whatever... and shove it into their pocket.

"It's your turn! You can't pull back now!" A strong sturdy boy was pointing at him. "Com'on!" You don't know how head spinning it is to get... a five finger discount!" he sneered. Teo felt awkward. He didn't get the meaning of it.

"I don't follow you!" he said. "Why get all excited about playing a hoax on Mr. Bell?!"

"OOF! You're always so boring, Teo." Answered a skinny red haired boy. "What do you care about an eraser!?"

"It's not the eraser... I just don't feel like it guys!" retorted Teo, shaking his head in dissent. "Don't ask me to do it... I can't."

"Bwak bwak bwak....!" Teased the sturdy looking boy. "You're a real chicken! I knew it!" he snapped, jeering with disgust.

Teo felt confused and humiliated. He knew the price he would have to pay for not following the group rules but had to stand up for himself.

"I'm sorry guys." He asserted. "I told you, I can't do it. It's stronger than me... I got this feeling ... I don't know how to explain it... but I have to listen to it."

"You're only afraid Teo! You're afraid not to make it and to be chewed out by Mr. Bell or by your parents! You're a real zero!" mocked another boy.

"That's not it. I'm not afraid of not being able to swipe something from the shop!" piped Teo. "But sure, if mom and dad would find out about it they would be real disappointed in me", he added, hanging his head.

"Baby! Baby!" cried the three boys while Teo walked silently away.

Back home it didn't take long for his parents to understand that something was wrong.

"You look worried Teo. Did something happen at school today?"

"I don't know if I should tell you, dad", said Teo. "You wouldn't be very happy..."

"Don't keep it all in, sweetheart", said his mother. "You trust us, don't you?"

"Sure mom", sighed the boy who hesitantly began his story.

"Walking home from school today we went to get an ice-cream, the boys and me, so... you know where Mr. Bell's stationary shop is, don't you?" he asked.

His parents nodded their heads, listening with care. "Well, Jim and the others drew lots. They decided that one of us would have gone into the shop to swipe some kind of object... for fun..." Said Teo.





"You mean steal?" A dark frown clouded his father's face. "I hope you didn't..."

"I couldn't do it Dad! They called me names and told me that I'm not even worth a zero! But something inside told me not to!" cried Teo.

"I bet so! Stealing is something horrible, wrong and unethical", grumbled his father. "I'm glad that you listened to your conscience, it was the right thing to do."

"But now I'm out! They threw me out of the group, dad!"

"Do you really want to be part of a group that takes its members off track like that, making you do something so bad?" asked his mother.

"They don't realize what they're doing!" rebuked his father. "It's a dangerous game! You steal something small and insignificant like a pencil or an eraser and get away with it, and then you do it again and again, and it becomes a habit. A bad habit! And the temptation to steal bigger, more voluminous and more expensive items sets in, and..."

"I know, dad. That's how you become a thief."

"You will find new friends, sweetheart, friends that are in line with your way of thinking and being." Teo's mom's voice was gentle. "Kids like you who can walk head up high not because they are proud of their misdeeds but because they are honest people".

Teo's dad picked up the matter again. "Society is upheld by the feelings you sensed within you, Teo. Feelings like that give life to what we call 'morality'. It's thanks to certain principles and values that reside within us that people build righteous behavior and are civilized and respectful towards one another. Unfortu-

nately there are cases in which this 'moral duty' is not perceived, and that's when you step out of line! But whoever sows wind will reap whirlwind...because you reap what you sow! It's a law!"

The boy's parents hugged their son, relieved that he hadn't fallen prey to the rules of bad company and told him how happy and proud they were.

The following day Teo went to school feeling more mature and self-confident. When he got to class he found out that the sturdy boy named Jim had been stopped by Mr. Bell the day before because he had seen him steal a leather pencil case.

"I hope his bad tendency of shoplifting will change now...", thought Teo, "... so he won't turn into a real thief one day!" Then, turning to the girl sitting next to him he whispered: "Who knows how badly his parents must of felt when they found out!"

Suzanne Palermo



Questions

- 1- How did Teo feel when his friends wanted him to do something he didn't want to do?
- 2- What made him act the way he did and say 'no' to his friends?
- 3- Is a friend someone who encourages you to do something wrong?
- 4- Why is it wrong to steal?
- 5- What is a bad habit?
- 6- What does the saying: "you reap what you sow", mean?
- 7- Why were Teo's parents proud of their son?
- 8- Why did Teo feel more self-confident when he went back to school?
- 9- Tell the story in your own words. What impressed you the most?



SOURCES AND RESOURCES FOR OUR WORK WITH STUDENTS AND ... FOR OURSELVES

Teachers of any grade who are constantly applying Human Values within themselves, and practicing them daily in their professional activity, are certainly lucky. Their life, from a professional and personal viewpoint, is marked by achievement and success. Not because of the fulfilment of materialistic desires and ambitions in terms of health, wealth, family and possessions, but because they have chosen a value-oriented approach to life as a teacher and as a person in the first place. This is not something that can be calculated in terms of profit and loss, nor is it recordable by any form of control or evaluation. It is not a product that can be weighed or measured, it is a process. And it is this process that brings success to their lives. It is the "process" that makes the difference.

By process we refer essentially to three things

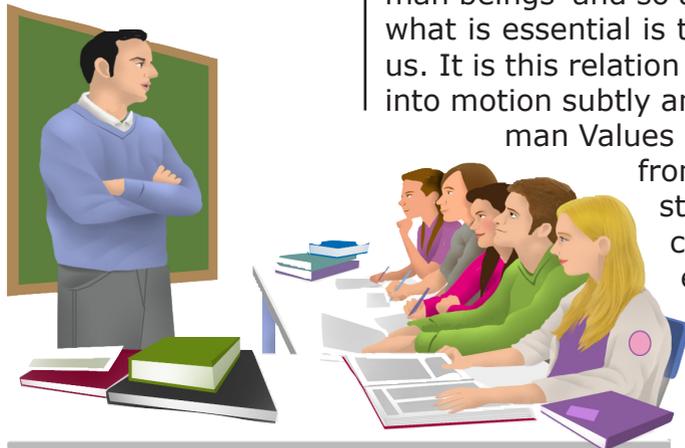
To living a life full of meaning as a result of a coherent and sincere effort in unifying with the five basic values of Educare, and their correlated value aspects. A personal dynamics that kindles inner balance, which, once acquired, offers visible signs in the form of joy, enthusiasm, energy, open-mindedness, wisdom and discrimination, positive thoughts and actions. This endows the teacher with vision; he/she knows what he/she is doing and why, and even the smallest act assumes spiritual and ethical significance, intuitively part of a wider Design. While teachers are normally overwhelmed by the bureaucracy of the system rather than the essence of education, a value-approach to it simplifies their work by making these formal aspects easier to manage, as they are no longer seen as predominant or oppressive duties to fulfil, but as additional tools to use.

To performing one's profession as a service to society, having become more aware of its original and noble purpose.

To the interaction with their students which enables Human Values to flow like tributaries towards their main river. But it is not the value-oriented approach as such that works in class, nor the choice of content, skills or strategies used to pursue one's didactical aims. These aspects of teaching are certainly important and the teachers accuracy towards their agenda calls for due respect and is essential in fostering excellence in competences, skills and

knowledge in their students. The fact is that when referring to Human Values applied to education what matters most in the eyes of students is 'what you are' and 'how coherently you manifest the values you profess'. Only by realizing to what extent we as teachers are role models, only by acting in this direction will we be effective, as our effectiveness does not depend on erudition, well-managed lessons and our mastery of teaching skills, but on our human profile, on how balanced, how respectful or fair, we are. Moreover, it depends on our capacity to be empathetic and capable of understanding our students' feelings and their ups and downs, which so strongly influence their learning process, and at the same time detecting latent talents and encouraging them to draw them forth with inner-resourcefulness and self-confidence. All this refers to love, not as an emotion but as a profound, respectful attitude towards the very core of what being 'human' represents. For before being teachers we are 'human beings' and so are our students, and what is essential is the 'rapport' between us. It is this relation between us that sets into motion subtly and effectively the Human Values potential, which goes

from the teacher to the student through a process of attraction and exchange, as natural as the movements of the atoms.



To be a teacher of Human Values

To be a Human Value oriented teacher is a wonderful personal, social and spiritual experience. It guides us towards the achievement of results that are normally difficult to obtain and it allows us to see the fruits of our work flourish in the immediate response from our students in terms of their cognitive preparation, motivation, and enthusiasm. But the highest satisfaction is seeing how their spirit of humanness gradually unfolds, as they become caring individuals who do not think or act on the basis of principles of convenience and utility but according to a profound inner respect towards what is true, righteous and peace-bringing. As a result, their attitude is positive and loving towards their fellow beings, animals and nature.

To commit one's self to human values is not an easy job. Sometimes the process is immediate, sometimes it calls for a long period of incubation. But apart from the direct or indirect didactic approach we may choose, in which contents and strategies aim at conveying a consistent Human Values basis, what makes the difference is how our interaction with students is managed. The degree of our coherence in thought, word and deed, the confidence we inspire, the motivation we foster, the talents we improve, the self-discipline we elicit, and mostly the way we put our students at the centre of our daily activity, are among the many factors that mould their behaviour and personality. Human Values are essentially the energy



of which we are made, they are the genetic inheritance of all mankind, the trademark of our life. Once called upon from within, both children and adults can no longer live without them, in the same way that we cannot live without breathing. Practicing, experimenting and observing this process for over a period of thirty years as a public school teacher and teacher trainer had certain outcomes: a positive attitude towards life in general, towards choice-making and the multiple duties of family and social roles, but above all the birth and recognition of an ethical aspect of one's own personality.

The process of Educare is the main legacy of the founder of this programme, who launched it for the benefit of people world-wide to help them re-discover unexplored aspects of our being. Once known to us they become the lighthouse for our journey, providing all people with a tangible sign and hope for a better life, that which sages, saints, writers, philosophers and sensitive scientists have struggled for, attempted and foreseen throughout the ages.

Marina Ciccolella

"To accomplish great steps, we not only need to act, but to dream; we not only need to plan, but to believe."

Anatole France



How to form groups



The simple instruction such as: "choose a playmate", can give rise to anxiety and insecurity especially in those children who feel marginalized. There are various ways to form pairs or small groups and create an apt atmosphere of safety and self-support among the members, without arousing fear in the children to be put aside or to not be the chosen partner for the game or class activity.

TO FORM TEAMS OF PAIRS

1. RAISE YOUR THUMB OR INDEX FINGER AND MAKE PAIRS WITH THE PEOPLE WHO HAVE RAISED THE SAME FINGERS.
2. SELECT A PLAYMATE WHO IS WEARING A DRESS OF THE SAME COLOR OR CHOOSE SOMEONE WHO WEARS (OR DOES NOT WEAR) A BELT.
3. PICK A THREAD FROM A BUNCH, PULLING IT FROM EITHER SIDE OF THE BUNCH. WHEN THE ANIMATOR LETS GO OF THE BUNCH WHOEVER IS HOLDING THE SAME THREAD WILL FORM A PAIR.



TO FORM GROUPS

THE CLASS HAS WON A VACATION AND THE CHILDREN CHOOSE WHERE THEY WOULD LIKE TO GO: TO SOUTH AMERICA, AFRICA OR ASIA? THEY GROUP UP IN THE ASSIGNED CLASSROOM CORNERS ACCORDING TO ONE'S PREFERENCE. THE SAME CAN BE DONE BY CHOOSING DIFFERENT VARIETIES OF FRUIT.

PUZZLE: USING AN OLD MAGAZINE, SELECT AND CUT OUT AS MANY PICTURES AS ARE THE GROUPS TO BE FORMED. CUT THE PICTURES INTO AS MANY PIECES AS ARE THE DESIRED GROUP PARTICIPANTS AND DISTRIBUTE THE PIECES AMONG THE CHILDREN. WITHOUT SHOWING HIS/HER PIECE, EACH CHILD ASKS SPECIFIC QUESTIONS SO AS TO FIND THE MISSING PIECES THAT BELONG TO HIS/HER OWN PICTURE, COMPLETE THE PICTURE AND FORM THE GROUP OR SUBGROUP.



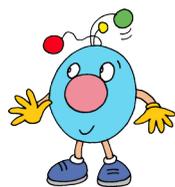


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WINDING UP

In this issue we focused on the topic of human values.



We learned that human values belong to everyone and reside in our very heart!

Marty told us that they are a treasure for whoever lands on planet earth, and that when we cultivate them they grow into good thoughts, words and deeds. The study circle kids pointed out how human values are not the same as material values. Do you remember why? Can you name a few?



You can learn about values at school too. Good stories are full of them and our experience teaches us a lot about how important they are. Teachers and parents can be exemplars when it comes to human values, but they need to first of all respect and practice the values they talk about! Kids and ados can really make a difference too, if they give 100% attention to what they do, and to the quality of the thoughts and intentions that trigger action!

Among the human values that this issue highlighted truth, love, friendship and self-listening stand out! Self-listening is what helps parents and teachers stay on track, and what helps kids learn to cultivate attentiveness and a dialogue with themselves. That's what Teo's story is all about, isn't it?!



appendix

VISUAL AIDS TO ASSIST IN STORY TELLING

Visual aids' to help you be more fun and creative in story telling, are offered as an appendix in the Educare magazine. Step by step explanations will show you how to realize the different kinds of support involving the children in their making and in the art of story telling. You can photocopy the illustrations you find in this magazine or use them as a model for the children to refer to when making their own.

The visual aids that 2013 will offer are the following:

- A make it yourself TV to use in story telling**
- Movable felt board project**
- Tales to put up and hang**
- Masks and theater props**
- Hints for storytellers**
- My accordion book**
- My theater book**
- My home book**
- My look inside book**

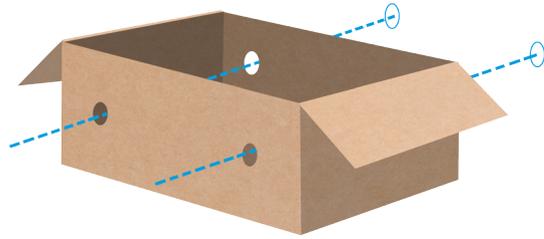


It takes extra time to prepare this visual aid but it is a favorite with children. If initially you make your plastic roll long, you can keep adding stories to it.

Instructions

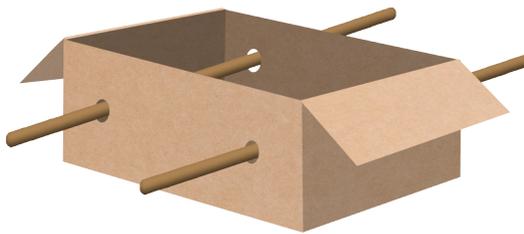
1

Take a cardboard box and cut out the top of it. Then cut out four holes in the sides.



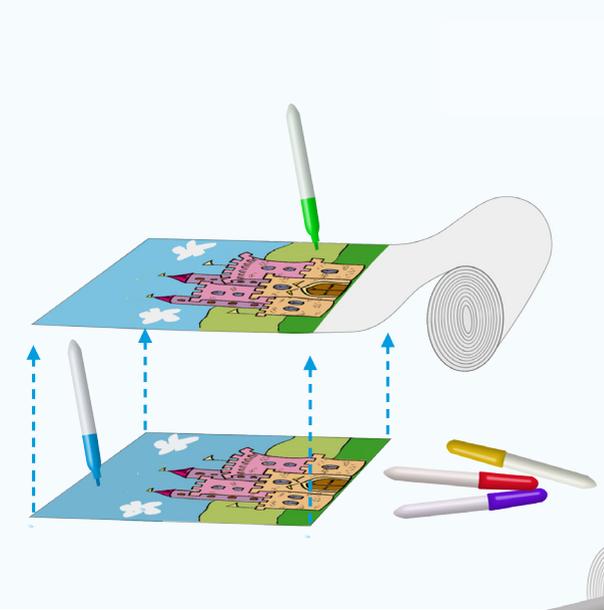
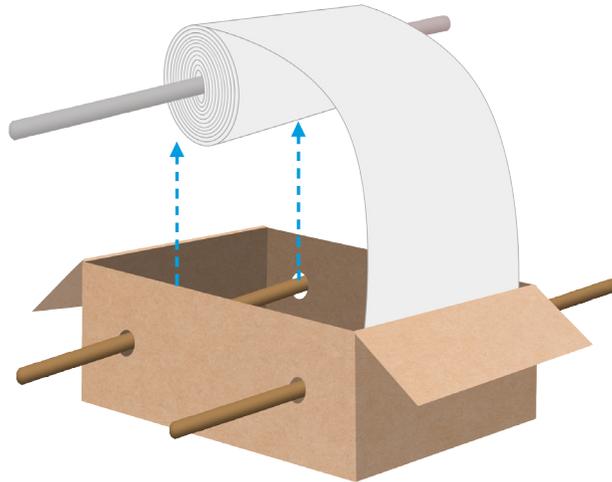
2

Take two rounded wooden poles of the same size, (old broom handles are good) to be used as turning handles.



3

Cut a long piece of plastic the width of the box and attach both extreme ends to the two turning handles. The longer the plastic the better so you can have several stories to one television set.

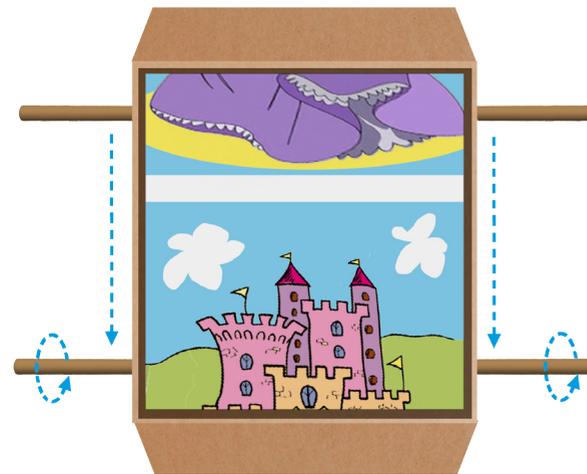
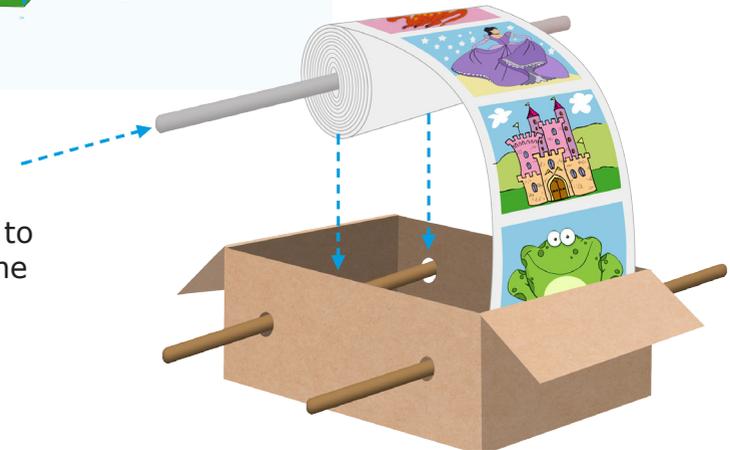


4

On regular typing paper draw or paint the most relevant scenes of the story.

5

Stick the typing paper at intervals to the back-side of the plastic roll.

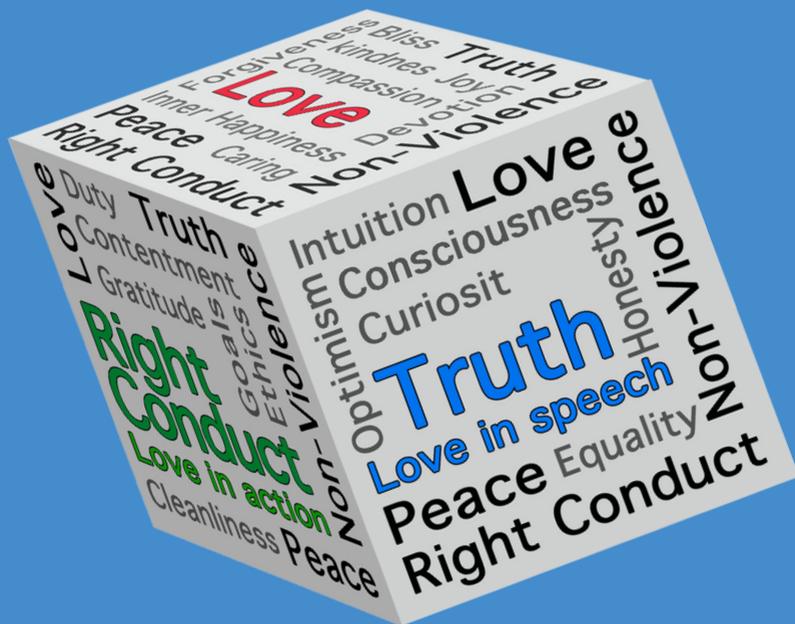


6

Turn the handles to move the pictures as you tell the story.

*International Institute of Sathya Sai Education- Thailand
21 lesson Plans for grades 1-6
Sathya Sai Education in Human Values by Loraine Burrows*

In the next issue



Our next issue will talk more about the meaning of truth. Truth is a key value, and like all values has layers of meaning! You can start thinking about it now, while you ponder over the importance of human values. If you look out for them (and if you are value focused you'll see them all over!), you will see their magic at play... Sometimes you will notice that they are missing and very much needed too. In that case be a solution finder and work out ways to make them stronger and more visible in your life and in the life of the people around you!