

# EduCare

LET'S GROW TOGETHER!



## Peace

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

4  
2014



Dear Readers,

A home full of harmony is seething with virtue and human values. Respect, caring, cooperation and kindness, among the many more, build positive vibrations that circulate and grow, kindling good human relations and spreading outwards towards relatives, neighbors and friends.

A home that reverberates peace in every corner reminds us of who we are. It is the perfect ambiance in which our children can feel secure, and at the same time acknowledge the facets of this precious human value; a prerogative to seek and propagate it in their lives. It is important for them to understand that peace is not an impossible dream, or some kind of decorative knick-knack used to embellish our living rooms or put on our windowsills. It is the result of an intention and of the will to be at harmony with oneself and others; it is a sacred state of being. When we are at peace with ourselves we are content and happy for no reason at all; it is just what 'we are'.

Fostering peace also means helping our children learn how to face, accept and transform the inner enemies of ego and greed, envy and anger, pride and jealousy, which drain peace at its very roots, and how to win their own hidden battles and to accept the faults of others. Self-transformation is the key that opens the heart and the mind to a new understanding, bearing positive thoughts, words and deeds, which are the building blocks of the establishment of peace at all levels.

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# Peace



## Quotations

As a solid rock that is not shaken by the wind, even so the wise are not ruffled by praise or blame.

*Buddha*

If you say 'I want peace': take away the I (ego), take away the want (desire), and you have peace.

*Sathya Sai*

Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.

*M. Gandhi*

Freedom without civilization, freedom without the possibility to live in peace, is not true freedom.

*N. Mandela*

Peace isn't only the opposite of war.  
It isn't only the temporary space between two wars.  
Peace is much more.

Peace is the law of human life.

Peace is when we act in the right way

And when there is justice among all human beings

*American Indian - Mohawk saying*

## Goals



We uphold the importance of peace normally in relation to conflict and war. But when talking about this essential human value, especially with kids, it is a good practice to stress how securing a state of contentment and inner peace within oneself is the first step to take if we are aiming at a peaceful coexistence among all human beings. A challenge, to say the least, in a world which focuses almost exclusively on our wants and desires. To open the door to a change of mind, and to the re-evaluation of our real needs and priorities, we need the keys of awareness and detachment. Both spring from a binding relationship with a deeper aspect of ourselves, an inner resplendent core known as 'heart or soul', as it is this aspect which gives us more joy and satisfaction than any material object or personal achievement ever could. Our goal seems, therefore, to be to provide our children, since the earliest years of their lives, with the tools they need to connect to this plentiful source of Being. Growing in its presence will make it natural for them to shift their attention from 'wanting more' to 'being more'. They will learn to make new decisions, and be creative and caring in their solutions, as an harmonious and open dialogue with themselves and others, gradually but surely takes on the form of ... peace.

## Dictionary



### PEACE

DERIVES FROM THE LATIN PAX, WHICH COMES FROM THE INDO-EUROPEAN ROOT: PAK: TO FIX, STIPULATE, AGREE, JOIN, UNITE, SETTLE.

THE NORMAL, NON-WARRING CONDITION OF A NATION, A GROUP OF NATION, OR THE WORLD. A STATE OF MUTUAL HARMONY AMONG PEOPLE.

ABSENCE OF CONFLICT AND TENSION.

A STATE OF INNER SERENITY AND UNITY WITH ONE SELF.

NO PIECES... ONE PIECE... = PEACE.

### Synonyms

TRUCE  
ACCORD  
UNDERSTANDING  
HARMONY  
CONCORD  
CALM  
SERENITY  
REST  
SILENCE  
QUIET  
HAPPINESS  
BLISS

### Opposites

WAR  
CONFLICT  
FIGHT  
DISCORD  
DISAGREEMENT





## PEACE... or pieces?

**For hundreds of reasons most of the time our mind is agitated and on the run. If we help our children learn to concentrate, focus and keep their thoughts in check, we will lead them along the path to peace.**

This is when the art of self-inquiry steps in as the overriding tool to place in our children's hands. It is so powerful and effective that it can detect and transform the negative tendencies inherent in the human mind. For if it is true that 'war begins in the minds of men', it is equally true that the conquest of peace is to be found therein.

"Self-watching" builds awareness, puts a ceiling on desires and changes negative emotions into constructive actions. When children learn to reflect on the consequences of their thinking processes and realize how the first battleground takes place within, they will seize the opportunity and face the challenge of self-transformation, and become responsible self-leaders. Leaders for peace and its kindred values: right-action, truth, non-violence and love. If we provide our children with a hands-on values system that they themselves can freely adopt after growing up with it and experiencing its worth, they will build access to peace as a daily practice. They will become more

**You can spread peace within you and around you, by practicing these values!**

Calmness	Concentration	Optimism	Humility
Self-control	Contentment	Contemplation	Faith
Self-acceptance	Inner Silence	Detachment	Self-discipline
Self-confidence	Happiness	Balance	Equanimity

aware of the play of their emotions and of the tricks of excessive wanting, of how feelings of harmony and contentment are far greater than any of the material things they had thought they were unable to do without, and they will be more willing to share, to detach from what they have or want, to sacrifice. Working along the lines of peace upholds mutual trust and values such as respect and unity in diversity, and when different views and skills are shared and expressed freely, they enhance teamwork and creativity. A similar process instills a spirit of cooperation, and promotes conscious efforts towards the co-creation of peace.

### The method

EduCARE is an education for peace. It aims to help children and youngsters, parents and teachers alike, to acknowledge the role of conscience in their lives (i.e., love for Truth, Beauty and Goodness), as the most valuable trait of humankind, and to develop the skills and behavioral aptitudes to be in peace with themselves, others and the environment. Silent sitting is a tested technique that fosters quietude - and concentration - the first steps towards self-inquiry.

LET PEACE BEGIN WITH ME!



When there is peace in the individual, there will be peace in the family.  
When there is peace in the family, there will be peace in the community.  
When there is peace in the community, there will be peace in the nation.  
When there is peace in the nation, there will be peace in the world.

Sathya Sai

Talk about it with your kids

# LESS DESIRES, MORE PEACE OF MIND!

A farmer has five horses. They are yet to be tamed so he fences them in. To go to town and do his business he carefully harnesses them to his wagon. The horses feel the farmer's firm grip on the reins, and comply to his directions.

But what would happen if, along the way, the farmer would suddenly let go of the reins?

This is exactly what happens to us when we forget how strong and powerful our five senses are and let them wander about without any harness or sense of direction! Because our senses are just like wild horses, at least until we tame them and learn how to be in control! Before then they can easily lead us astray, each one running after some kind of sensation: an odor, a color, a sound... Can you imagine trying to reach your destination with five horses running in five different directions at the same time!? And if we are not alert and aware of what is happening, our mind gets easily involved, and falls prey of the emotions that these sensations build within us, giving in to our ...equestrian... whims and fancies. Our mind becomes weaker and weaker as we will follow the pull of our senses, instead of pulling them into place, instead of harnessing them to our will, and being their master! It cleverly makes up all sorts of reasons why the things the senses are so attracted to are necessary for us and starts thinking about all these things, getting attached to them, and building heaps of desires! But if we turn to our intellect it will run to our rescue! It has the power to discriminate and knows what is good and what is not good for us and will guide us along, teaching our mind how to hold "the reins" tightly in place. Our intellect is so full of light that it is not a question of choosing which road to follow. It sees only one road! The right one!!

Think about it! If our senses are like wild horses they need to be tamed, if we don't want to end up being their slave! And during the process it is best to keep them fenced in. In order to keep them in check we need to build discipline. It may seem hard at the beginning but as a sense of order gradually sets in, it fills us with feelings of security, balance and harmony. By

taming the wild horses of our senses our mind becomes calm and clear, and we have better and more peaceful relationships with others, too!

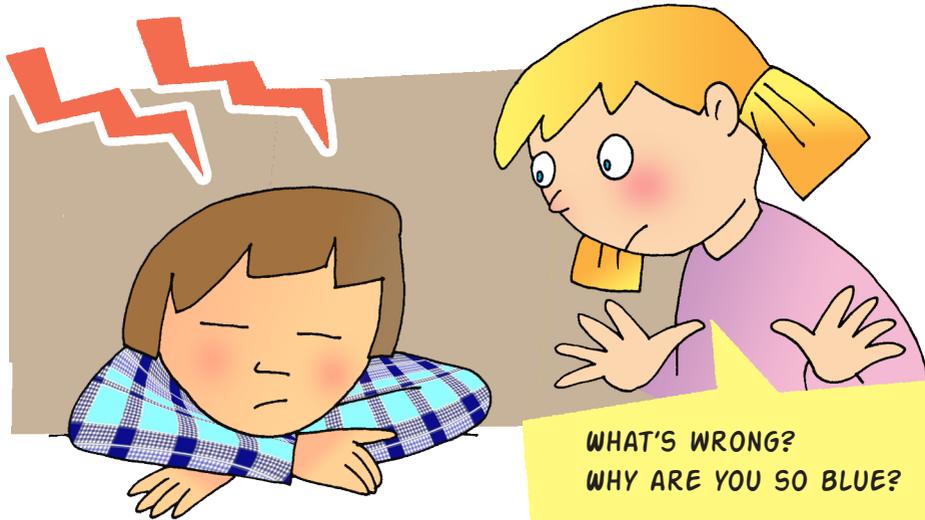
## MOTHER NATURE

### Harmony and peace

We all know how good it feels when we go for a round in the city park, or in the countryside, or when we walk along the beach or lay down in an open field to watch the clouds rolling across the sky. We all love to hear the sweet melodies of bird song, and to see cows gently grazing in flowered meadows. Nature fills us with feelings of serenity and peace just by being there. Have you ever wondered why this is so? Is it the design and the colors of what we see that prompts these feelings? Or perhaps a sense of silent order that holds things in place as we watch things happen, just the way they are suppose to happen!? Cows graze, birds chirp, water glimmers, trees blossom, water trickles and flows, day after day as the world spins and the sun rises and sets, over and over, again and again. If we inquire into this we realize that all that we see is acting out its role in nature, with perfect discipline, in line with the very purpose of its being, abiding by the inner laws that govern these roles. But then there are surely some inner laws for humans to follow too? An orbit around which our lives rotate, a ray of action to follow, a guiding light to turn to, to help us stay connected to the reason of our being here, on Mother Earth, like all those things that make nature what it is. Wouldn't it be worthwhile to take the time to learn how to balance and align our body, mind and spirit to the deep sense of unity we feel in Nature, when we grasp its beauty and hear it singing around us?

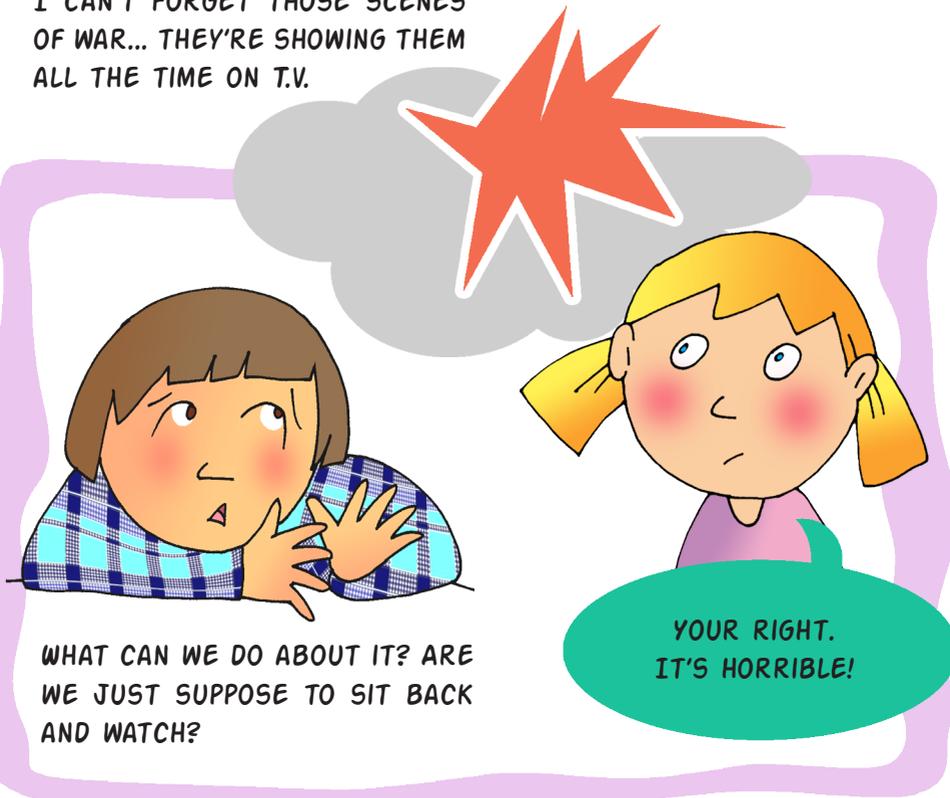
Make a drawing or assemble a collage by using magazine cut-outs to illustrate which scenes in nature make you feel more at peace. Share the meaning of your art-work with your classmates or your family members.





WHAT'S WRONG?  
WHY ARE YOU SO BLUE?

I CAN'T FORGET THOSE SCENES  
OF WAR... THEY'RE SHOWING THEM  
ALL THE TIME ON T.V.



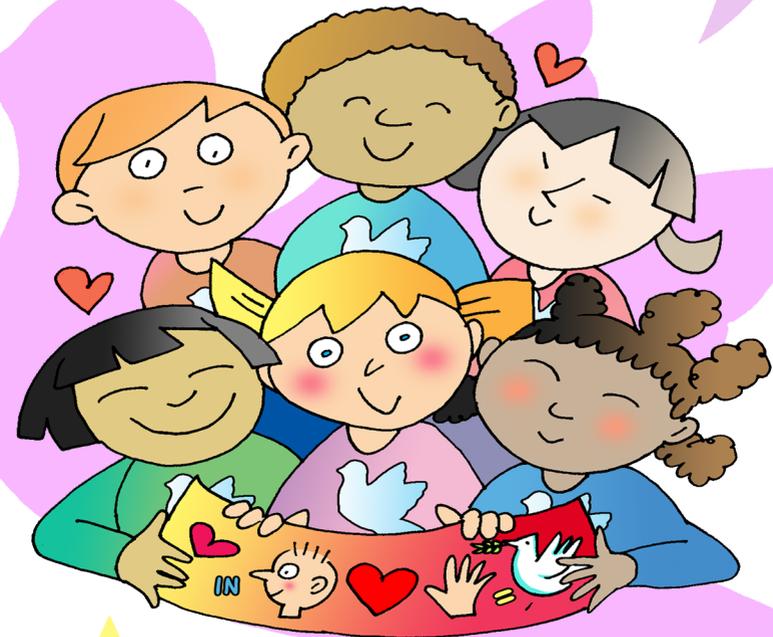
WHAT CAN WE DO ABOUT IT? ARE  
WE JUST SUPPOSE TO SIT BACK  
AND WATCH?

YOUR RIGHT.  
IT'S HORRIBLE!

PEACE IS A HUMAN VALUE! LIFE HAS NO MEANING  
WITHOUT IT! WILL WE EVER MAKE IT HAPPEN?



WE WILL IF WE  
WATCH OUR THOUGHTS AND BUILD  
PEACE WITHIN US! WHEN WE ARE  
FULL OF PEACE WE CAN SPREAD  
IT OUT TO OUR FAMILIES AND TO  
THE WORLD!



PEACEFUL THOUGHTS, WORDS AND DEEDS, MAKE THE DIFFERENCE!  
LET'S CHOOSE PEACE!

# TEAM!

*Together Everyone Achieves More*

***If we think of peace the word UNITY resounds in our mind. But when unity is lacking things fall apart, echoing division and separation. This is the meaning of an African word that we have all heard: apartheid...***

There are special people in the world who are like shining stars. They walk along, guided by a vision that leads them towards extraordinary accomplishments, as they carry out and fulfill their life mission. We owe a lot to these people and should pay homage to their memory, by honoring their achievements and following their ways.

One of these shining stars was Nelson Mandela (1918-2013), a political activist who fought for the rights of his people and who succeeded in dismantling the locks of the apartheid which had governed his country for years. Legislated by the South African government in 1948, the apartheid enforced racial segregation depriving the black people (the majority of the country's inhabitants) of their fundamental rights and citizenship. They made them use separate public structures and means of transportation, separate schools and beaches, separate medical care systems and provided them with lower quality services. The Apartheid gave way to unrest, resistance, oppression and violence. The cruelty and horror that it brought with it was such that in 1980 it was labeled as a crime against the whole of humanity by the United Nations. In 1990, after 27 years of imprisonment, Nelson Mandela was set free thanks to the decisional intervention of the South African President F.W. De Klerck, with whom he later shared the 1993 Nobel Peace Prize.

Nelson Mandela was able to stand fast and finally transform oppression into victory, thanks to his powerful character. His thoughts, words and deeds were focused on safeguarding the rights and dignity of people and upholding justice and brotherhood among all men. Perseverance and humility were among



his many character traits, together with his deep sense of fairness, equality and faith. He confided in an inner force that lies latent in all people, and knew that the role of a true leader is to inspire and ignite that force, so that the people themselves may recover their power and gain insight, to overcome their challenges by bringing new sense and meaning to the same. Nelson Mandela's story is a landmark for the whole of humanity, and a beacon of hope for a better world, a world in which peace has true meaning.

"Freedom without civilization, freedom without the possibility to live in peace, is not true freedom."

*Nelson Mandela*

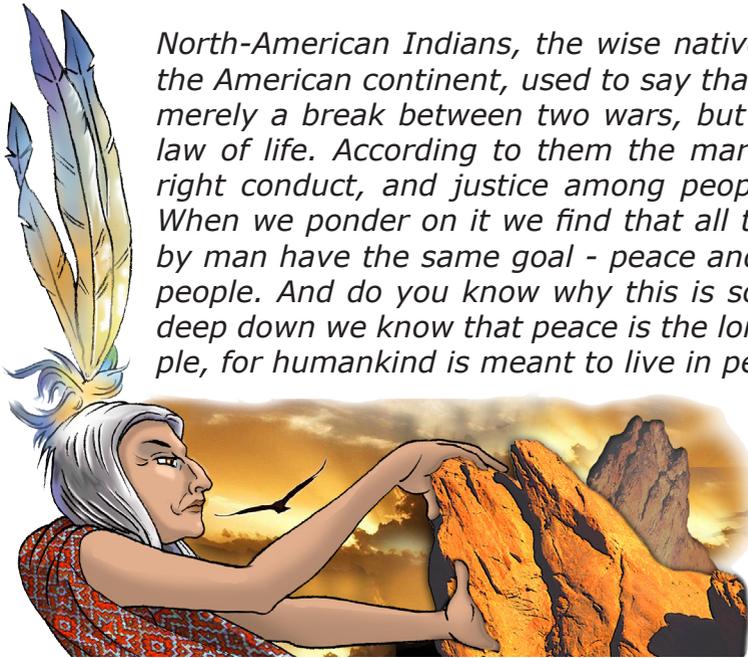
## The Nobel Peace Prize

"OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE. IT IS OUR LIGHT, NOT OUR DARKNESS THAT MOST FRIGHTENS US. WE ASK OURSELVES, WHO AM I TO BE BRILLIANT, GORGEOUS, TALENTED, FABULOUS? ACTUALLY, WHO ARE YOU NOT TO BE? YOU ARE A CHILD OF GOD. YOUR PLAYING SMALL DOES NOT SERVE THE WORLD. THERE IS NOTHING ENLIGHTENED ABOUT SHRINKING SO THAT OTHER PEOPLE WON'T FEEL INSECURE AROUND YOU. WE ARE ALL MEANT TO SHINE, AS CHILDREN DO. WE WERE BORN TO MAKE MANIFEST THE GLORY OF GOD THAT IS WITHIN US. IT'S NOT JUST IN SOME OF US; IT'S IN EVERYONE. AND AS WE LET OUR OWN LIGHT SHINE, WE UNCONSCIOUSLY GIVE OTHER PEOPLE PERMISSION TO DO THE SAME. AS WE ARE LIBERATED FROM OUR OWN FEAR, OUR PRESENCE AUTOMATICALLY LIBERATES OTHERS."

MARIANNE WILLIAMSON

THE ANNUAL NOBEL PEACE AWARD IS PRESENTED BY THE NOBEL NORWEGIAN PRIZE COMMITTEE SINCE 1901, TO THOSE WHO "CONFER THE GREATEST BENEFIT ON HUMANITY" AND "HAVE DONE THE MOST OR THE BEST WORK FOR FRATERNITY BETWEEN NATIONS, FOR THE ABOLITION OR REDUCTION OF STANDING ARMIES AND FOR THE HOLDING AND PROMOTION OF PEACE CONGRESSES." IT CELEBRATES AND HIGHLIGHTS THE OUTSTANDING CONTRIBUTIONS AND HUMANITARIAN WORK OF DEDICATED MEN AND WOMEN WHO THROUGH THEIR EFFORTS, INTEGRITY AND VIRTUOUS ACTIVITY, HAVE ENDEAVORED AND STRUGGLED TO ELIMINATE WEAPONS, TO STRENGTHEN COOPERATION BETWEEN PEOPLES, TO FIND PEACEFUL SOLUTIONS TO CONFLICT, TO RESPECT AND UPHOLD HUMAN RIGHTS, DEMOCRACY AND NON-VIOLENCE, AND TO DEFEND THE DIGNITY OF ALL PEOPLE, IN PARTICULAR WOMEN AND CHILDREN. THE NOBEL PEACE PRIZE IS ONE OF THE PRESTIGIOUS NOBEL AWARDS SET UP BY THE SWEDISH INVENTOR ALFRED NOBEL, AS PER HIS WILL, WHICH INCLUDE THE FIELDS OF PHYSICS, CHEMISTRY, LITERATURE, MEDICINE AND ECONOMIC SCIENCES.

*North-American Indians, the wise native inhabitants of the American continent, used to say that peace was not merely a break between two wars, but that it was the law of life. According to them the mark of peace was right conduct, and justice among people and nations. When we ponder on it we find that all the laws written by man have the same goal - peace and justice among people. And do you know why this is so? It is because deep down we know that peace is the longing of all people, for humankind is meant to live in peace.*



### A pearl at the bottom of the sea



the real state of our being, which is deep peace! We descend from the rough seas of thoughts and emotions into the deep landscapes of our inner reality. There we find a deep oceanic peace, and this peace, the peace we are all in search for, is our true nature!

Peace indeed resembles a pearl in an oyster shell lying at the bottom of the sea. We must dive into the depths, on our own, if we want to reach it and bring it to the surface. So, the question is how does one experience true peace? By living 100% in the present moment, in the 'now'! We will be at peace also when we are true to our selves, when we listen to our heart and the voice of our conscience. Then, we will experience it when we pursue our dreams and our life purpose. When we do the right thing and tell the truth. When we act out of love and goodness and when we are true friends. The easiest way to live peace and share it with all around us is to live our life with a smile on our face!

### Where do we find peace?



Which thoughts and feelings does the word peace trigger within you? And how and where do we find peace? We can see it, for example, on summer days, at dusk, while the calm sea water glistens before us. Or at night, when we watch the starry sky, lying on the beach. We feel peace when the first snow covers our lands, and when everything around us is embraced by white serenity.

Do you know what all of these peaceful images have in common? While we are immersed in the deep serenity they evoke within us, our thoughts do not fly to the past or the future, but remain in the present moment! It is in these sacred moments, when we are 100% present in the "now", that we get to experience

### Peace zones in your home



There is another way to increase peace in our life, and this is by setting apart a time and a place dedicated to it. Make a decision to convert one part of your house into a peace zone. Take a good look at your room, take a walk around your house or flat, or around your garden, and find one positive-looking, peaceful spot. Let it be a place where you will entertain only peaceful thoughts and where you will go to replenish yourself. Imagine that you have sown the seeds of peace

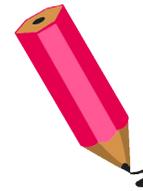


### New Year's resolutions

there, and that every day, when you sit in that place, your positive thoughts are watering these seeds. You can light a candle and watch its flame, then let the candlelight glow within you, filling you with its warmth. Then start spreading the love you feel within, and envelop your friends and family with it. Be persistent at planting the seeds of peace, and quietly and persistently send peace-filled thoughts to all around you. You will soon see that everyone will be happier and more peaceful, and you will be the only one to know the reason why.

Another way to bring more peace into our daily lives is to make a vow to do whatever will help us be happier and more satisfied with our lives, and then to keep our word! As the New Year is approaching, one of the best ways to do so is to take a piece of paper and write down our resolutions for the coming year: The things that we feel will make us better and happier with ourselves and others. One of the resolutions could be **to laugh more**, to tell more jokes, and to always be in a good mood. Another one could be to foster and express **gratefulness** more, as grateful people are happier, healthier and more at peace. Then we can decide to be **tidier, more hard-working, more honest, better friends...** Think for yourself and make up three New Year's resolutions of your own, and... good luck, for the New Year!

Borna Lulić



write below

Activity

## My New Year's resolutions

# The Peace Carols

A STORY FROM GREECE

Roots and wisdom

19

**F**or years now, Upperland and Downerland were two villages which found themselves in bitter combat. The reason for their hatred was a river crossing the villages. Each village wanted it exclusively for themselves. While the river dried out over the years, their hatred held steadfast.

The people in Upperland hated those of Downerland. Accordingly, when the villagers of Downerland as much as heard the name of their enemy, they would cross themselves and spit over their shoulder, fending off some greater evil. From time to time both villages would of course find ways and reasons to fight and to maintain their enmity: they might, for instance, disagree over the exact line of their borders, or claim that they were the ones who had first discovered the wheel, while the others insisted that the idea had been stolen from them; that their children were more beautiful or more intelligent, that their men were stronger, or that their cows produced more milk.

These were some of the reasons with which their disputes were fuelled. More often than not, they would even look for their guns and start fighting on some insignificant pretext or other.

They were occasionally visited by peace-makers, politicians, judges, teachers, priests and famous wise men who would invariably try to reconcile things between them. But, as a rule, they ended up fighting between themselves and issuing legislations, such as:

"One village should breed only cows, while the other should breed sheep and goats."

"Upperlanders should paint their houses in different colours, while Downlanders should paint them only white."

"One village should have round windows, while the other square!"

The children of one village had names that in no way could be borne by the children of the other village.

Thus, while the villages stood one next to the other, they were incredibly dissimilar the one from the other. They were like two totally different worlds.

One day, a tragic error was committed. A wood-cutter from Upperland was in the forest cutting wood, when by mistake he started cutting a tree that belonged to Downerland. When he had already chipped it three times, he realized his mistake and stopped. However, when the wood-cutters from Downerland found the tree chipped, they sounded the alarm. They used only saws, you see, while the others used only axes, so proof was indisputable!

"Upperlanders broke through our forest and chipped our trees!" they cried in fury.

Thus, a horrendous war broke out between them. This time both sides swore to wipe the other village from the map, so that this century-old enmity might end once and for all.

The war lasted for months. However, as the Christmas season was drawing close, both sides decided to cease fire for a while, so that they might celebrate Christmas with their families.

In just a few hours, the villages took on a festive look, as if the shadow of war had never touched them. Upperland used boats for decoration, as they did every year, while Downerland used fir trees, since this had been the understanding between them to avoid trouble.



They had not found a way to separate the lights, the multi-coloured balls, the garlands and the stars, as they all loved Christmas decorations. A big Manger dominated the central square of both villages, in the company of a smiling Santa.

The houses and the streets took pride in wearing their festive best, while the snow made an impressive appearance, covering all roof- and treetops with the colour everyone loved at Christmas time.

The atmosphere was highly exhilarating with all the smells of



sweets and foods the housewives baked in their ovens. The families – reunited once again – sat around the Christmas table, laughing, singing and having a jolly time. Everyone looked happy and they would all say, again and again, that this was the best Christmas they had ever had.

When time came for New Year's carols, the children of Upperland

gathered in the central village square. Their custom was to go together to every single house and give wishes for Peace and Love. That day, though, the children appeared totally downhearted. They knew only too well that in a matter of days, these happy moments would cease, because war would start again.

None of the children uttered a word on this subject. All of a sudden, Angelina – the youngest girl in the village – shouted loudly:

"I don't want this Christmas to be over! I hate war!"

Silence fell over the rest of the children, as tears filled their eyes.

"I don't want my dad to go to war again. I want him to hold me tight for ever and to read me fairy-tales, as he is doing now", said Asterakis crying.

"And I don't want to see my mom crying secretly at night because dad is at war", added Anastasia.

One child after the other spoke their wishes for peace out loud. Then Elias, the oldest boy, stood up at a spot where everyone could see him and said:

"If we want peace, we must fight for it. But our war will be with the rifles of Love! Follow me and sing with me!"

*Peace is what we want this year  
Love and calm is what we need  
May all men on earth be happy  
Let them all like brothers live*

The children kept on walking and singing with great determination. They crossed the village and went into the forest. Their mothers got worried and ran after them, crying:

"Stop! Come back! Your life is in danger!"

But the children continued walking swiftly, holding their head high. Their voices reached the other village long before they could be seen. The villagers of Downerland got frightened. The women, highly disturbed, opened their windows wide, while the men gathered in the village square talking excitedly between them:

"What's going on?"

"Is this a new trick of the Upperlanders?"

"Shall we fetch our guns?"

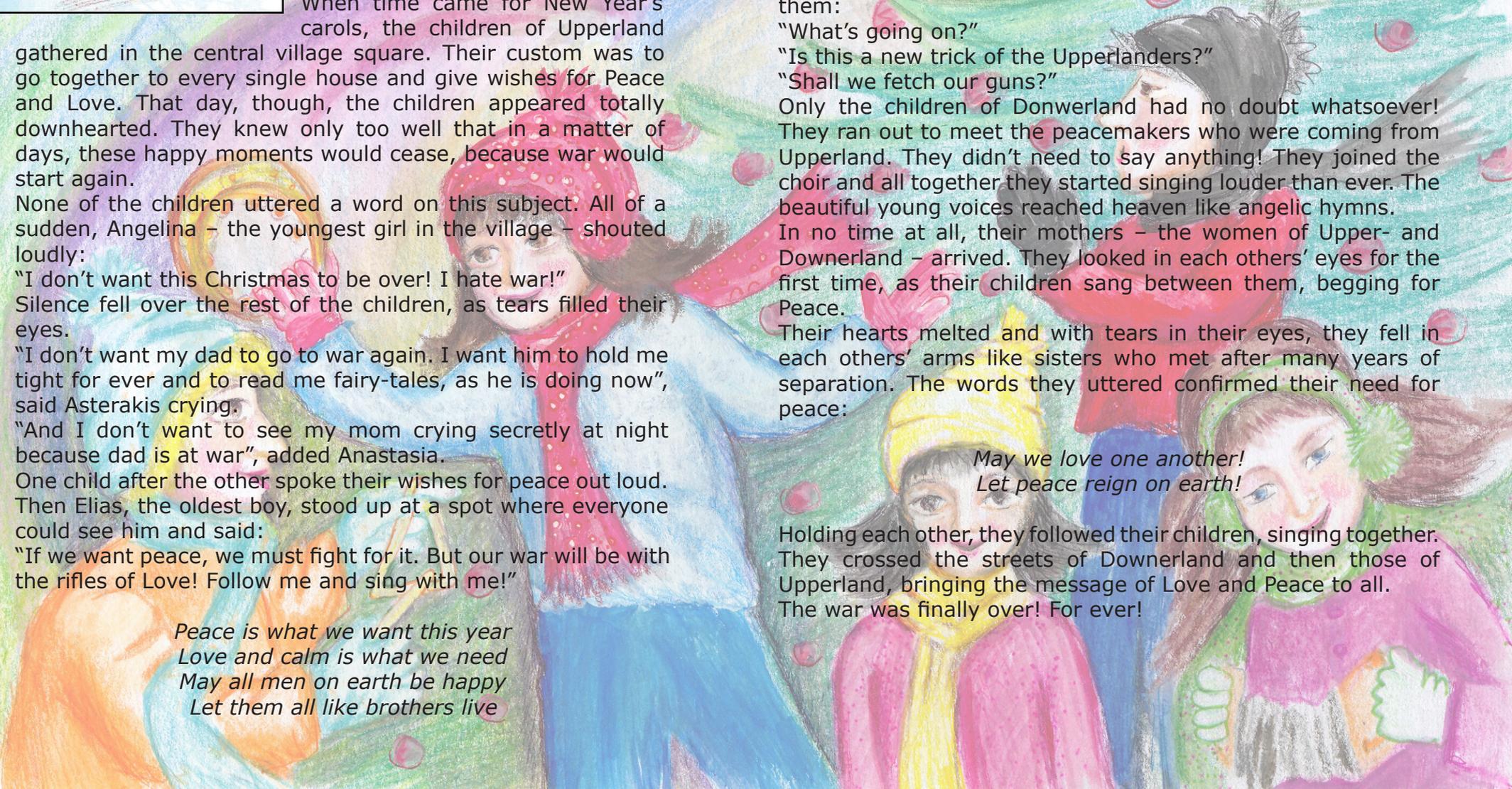
Only the children of Donwerland had no doubt whatsoever! They ran out to meet the peacemakers who were coming from Upperland. They didn't need to say anything! They joined the choir and all together they started singing louder than ever. The beautiful young voices reached heaven like angelic hymns.

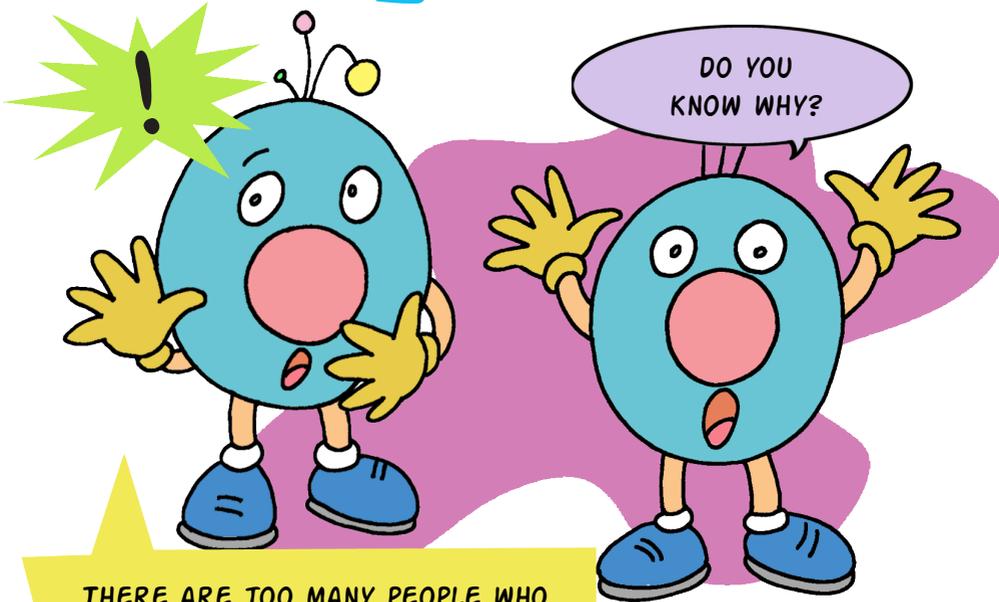
In no time at all, their mothers – the women of Upper- and Downerland – arrived. They looked in each others' eyes for the first time, as their children sang between them, begging for Peace.

Their hearts melted and with tears in their eyes, they fell in each others' arms like sisters who met after many years of separation. The words they uttered confirmed their need for peace:

*May we love one another!  
Let peace reign on earth!*

Holding each other, they followed their children, singing together. They crossed the streets of Downerland and then those of Upperland, bringing the message of Love and Peace to all. The war was finally over! For ever!

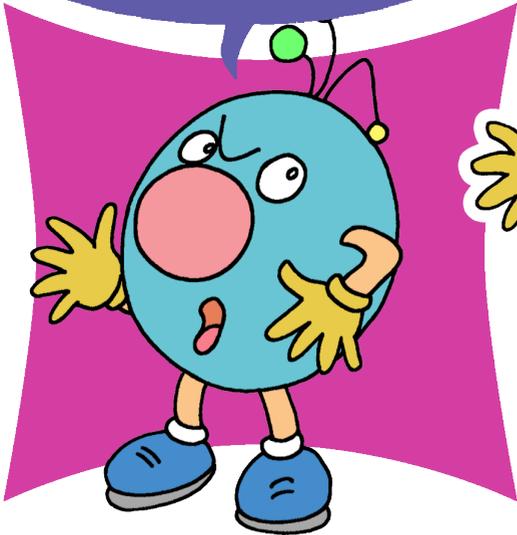




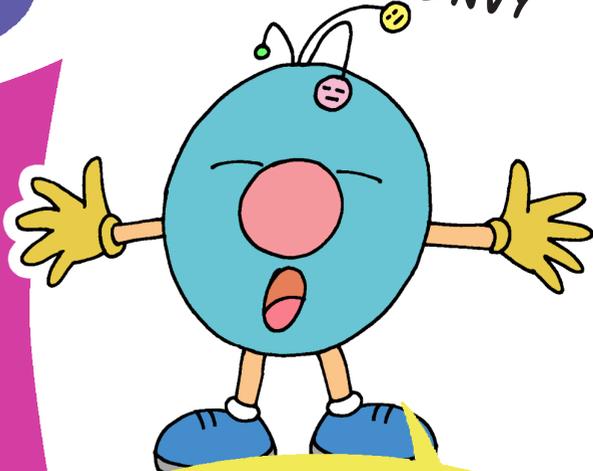
DO YOU KNOW WHY?

THERE ARE TOO MANY PEOPLE WHO SUFFER ON PLANET EARTH..

BECAUSE MAN'S REAL ENEMIES HIDE IN HIS VERY OWN MIND!

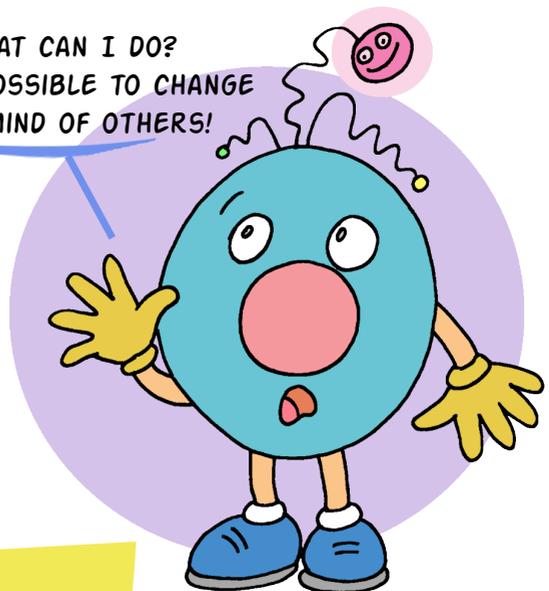
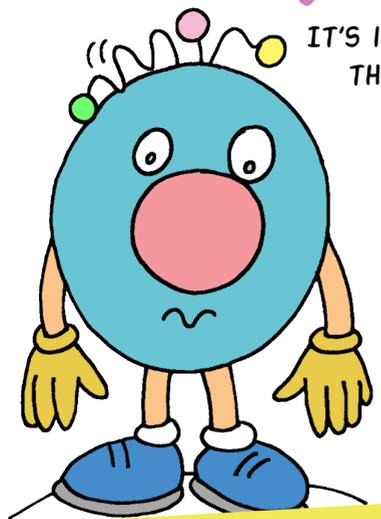


EGOISM GREED ENVY



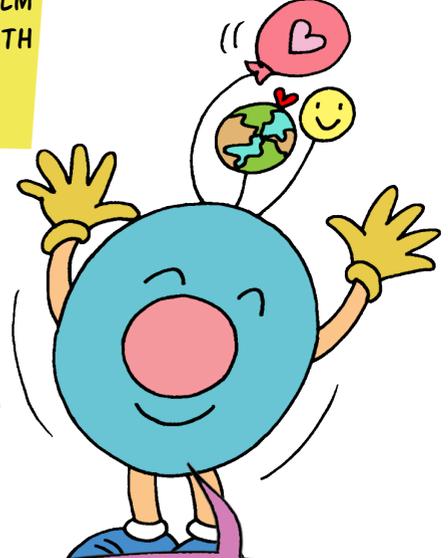
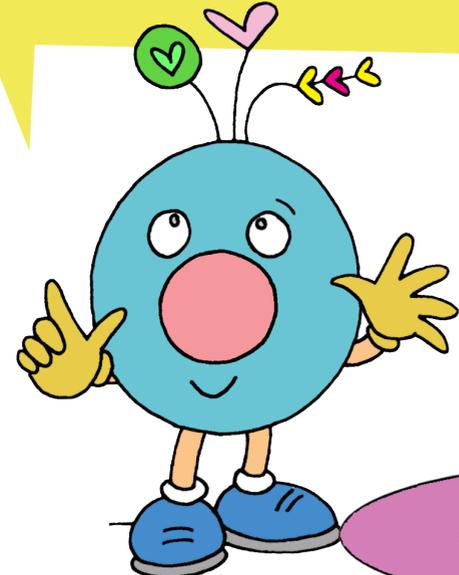
...ANGER, HATRED, PRIDE, AND DESIRE...

...FEAR, UNCERTAINTY, PAIN... SIGH!



WHAT CAN I DO? IT'S IMPOSSIBLE TO CHANGE THE MIND OF OTHERS!

BUT I CAN TRAIN MY OWN TO BE CALM AND CONTENT, AND TO KEEP COMPANY WITH GOOD THOUGHTS AND GOOD FEELINGS!



MAY THERE BE PEACE ON EARTH, AND MAY IT BEGIN WITH ME!



# The magic Turkey

HI! MY NAME IS MILKO!  
I LIVE IN HUNGARY.  
I AM HUNGARIAN.



This is the story of a farmer and his wife. They live on a small farm with lots of animals. "We are lucky indeed!", says the farmer. "We have everything we need!" "We have a big garden...", says his wife. "Full of carrots, beets, tomatoes, peas, cabbage and potatoes!" "And there is a big wheat field behind our house!"



"One, two, three, follow me!  
Come and see my country!  
Read the story and watch the potatoes  
Fly away with the wind and the tomatoes!"



"Carrots and beets, cabbage and wheat,  
Peas and potatoes, salad and tomatoes!  
We have everything we need!  
We are lucky, very lucky indeed!"

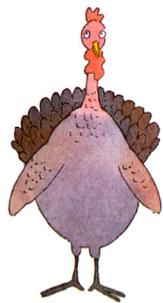
AT SCHOOL ANY TOPIC CAN BE USED TO VEHICLE VALUES AND SENSITIZE CHILDREN. THIS SECTION HAS CHOSEN TO USE STORIES AND LEGENDS FROM AROUND THE WORLD TO HIGHLIGHT THE VALUES ALL PEOPLE HAVE IN COMMON, THOUGH TRADITIONS AND CULTURE MAY BE DIFFERENT. THE STORIES HAVE BEEN WRITTEN AS SUPPORT LESSONS OF ENGLISH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



One day...  
"The wind is strong today", says the farmer.  
"Yes! It is very strong indeed!", says his wife.  
The wind blows and blows until...

"Oh dear! It blows everything away!"  
"The hens!", shouts the farmer.  
"The chickens and horses!"  
"The cabbage and potatoes!"  
"The peas and tomatoes!"  
"The pigs and the donkey!"  
"Oh! The truck and the wagon!"





The wind blows everything away except... a turkey!  
 We are lucky! We are lucky indeed!", says the farmer.  
 "We still have our magic turkey!"



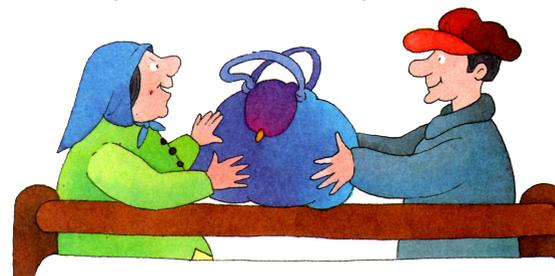
He jumps on the turkey and flies away. He flies all the way to the Queen of the Winds.



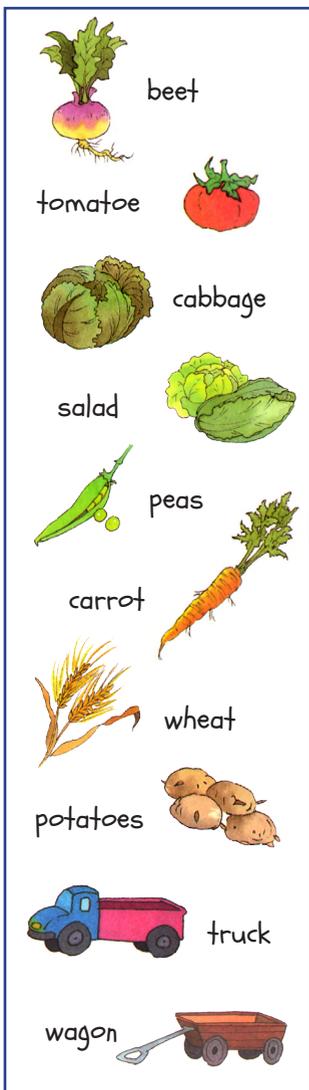
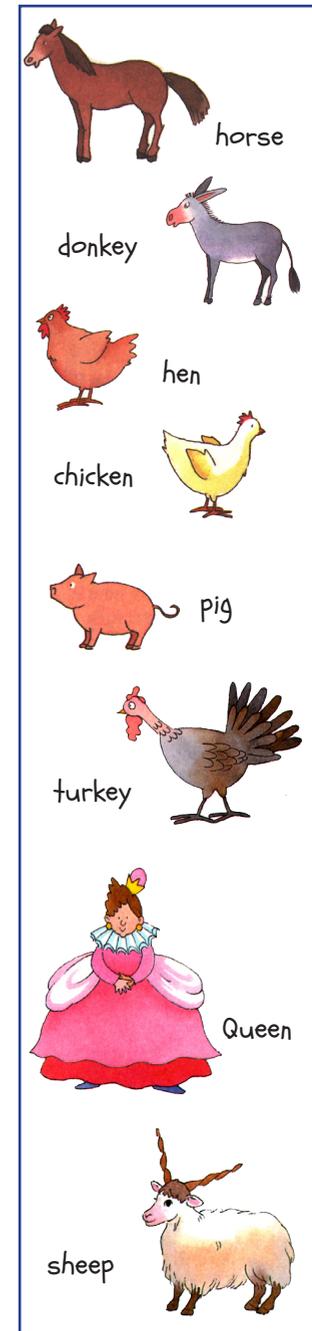
*"Dearest Queen, listen to my song!  
 Your youngest son is far too strong!  
 He blew and blew and blew today!  
 And our whole farm flew away!"*



"This bag will give you everything you need!", says the Queen of the Winds.  
 "Thank you! We are lucky, indeed!"

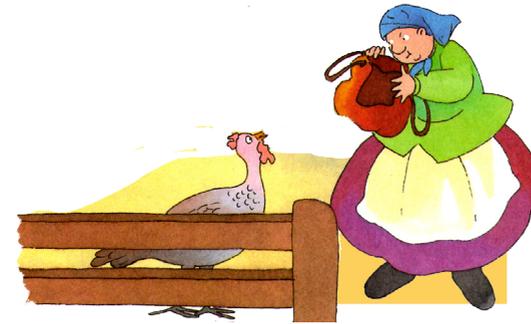


At home...  
 "Look! This bag will give us what we need!", says the farmer to his wife.  
 Soon the village people find out about the bag.  
 "I will give you twentyfive sheep for that bag!", says a man.  
 "I will give you forty sheep for it!"  
 "I will give you sixty!"  
 "One hundred!"  
 "Two hundred!"  
 "Let's give it to them!", says the farmer's wife.  
 "No, no!", says her husband.



Activity

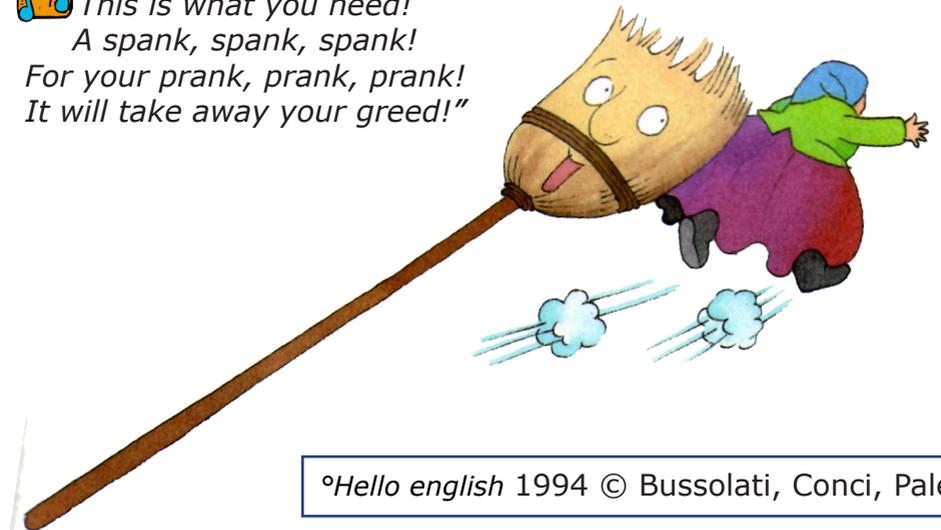
A good way to build peace is to make it a habit of being more tidy! If you keep your room clean, fold your clothes and give order to your books and other stuff, a sense of cleanliness and calm will reflect in your mind! Outer confusion brings inner confusion, and vice versa! Think about it!



The farmer jumps on his turkey and flies to the Queen of the Winds...  
 "Here is another bag!", says the queen.  
 "It is for your wife."  
 "What? It is for me? What can it be?"  
 She opens the bag and...  
 "Oh... What is this?  
 It looks like a broom!"  
 "I am a broom!", says the broom.  
 "A broom is what you need!  
 You are lucky indeed!"



*This is what you need!  
 A spank, spank, spank!  
 For your prank, prank, prank!  
 It will take away your greed!"*



*"When you find luck at your door,  
 Never give it up for something more!"*



The farmer's wife doesn't listen and gives the bag to the people. But the next day all the sheep... disappear! "We have nothing left!", says the farmer's wife.  
 "Go ask the queen for another magic bag!"



# Buddha and the thief

In the forest on the outskirts of Sharavasti lived Angulimala. Angulimala was a robber who plundered and killed travellers and those who passed by his camp. Fearing him people gave up travelling by that way.

This great robber not only used to take away all the riches but also cut off the little fingers of people to make a garland of them and wear it round his neck.

One day Angulimala was waiting for some one to pass by, he wanted some more little fingers for his garland. Just then he saw a certain monk at a distance. He cried out: "Hey, you monk! Halt! Halt!"

He ran after him. To his astonishment he found it impossible to catch him up. Suddenly he shouted "Stop moving!" The monk was none other than Buddha. He said quietly "I am not moving. It is you who are moving." "What do you mean?" questioned the robber. "My child, you are yet to find rest for your mind", said Buddha gently.

"Oh... he calls me child. Does he mean it? Said he to himself. "Do you know who I am? I don't want your preaching. I want your little finger", thundered the robber. "Is that so. Take them, my son", said Buddha extending both his hands.

"Along with your fingers I will take your life too", threatened Angulimala. "By all means take it if it brings peace of mind", replied Buddha.

Angulimala had not met such a peaceful and loving human being in his life. He fell flat at his feet and with tears said "Master, I will not kill hereafter."

Buddha lifted him up and took him to the monastery saying "Yet another brother Angulimala."

The next morning the king of Shrivanti visited the monastery and paid his respects to the Lord. Looking at him Buddha said "It looks as though you have started on an expedition."

"Yes, master. I have come to catch Angulimala and kill him straight away. I have come for your blessings", said the king.



"Oh king, supposing Angulimala, gives up the path of violence and begins to live a life of an ascetic, what will you do? Questioned Buddha.

"Why, Lord, I will salute. I can't imagine Angulimala as an ascetic", replied the king with wonder.

"Look up that side, there he is watering the plants said Buddha. "What! Oh Lord I could not subdue the robber with all my strength of body and mind and you have won him without lifting your little finger.

## Teo and... Let Peace begin with me!



It was the International Day of Peace, and the class was buzzing and brainstorming. Shari said that war was not a way to bring peace, but a way to make conflict worse. Johnny stood up and said that grownups did a lot of peace-talking, but then went to war anyway. Julia said that it's impossible to foster harmony when you feel awful inside, and Malika said that sometimes you feel like you're in pieces. That's when Teo raised his hand and started waving at Miss Wilson. What a fantastic chance to share one of his favorite stories...

"It's the story of a little kid". He said, grinning. "When we were really small, like two or three years old, whatever we got our hands on became a plaything, right?"

"What's the boy's name?" asked Sara.

"Samuel! His name is Sammy!" cried Lionel, thinking about his newborn brother.

"Well, sure," said Teo, resuming the story. "Sammy's mom and dad kept the delicate objects out of his reach. No way for him to get into the family library! At least not until the day his dad and mom left the library door open..." Teo paused. His classmates and Miss Wilson were hanging on his words.

"The library was fascinating for the little kid. Imagine the shelves and tables heaped with books and magazines! There were huge fat files, piled on top of each other in the corners of the room, and a bunch of mysterious rolls of paper were sticking out of the highest shelf of all..."

"Like the ancient Egyptian scrolls we're studying about in history?" asked George.

"That's the idea! Boy, did Sammy want to get at those! But how could he?" Teo picked up momentum. "All of the sudden a gust of wind blew the library window open and made the mysterious scrolls fall to the floor, right in front of Sammy's feet!" Teo was having fun and started playing the role.

"What's this?" he said, bending over and pretending to unroll a big sheet of paper. He stared at his classmates. "It was a rare and stupendous painted world map! Impossible to attribute a date to it. It was something of immense value".

"Wow!" roared his classmates in reply.

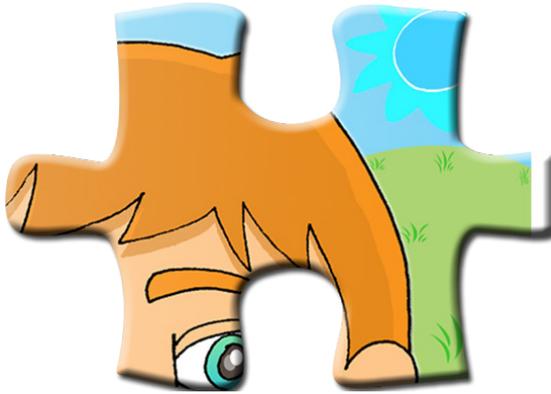
"Sammy was too small to understand the worth of what he was holding in his hands... He looked at the map and started folding it, crushing it and tearing it into hundreds of pieces! Just then his dad walked in the room!" Teo paused again. "Hey! Someone want to come up and play the role of Sammy's dad?"

Joel jumped to his feet. "Oh, Samuel!" He cried. "Look at what you have done! You played with the world... and now it's in pieces!" The class and Miss Wilson applauded and cheered with elation.

"Will we ever be able to put it back into place?!" asked Joel, eyeing Teo as he waited for his cue.

"I only wanted to have some fun..., muttered Teo, pretending to be Sammy, and bending his head in repentance. Then he looked at his classmates and said: "Even if Sammy was really little, he knew that he had done something wrong. His plaything was broken and there were





pieces of paper all over the floor!"

Joel shrugged his shoulders and went back to his seat... he had no idea of how the story would end.

"Sammy and his dad sat down to look for a way to put the pieces back together." continued Teo.

"But if the drawing of the

world was so old and shabby... it was probably like a faded out puzzle..." said Stephanie undertone. "I don't think they'll be able to do it."

"Never lose hope, Stephanie!" replied Teo reassuringly. That's what mom always says... and that's what Sammy's dad thought too! So he worked at it, with Sammy's help, until..." Teo softened his voice: "Until... a cool breeze entered the room... making all the pieces of paper loop up in the air, and fall topsy-turvy back onto the floor!"

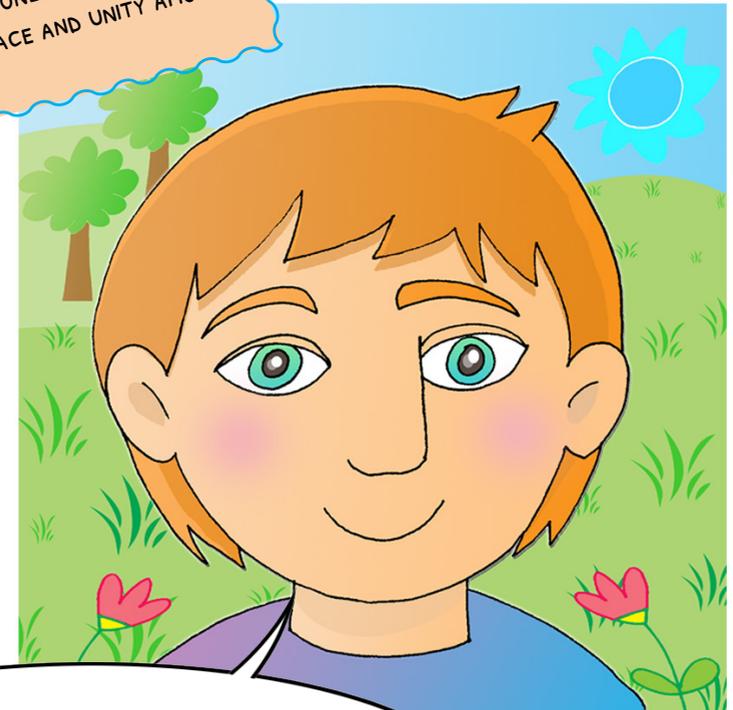
"Hey, Dad! Look at this piece of paper! It's an eye!" said Teo. He was playing Sammy again and pretending to discover the back side of the pieces of paper.

"And here's another one, Sammy" said his dad. "Then maybe..."

"Sammy and his dad turned all the pieces over. Now it was real easy to identify them and make out a puzzle. It was the figure of a human being. Sammy's dad taped the pieces together and turned the puzzle over... and lo and behold, the world map was back in place too!"



DEAR FRIENDS!  
 THAT WAS THE END OF TEO'S STORY, BUT  
 THE BEGINNING OF AN EXCITING CLASS  
 DIALOGUE ON THE DIFFERENT VALUES THAT  
 PROMOTE UNITY WITH ONESELF, AS THE FIRST  
 STEP TO LASTING PEACE AND UNITY AMONG  
 ALL PEOPLE.



WHEN THERE IS UNITY IN WHAT PEOPLE THINK,  
 SAY AND DO AND THEIR FOCUS IS ON HUMAN  
 VALUES, THERE ARE NO MORE SCATTERED  
 PIECES IN THE WORLD... JUST PEACE!

He who smiles rather than rages is always the stronger  
 Japanese Wisdom

Free adaptation of a story told by Sathya Sai



# HUMAN VALUES

## The blueprint of life

### Foreword

This article was conceived to highlight the value of Right Action, **as an antidote and an answer to bullying and behavior problems in the classroom.** However, right action walks hand in hand with peace, the topic of this issue of Educare, for there is a hidden bond that links the whole scale of values together. We could say that the "DNA" of each value contains the blueprint of them all. In fact, when we genuinely practice one value, or value aspect, we trigger a 'loop input', (i.e. . the alignment of the process and the content of the teaching). For example, when we behave and act righteously, there is an emotional outcome in feelings of peace. This induces an increase of Love energy, which leads to an experience of Non-Violence. Human Values are not watertight compartments. They can be compared to the color spectrum we find in the rainbow where each ray is a value, ultimately an expression of white light. It is therefore not by chance that at the end of a human-value focused module we perceive a sense of joy and peace by the look in our students' eyes, and through their behavior. A peaceful atmosphere which is felt more and more, as it grows and improves. Are other teachers aware of this process? Only those who share the experience of aiming at the student's character development.



*Right Action,  
as an antidote  
and an answer  
to bullying  
and behavior  
problems in  
the classroom.*

### 3<sup>rd</sup> step: getting to focus on 'new' perspectives and 'new' behaviors.

Once a student has experienced different challenges and behavior modes thanks to a role play, the teacher can facilitate new understanding with the help of question cards. The questions on the cards can be as it follows:

Whose role did you play?

Briefly describe your role.

According to you, was the character you acted out a positive or negative role model? Explain why.

What would you have done in the same situation, and what did the character do?

Have you understood why he/she behaved the way he/she did?

(referring to the '*bullies*') Without negatively judging him/her, how would you define him/her: stressed, disturbed, aggressive, impatient, self-centered, egocentric, lonely, sad, etc.

(referring to the '*victims*') Talk about the positive qualities he/she has. Could he/she be your friend?

(referring to the real bullies) If you tend to bully others, do you think you will go on doing so? State 2-3 good resolutions that you can put into practice from now onward.



**To the whole class**

What does 'a good class' mean for you?

Let's find some positive words and phrases to serve as our inspiration and future aim.

Students generally know what a positive class profile is and suggest terms and ideas deeply linked to value aspects, eliciting them from their own experience and not from a cognitive approach. Once you have noted and recorded their opinions and solutions, you can share some uplifting quotations with them to focus deeper, first by comparing their conclusions to what others have said on the matter (and more or less they coincide), and then by realizing how the sayings represent an authentic shared experience, giving further meaning to their findings.

**Conclusion**

Learning how to care for one another, to look after one another and, above all, to respect one another, by respecting the differences and different ways of thinking, without provoking harm to anyone, is the practical aim of this process which leads to **right acting**, and to the realization that any action has a consequence. A violent action or reaction is of no use if we are looking for a solution; it is far more better to learn to sit down and discuss, and even disagree, if this is done in a spirit of harmony. This attitude needs to be practiced over and over again, and is the backbone of any good class management.

To help students become more conscious of what 'right action' stands for and implies, you can highlight things like how turning off the switch resounds to the North Pole... how we can help people in need, how saving money and not wasting time and resources can make a difference, and why respecting others, especially elders, is so important, etc. However, the secret of success when working with 'Right Action' lies in this: to live up to what we teach and to what the students are taught, and above all, to foster and facilitate the expression of their own points of view and final conclusions, 99% of which are rooted in human values. There is a hidden treasure inside both the 'victims' and the 'bullies' which begs to come out. It is not an easy challenge, but the backstage act is Love, which makes everything possible. Love is an adventure that sails us towards unexplored lands of Meaning and Joy.

*Marina Ciccolella*

BE GREAT IN ACT, AS YOU HAVE BEEN IN THOUGHT.

THE BARD



# Peace means learning to know each other!



## DIFFERENT... BUT THE SAME!

**AIM:** THE GAME CAN BE USED AS AN INTRODUCTORY ACTIVITY WHEN APPROACHING THE TOPIC OF DIVERSITY AND INTER-CULTURAL DIALOGUE. IT HELPS THE CHILDREN LEARN MORE ABOUT ONE ANOTHER, AND FOSTERS UNDERSTANDING AND GROUP HARMONY.

DIVIDED INTO PAIRS THE PLAYERS IDENTIFY THOSE ASPECTS OF THEIR LIVES AND PERSONALITIES THAT MAKE THEM DIFFERENT, AND THOSE WHICH ARE THE SAME FOR THEM. TO DO SO THEY MAKE OUT A TWO COLUMN LIST. ONE COLUMN IS USED TO NOTE DOWN THEIR DIFFERENCES, AND THE OTHER THEIR SIMILARITIES. THEY MAY, FOR EXAMPLE, CONSIDER THEIR ZODIAC SIGN, HEIGHT, FAVORITE AUTHORS, THE FILMS THEY HAVE SEEN, THE SIZE OF THEIR SHOES, THEIR FAVORITE COLOR, THE ANIMALS WITH WHICH THEY IDENTIFY, THEIR TALENTS AND FUTURE ASPIRATIONS, AND THE HUMAN VALUES THAT ARE MOST IMPORTANT FOR THEM. THE GAME ENDS WITH A MOMENT OF GROUP SHARING DURING WHICH THE STUDENTS EXPLAIN HOW IT FELT WHEN THEY PIN POINTED BOTH THE DIFFERENCES AND SIMILARITIES.



## A GIFT OF... PRESENCE.

**AIM:** TO DEVELOP ATTENTIVENESS AND CARE FOR OTHERS.

THE PLAYERS WRITE DOWN THEIR NAMES ON A PIECE OF PAPER, FOLD IT AND PLACE IT IN A BASKET. THE GROUP LEADER SHUFFLES THE PAPER AND ASKS THE PLAYERS TO PICK 'A NAME'. EVERYONE IS INVITED TO MAKE A PRESENT FOR THE PERSON WHOSE NAME IS ON THE PAPER THEY HAVE PICKED, KEEPING IN MIND:

- THAT THEY MUST NOT REVEAL THEMSELVES AS THE 'DONORS' UNTIL THE GIFT HAS BEEN GIVEN.
- THAT THEY MUST NOT SPEND MONEY, BUT USE CRAFT MATERIALS AND TRIGGER THEIR CREATIVITY BY RECYCLING BOXES, CANS, JARS, RIBBONS, ETC.
- THE GIFT MUST REFLECT.

AT THE END OF THE GAME THE DONORS REVEAL THEMSELVES IN AN AMBIANCE OF FUN AND JOY, WHILE THE CHILDREN EXCHANGE IMPRESSIONS AS TO HOW IT FELT LIKE TO RECEIVE A GIFT WHICH FIT SO WELL WITH THEIR TASTES AND CHARACTER PROFILE.



## THE SEVEN WORDS

**AIM:** TO EXPERIENCE THAT IT IS POSSIBLE TO AGREE WITH OTHERS WITHOUT NECESSARILY RENOUNCING YOUR OWN IDEAS OR POINTS OF VIEW, BY LEARNING TO ACCEPT WHAT OTHERS THINK AND FEEL WHEN THEIR ARGUMENTATIONS ARE CONVINCING. THE GAME FOSTERS SELF-CONFIDENCE AND HELPS THE CHILDREN LEARN HOW TO EXPRESS THEIR IDEAS IN A CONVINCING MANNER.

THE GROUP CHOOSES A VALUE-TOPIC, LIKE, FOR EXAMPLE, FRIENDSHIP, OR PEACE OR FREEDOM, ETC. AND HAVE ONE MINUTE TO WRITE DOWN ON A SHEET OF PAPER SEVEN WORDS THAT THEY FEEL DESCRIBE THE CHOSEN WORD/VALUE. THE PLAYERS ARE THEN GROUPED IN PAIRS AND EACH COUPLE HAS TO SELECT AND AGREE ON 7 WORDS. THE PAIRS ARE THEN GROUPED IN FOUR, AND EACH GROUP HAS THREE MINUTES TO SELECT SEVEN WORDS FROM THEIR LISTS. THE GROUPS CONTINUE TO BUILD UP, UNTIL THERE ARE ONLY TWO TEAMS THAT HAVE TO SELECT THE FINAL 7 WORDS THAT EVERYONE AGREES WITH.

**TAKE NOTE!** THE PLAYERS MUST WORK WITH WORDS, AND NOT WITH SENTENCES!



## Bibliography

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- ° I Funtroll- volumen secondo. come costruire una maschera base.
- © Bruno Balzano, Daniel Conci.
- °Scegliere la pace - Educazione alla Solidarietà - Edizioni Gruppo Adele , 1994 - Daniele Novara.

## WINDING UP



Peace and happiness walk hand in hand and are the most desired goals of all people, families and nations worldwide. Peace is verily the common purpose of mankind, as only peace can secure brotherhood and unity among people. And yet though all people pray for peace, we find agitation and conflict at every corner! And let's be honest! what about within ourselves?! This is why Marty and the study circle children encourage us to make the change happen, because true, lasting peace begins with us! Moved by goodwill, and with a little bit of discipline, we can create it. We have the power to train our minds to be calm by learning how to watch our thoughts, and to build contentment by keeping our desires in check, because thoughts and desires are the very cause of unrest and strife! And as we do so we will build self-confidence and ward off our worries and fears too! We can build new habits like being more tidy or more helpful, or like listening to good melodious music and taking walks in nature. Then it will become easy to tune into a sense of order and beauty, and love. And where there is love, there is peace for sure!

# VISUAL AIDS TO ASSIST IN STORY TELLING

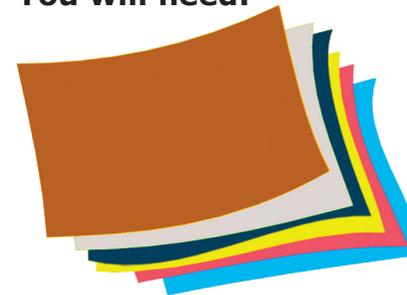


Visual aids to help you be more fun and creative in story telling, are offered as an appendix in the Educare magazine. Step by step explanations will show you how to realize the different kinds of support involving the children in their making and in the art of story telling. You can photocopy the illustrations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

## Act out your stories using masks!

It's easy to make a basic mask on which you can later add a nose, ears, eyebrows, a moustache, hair and any other decorative element. Learn how by making a bird's mask!

### You will need:



Coloured paper (a rectangle), big enough to cover the child's face, and an elastic band.



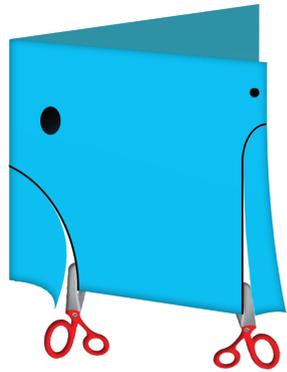
glue



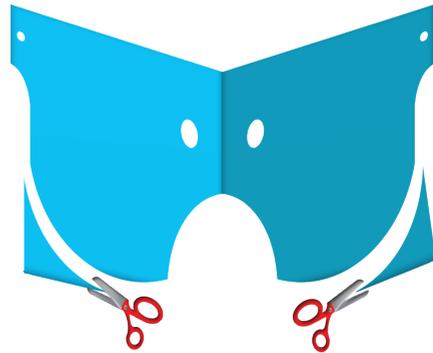
scissors



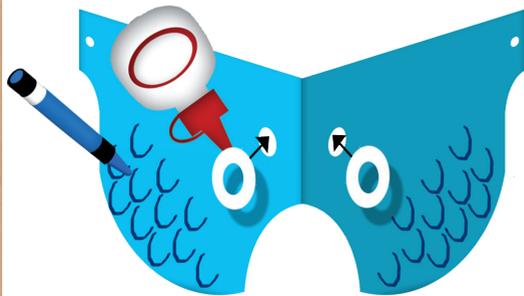
crayons and markers



1 Fold the paper in two. Make a mark for the eyes, and holes for the elastic band. Cut along the lines as indicated in the figure.



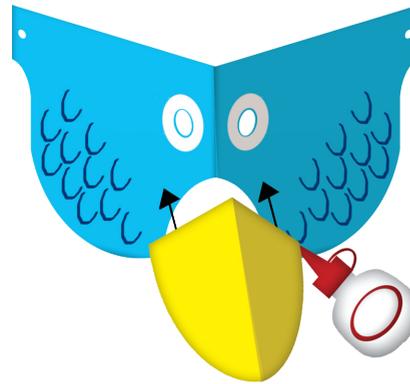
2 Open the paper and make holes for the eyes. If necessary correct the shape of your mask.



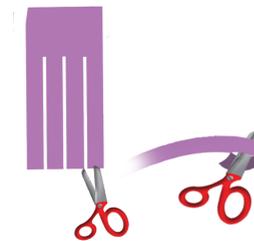
3 Make two white circles separately and glue them around the eye holes. Color your mask. Don't forget to draw feathers!



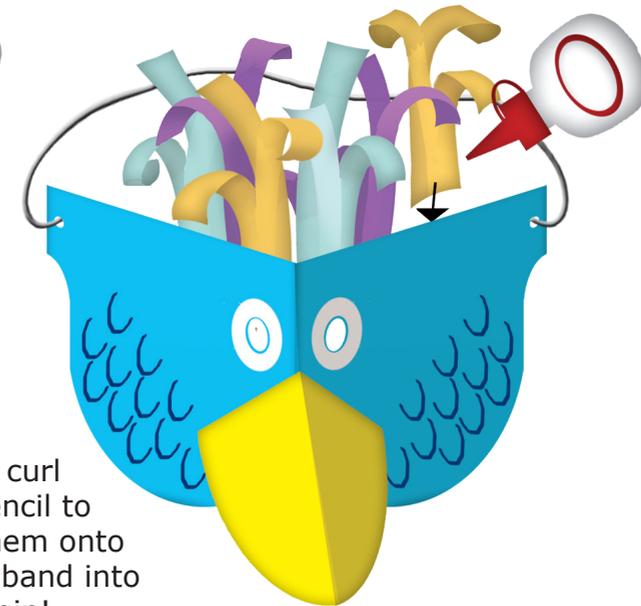
4 Using separate paper, draw and cut out the bird's beak.



5 Fold the beak following the arrows and glue it onto your mask.



6 Cut stripes of paper and curl them with the help of a pencil to make 3D feathers! Glue them onto your mask! Fix the elastic band into place. Now the fun can begin!



# In the next issue



When our heart is soft and tender love energy circulates and flows within us. It moves us, inspires us and brings us together. Love is solution finding and rooted in peace, and human values are its offspring. When our heart is open we see everything with the eyes of love. We see beauty, truth and goodness, in every experience, in every place. That's why love transforms! It is the most powerful source of energy that exists, and we can tap this source at anytime, for it is our own true nature! We will call upon this energy and learn from its ways, in our next issue!