



SSSIO-USA National SSE Enrichment

Workshop Title

SSE Group 1 Breakout Room #

July 10, 2021

Quote - Friendship



“Good company is important, it helps to cultivate good qualities.” – *Sri Sathya Sai Baba*

Sample Activity



Sugar & Salt

MATERIALS: sugar, salt, two glasses, water, spoon

- Mix just a pinch of sugar into one of the glasses filled with water. Do the same with a pinch of salt.
- Ask the children to sip a bit from both glasses.
- What do they taste like? Can you tell what was mixed into each?

Application

Just a tiny bit of sugar or salt influenced the water's taste so much. Similarly, Swami always talks about the importance of company. Whether good or bad company, our company can influence us greatly. Thus, we should be very careful of who we choose to associate with.

Song – Control of Senses



“Be Careful Little Eyes, What You See”



*Be Careful Little Eyes, What You See, What You See (2)
God is always watching us, He is ever within us
Be Careful Little Eyes, What You See, What You See*

*Be Careful Little Ears, What You Hear, What You Hear (2)
God is always watching us, He is ever within us
Be Careful Little Ears, What You Hear, What You Hear*

*Be Careful Little Tongue, What You Speak, What You Eat (2)
God is always watching us, He is ever within us
Be Careful Little Tongue, What You Speak, What You Eat*

*Be Careful Little Hands, What You Do, What You Do (2)
God is always watching us, He is ever within us
Be Careful Little Hands, What You Do, What You Do*

*Be Careful Little Feet, Where You Go, Where You Go (2)
God is always watching us, He is ever within us
Be Careful Little Feet, Where You Go, Where You Go*

*Be Careful Little Mind, What You Think, What You Think (2)
God is always watching us, He is ever within us
Be Careful Little Mind, What You Think, What You Think*

Sample Activity



Identify and rate the sounds with chanting “Sairam”

We play different sounds and ask them how they feel . Some sounds may be screeching, unpleasant , while others are like sounds of nature, songs etc..

Same way with pictures or videos clips.

We can ask them to respond to the sounds by saying “Sairam” loudly if they love it and the opposite (softly)if they find it unbearable.

Application

Just as Swami would want from us, we should always listen to, see, and speak good things that avoid hurting others. Swami always says. “Be happy, be happy” and this involves feeding our mind with only good things to keep us in good spirits and in returning that good to the world. By saying “Sairam” they can identify the god present in all, but the relative loudness of the Sairam reflects exactly which sounds, sights, and speech Swami wants us to hear and that which we should put out in the world as well.

Story - Moderation



“The Little Boy & His Magnifying Glass”

Once upon a time there was a little boy who only ate sweets and candy. One day, in an antique shop he found an old magnifying glass. He liked it very much, and his parents bought it for him. He was so happy with his magnifying glass! As soon as he could, he used it to look at a little ant. It was great! The ant looked so big. But then a strange thing happened. When he took the magnifying glass away, the ant stayed the same size it had appeared through the glass.

Very surprised, the boy kept experimenting, and he found that anything he looked at through the magnifying glass would get bigger, and stay that way.

Suddenly, he realised how he could best use this special ability, and he ran home. At home he took all the candies and sweets, and he made them gigantic with his magnifying glass. Then he completely stuffed himself with them, until he could eat nothing more. However, the next morning he woke up totally swollen, a bit purple, and with a huge bellyache. When the doctor came to see him, he said it was the worst case of upset tummy he had ever seen. Night and day, the little boy suffered so much that for a long time he didn't want to hear mention of large amounts of food. His parents were happy about this. Thanks to their son's latest adventure, their pantry was full of the food he could not eat. What's more, he gave up being a boy who only ever ate sweets and candy. He wanted nothing to do with them.

And so it was that the little boy learned that even with the best things in life, if you have too many of them, you will end up feeling ill. He decided to keep the magnifying glass in a box until he found something that would really be worth making bigger.

Sample Activity



Sugar & Salt

MATERIALS: three clear plastic cups, three seeds/flowers, soil, and water

- Label the three cups: one, two, and three.
- Fill all the cups with an equal amount of soil. Then, place one seed/flower in each cup.
- Fill each cup with different amounts of water.... 1) very little, 2) till the soil is soaked, and 3) a large amount (till the cup is filled to the brim).
- Observe the plant growth for a week.

Application

In order for plants to grow, they need just the right amount of nutrients, sunlight, soil, and water. Only the cup with just enough water should grow, no less or no more. Similarly, anything in moderation is healthy, not too much and not too less. {Can tie to ceiling on desires as well}

Affirmation - Goodness



Every day has goodness in it and all things have Swami in them.

Sample Activity



Activity Video



Application

By turning the expressions on the cup and seeing how each emotion affects the children, we will understand the reflectivity of emotions. Because of this, it is extremely important to always smile. You never know who is looking at you, and how your expressions and emotions can affect them. However, you know they have god in them! So when god looks at you, you have to smile!

Quote - Forgiveness



“Love lives by giving and forgiving”.
– *Sri Sathya Sai Baba*

Sample Activity



Activity

MATERIALS: any miscellaneous, safe objects (eg: books, notebooks, stuffed toys, etc)

- Start by playing Swami says: walk, jump, hop on one leg, clap hands.
- Then, ask the children to pick up one thing at a time and repeat Swami says.
- Repeat the entire process, now unloading one object at a time.

Application

Just as adding more and more objects makes it difficult to move (walk, jump, etc), carrying baggage (worries, not forgiving, etc) will make moving through life harder. Thus, we should strive to forgive and forget.

Song - Love



“Can’t get enough of your love, Sai Baba”



Can't get Enough of Your Love my Lord (2X)

I want more and more and more and more

And Can't get enough of Your Love (2X)

Can't get Enough of Your Peace my Lord (2X)

I want more and more and more and more

And Can't get enough of Your Peace (2X)

Can't get Enough of Your Joy my Lord (2X)

I want more and more and more and more

And Can't get enough of Your Joy (2X)

Can't get Enough of Your Truth my Lord (2X)

I want more and more and more and more

And Can't get enough of Your Truth (2X)

Sample Activity



Sponge Activity

MATERIALS: bowl, water, and sponge

- Fill a bowl with water.
- Use the dry sponge to see how much water you can absorb!

Application

Sponges can absorb water due to the small holes in the material. Water fills these spaces, which sponges then hold. Similarly, we should also be like sponges and absorb love wherever we go. In order to do so, we need to be open to it (i.e. look for love in every nook and cranny).

Exercise Flowchart



Component of lesson plan

Quote
Story
Life Application
Song



Write down an affirmation/take away

Create an activity based on the given component OR spiritual principle

Time permitting, identify other components while creating activity

Identify the spiritual principle

How do we keep age in mind for activities?



SSE 1



Doing

SSE 2



+ Thinking

SSE 3



+ Planning

SSE 4



+ Integrating

Breakout Room Discussions



In your breakout rooms, please discuss the activity you came up with

Reflection and Commitment



*Please note down your
takeaway from this exercise*

*Also, please feel free to submit any activities (up to 3) using
the Google Form link below. This can be done after the
workshop as well.*

<http://tinyurl.com/SSE-Activities>



Don't forget to take a picture of your activity as a group

**Let us go back to “SSE Group 1- Satya” room for discussion and debrief
After debrief, please go to the ‘PREMA’ room**



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