



SSSIO-USA National SSE Enrichment
Hands On, Heart In
SSE Group 4 Breakout Room #
July 10, 2021

Sample activity 1 – ‘Self Esteem box’ - Quote



“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

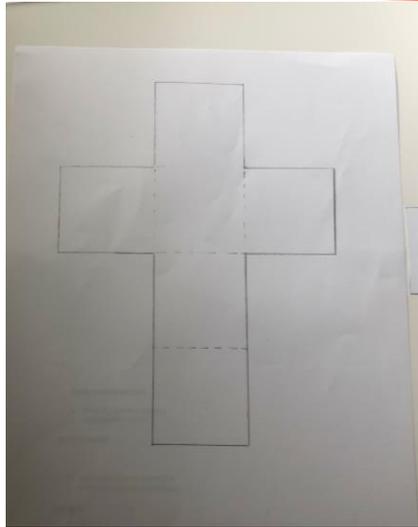
--- Ralph Waldo Emerson

Materials used: Thick Paper, Pencil, Color pens, Scissors, Tape

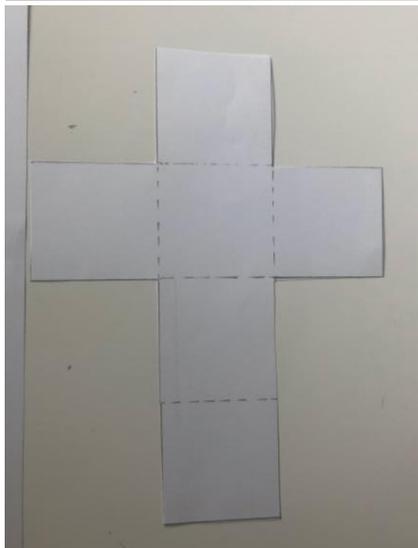
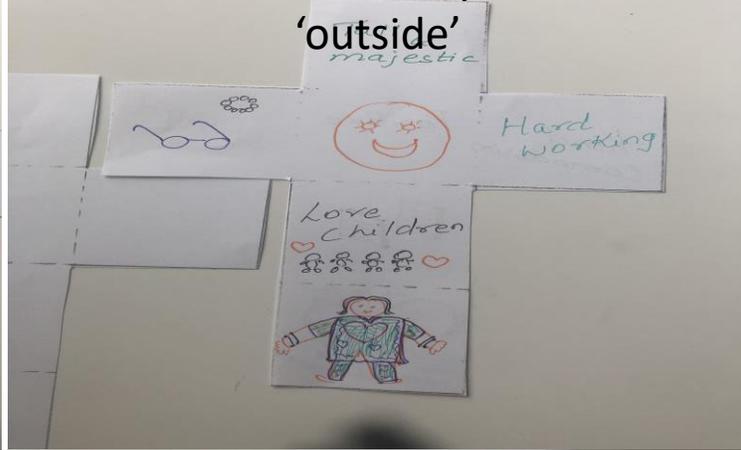
Sample Activity 1 – Self Esteem box



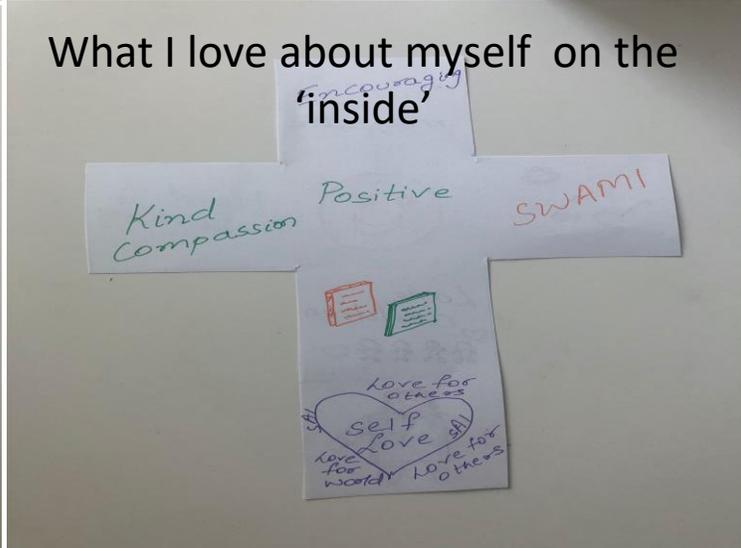
Quote: What lies behind us and what lies before us are tiny matters compared to what lies within us.



What I love about myself on the
'outside'
majestic



What I love about myself on the
'inside'
Encouraging



Value - LOVE

Subvalue – Self Esteem

**Spiritual Principle:
Recognizing my
inherent uniqueness**

Activity to help students increase their self esteem by recognizing their strengths and unique qualities.

**Affirmation:
I recognize my
inherent
uniqueness**



Sample Activity 2- ‘Understanding the other perspective’- Quote

“If we are to live together in peace, we must come to know each other better.”

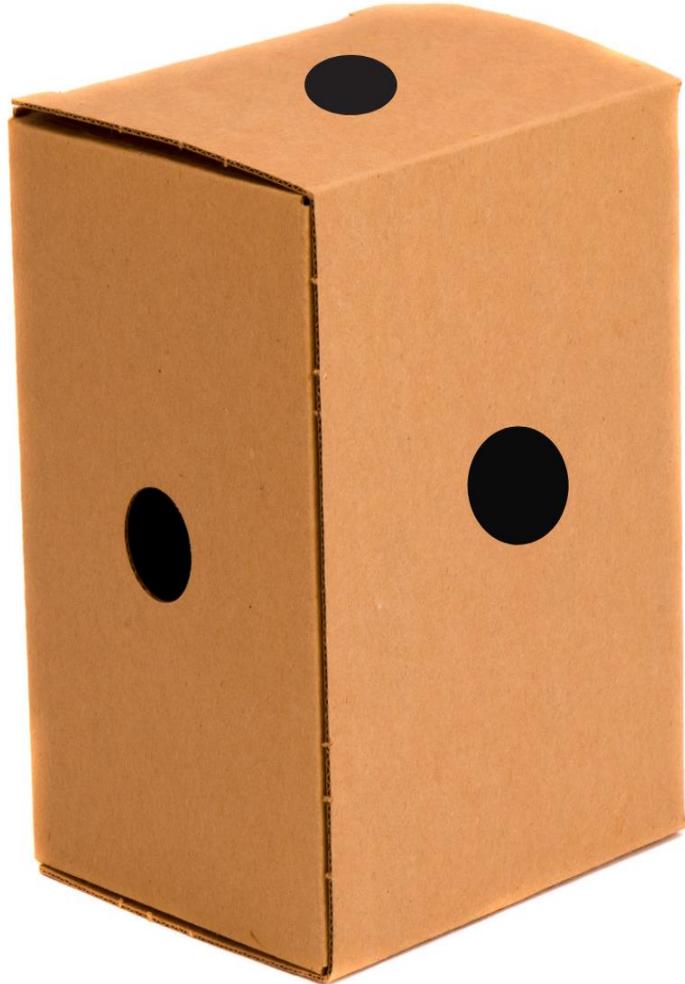
---- Lyndon Johnson

Materials used: Cardboard Box, scissors/knife, Pen, paper, color pens

Sample Activity – Understanding the other perspective



Quote: If we are to live together in peace, we must come to know each other better



Value: Peace; Sub Value: Understanding/Empathy
Spiritual Principle: Understanding the other perspective

ACTIVITY:

Have a big box with eye holes. Inside the box on each side, stick simple posters of different stories.

Have a light inside the box. Ask children to look through the box from different eye holes.

Depending on the side you see from, the story changes.

Discuss: How perspectives may be different for each one depending on where they are looking from.

Affirmation: I choose to understand their perspectives



Materials for the break out room

Stationery for all activities for all the groups

List of Materials for Group 4 (Bring any 6 to 8 out of these)

Pencil

Pen

Markers/Color pencil

Permanent marker

Cello tape

Scissors

Ruler

Elmer glue

Yarn

Plain Paper/ construction paper

Paper bag/Paper plates/paper cups

Pipe cleaners - few

Popsicle sticks – few

Skewer sticks- few

Stones of various sizes

Scarf

Cardboard box

Face Mask

Toothpicks

Newspaper

Sugar

Salt



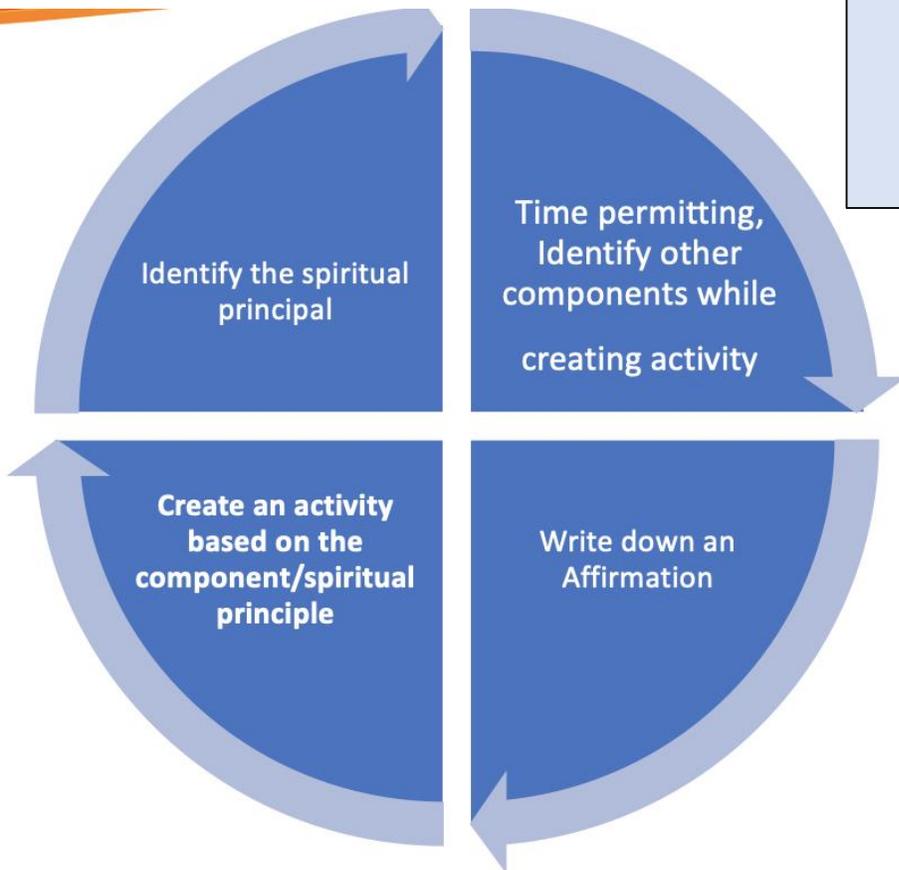
Activity time (A)



QUOTE

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

--- Ralph Waldo Emerson



WHAT ARE WE DOING TODAY? (12-15 mins)

- Identify a spiritual principle you want to focus on today connected to the given quote.
- Using some/all of the materials you brought, please create/plan an activity based on this spiritual principle.
- Write down one affirmation connected to this.
- If time permits, you can identify other components of the lesson plan (Story/ Song/ Life Application)



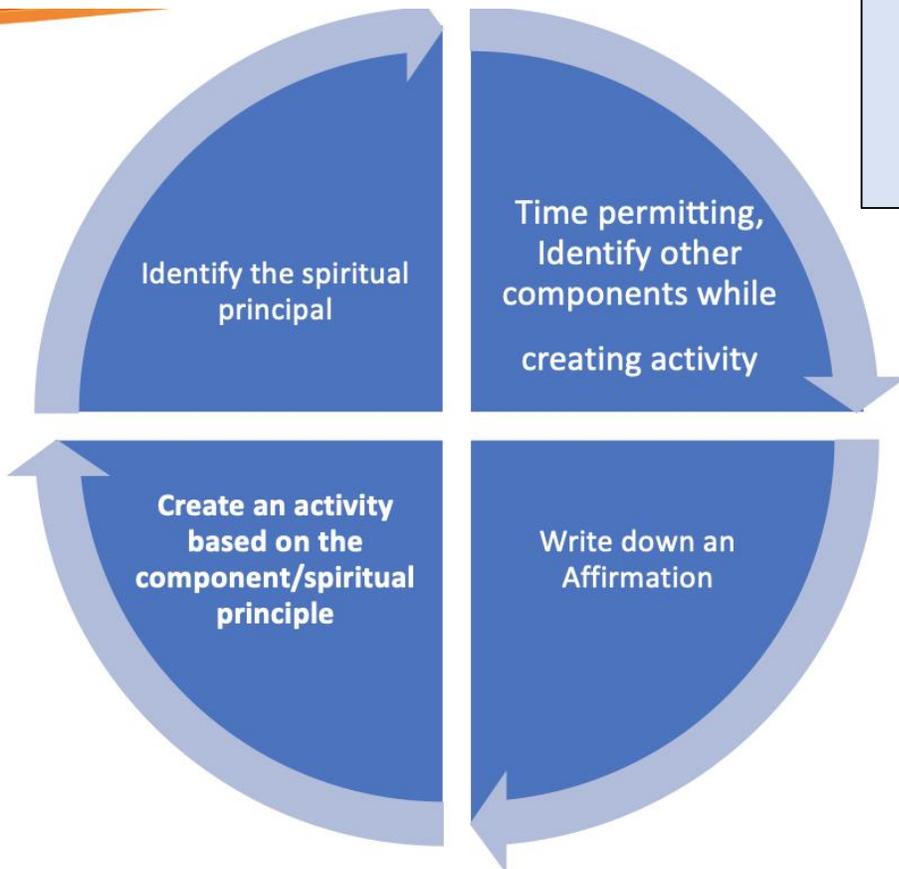
Activity time (B)



QUOTE

If we are to live together in peace, we must come to know each other better.”

---- Lyndon Johnson



WHAT ARE WE DOING TODAY? (12-15 mins)

- Identify a spiritual principle you want to focus on today connected to the given quote.
- Using some/all of the materials you brought, please create/plan an activity based on this spiritual principle.
- Write down one affirmation connected to this.
- If time permits, you can identify other components of the lesson plan (Story/ Song/ Life Application)



Activity time (C)

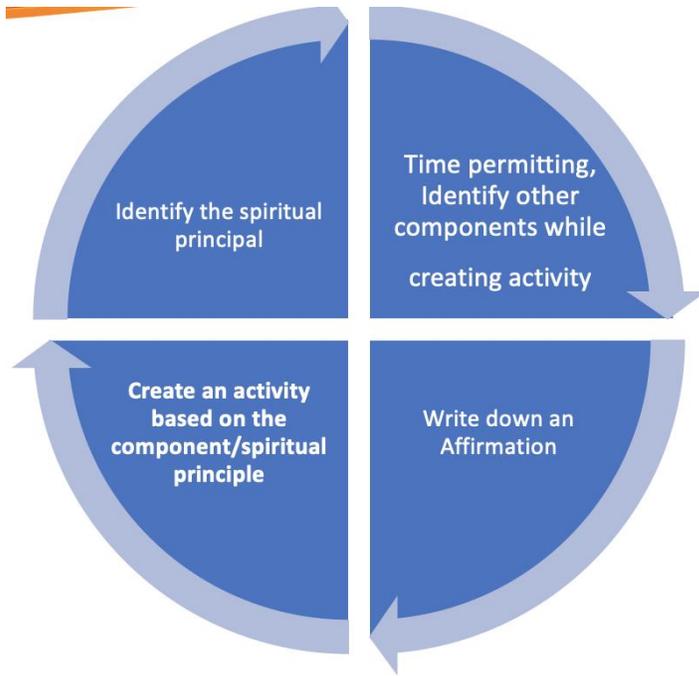


QUOTE

Deem yourself as Divine. Live with this firm conviction. The divinity in every being should be revered. You have to recognize unity in diversity.

“Beings are many, but breath is one.”

---- Sathya Sai Baba (June 26th, 1994; SSS, Vol 27)



WHAT ARE WE DOING TODAY? (12-15 mins)

- Identify a spiritual principle you want to focus on today connected to the given quote.
- Using some/all of the materials you brought, please create/plan an activity based on this spiritual principle.
- Write down one affirmation connected to this.
- If time permits, you can identify other components of the lesson plan (Story/ Song/ Life Application)

TIME TO SHARE and REFLECT (20 mins)



- Please share your activity, Spiritual Principle and affirmation and how you might do this with your students.
- Note down your insights/ takeaway from this exercise. You can also put it on the chat.

Extra slides-SAMPLE ACTIVITIES FOR GROUP 4



INTROSPECTIVE MINDFULNESS BASED ACTIVITY

SUB-VALUE: SELF CONFIDENCE

- **SPIRITUAL PRINCIPLE: CONNECTING WITH THE INNER SELF**
- **QUOTE: ‘There are three ‘you’s”- the one you think you are, the one others think you are, and the one you really are. You think you are the body, others think you are the mind, while you really are the spirit or God within.’
-Sathya Sai Speaks, Vol 10.**
- **ACTIVITY:**
 - Cover your eyes with the scarf. Imagine it is night and you are sleeping.
 - Who/what is ensuring that your heart continues to beat? That your blood continues to flow and your fingernails continue to grow?
 - Stimulate a discussion on the topic of **SELF CONFIDENCE** with an emphasis on the word ‘**SELF**’.
 - Talk about the infinite intelligence that lives within each person and how it automatically is in charge, no matter whether we are conscious or not.
- **STORY: Narrate the story of the bird which was unperturbed by the storm and rain around it and when the branch broke, it simply flew because it relied on its wings.**
- **Discuss: Continue discussion on what this kind of self confidence means to them and how they can develop this?**
- **MEDITATION: Soham meditation**
- **AFFIRMATION: ‘I AM CONNECTED TO MY SOURCE’**
- **LIFE APPLICATION: PRACTICE THE SOHAM BREATHING FOR 5 MINS EVERY DAY**



Extra slides- SAMPLE ACTIVITIES FOR GROUP 4



INTROSPECTIVE ACTIVITY

SUB-VALUE: UNITY OF THOUGHT, WORD & DEED

- **SPIRITUAL PRINCIPLE: BEING AUTHENTIC TO OURSELVES**
- **QUOTE: ‘Authenticity is about being true to who you are, even when everyone around you wants you to be someone else.’ – Michael Jordan**
- **ACTIVITY:**
 - Bring a face mask and ask the children to think of 3 innovative ways that they can use this mask for. Also think of one way that we can use the mask that is not helpful.
 - Discuss: Speak about the meaning of ‘mask’ and discuss how we frequently mask our thoughts & emotions and behave in different ways with different people.
- **STORY: Story from Swami’s life**
- **Discuss: Continue discussion on what this kind of authenticity involves and how they can develop this?**
- **MEDITATION: Light meditation**
- **AFFIRMATION: I am authentic to my thoughts and feelings.**
- **LIFE APPLICATION: Share your feelings and thoughts to your close family and friends.**



Extra slides- SAMPLE ACTIVITIES FOR GROUP 4



Fun game

VALUE: FOLLOW THE CONSCIENCE

- **SPIRITUAL PRINCIPLE: RECOGNIZING AND FOLLOWING THE CONSCIENCE**
- **QUOTE: Follow the Master, Face the devil, Fight till the end, Finish the game.**
- **ACTIVITY:**
 - **Game:**
 - **Bring a blindfold and some stones. Blindfold one student leading him/her down a path created by placing the different stones.**
 - **A few students act as the different voices of distraction to lead them off path. One student acts as the voice of God to stay on.**
 - **Discuss later which is the voice of god and how to follow it. And which is voice of mind and how to manage it.**
- **STORY: Story from Swami's life (Ramabrahmam)**
- **MEDITATION: Listening to the voice of god. (Soham)**
- **AFFIRMATION: 'Swami within me is always guiding me'.**
- **LIFE APPLICATION: practice 5 to 10 minute silent sitting every day.**





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

Let us go back to “ SSE Group 4- AHIMSA” room for discussion and debrief



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