

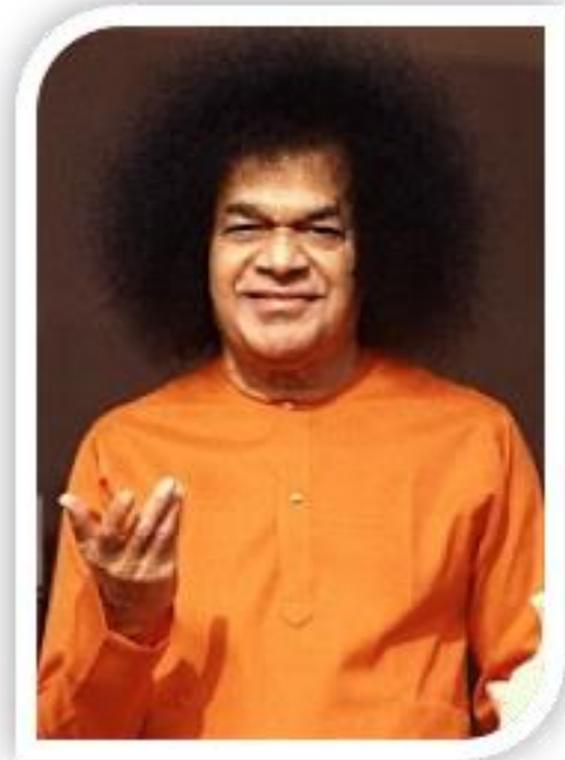


2020 SSIO-USA
National SSE Refresher and Enrichment
Ready, SAI , Action : **Group 2**
Breakout session: Dharma
July 2020

Welcome to Dharma – Group 2



"Practice should always match precept. Whatever you teach should be reflected in your practice. You should personally experience, understand, and have conviction in what you teach. Before you begin to teach a lesson, you yourself must have digested it. Your teaching should come out of the crucible of your experience." - Spiritual Sadhana, 1978,87



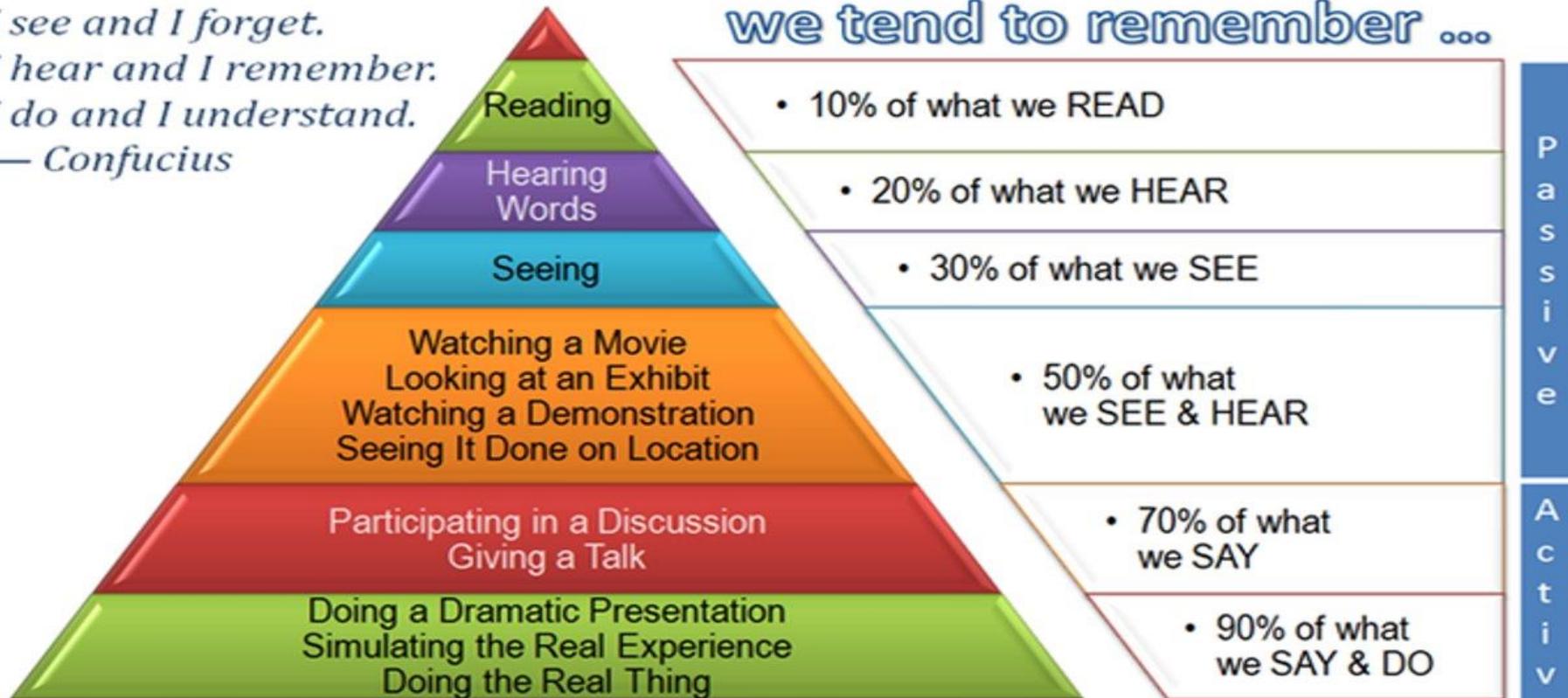
Value of Experiential Activities



The Cone of Learning

sparkinsight.com

*I see and I forget.
I hear and I remember.
I do and I understand.*
— Confucius



Source: Edgar Dale (1969)

Introduction to Group 2 Children



Consistently say they want to do more arts and crafts activities.

Like to do research and are interested in science...they want to know “Why”, not just “What”.

Breaking a class into small group or pairs for an activity or discussion is a good approach to instill teamwork and build friendship bonds.

Brainstorming is an excellent way to get the children’s inputs on different topics as it makes the children feel more involved and invested in the lessons they are learning.

Children with special needs should be included in as many ways as possible and provided extra support from other children in the class as well as teachers to participate in a group activity.

Introduction to Group 2 Children(Contd.)



Group 2 can work on more extensive and/or cooperative projects, for example, a class mural. Such projects develop a sense of belonging and cohesiveness, which is essential for this age group.

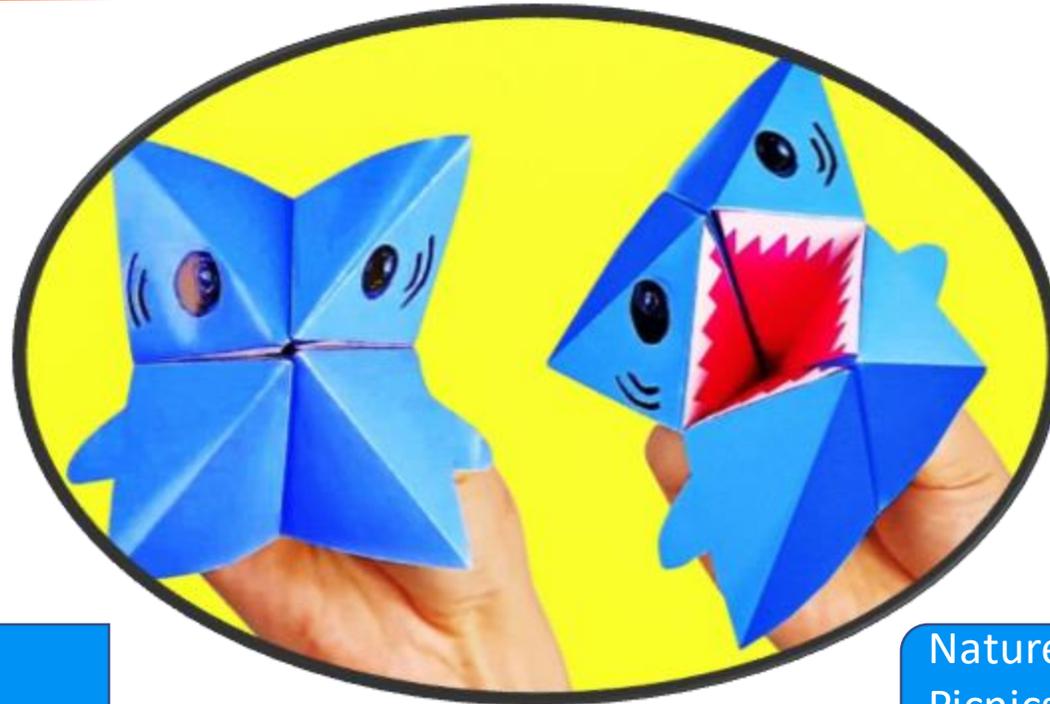
At ages 9-11, children become more critical of their own ability and may exhibit concerns about “doing it right”. They may need sympathy and guidance.

Ages 11-13 are apt to be self-conscious about artistic abilities and peer reactions. Provide gentle support that honors individual expression accordingly.

Puppetry is most successful with children ages 9-12. The puppets should not be too complex or the project will center on crafts instead of the story.



Types of Group Activities



Art Projects

Creative Writing

Experiments/Demos

Games

Dramas

Role Plays

Puppetry

Service Project

Offerings for
Baba's Birthday/Children's Day

Videos/online Activities

Posters/Collages

Quizzes/
Attitude Tests

Discussions/
Brainstorming

Nature Hikes/
Picnics/Field Trips

Guidelines for the Group 2 Activity



Swami Says - *“Think also of activities through the SSE program that can ensure happiness and harmony for the children in later life” – SS/180,17*

Swami Says - *“Be Happy. Be Happy. Be Happy.”*

Part 1 (5 min) : Brainstorming – What does Happiness Mean to you?

- *Please jot down some of your thoughts for using later in breakout group*
- *Also jot down some of your favorite kinds of Group Activities*



Guidelines for the Group 2 Activity



Part 2 - Design a Group Activity related to the Spiritual Principle of Happiness

- *Share your notes from Brainstorming in Part 1 with your breakout group members*
- *Add any thoughts as to what Happiness may mean to the children*

Part 3 - Write the objectives/values the children will extract from this activity

Part 4 - Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principles from what happiness means to them

Part 5 – Sharing/Reflection from Breakout Groups





**You will now transition into the Dharma
breakout rooms for hands on learning**



Sharing of Breakout Group Experiences

Group 2 Reflection and Commitment



Demo for On-Line Brainstorming tool - <https://ideaboardz.com/>

Will Brainstorming Activities help the children feel more connected to the other students in the class?

Will Brainstorming Activities help the teachers to understand better what is important to the children?

Will Brainstorming Activities help to make the children feel more open to further SSE lessons on Human Values and Spiritual Principles?

Will you use Brainstorming Activities more in your Lesson Plans?



Which of the following did your Group Activity accomplish?



Group 2 Reflection and Commitment

Internalize the values by learning through practical experience rather than only through theory, where the attention span is limited.

Makes learning fun.

Promotes discipline and team spirit.

Increases adaptability, social awareness, and responsibility.

Effective way of learning the importance of unity in thought, word, and deed.

Develops empathy, altruistic behavior, a sense of duty, discipline and dedication.





Resources

Group 2- Happiness Activities

Resources for Lesson Plan Connections



Stories

- Under His Own Pillow from Chinna Katha
- Green Colored Glasses from Inspirational Stories
- Beautiful Pearls from Sunrays for Sundays
- The Old Woman who lived in a Shoe - SSEHV: Lesson Plans for Ages 8 - 9 Years - Lesson 2.13
- Environmental Impact of a Small Desire - <https://iammotherearth.wordpress.com/go-green-lesson-plans/>
- The Spirit of Ubuntu - <http://www.jackyyenga.com/the-spirit-of-ubuntu/>



Videos

- "The Happiness Formula - Get Out of The 99 Club-" <https://www.youtube.com/watch?v=ieYbNzYuiyE&feature=youtu.be>
- "Ceiling on Desires | What it Practically Means?" - <https://www.youtube.com/watch?v=RpHPEF58TEc&feature=youtu.be>

Online Tools

- Kahoot, Mentimeter, Bitmoji, Ideaboardz, and other online Bingo, etc.

Group 2- Happiness Activities

Resources for Lesson Plan Connections (Continued)



Songs

- “Don’t Worry Be Happy”
- “Happy” by Pharrell Williams
- “Happiness Is” from Mesa SSE Group 2 from the tune of “You’re a good man Charlie Brown”

Prayers

- Gayatri Mantra
- Samastha Loka
- 108 Names of God
- Children’s own prayers

Quotes

- “To be without some of the things you want is an indispensable part of happiness.” – Bertrand Russell
- “Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.” – Denis Waitley

A hand holding a lit sparkler, with a bright burst of light and sparks. The background is dark with colorful bokeh lights in shades of orange, red, and blue.

Please leave this
room join Prema
For conclusion