



# 2020 SSIO-USA National SSE Refresher and Enrichment

Ready, Sai, Go: **Group 4**  
Breakout Room: **Ahimsa**

*July 2020*



**KEEP  
CALM  
AND  
MUTE  
YOURSELF**



# Ahimsa Room: Session Outline



## Part 1: (15mins)

- Brief overview of group specific concepts to keep in mind when planning activities
- The process of **EXPLORING** activities
- Checklist to use when **PLANNING & IMPLEMENTING** the activity

## Part 2: (30mins)

- Move into smaller groups of ~10 teachers where you will do the following:
  - Icebreaker
  - Each participant has a few minutes to share, please be mindful of the time.
  - Hands on session

## Part 3: (20mins)

- Come back to the main Ahimsa room for discussion

## Part 4:

- Join the large group in the Prema room for wrap up and final points

Please  
remember  
to rename  
yourself

# Concepts that Group 4 Teachers Should Keep in Mind



- Cultivating the process of moving from “**children of spiritual seekers**” to being **seekers themselves**
- Creating a **safe, loving and trusting environment**
- Students tend to prefer **experiential learning** with **practical life lessons** as the goal
- The **teaching environment** may not always be a formal classroom setting - ***Be flexible***
- Helping understand how students can **use spirituality** and Swami’s teachings **to build life skills**
- Helping students **prepare for challenging scenarios** that may come up in the years ahead:

# Concepts that Group 4 Teachers Should Keep in Mind



- **This is a time of transition** - academically, emotionally as well as in their Sai Center role
  - *How can we help cultivate leadership within and outside of the Sai organization*
- Keeping **cultural sensitivity, current events and academic topics** in mind when planning lessons and activities.
  - *E.g.: if students are learning something in history, can we bring that into the lesson and connect spiritual teachings across different time periods? Or spiritual lessons that history teaches us*
  - *Inclusivity in the current era of racial differences: How can we use this to develop the feeling of oneness, or seeing God in all?*
  - ***Always be mindful on coming back to our spiritual base***
- Moving from a mind driven right brain living, to **bringing heart and the left brain in**
- Cultivating **healthy competition and collaboration** vs competition that is more rooted in ego or pride

# Process of **EXPLORING** possible activities



- **What is your lesson objective?** Is it too broad? does it need to be more focused?
- **Knowing your students:** their talents, areas of growth, family dynamics, learning styles etc.
- **Go to the Source** (Swami's teachings) for inspiration
- **Explore other credible mainstream sources** outside of the Sai world (Authors like Sean Covey, Articles from Harvard, etc.)
- **Using the activity to dive deeper** into a topic, but also diving deeper into their individual selves
- Finding ways to **constructively use their phones/technology** in class
- Consider how the activity can be **based in real life scenarios or hands on experiences** that stimulate different perspectives
- **Reframing the traditional idea of activities into anything that is hands on learning**

# Questions to ask as you **CHOOSE & IMPLEMENT** an activity



- Does this activity clearly meet my lesson objective? What is the expected learning outcome from this activity?
- How does this activity help the student extract the lesson objective and sub-value being discussed?
- Is this activity helping students understand an abstract concept, by putting it into a more tangible context?
- Does this activity encourage the students to be creative? If so, how?
- Can this activity be adapted for in-person and online classes? If so, how?
- Can this activity be adapted if I have students with special learning needs? What supports will I need to have in place to ensure everyone's learning needs are met?
- What other self-reflection or spiritual lessons can be drawn out from this activity?

**Come back to this checklist after the class and see if objectives were met or if there are changes that can be made for future activities.**

# Breakout Session Guidelines and Example



- You are planning a lesson with the following objective/spiritual principle: **Students will explore the concept of Unity of Thought, Word and Deed**
- You have been given the accompanying picture as a resource
- Please come up with 2 hands-on learning activities using this picture as inspiration.
  - ***1 activity should be something you can do in-person***
  - ***1 activity should be something you can do online***
  - *Be creative and see if you can address different learning modalities (tactile/touch, smell, visual etc.)*
- **Please use the implementation checklist as a guide and stay laser focused on the lesson objective**

# Breakout Session Guidelines: Raise Hand



The image shows a Zoom meeting interface. At the top, there is a video feed of a participant named 'ramya kumar'. Below the video feed is a large, empty white space. At the bottom, there is a control bar with several icons: Unmute, Start Video, Security, Participants (highlighted with a red box), Chat, Share Screen, Record, Breakout Rooms, Reactions, and More. The 'Participants' button shows a small icon of two people and the number '2'.

The image shows a Zoom meeting participants list. The window title is 'Participants (16)'. There is a search bar at the top. Below it is a list of 16 participants, each with a circular profile picture, their name, and icons for mute and video. The participants are:

- AD Ahimsa-08-Kamalesh Donthula (me)
- S Sevadal-Ahimsa-Saidutta (Host)
- AK Ahimsa-07-Ramya Kumar
- SM Sevadal-Ahimsa-Mathu Ma... (Co-host)
- Sevadal-Ahimsa-Mohan (Co-host)
- S Sevadal-Ahimsa-Sanjay (Co-host)
- AN Ahimsa-02-Preethi Nair
- AP Ahimsa-04-Kandarp Patel
- A0 Ahimsa- 03- Deepali Rastogi Tipirneni
- AY Ahimsa-01-Ajay Yekkirala
- Ahimsa-03-Pavan Sura
- AS Ahimsa-05 Suja Josiam
- AV Ahimsa-06-Suresh Viswanathan
- AK Ahimsa-09-Gayatri Kuppili
- AN Ahimsa-10-Sreekanth Nair
- AK Ahimsa-11-Faranak Khandadia

At the bottom of the list, there are three buttons: 'Invite', 'Mute Me', and 'Raise Hand'. The 'Raise Hand' button is highlighted with a red box and has a red arrow pointing to it.



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

# Breakout Rooms

## Guidelines & Rules of Engagement



- Actively participate in discussion
- In order to maximize time and participation, please stay focused on the topic and minimize digressions
- Allow time for everyone to participate equally
- The chat window can be used to share ideas as well since time is limited
- Please use the implementation checklist as you go through this section
- **BE CREATIVE!!! There are no right or wrong answers. This is a hands-on activity where all perspectives are valuable**
- ***Your facilitator will choose a scribe for the group***

# Breakout session: **Icebreaker** (5mins)



- Please share your name, region and an adjective/subvalue that starts with the first letter of your name
- Example:
  - *Responsible Ramya from Region 9*
  - *Kind hearted Kamalesh from Region 10*
  - *Grateful Gayatri from Region 2*

# Breakout session for AHIMSA Room 1,2,3,8

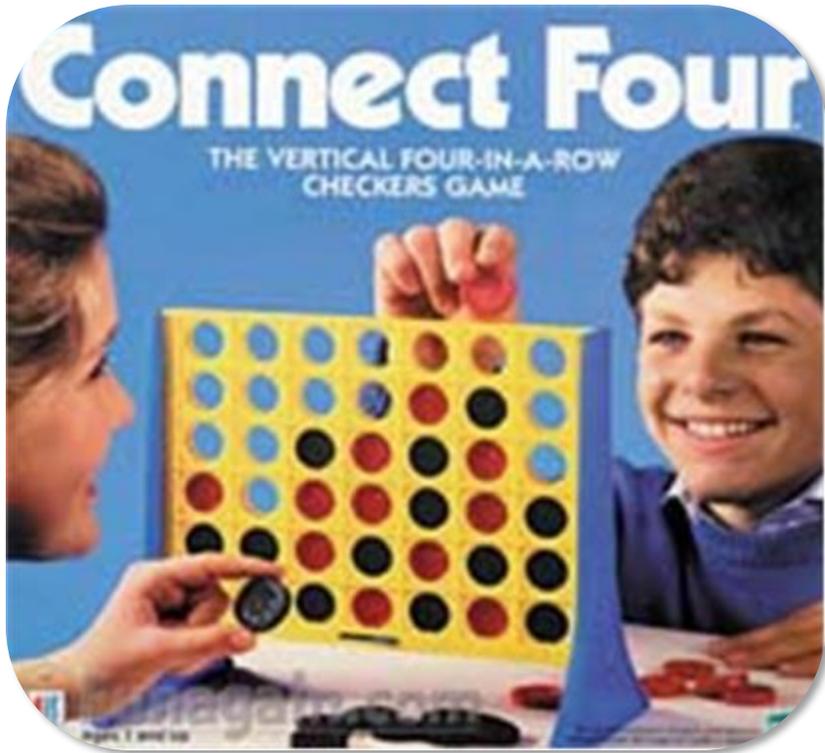
## Hands on Experience (20mins)



- You are planning a lesson with the following objective/spiritual principle: **Students will explore the concept of self satisfaction through loving oneself**
- You have been given the accompanying picture as a resource
- Please come up with 2 hands-on learning activities using this picture as inspiration.
  - ***1 activity should be something you can do in-person***
  - ***1 activity should be something you can do online***
  - *Be creative and see if you can address different learning modalities (tactile/touch, smell, visual etc.)*
- **Please use the implementation checklist as a guide and stay laser focused on the lesson objective**

# Breakout session for AHIMSA Room 5,6,7

## Hands on Experience (20mins)



- You are planning a lesson with the following objective/spiritual principle: **Students will explore how harmony in Thought, Word and Deed will reach “God”**
- You have been given the accompanying picture as a resource
- Please come up with 2 hands-on learning activities using this picture as inspiration.
  - ***1 activity should be something you can do in-person***
  - ***1 activity should be something you can do online***
  - ***Be creative and see if you can address different learning modalities (tactile/touch, smell, visual etc.)***
- **Please use the implementation checklist as a guide and stay laser focused on the lesson objective**

# Breakout session for AHIMSA Room 4,9,10

## Hands on Experience (20mins)



- You are planning a lesson with the following objective/spiritual principle: **Students will explore the concept of good things come to those who patiently wait!**
- You have been given the accompanying picture as a resource
- Please come up with 2 hands-on learning activities using this picture as inspiration.
  - ***1 activity should be something you can do in-person***
  - ***1 activity should be something you can do online***
  - *Be creative and see if you can address different learning modalities (tactile/touch, smell, visual etc.)*
- **Please use the implementation checklist as a guide and stay laser focused on the lesson objective**



**Please join us back in the main  
Ahimsa room  
for sharing and reflections**



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# Ahimsa Room: Reflections (20mins)



1. What is one thing you learnt about your own creativity or creative process?
2. What is an apprehension/assumption you had about Group 4 activities, and how has this experience changed that?
3. What are some creative ways to adapt an activity for online classes?
4. How has this workshop helped deepen your understanding about the value of activities during a lesson?
5. Is there anything else you would add to the planning and implementation checklist?
6. Are there any general/broad learnings that you took away from this exercise?





**Thank you for your participation and  
creativity!**

**Please join the **Prema room** for workshop  
conclusion**