

Grade: 1

Lesson Number: 5

Unit Name: Core Principles

Course: Virṣā

Title: Applying Core Principles - Decision Making

Standards

Standard Grade 2: Applying Core Principles

- Students understand the teamwork process and elements of honesty, working hard, and sharing with others.
 - *Students engage in activities and games that reinforce fellowship (saṅgat) and cooperation, instead of competition where the emphasis is placed on the end result. Activities that allow decision-making based on consensus should be stressed and drawn parallel to the Gurū Panth decision-making role.*

Objectives

1. Children will participate in activities that will help them start thinking of team work and saṅgat and decision-making.

Prerequisites

- Lessons I and II on saṅgat

Materials

- Hula hoops (approximately one hula hoop for every two children)

Advanced Preparation

- You will need to have enough space for the hula hoop game, so plan accordingly. It would be best to plan to do this outside, but a large area inside will also work.
- Scatter the hula hoops on the ground so that they don't overlap and are roughly equidistant from each other. Because children will be moving energetically around the hoops, make sure all hoops are at least four feet away from any furniture or other objects.

Engagement (5-10minutes)

- Review with children the last few classes about core principles. Discuss with them the need of saṅgat and how they help you.
- Review some of the activities that you have done and how they show working together.
- Discuss issues that have come up about saṅgat. How your saṅgat can help or hurt your progress and help you be more Vāhigurū-like.
- Include in the discussions the Gurūs and go through the 10 Gurūs. checking to see j qy y gni'children remember'r t g x k q w u' r g u u q p u.
- Then tell them you will do some more activities that will focus on responsibility and working together. Maybe they have even done or thought of some of these activities. Tell them that sometimes decisions need to be made together about something and

you have to look at every angle of a certain situation and think of how it is best for everyone that is involved.

- Remind them too that as you discussed in the other classes, one always wants to make a decision that would lead to making them more Vāhigurū-like—honest, fearless, etc...
- In the Language Arts classes children will be going through the Mūl Mantr and will be exploring these qualities or attributes of Vāhigurū. If you want, it is possible to introduce these ideas d{ 'j cxlpī children recite the Mūl Mantr.

Exploration (35-40 minutes)

- To begin with have children do the hula hoop game.
- Children move about the playing area, stepping anywhere except inside a hoop.
- On a signal from the teacher, (you can use classical music as your signal-- making reference to the lesson plan on Rāgs to build lesson connectivity) everyone finds a hoop and steps inside as quickly as possible, helping each other as needed. To be considered 'in' a hoop, a child must have at least one foot in. The other foot may not touch the ground outside the hoop.
- After everyone is safely in, everyone steps out again, and one hoop is taken away.
- Steps one and two are repeated again and again, with one less hoop each time. Children will have to be inventive and work together to get all players into an ever-decreasing number of hoops.
- The game continues until children cannot possibly squeeze any more people into the remaining hoop*st.
- Throughout the game, remind the group about helping each other and comment on examples of cooperation that you see. (e.g. I noticed how Mehar raised one foot to give Āsīs space to fit her foot) Also, remind them to work together to make a decision on how to let others in their hoops.
- When you've taken away approximately half the hoops, tell students you don't think they can possibly squeeze everyone into fewer hoops, ask them what they think and then watch them rise to the challenge.
- Discuss with children how the game was and what techniques they thought of to get everyone in a hula hoop. What kind of decisions did they have to make. if any.
- Now tell children that they will discuss some issues in which they can talk about situations that they might face at school or just in general and together as a group they must make a decision about it.
- Give children the situations below and ask them what they would do next in each of these situations. Try to help them come to a decision together.
 - You find a watch on the playground.
 - Everybody is in a hurry. A kid near you trips and falls down.
 - Your teacher asks the class to be quiet after somebody said something funny.
 - You borrowed a pencil from the teacher's desk and lost it.
 - You think somebody is being mean by making fun of a kid on the playground.
 - You see someone pull at someone's jūrā (ਜੁੜਾ).
 - You j gct someone make fun of your karā (ਕੜਾ).

Explanation/Extension (5-10 minutes)

- Discuss both the game and the situations.
 - Cūm "What uḡ qwṛf "children f q"to be responsible citizens of the KhālsāA
 - Act appropriately by following rules.
 - Stand up against anything that is hurtful to someone.
 - Remember Vāhigurū through participating in pāṭh and kīrtan.
- Also tell children that they had to make some decisions together. Discuss briefly how easy or difficult it was.
- Then tell them that the Khālsā also has to make decisions together "uqo gṽo gu and that they have to give their thoughts and ideas, but together then they have to decide on something that is in line with what their Gurūs showed them and taught them. They have to think of how the Gurūs would have acted to make a decision and they have to try to base their decisions on that.

Evaluation (On-going)

- Follow discussion intently and observe and document individual progression over the three classes.

