

Loving Our Neighbor

Month: Mar.

Week #: 29

Day: a. Mon. Time: 30 min.

Giving Back

Life Tree Learning Systems ©

Objectives/Aims

The students will: recognize how blessed they are in having all of their basic needs met, as well as most of their wants; see how others are deprived in not even having their basic needs met

Materials

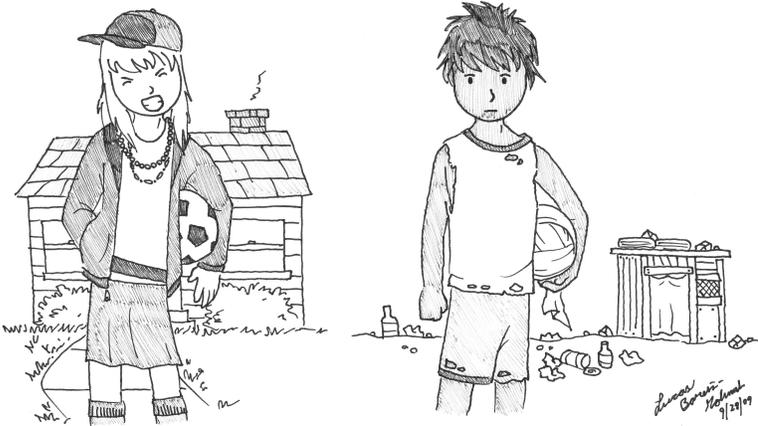
none

Illustration

What does this picture have to say about what most Americans have compared to many poor countries?

Background

As Americans, many of us are extremely well off. Even our middle class, in comparison to many third world countries, lives better than many a king or queen of bygone days. In contrast, there are those, especially in developing countries or in a community where a disaster has struck, suffering from a lack of the most basic human necessities: food, water, clothing and shelter.



Group Activity

1. Say, "Today we're going to do a guided imagery activity. Guided imagery is like dreaming while you are awake. For it to work it is very important to cooperate and do exactly what I say. If you choose not to, this exercise won't work and you'll probably find yourself rather bored." Have the children lay on their backs with their eyes closed or put their heads down on their folded arms while sitting at their desks.
2. To relax them, tell them that there is a warm ball of energy that is in the soles of their feet. As this energy travels up their bodies, it relaxes the muscles. Describe how the energy is moving slowly up their bodies, and how it is relaxing them until it resides in their heads.
3. Now tell them to imagine this ball of glowing energy in their minds. This ball of energy beckons them to follow it down a flight of stairs. As you count down from ten, have the students imagine that they are going down those stairs. As they go down the stairs they are going deeper into themselves. Once they reach the bottom, tell them that they see a beautiful door that is calling to them to open it.
4. Once they enter through the door, visually describe in depth a landscape that most Americans experience in their lives: plentiful food, clothing, a home, transportation, a person(s) who love them, a quality education, etc. In effect, describe a place in which all of their basic needs are met. Personalize the narrative by using the pronoun 'you'. Then proceed to describe the luxuries that many Americans enjoy: many TVs; multiple (and often luxurious) cars; cultural events like concerts, museums, ball games; multiple sets of stylish clothing; hot tubs; air conditioning; large well-appointed homes, etc.

Group Activity (continued)

5. Now tell them that they see another door and go through it. Visually describe for the students either a developing country or a recent natural disaster. Accentuate how these people are not even having their basic needs met. Once again personalize the narrative with the pronoun 'you' as if each student is actually experiencing these deprivations for his or herself.

6. Have the students find the door by which they entered this place. Have them go through the door and then count them back up the stairs. When you get to ten they can open their eyes.

Group Discussion Questions

1. What was different between the experience through the first door as opposed to the experience on the other side of the second door?

A: Not only do most Americans have their basic needs met, but they enjoy many luxuries as well. People in developing countries or places that have endured a natural disaster or a war don't even have their basic needs met.

2. How did each of the different places make you feel?

A: Happy or blessed to be living in America, sad for the people in poor or traumatized countries, etc.

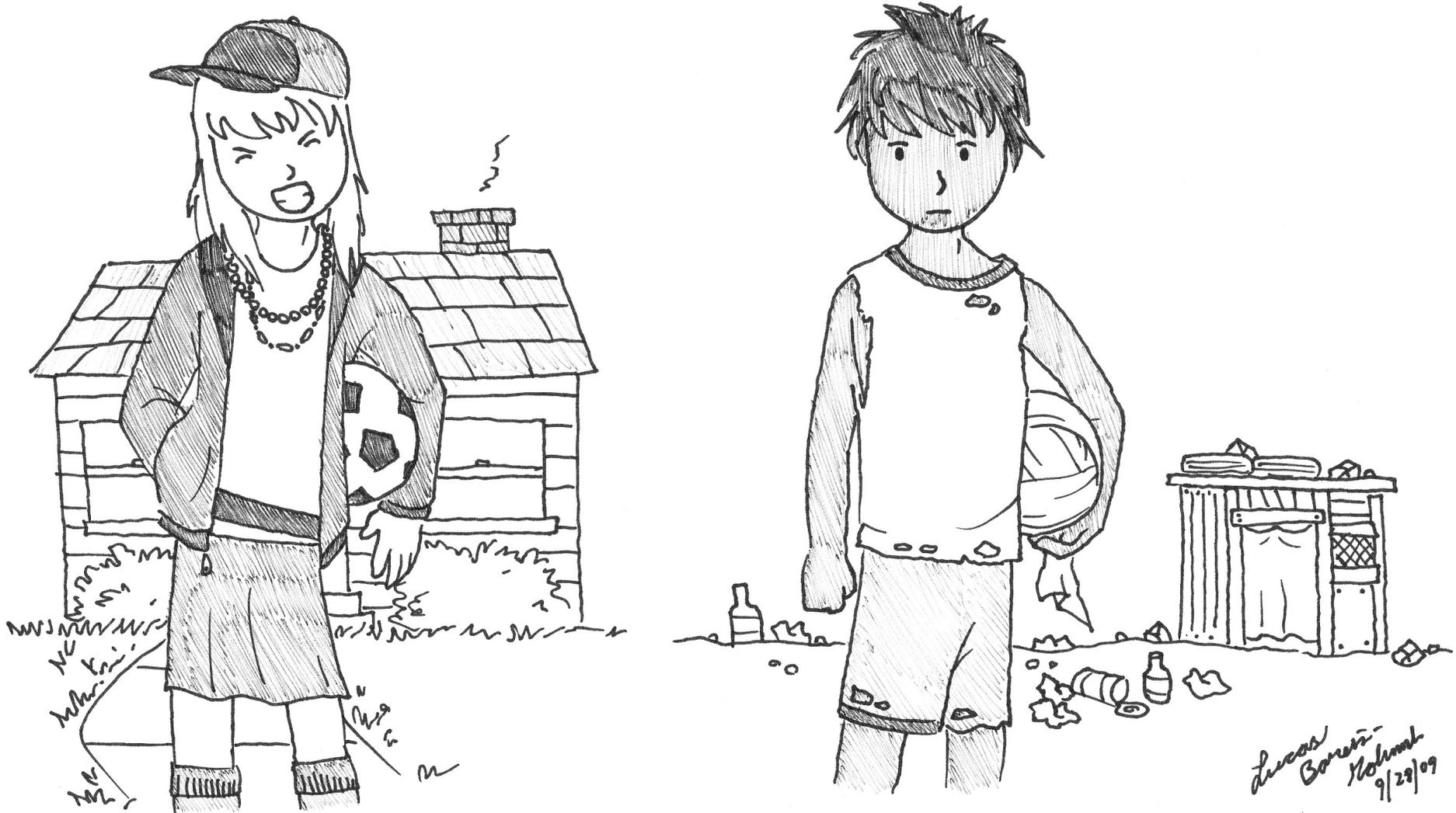
3. What can we do to help?

A: Answers will vary.

Variations/Extensions

Conclusion

Say, "As Americans most of us are very fortunate having our basic material needs met. In fact, many of us enjoy many luxuries. In contrast, there are those people that don't even have their most basic needs met. How can we help them? I want you to continue to think about this question until tomorrow when we explore this topic further."



What does this picture have to say about what most Americans have compared to people in many poor countries?

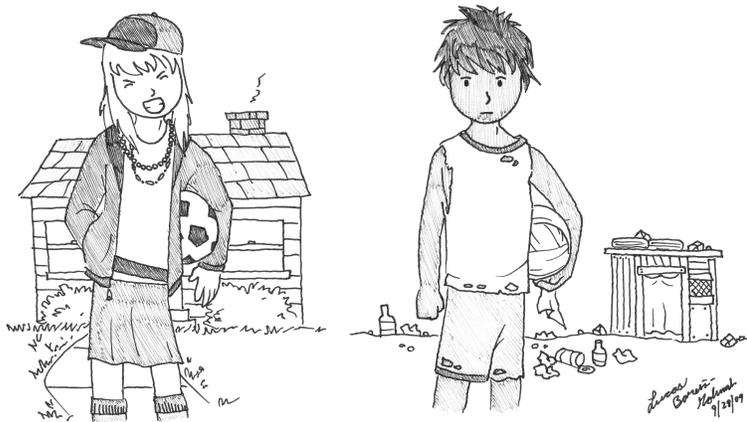
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Objectives/Aims

By the end of this unit, your child will recognize how fortunate they are in having most, if not all of their basic needs met, as well as most of their wants. They will also actively engage in a service project to help meet the needs of another.

Background Information for Parents

As Americans, many of us are extremely well off. Even our middle class, in comparison to many third world countries, lives better than many a king or queen of bygone days. In contrast, there are those, especially in developing countries or in a community where a disaster has struck, who suffer from a severe lack of the most basic human necessities: food, water, clothing and shelter.



Day 1

1. What does this picture have to say about what most Americans have compared to many poor countries?

Note: The following homework is optional. Doing service with a grudging heart serves nobody.

Day 2 & 3

1. Share with your parents the situation on the note card where you are going to be of service. Discuss with your parents the strategies you're going to use to remedy the situation. P.I. _____

2. After completing the act of service, answer the following questions:

A. How did you feel after the completing your service project? _____

B. What did you learn from this experience? _____

C. What would you do differently next time? _____
