

Lesson Plan Exercises

Introduction & Theme

This month's lesson plans are based around the value of SYMPATHY.

RELATED VALUES

LOVE:

Acceptance, Affection, Care, Compassion, Consideration, Empathy, Forbearance, Forgiveness, Friendship, Generosity, Gentleness, Interdependence, Kindness, Patience, Sharing, Sympathy, Thoughtfulness, Tolerance, and Unselfishness.

TRUTH:

Fairness, Fearlessness, Honesty, Integrity, Intuition, Justice, Sincerity, Trusting, Unity of thought, words and deed.

RIGHT CONDUCT: Social Skills: Good behaviour, Helpfulness, Politeness and Good relationships.

Ethical Skills: Code of Conduct, Courage, Dependability, Respect for all, Responsibility.

PEACE: Equality, Gratitude, Happiness, Harmony, Humility, Optimism, Patience, Reflection, Self-control, Self-esteem, Self-discipline, Understanding, Virtue, Inner silence.

NON-VIOLENCE:

Psychological: Benevolence, Compassion, Concern for Others, Consideration, Co-operation, Forbearance, Forgiveness, Joy of Life, Loyalty, Morality.

Social: Appreciation of other cultures and religions, Brotherhood/ sisterhood, Environmental Care, Citizenship, Equality, Harmlessness, National Awareness, respect for property, Social Justice, Universal Love.

COMMENTARY:

According to the Webster's Dictionary, SYMPATHY means having common feelings. It describes an affinity, association or relationship between persons or things whereby whatever effects one similarly effects the others. According to the Chambers Thesaurus the adjective sympathetic has the following synonyms; understanding, appreciative, supportive, comforting, consoling, commiserating, pitying, interested, concerned, solicitous, caring, compassionate, tender, kind, warm-hearted, well-disposed, affectionate, agreeable, friendly, congenial, like-minded and compatible.

QUOTES

A trouble shared is a trouble halved (*Proverb*)

A friend in need is a friend indeed (*Proverb*)

The only way to have a friend is to be one (*Ralph Waldo Emerson*)

Love thy neighbour as thyself (*Jesus*)