

# EduCare

LET'S GROW TOGETHER!



## Love

Educational magazine for children,  
kids, families and schools with  
human value focus

5  
2014



Dear Readers,

Writers and poets have praised and acclaimed the power of love, for love transforms the mind, softens hearts and moves mountains! Normally associated with feelings and relationships, love is, in truth, an energy. It is an invisible force that brings together, builds and creates, fostering friendship, care, brotherhood and unity. For a proper comprehension of human values it is essential to move deeper, so as to grasp the source of this energy. In fact, love is the core of human worth and values. There could be no caring or sharing without it. There would be no ground for the seed of the tree of life to grow, nor would there be a basis on which humanity could flourish. Truth, peace, right action and non-violence would be impossible without the invisible thread and the underlying current of love.

Are we ready to answer love's call and allow its energy to tingle our very own cells, illumine our minds and irradiate its warmth; to learn how to tune into this vibrant energy as we allow the Principle of Love to be in charge? Isn't it exciting to know that as we acknowledge and become more and more aware of its presence and power, love responds? It envelops, enfolds, protects and watches over. Its gleam and glow reach up to the Highest, while we can only marvel at its ways and its whys and watch miracles happen. So let us be prepared to sit nearer and move closer... to listen to love's story... through this magazine too!

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The views and opinions expressed in the articles do not necessarily reflect the official view of the ISSE SE and ESSE Institute.



ISSUE 5

2nd trimester 2014

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Produced and published by ISSE  
48018 Faenza RA, Italy  
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email: secretary@isseducare.org  
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in collaboration with  
SaiCare Stiftung Germany  
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# Love



## Quotations

The ending of sorrow is Love. Where there is that love there is compassion. And that compassion has its own integral intelligence. And when that intelligence acts, its action is always true. There is no conflict where there is that intelligence.

*J. Krishnamurthi*

Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation.

*Rabindranath Tagore*

Love is giving and forgiving. Not getting and forgetting.

*Sathya Sai*

Every work done in accordance with the laws of nature which creates harmony among beings is expressed within ones conscience in the form of love. Adults believe that the love a child shows for his surroundings is part of the joy and vivacity of childhood. They do not realize that this love is spiritual energy, moral beauty, that accompanies the whole of creation.

*Maria Montessori*

Wherever there is a human being, there is an opportunity for kindness.

*Lucius Annaeus Seneca*

Goodness without knowledge is weak and feeble, yet knowledge without goodness is dangerous, and both united form the noblest character, and lay the surest foundation of usefulness to mankind.

*John Phillips*



## Goals

When the value of love fills our minds, our thoughts become positive and develop good intentions. When it fills our eyes and ears, we see and hear beauty everywhere. When love fills every part of our being its power comes out of our hands and we can build and create something good for ourselves and others! When it lives in our hearts we feel love for every form of life and our words become soft and sweet. As children realize that love is an infinite source of energy that they can tap anytime they want, an energy that brings good results to themselves and others, they will be ever more prone to learn to sit quietly awaiting to grasp its all-knowing guidance through the soft voice of their conscience. Love fosters a positive, caring approach to life, powerful enough to overcome the negative vices of ego, that distract, confuse and lead astray. To bring love forth at home or in the classroom, to make it shine in whatever we think, say or do, to realize that this energy is the pure nature of goodness inherent in oneself and all people alike, are the goals of spiritual and moral value education, and notably of Educare.



## Dictionnary

### LOVE

STRONG AFFECTION FOR ANOTHER ARISING OUT OF KINSHIP OR PERSONAL TIES (I.E. MATERNAL LOVE FOR A CHILD)

UNSELFISH LOYAL AND BENEVOLENT CONCERN FOR THE GOOD OF ANOTHER: AS (1): THE FATHERLY CONCERN OF GOD FOR HUMANITY (2): BROTHERLY CONCERN FOR OTHERS.

ENTHUSIASM AND AFFINITY (I.E. LOVE FOR PERSON, LOVE FOR NATURE) A PERSON'S ADORATION OF GOD.

LOVE IS TRUTH, TRUTH IS GOD.

LOVE IS ANOTHER NAME FOR GOD.

### Synonyms

CARE  
AFFECTION  
GOODNESS  
TENDERNESS  
FONDNESS  
FRIENDSHIP  
DEVOTION  
GOD

### Opposites

CARELESSNESS  
COLDNESS  
BAD  
BITTERNESS  
DISLIKE  
ANIMOSITY



## Love drops in an ocean of love

To help children become conscious that love is their own true nature, as well as the underlying thread of creation itself, is the aim of Educare.

Love is not an emotion, nor is it a feeling. It is the most positive and powerful of all forces, a spontaneous energy that flows in heartfelt response to... itself. For it is only through love that love grows! A good way to explain this to children is by telling them that when we love our family members our love shines like a light bulb surrounding us with its light. And when we bring our friends into its circle the light becomes stronger and spreads out, illuminating part of the sky! And if we then ask them what happens when we embrace the whole world like one family... Voilà! They will see how its power magnifies, becoming as bright as the sun! The power of love brings together and builds love energy as more and more love is felt, received and transmitted. It is because of love that we wish the best for another and it is love that speaks through us when we show affection, tenderness, care and compassion.

## Human Values make love visible!

When you tune into love these are the virtues that blossom in your heart and expand their fragrance in what you think, say and do!

Patience	Kindness	Tolerance	Selflessness
Forgiveness	Generosity	Acceptance	Openness
Sharing	Trust	Friendship	Empathy
Dedication	Conscience	Care for others	Compassion

**Treat children for what they are.  
Love is their true nature.**

When we become more receptive to the virtues of love and more keen to be their agent, we receive a special key. By turning it towards our heart, we turn our mind away from selfishness, and immediately activate the power of love. When this happens the sweet taste of love becomes known to us. We discover that its creative power heals, harmonizes and transforms, and confers a positive and peaceful attitude and approach to life. And as we become more familiar with love energy and learn to trust its presence, the negative thoughts and feelings that we may harbor within will fade away, enabling us to face and transform our shortcomings with strength and self-confidence. Love turns self-interest into care for others, greed into generosity, pride into humility, envy into appreciation, jealousy into admiration, anger into forgiveness and fear into fearlessness! It helps us see better, speak better and act better, and to build better friendships and relationships: "heart to heart."

## The method

Love cannot be taught from behind a desk! But we can help children become aware and sensitive to it through story-telling and activities that enhance care for oneself and for others, as well as for plants, animals and the elements of nature. "Quiet time" and music bring us nearer to love's vibrations, too, by creating a harmonious atmosphere and filling it with joy. But the best way to bring love into our children's fold is by speaking softly and kindly to them and by being examples of understanding, patience, forgiveness and dedication. If you lead they will follow.





# HOW TO TEACH LOVE TO YOUR CHILDREN



*Sure, love... Is there a word that is more important but also more misunderstood and abused? We continuously talk about it but we do not understand its real meaning. Because what we call love in reality is not love at all. It is normally a form of dependence, possession.*

Everyone affirms to love children; you will not find any parents who will say that they do not love their child. But the question is: how do they express this love? The answer is : in the only way they are able to do so, which means in the way that they themselves were loved by their own parents. It will depend on the way they learned how to love. In many cases it amounts to conditional love: since the earliest years of life children learn that they must earn their parents love by living up to their

expectations, by behaving well, by trying as hard as they can to be good, by satisfying their parents' desires, by being obedient not to their inner master but to an external authority. The fact, however, is that love is a gift; it isn't a duty to fulfill or a reward to obtain. It is free of charge, it need not be earned. Like the sun reflects on the good and the bad, and the earth nurtures its children independently of their actions, God loves: like flowers that give off their scent to whomever passes by, like birds who offer their song to whomever may be listening. True Love is sharing, it is light and fragrance, that wish only to offer themselves.



## Two levels of love.

"Often, when speaking of love for children we refer to how we take care of them and to how we lavish them with hugs and kisses, for this fills us with feelings of tenderness, and if there is a spiritual relationship with the child it manifests out itself when we sit down with them to teach them prayers. But the level that I am referring to is another one. This type of love is no longer personal, or material: in this case whoever is serving the child feels that he or she is serving the spirit in man, the spirit that needs to be released." Maria Montessori

The teacher who works to assist the child in "creating, in realizing its vision", does so not out of sacrifice, but because he or she gains an intimate and profound satisfaction in doing so, a form of spiritual joy, that "few understand", because it is difficult to understand what you haven't experienced yourself. In fact, in order to reach this degree of comprehension we need to do a lot of walking... we need to embark on a journey in search of love, only to find out, whilst we are walking, that we are love. Love is our own nature, the fabric of which we are made.

"This force that we call love is the most powerful energy in the universe. It is a very complex energy that governs the universe, maintains the stars in place, unites atoms to build new substances, that keeps things held to the surface of the earth. It is the energy that regulates and orders the animate and inanimate, and that is incorporated in the essence of everything and everyone. It is more than energy: it is creation itself." Maria Montessori.

(...) Maria Montessori reminded us that we cannot teach love to children because children ARE love. What we can do is help them face the obstacles that hinder their way, so that their journey through life will be easier. At the same time we can work on ourselves so as to become clear and loving mirrors for them. All we need to do is to dust off the layers of residue and waste that we have accumulated over the years. We only need to do some polishing and to make order. This is the most important legacy, the true wealth that we can offer our children.

*Elena Balsamo – The Montessori Approach according to nature – translated from Italian, quoted in Another School is Possible. Enea Edizioni 2013*



## **Maria Montessori (1870-1952)**

One of the first women physicians in Italy, was a pioneer in the field of education. Her insights contributed significantly to human rights during a period in which societies around the world began to redefine the rights and roles of women and children. She believed that the basic task of the educator is "to aid life, leaving it free, however, to unfold itself", and stressed the boundless potential of children whom she observed with the love of a mother.

The importance of the first six years of life, of environmental experience, and faith in the innate skills for order and self-discipline, were the pillars of her love-focused pedagogy. "The study of love and its utilization will lead us to the source from which it springs, The Child".

## **Abdul Sattar Edhi - The Guardian of the poor**

Abdul Sattar Edhi is the founder and the head of the Edhi Foundation, a non-profit social welfare organization based in Pakistan. He was born in 1928 in Bantva, what is now Western India, and moved to Karachi in 1947.

The lustre of caring and dedication have accompanied Edhi since the earliest years of his life. As a boy he would organize small circus shows for the community, and thanks to his mother's advice to "keep one paisa (the local currency) of his pocket money for himself, and one for someone else", he readily learned to save his resources with in eye the welfare of others. When Edhi was eleven his mother became paralyzed and later mentally ill. The young boy faced the challenge with courage and selflessly looked after her until the sad moment of her death.

Interaction with the needy fostered compassion in the young boy's heart, and impacted Edhi's whole life. In 1951 he invested his sav-

ings to buy a small shop where he set up a free dispensary with the help of a physician, who taught him basic first aid, and where a friend held free literacy classes.

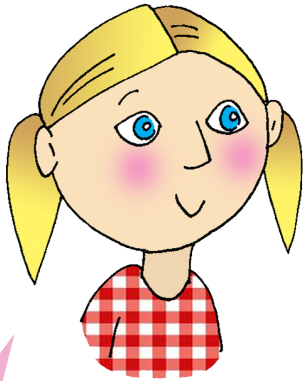
In 1957 a widespread epidemic flu hit Karachi. Edhi reacted quickly by building tents outside his shop where he distributed free flu vaccines. To thank him the people of the villages offered large sums in donation. With the money he purchased the remaining part of the building in which he had his shop, and began expanding his charity work by opening a free maternity centre and a kindergarten. He also bought his first ambulance, which he himself would drive.

To this day the Edhi Foundation has over 2000 operational centers all over Pakistan and runs the world's largest ambulance service. It has established first aid stations, care and rehabilitation centres for drug addicts, disabled and mentally ill people, kindergartens, blood banks, orphanages, adoption centers, maternity centres, daycare centres for women and children, nursing homes, and soup kitchens. Edhi Centers are also known for the outdoor structure of carriages where mothers in need may entrust their children in full anonymity, knowing that they will receive food and education.



Abdul Sattar Edhi is a living example of how love in thought, word and deed can make a better world come true.

# THE HIGHEST FORM OF LOVE

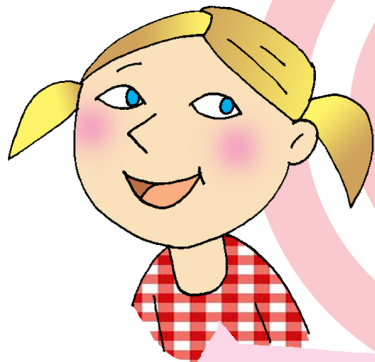


TODAY WE LEARNED A NEW WORD CALLED DEVOTION.



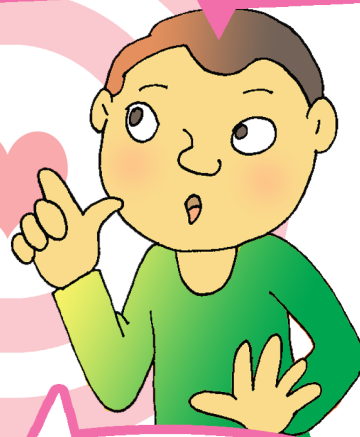
MISS THOMPSON SAYS THAT IT'S THE HIGHEST FORM OF LOVE!

WHEN YOU ARE DEVOTED TO SOMEONE OR SOMETHING, LIKE TO AN IDEAL...



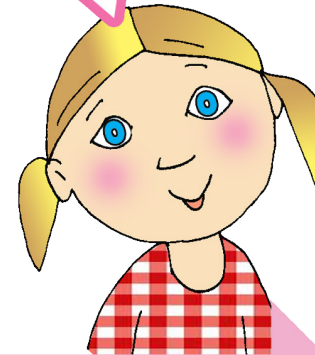
...YOU FIX YOUR FOCUS ON THAT, AND ON THAT ALONE!

DO YOU MEAN THAT YOU THINK ABOUT IT ALL THE TIME?



...THAT IT BECOMES THE MOST IMPORTANT THING IN YOUR LIFE?

WELL, I GUESS THAT YOU DO ANYTHING TO BE IN TOUCH WITH ... THE OBJECT OF YOUR DEVOTION!



YOU CARE FOR IT AND WANT TO LIVE UP TO IT!



COOL

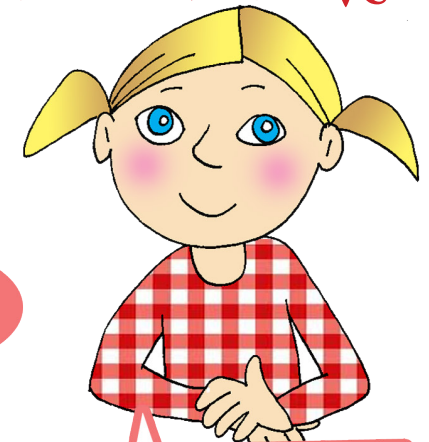
I WANT TO BE DEVOTED TO HUMAN VALUES! I WANT TO DEVOTE MY LIFE TO LOVE!

## To Love Love



BUT CAN YOU DO THAT?

IF YOU BELIEVE IN LOVE, AND IF YOU LOVE LOVE, AS MUCH AS YOU LOVE YOURSELF, YOU CAN!



...MAKES THE HIGHEST FORM OF LOVE EVEN HIGHER!



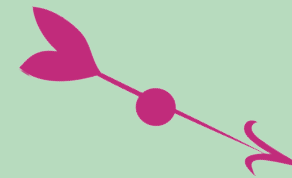
**To write about love is the hardest task there is, but to be in the state of love is the easiest and the simplest thing to do. In fact, you need to do nothing at all! It is enough to just sit quietly and breathe. But sometimes we forget to do even that, and then we get dizzy... Is this maybe why they say that everything revolves around love...?**

## Love: the main topic

What is the main theme of most movies? Love! What do most songs talk about? No doubt about love. What is the aim of all human relations? Again, it is love. Regardless of whether it is love between friends, parents, brothers, sisters or lovers, or if it is the love we feel for God, love is at the basis of all relations.

If we were to draw conclusions from the above considerations it would certainly stand out that love is indeed the main goal of all human pursuits and the underlying thread of art and creative expression. We may even discover that the meaning of love... can be fully secured only when we... *find it*, when we *find love*! Or, better – when we are love!

This brings us to a deep insight that all



## A magic formula called love



great world Teachers have hinted to by saying how man himself is an embodiment of love. Man is, according to what we could call his 'subtle workshop', a creature of love! His inner reality, his core, his essence, everything that makes him what he essentially is – is made out of love. This is why we feel such a strong pull towards love, why we feel the urge to write about it, to daydream about it, and why we are so moved by love to express this love creatively in manifold ways.

By so doing we are actually searching for the path that will guide us back to our true self; we are continuously stepping onto the path of love, for the experience of love is the most authentic experience of oneself and of one's own true nature.

What road should we take and what actions should we undertake in order to experience love, in order to reach our Self? How can we increase love in our lives? One secret love formula wisely puts it like this: "Whenever you think of doing something good and beautiful – do it at once!"

Another formula, a more mathematical one, says that the more love we give to others, the more it multiplies. If you have ten friends and you share your love with them, it will return to you ten-fold. Mathematically speaking, it looks like this:  $L/n = L * n$ .

St. Augustine also put forth a very simple love formula which opens the door to



freedom and great strength. The saying says: „Love and do what you will“. Do whatever you do out of love.

This quality of love is not only equal to freedom, but also matches the Supreme Law, and is confirmed by what Jesus said to the Pharisees when he was asked which of God's commandments was the most important. He replied by giving another two step formula, which summarizes and contains the overall divine commandments:

1. "Love the Lord your God with all your heart and with all your soul, with all your strength and with all your mind".

2. "Love your neighbour as yourself."

Therefore – we need to be brave in order to be authentic and experience our true nature. It hides a secret treasure, made of pure joy and true freedom. And all wisdom is contained therein too, as well as the full meaning of life!

Hence, let's relax, take a deep breath, smile and be what we are – pure Love!

Borna Lulić

*"Love, and do what you will. If you keep silent, do it out of love. If you cry out, do it out of love. If you refrain from punishing, do it out of love."*

St. Augustine

## Love is the true nature of a mother

"It is the mother who teaches you the sacred principles like love, compassion, forbearance, tolerance and sacrifice. Mother shows the father; father takes you to the preceptor and preceptor directs you to God. That is why among mother, father, preceptor and God, mother comes first."

Sathya Sai

"Where have I come from, where did you pick me up?" the baby asked its mother. She answered half crying, half laughing, and clasping the baby to her breast:

"You were hidden in my heart as its desire, my darling."

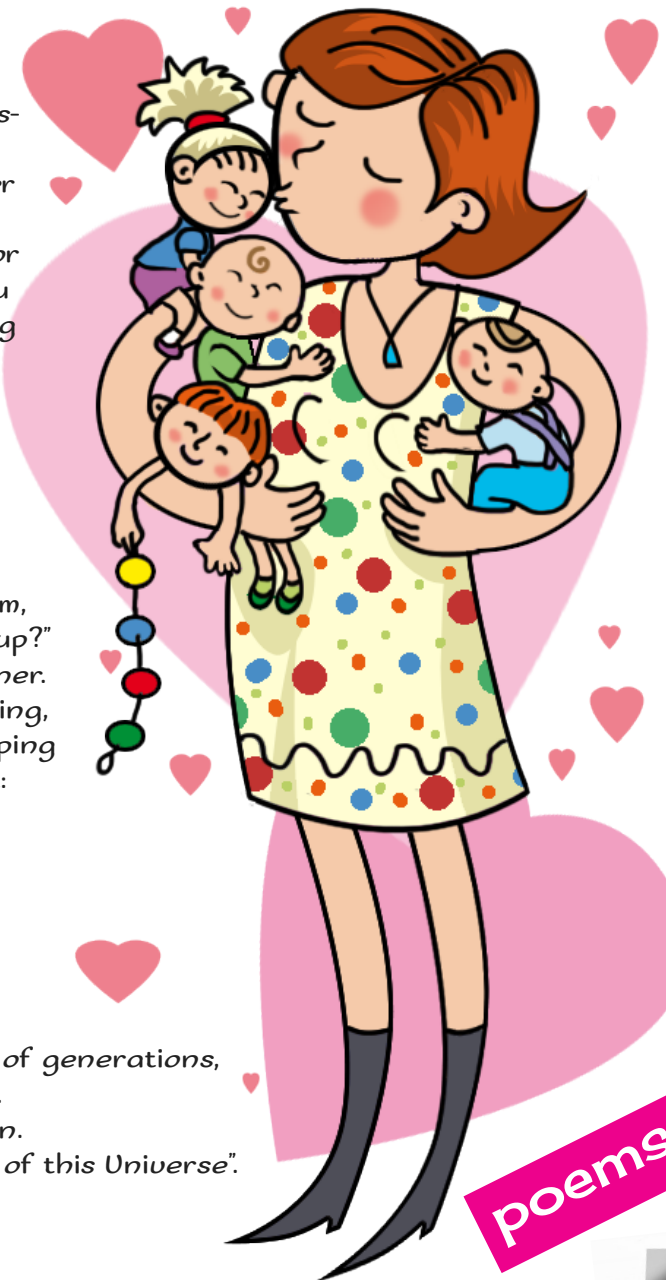
Rabindranath Tagore

"You are the caretaker of generations, you are the birthgiver".

The Sun told the woman.

"You will be the carrier of this Universe".

Sioux Myth



poems



# The Feast of Love

Haris

## Scene 1

FLOWER FAIRY:



*"How I'm overcome with joy  
Spring is now giving birth!  
He who loves dances his part  
On the melodies of the heart  
With the daisies and the bees  
The butterflies and the sweet peas."*

Hmmm... Now, let me see what's next. Here's my list... It's endless! So, I filled the mountain sides with poppies... I planted chamomile and daisies all over the fields... the botanical gardens are fully adorned, Mr. Andreas' garden is all set... Mrs. Evanthia's verandah is a marvel to behold...

FLOWERS: Help! Fairymist, help!

FLOWER FAIRY: I can hear some flowers calling me... Where might they be?

FLOWERS: We are in Agnes's garden! Quick! We are in danger!

FLOWER FAIRY: Oh, dear... Agnes is torturing the poor plants again... I'll simply have to teach her a lesson this time!

## Scene 2

AGNES: I said, "blossom!" Blossom now! If you don't open your petals this very minute, I'll cut you off!

FLOWER FAIRY: What's going on here? Why are you giving these flowers such a hard time?

AGNES (who hasn't heard anything): Look! The scissors are right here and I...

FLOWER FAIRY: Stop it! Stop it right now!

AGNES: Who's there? Did someone say something?

A STORY FROM GREECE

Roots and wisdom

19

FLOWER FAIRY:

I did!

AGNES:

And who might you be? How did you get into my garden?

FLOWER FAIRY:

I am the Flower Fairy. My job is to help flowers blossom and I certainly do not need a special invitation to get into any garden!

AGNES:

Flower Fairy! I didn't know such fairies existed.

FLOWER FAIRY:

As far as I can see, there are plenty of things you don't know, my dear... and what kind of manners are these to start with! Can you just tell me why you are harassing these poor little buds?

AGNES:

Well, don't you see? Spring is here, everything is in bloom and these lazy things refuse to open their petals.

FLOWER FAIRY:

For all I know, they never will the way you treat them! Take a look at your garden... what a mess! Why is your garden in such bad shape?

AGNES:

Now, wait a minute! My dad waters these plants on time, prunes them on time, weeds the earth regularly...

FLOWER FAIRY:

Yes, I can see all that... but there is something here that I don't see.

AGNES:

And what exactly is it that you don't see?

FLOWER FAIRY:

Love! These plants have not received one bit of love!

AGNES:

Love? You must be kidding! What do plants need love for? What a joke... hahaha! Do you have any other similar jokes that I can share with my friends? Hahaha...

FLOWER FAIRY:

Oh, do stop! Someone's talking... What? What is it you are whispering, my rose? (she bends towards the rose to listen to it talk) Is that right? Oh, dear... don't tell me now... really? Things are much more serious than I thought...

AGNES:

Now, if that is not funny! That's definitely a game I'll play with my friends, hahaha!





(mocking) Shhhhh... I'm talking to the chrysanthemum... Yes... Eh... oh... ah... Got it! Haha!

FLOWER FAIRY: Why are you treating your plants this way, can you tell me?

AGNES: What do you mean? How am I treating them?

FLOWER FAIRY: You throw your ball at them and they break. You step on them. You cut off their leaves just for fun. And you drive them absolutely deaf when you bang on those pots, pretending to be a drummer.

AGNES: How do you know all these things?

FLOWER FAIRY: Know? Didn't you notice that I was talking to the rose? You've become their tormentor! The minute they see you, the poor little things shrivel in horror!

AGNES: (reluctantly... she seems to be catching on to the idea that something is not going right...) You mean to say that the rose told you all this? Is it possible?

FLOWER FAIRY: Sweetie, whether you believe it or not, flowers talk!

AGNES: But I've never heard them talk!

FLOWER FAIRY: How could you with all the noise you are producing all the time! The voice of the flowers is very ethereal... it can be heard only in silence. It's the heart that can hear their voice, not the ears!

AGNES: Can you please help me hear them? I want to hear them!

FLOWER FAIRY: Come here... Bend down, just over the rose bush you were tormenting a little while ago.

AGNES: I don't hear anything.

FLOWER FAIRY: Shhhh! Patience... you'll hear.

ROSE BUSH: Agnes, please... don't do me harm! Allow me to bloom... allow me to do my best to make the world beautiful!

AGNES: Flowermist, don't play with me! It's you who spoke, not the rose bush!

FLOWER FAIRY: Shhhh! Listen... they are talking to you!

FLOWERS: Don't torment us! Don't cause us pain! Grant

us the opportunity to give the world the best in us... our fragrant flowers.

AGNES: Who would have believed it... They do talk!

FLOWER FAIRY: Do you want to witness a miracle? Do you want to see what love can do to the flowers?

AGNES: Of course I do!

FLOWER FAIRY:

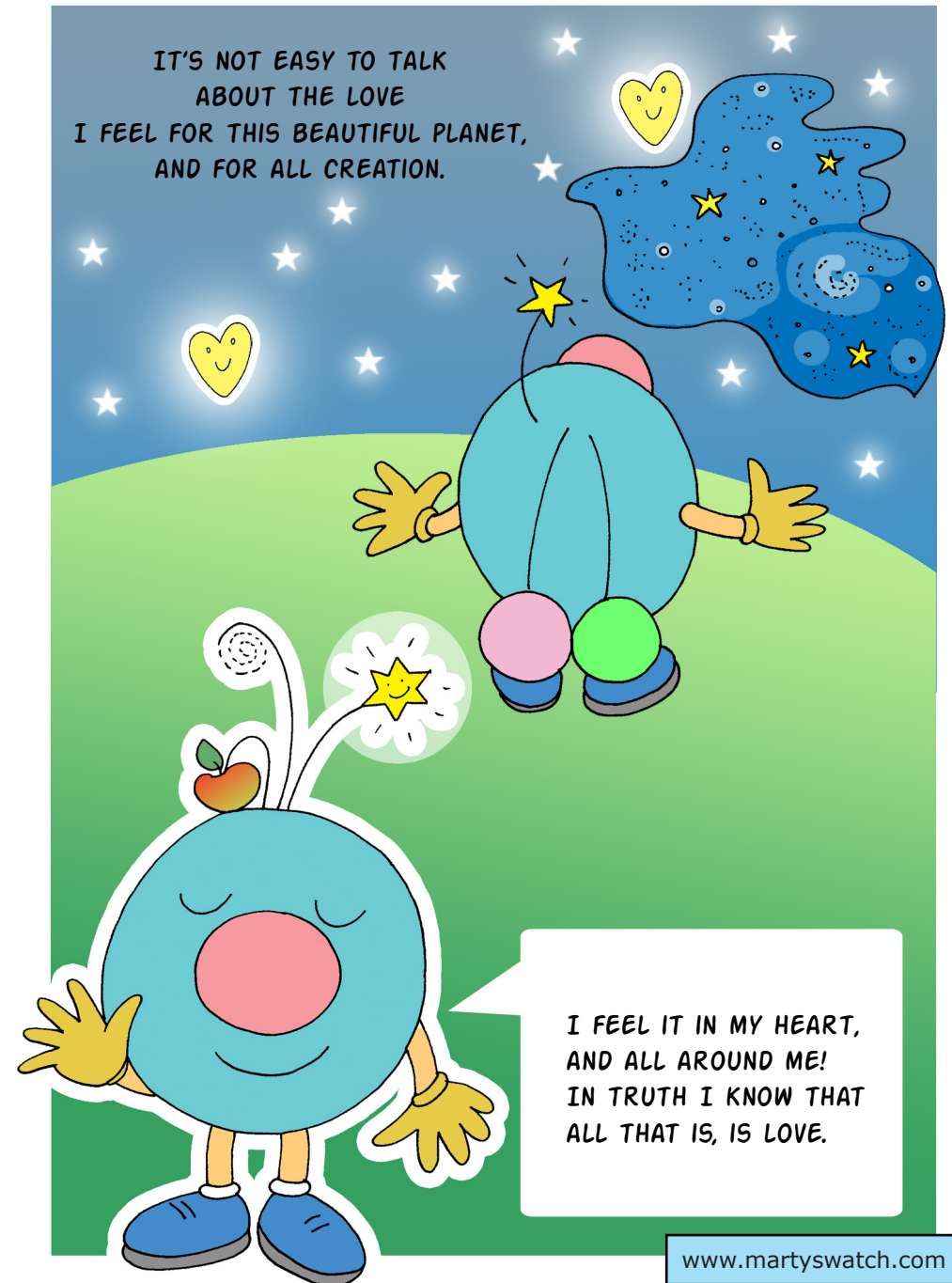
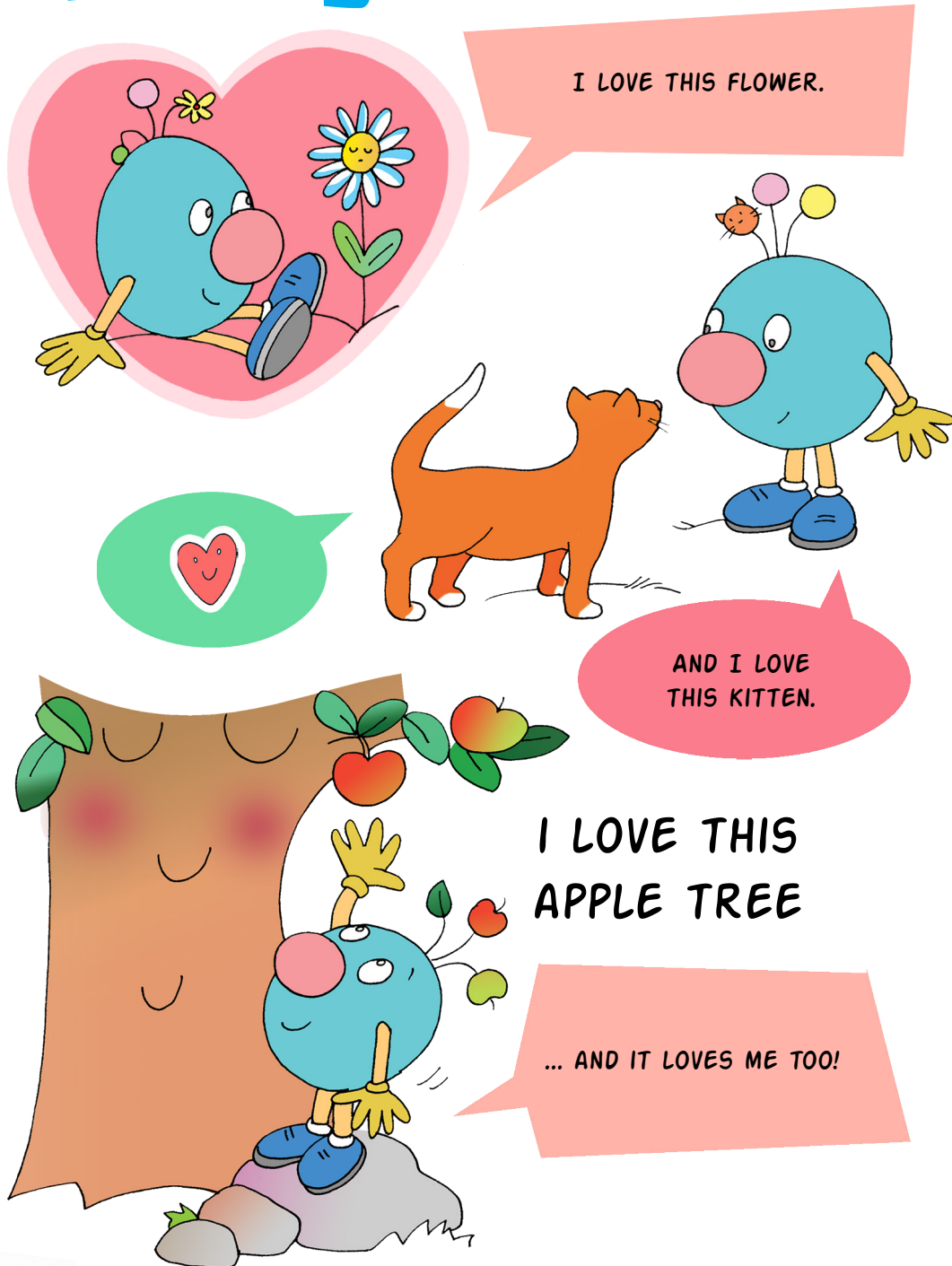


"At the tip of my magic wand  
There's plenty of love at my command  
That quenches every thirsty heart  
With all the dew drops I can impart."



continues









# An Unusual Birthday

EDELTRAUT RENK

Giulia was fidgeting at her desk since she got to school that morning. It was her birthday, and she couldn't wait to get home to unwrap her presents.

Her grandparents had a funny look the day before. They knew how much she wanted a bike. Gee, thought Giulia, wouldn't it be the best gift she had ever received?

Finally the bell rang. The children got their books together and ran towards the door. It was cold outside and it was starting to rain. Giulia walked faster. Her thoughts were at home... She felt lucky to be living so close to school.

The child ran down the road and entered a by-lane, when she heard a soft whine. Where was it coming from? She didn't want to lose any time, but then she heard it again. Next to the garbage bin there was a newborn kitten. Giulia hesitated for a minute... feelings of compassion welled up from within her. She knelt down and picked the abandoned creature up. It was shivering and dirty, and so full of fear! She couldn't leave it there on the ground under the rain.

When Giulia got home she felt uncomfortable. Her little brother had seen something tucked under her jacket because he tried to peak. "What are you hiding?" he asked her. Everyone stared at Giulia. The child unzipped her jacket and said: "Mom, Dad, I found the best present I could ever think of for my birthday." When father looked a bit sternly at her and said:




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## Joy Above Joy Below

Joy above and joy below,  
yes joy is all around me.  
Joy in shape, in sight and sound,  
it really does surround me.  
On my fingers and my toes,  
my lips and tongue and in my nose.  
In what I think, in what I do,  
it's everywhere: in me and you!



When your heart  
is filled with Love,  
you see joy everywhere!

Chorus: Joy a - bove and joy be - low, yes joy is all a - round me.

Verse 1: Joy in shape, in sight and sound it real - ly does sur - round me.

Verse 2: On my fin - gers and my toes, my lips and tongue and in my nose. In what I think, in what I do, it's e - very - where, in me and you!

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## ACTIVITY

How do you think the people at the party felt about Giulia bringing the kitten home? Would you like to finish the story?

# The bags of rice



This is the story of two brothers. They are twin brothers. Their names are Hyan and Chung.

Hyan and Chung live in the countryside. They live in a small village in Korea.

"I am Hyan! I live with my wife and son in a small red house!"

"I am Chung! I live with my wife and daughter in a small yellow house!"

"We are very poor but we are a big family and we help one another!"



Yes! Everytime one of the brothers needs help the other one comes running!

"When we sow the rice..."

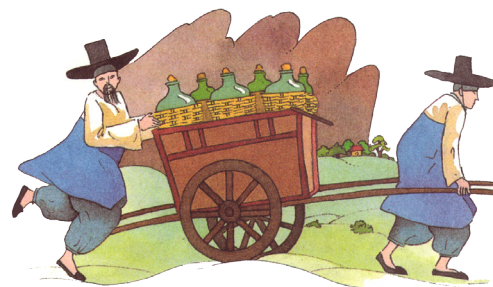
"When we pick the rice..."

"When we milk the cows..."

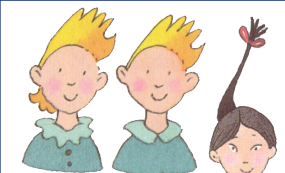
"When we carry the milk to the market!"



Hyan and Chung care for each other so much that some people are even jealous of them!



"We are poor but we are brothers! We know that we can always count on each other!"



twins



son



daughter



wife



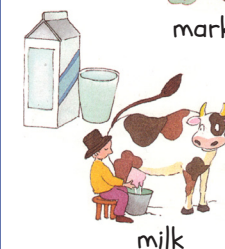
big family



to pick



market



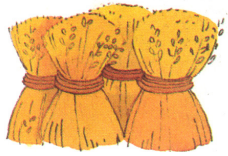
milk

AT SCHOOL ANY TOPIC CAN BE USED TO VEHICLE VALUES AND SENSITIZE CHILDREN. THIS SECTION HAS CHOSEN TO USE STORIES AND LEGENDS FROM AROUND THE WORLD TO HIGHLIGHT THE VALUES ALL PEOPLE HAVE IN COMMON, THOUGH TRADITIONS AND CULTURE MAY BE DIFFERENT. THE STORIES HAVE BEEN WRITTEN AS SUPPORT LESSONS OF ENGLISH FOR FOREIGN CHILDREN.





One year...  
"This year's harvest is not very good." Says Hyan. "If it is bad for me it's bad for Chung too. I must help him. I have ten bags of rice. I will give one to my brother.. Uhm... I know that he will never accept a bag of rice from me. But I have an idea. I will take it to him... tonight."



harvest

I AM  
BAD TODAY



I AM  
GOOD TODAY



a bag of rice

I HAVE A  
GOOD IDEA!



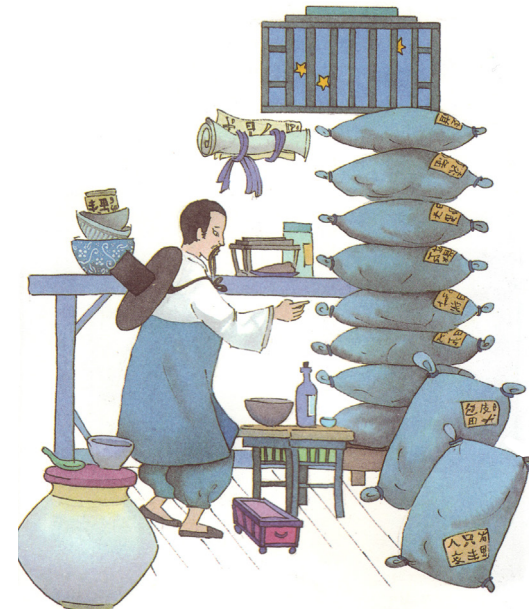
That night Hyan goes to his brother's home. He leaves a bag of rice in the kitchen. Everyone is sleeping and no one sees him...



"This idea is good. It's nice.  
A bag of rice. A bag of rice.  
I will take it once, maybe twice.  
A bag of rice. A bag of rice."



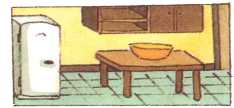
At home...  
"Hey. I still have ten bags of rice", says Hyan. "This is very strange. This is very nice. I will take two bags to my brother tomorrow."



The next night Hyan takes two bags of rice to his brother. He leaves them in the kitchen and goes home...



to sleep



kitchen

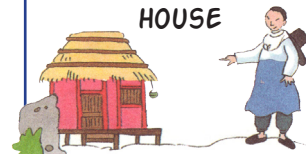
YOU ARE NICE



MY HOUSE

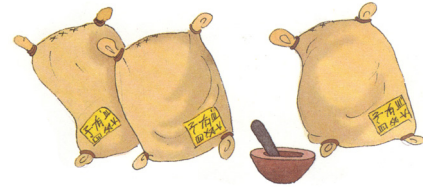


MY BROTHER'S  
HOUSE





"Hey. I still have ten bags of rice. This is very strange indeed, but it's very nice. I will take three bags of rice to my brother tomorrow."



WHERE ARE YOU GOING?



I'M GOING HOME.



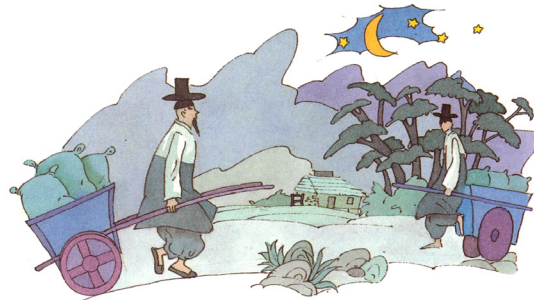
shadow



to laugh



"Everyone knows that when love is really true, It can make miracles happen. It can do everything for you."



The next night Hyan walks to his brother's home with three bags of rice when...



"I see a shadow...", says Hyan.

"Who is it? Who are you?"

"It's me. Your brother Chung. Where are you going?"

"I'm going to your house." Says Hyan.

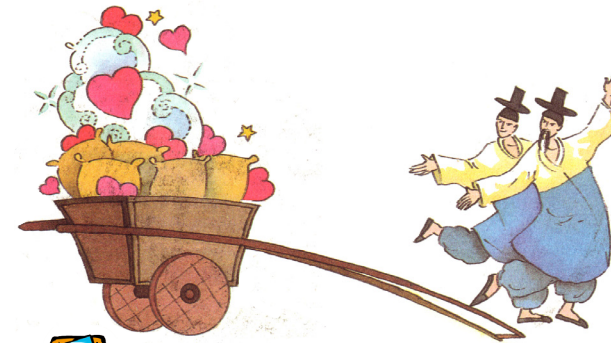
"These three bags of rice are for you."



"And I am going to your house." Says Chung. "I also have three bags of rice for you."

The two brothers laugh.

"That's why the bags of rice are always ten".



"What a pleasure. This is nice. These bags are full of rice, But most of all full of love."

"There is always something to be grateful about. Don't complain if sometimes things do not go as you would like them to.

Be grateful for the ones who are dear and near.

A heart full of gratitude makes you happy!

Buddha





# Service done to man is service to god

Abraham Lincoln became the President of the United States of America in 1861. He was well-known all over the country as a kind-hearted man, and as a lover of Truth and Justice. Even as a child Abraham liked to help and serve people in need. Once, when he was President, he went out for a walk with his friends. While returning home, he noticed behind him a horse with a saddle but without a rider. Abraham asked his friends if anyone knew whose horse it was and why

it was going about in such a strange way. The friends suspected that the horse belonged to a person they knew. "He is a drunkard," they said, "and he must have fallen down from the horse's back, somewhere on the road."

Abraham suggested going back to look for him. "Why should we?", asked his friends. "It is getting dark and late. Let the drunkard learn a lesson."

"He might be badly injured! I feel that the man needs help." Said Abraham turning back, as his friends walked away. Abraham walked for a while until he saw the drunken man lying unconscious on the roadside. He helped him regain consciousness at least a little and, with some difficulty, carried the man to his house. Everyone was angry with him for having brought the drunken man home. But Abraham did not mind and calmly replied to their harsh words. "He may be drunk, but he is a human being like ourselves." He said. "It is our duty to help him". He put the drunken man under a cool shower until he regained full consciousness, and then he served him food. Finally he allowed the man to go home.

Abraham believed that service done with love to man was service to God. He was unhappy to see how Americans were making black people work like slaves. He fought with his own countrymen to free them from slavery and at last succeeded. After that many Americans would use to say: "God in heaven and Abraham Lincoln on earth – we have only these two to look after us".

Sathya Sai



## The Hymn of Love from the 1st Letter of Saint Paul to the Corinthians

*If I speak in the languages of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and comprehend all mystery and all knowledge, and if I have all faith so as to move mountains, but do not have love, I am nothing. If I give away all I possess to the poor and sacrifice to hardship so that I may boast, but do not have love, I gain nothing.*

*Love is patient, love is kind. Love does not envy, it knows no vanity, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil, but rejoices with the truth. It bears all things, believes all things, hopes all things, and endures all things. Love never fails. But where there are prophecies, they will cease; where there are various languages, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a dim reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.*



# Teo's savings



When Teo turned 10, he received his first allowance. "You can do what you want with it", said dad. "Just remember that it's all you will get for the month". Mom nodded in assent, handing over a pretty, girlish-looking piggy bank to her son. "A moneybox will help you put some of it aside, dear." She said.

Put some of his money aside? No way! Now Teo could spend what he had without asking for permission and that's all he wanted to do! It suddenly seemed that he couldn't live without all the things he would buy for himself. But to his utter dismay, -"OOF! I had it already...", - and without fail, he would find many of the same things half hidden under a heap of clothes or stashed away at the bottom of a drawer! Thank goodness this waste of money didn't last long. The boy soon realized that his parents were right: he needed to understand how to use Piggy, and to put a ceiling on his desires, too.

"It's easy!" he said to a friend one day. "It works like this: you weigh your desire and ask yourself if you REALLY need what you want." And Teo wasn't only talking nice! Every time he was able to do without something he had thought of buying for, he made it a habit to put the money aside. Funny, but he felt stronger and more self-confident whenever that happened! In the meantime, Piggy was getting heavy.

"You might be able to use your savings for a noble purpose, Teo," hinted mom, lovingly.

"Noble?!" replied his sister Rita. "I bet you are putting your money aside to buy those trendy tennis shoes! Right? Com'on, Teo, tell me the truth!" she mocked.

Teo became very good at using his money sparingly and put-

ting the rest aside, until the day that he sat down on his bed and emptied piggy. He counted the money, put most of it in his Star Wars wallet, the one grandpa had given him, put the coins back into piggy, and then he went out. When he returned later in the afternoon, he was visibly very happy, but his hands and pockets were empty.

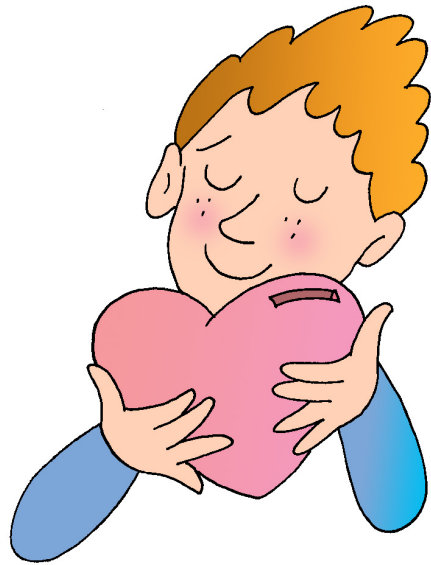
"What did you do with your money, Teo?" asked his father.

"If you only knew, dad!" smiled Teo. "Every morning when I walk to school I meet an old lady going to work. She told me that she irons for a big family, and does the house cleaning for an old man. It takes her a lot longer to get there than it takes me to get to school! You can tell by the way she's dressed that she is really poor", sighed Teo. Oh mom, if you could see her you would feel so sorry for her. So I thought that if I managed to do without some of the things that I wanted for myself, I could put aside enough money to buy the bus pass for her!"

"Oh Teo, what a beautiful gesture! That must have made her very happy!"

"She was really touched, mom. I guess she didn't





expect a kid like me to do something like that. She even wanted to pay me back, but I insisted. All that way to get to her job... if it's nice outside it may not be that bad, but what about when it rains or snows?!" Teo looked up at his parents and sister, who didn't have time to reply.

"Hey! There's more to my story!" he said, grinning from ear to ear. "You know, I was able to save a lot more than I had thought I could, so..."

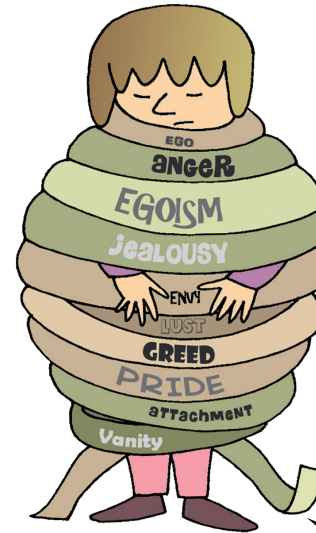
"... so you bought those trendy tennis shoes! I knew it!" said Rita with a pinch of satisfaction.

"No! I bought the old lady a real nice shopping bag with wheels, and I filled it up with groceries! James, the guy down at the supermarket, gave me lots of good advice. I put in a cake too... 'Yum', chocolate chip, my favorite!"



## Questions

- 1- WHY WAS TEO ALWAYS SPENDING HIS MONEY?
- 2- WHY DID TEO FORGET THAT HE ALREADY HAD SOME OF THE THINGS HE WOULD BUY FOR HIMSELF AGAIN?
- 3- HOW DID TEO LEARN TO PUT HIS MONEY ASIDE?
- 4- DO YOU THINK IT WAS DIFFICULT FOR HIM TO DO WITHOUT SOME OF THE THINGS HE WANTED?
- 5- WHAT DID HE DO WITH HIS SAVINGS?
- 6- WHY WAS HE SO HAPPY TO HAVE HELPED THE OLD LADY?
- 7- TELL THIS STORY IN YOUR OWN WORDS.



## The Key

**How can you be sure that love is guiding you? If you are honest with yourself you will feel the difference!**



Egoism is love's worst enemy. It makes you think that you are the greatest..., and ties you to the post of negative feelings and emotions, like greed, pride, vanity, jealousy and anger. Ego makes you feel tightup and alone, because its focus is narrow, always on "Me and Mine!"

WATCH OUT! DON'T LET EGO GET HOLD OF YOU!

Love is our best friend! Its full of positive feelings and emotions. If you ask for love's advice it will be caring and constructive! Love heals and makes people closer. It fosters freedom, creativity and joy! Be grateful and rejoice, when you hear it singing in your heart. When love is near there is nothing to fear!

*Love unties the knots of ego, and like a river flows past the obstacles it finds on its way, spreading light and beauty wherever it goes!*





# HUMAN VALUES

**LOVE & SCHOOL ACTIVITIES:**  
inside the seed there is the flower

## Foreword

To define the concept of "love" with precision or to find one simple definition for it, is not easy as "love" encompasses a vast array of overlapping ideas and can mean different things to different people. "Ideas" and "meaning" are the focal point of the question as they apply to the mind and to its cognitive processes and have priority in any kind of school activity. Without diminishing their unquestionable importance in the growth of our students, the spiritual aspect of the value of 'Love' has not been openly tackled in any public school system within Europe for the moment. We can talk about it and ponder over what is meant by "spiritual aspect" (e.g. when referring to religious studies, to Jesus and/or to other saints), we can give it the ethical value of tolerance and respect, and we can draw further conclusions from a story or a novel that treats the topic. However, to let the students discover that the smallest seed of this 'love' is in themselves (which is the main aim of a value oriented approach in education) is something else.

## How can students be facilitated in developing 'love' awareness?

It would be presumptuous to say that it is easy to foster "love" awareness in our students, though it is naturally possible and within everyone's reach. "Love" is so vast and unfathomable that it is certainly best to aim at what can be realistically achieved: the cultivation of a gentle and delicate at-

titude towards fellow human beings, towards the environment, people in need, towards one's own family, town and country. The question is how to do so. How can we make the "love" attitude blossom? It is an arduous task for any teacher as it implies that they themselves have secured this state of being within them.

## 1. Getting started: Be simple

Experience has demonstrated that it is preferable to start by referring to simple situations that are related to a student's life and daily routine. For example, children and teenagers both are deeply fond of their pets, and of animals in general. The following exercise can offer them a chance to think about this more consciously, first individually and then in small groups so to compare thoughts and feelings. The exercise solicits an "inner approach", which is then brought out and shared, resulting in something more personal and less generic. The students receive a questionnaire in which they are asked to draw up a brief fact file about their pet, or about a relative's pet if they do not own one. Any teacher knows which questions to ask. Once the descriptive information has been given some additional questions are made to help them go deeper, such as:

- *Do you take care of your pet by yourself?*
- *Are you able to know when your pet feels happy or sad?*
- *Has your pet ever got lost? How did it make you feel? Did you miss it?*
- *On a scale from 1 to 10 indicate how much you love your pet (generally children indicate "10").*
- *Do you only love your own pet, or do you feel*





*love for your friends/neighbours' pets, too?*

•What would you do if you found a lost dog or cat?

•Think about how you feel when you spend time with your pet and describe your feelings.

•Do these feelings make you feel good? Why?

As children/students are very attached to their pets, and care for them very much, they will express their feelings eagerly: "For sure I love my pet, I can't live without it." "Once I saved my uncle's cat from drowning in the pond!". It is always a surprise to see how much energy our students pour into their contributions, how creative they are in sharing their experience and describing their adventures. In many years of teaching I have had countless opportunities to see the intensity of the child's love for pets and for all animals. Their love is so genuine and spontaneous and can be fostered in many ways. When we listen to their stories, showing respect and appreciation for their opinions and feelings, they feel safe and encouraged to go on and to open their heart.

## 2. Inner reflection on the theme of "love". A few steps closer



Years ago I happened to purchase a wonderful book by Curtis & Aldrich, "All I see is a Part of Me"<sup>1</sup> which I have used from time to time when building on "love" awareness with my students. Children feel a strong bond with the fascinating world of nature. The first pages of the book show a boy sitting under a tree looking over a beautiful landscape made of hills that slope down into the sea, while the sun is setting. The children have always found this drawing to their liking and have been inspired to draw



<sup>1</sup>Curtis & Aldrich, All I see is a part of Me, Illumination Arts Publishing Company, Inc. P.O.Box 1865, Bellevue, Wa 98009, 1994.

something similar in which their own feelings could be depicted and illustrated. As soon as their works of art were finished, they completed the exercise by sharing their feelings: "I felt moved when I was working at my drawing!", "I love trees and flowers, I am mad about running barefoot on the grass." "I love sitting under a tree and counting its leaves." "It is true that all I see is a part of me". "I love watching the sun shining through the branches and leaves. I imagine that the boy in the picture is playing hide-and-seek with me." "I feel at ease when I am in nature, I'd love a "nature-school(!)".

At the end of the activity the children were asked to think about how long their impressions lasted. How long the "inner feeling" stayed with them. How long and how deeply were they able to stay in contact with the sense of oneness and empathy that they had discovered within themselves.

Children are always solicited by outward sensations and feel the pressure of this continuous solicitation. They are involved in football and basketball games, dance classes, swimming activities, etc., and never seem to have time to stop and to just sit quietly, to look around or within themselves, to think. To create new situations in which curiosity, investigation and self-awareness can be fostered, is exciting for them and may give way to a self-discovery process; the small seed that is planted may impact their life by blossoming later, in a change of attitude made of unified thoughts and feelings.

Marina Ciccolella

*continues*

# Relearning... how to play!

When a group gets together to play, the players normally think of playing in the way they have always played before, that is, in the way they were taught when they were young, in a competitive way, marked by an individual and sometimes even an "heroic" inclination. This is why we need to re-orient ourselves to learn how to play again, brushing aside the old criteria of competition and making space for new game modalities, based on having fun and sharing experience, and on learning how to cooperate.



## FIREFIGHTERS

**FOCUS:** COLLABORATION AND ENTERTAINMENT  
**MATERIALS:** A RED OBJECT  
**NUMBER OF PARTICIPANTS:** MINIMUM 10 PLAYERS  
**AGE GROUP:** FROM 5 YEARS ONWARDS  
**TYPE OF GAME:** ACTIVE

### HOW TO PLAY

THE PLAYERS LINE UP AND MAKE ONE, TWO OR THREE ROWS, ACCORDING TO THE NUMBER OF PLAYERS. A RED OBJECT (REPRESENTING A FIRE) IS PLACED ABOUT 10 METERS AWAY FROM THEM. EACH PLAYER REPRESENTS A FIREFIGHTER TRUCK WHOSE JOB IS TO EXTINGUISH THE FIRE (I.E. THE RED OBJECT).

THE PLAYERS AT THE BEGINNING OF EACH LINE START RUNNING TOWARDS THE RED OBJECT, SHOUTING: "TA-TU.... TA-TU!",

WAVING THEIR HANDS OVER THEIR HEADS. ONCE THEY REACH THE RED OBJECT (I.E. THE FIRE), THEY TAKE OUT THEIR PUMPS AND TRY TO PUT OUT "THE FIRE". THE FIRE BECOMES BIGGER AND BIGGER! SO THE PLAYERS GO BACK TO CALL FOR HELP. EACH TIME THE PLAYERS AT THE BEGINNING OF THE LINE JOIN THE OTHERS AND RUN TO EXTINGUISH THE FIRE. THE ONLY WAY TO SUCCEED IN DOING SO IS WHEN ALL THE PLAYERS RUN TOGETHER, SHOUTING AND WAVING THEIR HANDS ABOVE THEIR HEADS, AS THEY RUSH TO THE RESCUE!

**CONSIDERATIONS:** THE GAME GIVES THE CHILDREN A CHANCE TO EXPRESS THEMSELVES OPENLY WITHOUT SHOWING OFF. IT IS ALSO AN EXCELLENT WAY TO ALLOW THEM TO GIVE VENT TO THEIR "WILD EXCITEMENT".

## GROUP OF STATUES

**FOCUS:** INTERACTION AND CREATIVITY, TRUST AND FAITH  
**NUMBER OF PARTICIPANTS:** MAXIMUM 30  
**AGE:** FROM 6 YEARS ONWARDS  
**TYPE:** MODERATE

### HOW TO PLAY

THE PLAYERS SIT IN A CIRCLE AFTER HAVING DECIDED WHETHER TO BE PART OF GROUP A, B, C, ETC. GROUP A ASSEMBLES IN THE CENTER OF THE CIRCLE AND CREATES... A LIVING STATUE! (SEE FIGURE). THE PLAYERS OF GROUPS B AND C, WHO ARE STILL SEATED, NEED TO GUESS THE NAME OF THE STATUE THAT GROUP A IS REPRESENTING. GROUP B GETS UP AND JOINS GROUP A BY MAKING ITS OWN STATUE AND CONNECTING IT TO THE FIRST ONE. A NAME IS GIVEN TO THIS STATUE AS WELL. GROUP C JOINS GROUPS A AND B, DEVELOPS ITS STATUE AND CONNECTS IT TO THE PREVIOUS ONES. THE GAME ENDS WHEN THE GROUPS ARE ALL IN THE CENTER OF THE CIRCLE, ... CREATING ONLY ONE MAGNIFICENT LIVING STATUE!



## SIT DOWN AND... GO!

**FOCUS:** COLLABORATION, MUTUAL TRUST  
**NUMBER OF PARTICIPANTS:** MINIMUM 10 PLAYERS  
**AGE:** FROM 5 YEARS ONWARDS  
**TYPE:** QUIET

### HOW TO PLAY

THE PLAYERS WALK IN A SINGLE LINE AS CLOSE AS POSSIBLE, AND GRADUALLY FORM A CIRCLE. HOLDING THEIR HANDS TIGHTLY ON THE HIPS OF THE CHILDREN IN FRONT OF THEM, THEY SLIGHTLY OPEN THEIR LEGS. AT THE COMMAND: "SIT ON MY KNEES", EVERYONE SLOWLY SITS DOWN ON THE KNEES OF THE PLAYERS STANDING BEHIND THEM. AS SOON AS THEY HAVE REACHED A GOOD BALANCE, THE PLAYERS TRY TO WALK TOGETHER... THE BIGGER THE GROUP, THE EASIER IT IS TO SUPPORT THE INDIVIDUAL WEIGHT OF THE PLAYERS!





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*°Un'altra Scuola è possibile – Enea Edizioni, 2013.*

*°Stories for Children 1 – Sri Sathya Sai Sadhana Trust – Publications Division.*



## WINDING UP

It is not easy to define or describe love. In this issue of Educare we have tried to offer a few glimpses of how it expresses itself. The love of a mother, and the beauty and generosity of nature, remind us how love, true love, is selfless and caring, while the twin brothers from Korea have brought in the ray of love called sharing! When these virtues come together our love increases and reaches the height of compassion. That's what prompted Teo when he decided to use his savings for someone in need! The anecdote from the life of Abraham Lincoln is about compassion too, and reminds us that love is not judgemental and that there is no 'season or reason' for love. Love is kindness. It is a deep, inner feeling of unity that fills us with harmony and appreciation. It does not like harsh words and hard ways, and it has nothing to do with the arrogance of ego. Love speaks softly and invites us to sit still, in the grace of its presence. When we do we find love wherever we go! We will feel it tingle every cell of our body, see it shine in our minds and feel it embracing our soul! Yes! Love is the undercurrent of life, and of Human worth and values! Watch it in action and learn from its sweet and subtle ways!

## VISUAL AIDS TO ASSIST IN STORY TELLING

## appendix



Visual aids to help you be more fun and creative in story telling, are offered as an appendix in the Educare magazine. Step by step explanations will show you how to realize the different kinds of support involving the children in their making and in the art of story telling. You can photocopy the illustrations you find in this magazine or use them as a model for the children to refer to when making their own.

## Puppets

To make a puppet with a paper bag is not only a good way to spend time with our children, but it is also a way to stimulate their imagination and creativity.

### You will need:



A small paper bag



A pair of scissors



Glue or a stapler



String



Yarn



Pencils and markers



Ribbons



Newspaper





**1** Lay the paper bag on your working table, with the open side faced towards you. Trace two lines with a pencil. If you make them extra light they will be practically invisible when your puppet is done. Now the bag has been divided into three equal parts.

**2** Draw a simple face in the first upper part, a blouse or a shirt in the middle part, and a skirt or a pair of shorts in the bottom part. Use your imagination to decorate your puppet in a fun way. You can add buttons, felt pieces, and use a variety of craft materials.

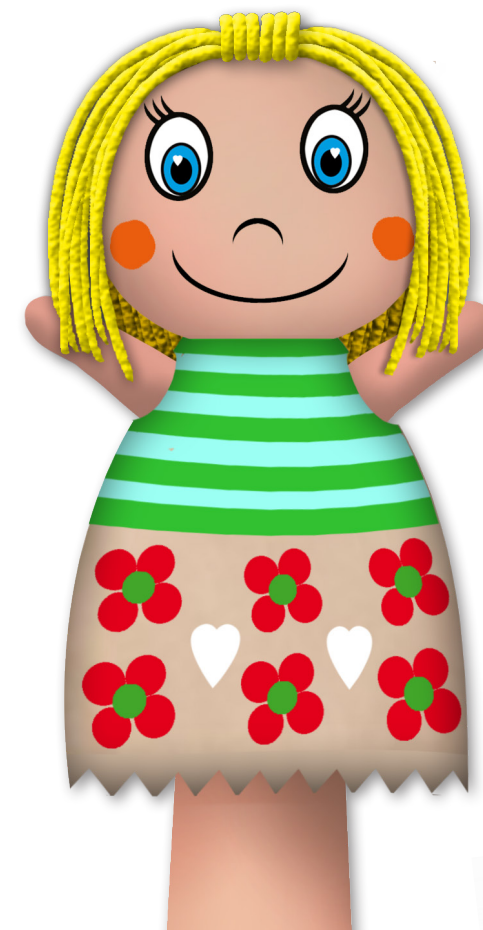


**3** Cut out two half circles from the sides of the middle part. They need to be big enough to put your fingers through them. Trim the bag by giving it a zig-zag or wavy shape.



**4** Now for the head! Crush a few pages of newspaper into a ball. It should be as big as the paper bag. Spread it out as much as you can and put it into the bag, pushing it up to the top. Tie a piece of ribbon around the neck of your puppet to fix the newspaper filling into place.

**5** Prepare some hair for your puppet using pieces of yarn, or curling up some ribbon with a pair of scissors. Glue or staple the hair onto the puppet's head. Now your puppet is ready for the show!



# In the next issue



When our thoughts are peaceful, our actions are in line with conscience and our words are loving, there is no space left for malice. That's why non-violence, the topic of our next issue, is said to be the zenith of human values! When love, peace, truth and right action are present in our lives, whatever we think, say and do becomes naturally caring and attentive. We can look at ourselves straight in the eyes, and that feels good! What is best is that this goodness mirrors back at us wherever we go! By practicing human values we tune into the hidden worth of every facet of life and pin point the beauty of creation, which is our own beauty! We learn to realize that there is an underlying core of vibrating love energy in all that exists and in all people, too! How can violence subsist when we are one with all the rest?