



# LESSON PLAN TEMPLATE: INDIRECT METHOD

**Grade: 4**

**Learning Area: English**

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**Learning Area: English**

**Topic: Heal Our World**

**SILENT SITTING:**

- Keep your back straight and your head upright. Become aware of your breathing, take slow, even breaths.
- Relax your head, body and legs and release any tension you may have.
- Gently close your eyes, imagine you are in your garden. Take in the crisp air. There are beautiful flowers, butterflies and the soil is fresh and rich with moisture.
- This makes you feel happy because it beautifies your home. Let's enjoy this.
- Now take a deep breath in and slowly open your eyes.

**VALUE:** Right Conduct

**SUB VALUE:** Responsibility

**CONTENT:**

**A) AS PER CURRICULUM** *(May use your required template as per National protocol or this part)*

The world is in dire need of healing from damage caused by humans - greed of man, global warming, pollution of land, sea and air. Humans need to act with responsibility by reducing greenhouse gases and burning fossil fuels like coal and oil (air pollution), stop deforestation (cutting down trees), land pollution(garbage) and plastics and oils into the sea.

**B) INTEGRATION:**



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## 1. *Within Learning Area*

The world is in a sorry state and will improve with good behaviour. Care needs to be taken to save our oceans and wildlife and we have the responsibility to stop the “plastic pollution”. We need to take recycling seriously in our homes, and have separate containers for glass, paper and plastics. The responsibility is ours as a family initiative. We have a duty to recycle, reduce, reuse and refuse (plastics) in our homes. This initiative will be a great help to heal our world.

## 2. *Between Learning Areas:*

Life Skills

The earth is our “home” Just as we have Rights and Responsibilities so too does Mother Earth. She gives us the pure air we breathe, fresh water to drink(rain), the heat of the sun, ether and earth and all for free. She needs to be treated respectfully and with responsibility, like using the bins in our homes and school to get rid of our litter. Initiating a recycling station for paper, plastics and bottles at schools. We can encourage the community to be part of the recycling process at school. This will inspire them to start the process at their respective homes. It is our responsibility to create an awareness of the “air pollution” caused by factories and exhaust pipes of cars in our communities and the damaging effects it has on the people and our world at large. We need to heal our world so each one-off has a duty and collectively we can achieve success.

## 3. *Into The Universe/ Cosmos/ Creation*

Our parents are responsible for us, they take care and provide for our needs. I need to be responsible for the cleanliness of our home, and to keep my bedroom clean, free from any dirt. I need to ensure that my bed is made up every morning, furniture free from dust and the room, well ventilated. I need to get rid of unwanted items such as clothes, shoes and stationery. I can give these away to the poor and needy instead of hoarding.

An awareness campaign on “Going Green” must get started as a community project together with my friends and family. Air, land and water pollution needs to be highlighted and suitable alternatives and solutions given. It starts with us to heal the world and make it a better place for all, and the time is now.

## c) **SELF REFLECTION:**

Child asks himself/herself:

*Am I doing enough to heal the world, starting in my home?*



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No. I need to start saving and collecting all plastics to make Eco-bricks. I also need to get my family involved in this project. Once completed, we can donate the bricks to the Eco-Brick Classroom Projects needed in disadvantaged areas and in this way, help save the environment from litter.

*How can I help my school and be part of the environment team?*

I can become a member of the team so that I can attend their meetings and give my suggestions on:

1. How we can recycle, recyclable materials which include glass paper, plastics and scrap metals.
2. The crafts project with reusable items
3. Plant more trees in our garden or start a veggie patch.
4. Encourage reading about the earth
5. Go outside and appreciate nature
6. Do an inspiring talk on how we as learners can help to keep our classrooms, toilets, corridors and tuck-shop area, clean.

*What can I do to bring environmental awareness in my community?*

I can arrange a short meeting with members of the community with the help of my parents, to discuss the following:

Areas that need to be cleaned, permission for clean-up, the separation of recyclable items from the litter and the safety of all involved in this clean-up. The world needs our help to heal and we can all take responsibility for this.

My community has responded overwhelmingly and call me “The Pillar of the Community”



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## **Topic: What a Drama**

### **SILENT SITTING:**

- Sit comfortably with your back straight.
- Breathe in evenly with steady breaths. Breathe out any tension you may have in your body. As you breathe in, tense and relax your calf muscle. Tense the muscle on your upper legs and thighs and relax them. Pull in your stomach muscles and relax them. Pull your shoulder and back muscles and relax them. Now screw up your face muscles and relax them.
- Take a deep breath in and out. You feel so good. Enjoy the goodness! Take another deep breath in and gently open your eyes.

**VALUE:** Peace

**SUB VALUE:** Harmony

### **CONTENT:**

**A) AS PER CURRICULUM** (*May use your required template as per National protocol or this part*)

Your lesson today is on Drama. Drama is a story that is meant to be acted on stage in front of an audience. It helps you to understand how people think, feel, behave and communicate. By using our imagination, we can become different people in different situations that bring out different emotions from the audience.

### **B) INTEGRATION:**

#### **1. Within Learning Area**



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Life is a drama scripted by the Creator. We are all actors in this drama called “Life” and have an important role to play. Do I keep calm in tough and difficult situations? Like when I have to prepare for my oral test in English and study for Natural Science test and my parents ask me to baby sit my 2-year-old sister whilst they go grocery shopping. Initially I felt upset but soon realised that I need to keep the harmony in the home and help my parents by staying calm and accepting their request.

At school I am always being teased at because of my weight issue. I have come to accept my being overweight as my parents are helping me to get through it with a proper meal plan. So, I have stopped complaining to them and my teachers about the teasing/bullying. I don't ignore my teasers, but I have changed my response to them, i.e. not to allow them, to get their desired response from me. I do not get angry, upset or complain, I just let them know that I am working on it and so they can back off. They know that I am comfortable with myself and have self-acceptance. This helps to keep the harmony in the classroom and in the playgrounds.

In my neighbourhood, everyone knows about the domestic violence my mother endures because of my father's alcohol abuse. My family is precious to me. So, when my dad is under the influence of alcohol I avoid being in his presence but when he calls me and asks for my assistance I respond with utmost love and respect. This helps to keep my dad calm and brings harmony in our home and no abuse is hurled at my mother.

### **2. *Between Learning Areas:***

*a. Natural Science:* The moon does not have light of its own. It is the sun that “shares” its light with the moon. On receiving this light, the moon shares it with earth in the darkness of the night. So too, when I have special treats like chocolates and toys I share them with my less fortunate friends. This makes them feel included and less deprived and there is harmony among us.

*b. Social Science:* It's about the interaction I have with my family, friends and my community. What I think and feel about them could just be my imagination like them judging me because I stammer when I speak but it's their patience and encouragement that gives me the confidence and keeps the harmony in the relationships.

### **3. *Into The Universe/ Cosmos/ Creation***

It is the harmony between the sun and the moon that brings about day and night. The kindness of the sun to shine its light on everyone unconditionally is a selfless one. A lesson of kindness for us all. The four seasons, spring, summer autumn and winter, where nature looks and acts differently in each season. Some flowers bloom only in summer and not in winter. So too I have limitations. I cannot be my best all year round. There will be times when I need to be a child and enjoy the simple things in life like playing with my toys and enjoying my pet dog, Josh, yet at other times I need to take my work and studies seriously. Just like autumn when the dead leaves fall to the ground, I



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too need to get rid of my old habits like eating junk foods and keeping away from unhealthy friendships. This will help keep the harmony and balance in my life.

### c) SELF REFLECTION:

**Am I doing enough to maintain harmony at home, school and in my community?**

Answer: No. I can speak to my dad during our recreation time and tell him that his attitude towards my mum on certain evenings, hurts me. I could tell him about the help my friend's dad receives from an organisation called Alcoholic Anonymous (AA) and we could work on it and re-establish the harmony at home.

At school I could propose a Drama on Bullying to drive home the message to all who are responsible and to stop others from this painful attitude.

In my community I need to bring out a message that we may all have different family values like the different colours of the rainbow and yet we can all come together in harmony just like the harmony of colours in the rainbow. We could arrange for a family fun/ games day or a family outing where all get together in harmony. I would love to be known as the "Peacemaker"



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## **Topic: Magical Myths**

### **SILENT SITTING:**

- Sit comfortably with your back straight, take a few slow, steady breaths.
- Gently close your eyes.
- As you breathe in imagine clean, healing energy entering your body, filling you with joy, peace and love, you feel relaxed and as you breathe out, let go of any tiredness, boredom and fear.
- Enjoy the love and peace
- Now take a deep breath in and gently open your eyes

**VALUE:** Truth

**SUB VALUE:** Equality

### **CONTENT:**

**A) AS PER CURRICULUM** (*May use your required template as per National protocol or this part*)

Today we are studying Magical Myths which are stories that are passed on from generation to generation.

Myths are made up to explain why things are the way they are.

The stories are not always realistic or true, but they always get you thinking and wondering about how you can develop equality, within your home, school and the community.

### **B) INTEGRATION:**

#### **1. Within Learning Area**





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A myth can be magical and can take you to illusory places, follow the heart and it will take you to places where you will feel the equality. Equality will only emanate from a heart that is loving, pure and free from pride.

### 2. *Between Learning Areas:*

#### Life Skills

You like to be treated with respect and you know your rights and responsibilities, similarly you need to treat others with the same respect and equality for they too have their right and responsibilities

When truth is translated into action it becomes the right action. Right action means that you must treat all equally. At home, duties must be shared equally; it does not mean that if you are older, you have less chores.

You must maintain the peace at home by sharing the duties equally. If your sister is studying for a test and must do the dishes, you can volunteer to help her.

At school show equal respect to all your friends, do not be disrespectful to someone who has been rude to you and did not respond to your morning greetings. He probably had a tough evening or morning at home, and he needs you to understand. He must want to emulate your respectfulness, equal mindedness, and patience.

### 3. *Into The Universe/ Cosmos/ Creation*

The sun teaches us that it shines on all equally. The sun rises each morning and brings with it the hope of another day filled with equal light, heat, warmth, energy and abundance(crops) for all mankind. It shows no discrimination. We too need to show equality to our siblings. It doesn't mean that if you are the youngest, you get more of the treats (chocolate) and your sister, less. Treat your classmate equally even though he may come from a disadvantaged background. Include him when sharing sweets with your other friends. Let him feel your respect.

#### c) **SELF REFLECTION:**

Child asks himself/herself: Do I practice equality at home?

No! because I am older, I feel that I need more pocket money as I have more needs for stationery and for the tuck-shop.

At school I do not practise equality with all my classmates. I do not like Beverly as she is the smartest girl in class and always tops the class. I withhold treats and information from her. She works hard and deserves to be rewarded.



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In my neighbourhood, I do not like to be friends with Sibbu and his family because they are black, and I feel we are superior. He tries hard to be my friend, but I do not treat him equally as I do with my other friends in the district.

**How can I overcome my shortcomings/ prejudices and treat everyone equally?**

- I will record my progress on my Poster Board in my room
- I need to manage my pocket money more efficiently to meet my needs and not demand more from my parents
- I need to treat all classmates equally and not be envious of anyone who is better than me
- I need to emulate them and be happy for them
- I need to treat all my neighbours with love and respect and know that we are all equal, irrespective of race, colour, creed or religion

By making this effort I know that I will be called “Egalitarian” one who believes in equality of all people and I will work hard to ensure my success.