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HELP OTHERS ALWAYS

NICHOLAS LEARNS THE JOY OF HELPING

Main Value: Spirit of Service

Sub-value: Helping others with love

Value Description: The purpose of the value, Spirit of Service, is to inculcate the attitude of service. Creation works on the concept of service before self. This is evident in nature through ecosystem services, where trees, mountains, rivers, and streams function to Mohammedit others, not themselves. Human beings, being part of Nature, should also exhibit this same value. All problems in society as well as the environment have arisen out of the lack of 'service-mindedness' and selfishness of human beings, societies and nations. The world can become a better place when the

citizens of the world think of others before themselves, keep the well-being of others before one's own selfish interests, and help one another.

Every component in the environment is of some use or help to another component. This cycle of helping and giving enables life to exist. A famous phrase commonly used in India states that, 'Trees give fruits to feed others, the rivers flow to give water to others, the cows give milk to nourish others, thus the purpose of the human body is to help others. When we help others, we become part of the cycle of giving that allows us to co-exist with others. This concept, when imbibed and practiced at a young age, will enable children to grow into model national and world citizens.

Number of Sessions: 2

Learning Objective: To help students understand the importance of being helpful as a way to develop the spirit of service.

Learning Outcomes: At the end of the lesson students will be able to

- (a) Narrate the story in the lesson
- (b) Suggest ways in which they can help parents/family members/guardians in household chores
- (c) Suggest ways in which they can help other people

Note: Begin the session with 1 minute silent sitting.

Teacher's Notes

Ask each child:

1. Who looks forward to their birthday?
2. Who makes your birthday special?



Nicholas immediately jump out of bed. Today was a very special day- a day that comes once a year and was almost as special as Christmas for him. Can you guess what could be so special about today?

It was Nicholas's 4th birthday. He saw his mother standing and smiling at the end of his bed. "Happy birthday my dearest Nicholas" she said with a huge smile and wrapped him the biggest hug. "You know dad and I have something very special for you" his mother said ever so sweetly.

"NO WAY! You got me the bike?" Nicholas ran down to the garage to see a bright blue bicycle with neon headlights and a spiderman helmet waiting for him.

"Can we go to the park now, mum- please please please, I want to go ride my new bicycle" Nicholas pleaded jumping up and down.



Nicholas ran back to the house to quickly get ready for an amazing day at the local park.

Nicholas and his mum arrived at the park where he quickly began doing rounds around the park track with his new bicycle. After his 7th round, he suddenly noticed a little boy sitting on a park bench with his head down on his knees. "I wonder if he is okay" Nicholas thought and went up to the little boy. As he came closer, he could hear little sobs coming from the boy and tears streaming down his face. "Oh no, what happened, why are you crying?" Nicholas asked the boy, who looked up at him quietly.

Teacher's Notes:

Ask children:

What do you like to do in the park?

"Hi, I'm Nicholas, what's your name?" Nicholas said.

"You know, today is my birthday- I just turned four" Nicholas continued with a big smile on his face.

"Oh! Happy birthday" the other boy replied with a weak smile.



"Hey, I know how to make you smile- would you like to have a play on my new bicycle?". The other boy looked down again and with a sigh said "It was my 5th birthday two weeks ago and I was given a new bicycle too! Once I got it, I immediately came to the park to ride it. However, when I put it down to get some water my bicycle was gone the very next minute. We haven't been able to find it since!" he said with tears streaming down his face again. "It was so special to me, and now it's lost" the little boy continued.

Nicholas looked at his sad little face and said "here, you can ride

Teacher's Notes

Ask children:

1. How old did Nicholas turn?
2. What was Nicholas excited about doing in the park?
3. Who did Nicholas meet in the park?
4. Why was the boy crying?



my bicycle for a while to help you cheer up a bit" and passed his bicycle and helmet. "By the way, I'm Theo" the little boy smiled and said.

"Nice to meet you Theo, I'm Nicholas" Nicholas said. Theo gave Nicholas a little hug and excitedly started riding Nicholas's bicycle. Theo was so happy and thankful

Nicholas ran to his mother and said "I know what I want for my birthday!". His mother was a bit surprised and said "What do you mean Nicholas, I thought you wanted a new bicycle". "Nope, that was before but now I really truly know what I want". His mother looked confused so Nicholas went on "You know how Ms Maria was teaching us about being kind and selfless and thinking of others before ourselves and I told you I didn't know what she meant by being selfless. Well, I think I just got it. Saying so, Nicholas pointed to Theo riding his bicycle to his mother and explained what had happened to him.

"So you see mum, I was happy for myself to get the bicycle- but the happiness on his face when I gave it to him to ride was way



more cool to see and so that's what I want for my birthday". His mother with a proud smile says "Yes Nicholas, helping others always gives us more joy than when we think about ourselves, but I still don't understand what you want for your birthday".

With excitement and a new found joy in his face, Nicholas said "Mum, I want to gift my bicycle to that boy, I want to make him happy, that's what I want for my birthday".

Nicholas's mother was filled with joy at her four year old boy's wisdom, and they both walked hand in hand with bright smiles towards Theo to give him the exciting news.

Teacher's Notes

Ask children:

1. Do you help your parents/family members/guardians?
2. How do you help them?
3. Do you help your other family members/guardians

Invite answers from all in the class. Then tell children they can help in little ways such as giving water, fetching things, etc.

Activity Time

- Encourage children to retell the story in their own words.
- Identify and appreciate imagination and accuracy.
- Encourage roleplay.



- Parents/family members/guardians can teach children to help each other.
- They can explain to children that simple chores should be shared. Children can help pick up things and put them in order or at the right place.
- Parents/family members/guardians can also encourage children to help someone who is old or sick.