



Choosing Peace

Me and Myself

My Day

Today I feel

because

I am glad that

For the teacher: Ask the students to write briefly how they feel on this day and why. Ask them to think of something they are glad about, even if they do not feel happy, and write about it.



Warm up



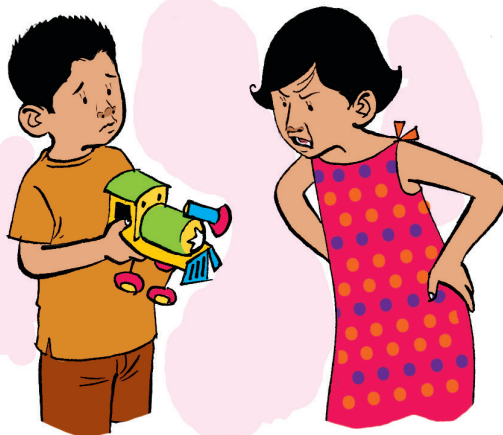
Look at this picture. Write what the boy and the girl may be saying.

1.

2.

3.

4.



After you read the story, check if you want to change what you have written.



Read and understand

Little Girls are Wiser

It was a Sunday. Two little girls from different houses met in a lane where the dirty water had formed a large puddle. Their mothers had dressed them both in new frocks. They began to play, and soon wanted to splash about in the water. The smaller girl, Malásha, was going to step into the puddle, shoes and all, when the elder, Akoúlya, stopped her.

“Don’t go in so,” said she, “your mother will scold you. Let’s take off our shoes and stockings.”

They did so; and then, picking up their skirts, began walking towards each other through the puddle. When they got near one another, Malásha put her foot down so hard that the water splashed onto Akoúlya’s frock and face.

When Akoúlya saw the stains on her frock, she was angry and ran after Malásha. Malásha scrambled out of the puddle and prepared to run home.

Just then, Akoúlya’s mother happened to be passing. Seeing that her daughter’s skirt was splashed and her sleeves dirty, she said, “You naughty girl, what have you been doing?”

“Malásha did it on purpose,” replied the girl.

Hearing this, Akoúlya’s mother caught hold of Malásha. The girl began to cry so loudly that her mother came out.

“What are you punishing my girl for?” she asked, and began scolding her neighbour. One word led to another and they had an angry quarrel. A crowd collected in the street, every one shouting and no one listening.

Akoúlya’s grandmother, stepping in among them, tried to calm them.

“What are you doing, friends? Is it right to behave so?”

They would not listen to the old woman. And she would not have been able to quiet the crowd, if it had not been for Akoúlya and Malásha themselves. While the women were quarrelling, the two girls had gone back to the puddle and began playing again. Just as the men began to fight, the girls came running into the street, laughing and shouting delightedly.





The old woman, seeing them, said to the men, "Are you not ashamed of yourselves? To fight on account of these girls, when they themselves have forgotten all about it, and are playing happily together. They are wiser than you!" The men and women looked at the little girls and felt ashamed. Laughing at themselves, they went back to their homes.

Adapted from a story by Leo Tolstoy

Underline the correct words and answer these questions.

1. "Let's take off our shoes and stockings." Akoúlya said this because she was
 - i. careful.
 - ii. mischievous.
2. a. "Malásha did it on purpose." Akoúlya said this because she
 - i. felt nervous.
 - ii. wanted Malásha to be scolded.
 b. What would you have done if you had been in Akoúlya's place?
3. a. Think of why the girls, the women and the men began fighting. In each case, it was because
 - i. they quickly became angry about something small and unimportant.
 - ii. even after trying to solve a problem, they could not.
 b. What would you have done differently if you were one of the men or women?

4. The old woman is important in the story because she
 - i. was the only one who did not get angry.
 - ii. helped the others to understand their mistake.
5. The old woman called the little girls wise because they
 - i. stopped fighting when they saw the grown-ups quarrel.
 - ii. forgot about their petty quarrel and became friends again.



Do it yourself

Work in three groups and role-play the story.

Make these changes to the story.

- Imagine that the story is based in your town or city.
- Each group will show what these people could have done differently in order to avoid a quarrel—
 - ❖ the girls
 - ❖ the women
 - ❖ the men
- You can use your home language(s).

For the teacher: The second point will help the students to understand how conflict could be avoided or resolved at different stages.

Me and My Wellness

Let us try to find out what tends to make you angry, so that the next time something like that happens, you can respond more calmly.

Read this table and complete it.

What makes me angry?	How do I usually behave when this happens?	Does it help? If not, what can I do instead?
if someone teases or hurts an animal	I shout at them or try to think of ways to teach them a lesson.	No. I can try to tell them that they should be kind. I can try to comfort the animal.

21C Critical Thinking, Communication, Collaboration, Creativity; **1L** Multilingualism, SEL—self-awareness; **MI** Bodily–Kinaesthetic



List some of the things that make you happy and spend more time doing them.

painting, playing with friends...

For the teacher: Explain that different people and situations may call for different responses—listen to the specific instances mentioned by the students and make suggestions accordingly.

Me and My World

Look at this poster. Many people consider the white dove to be a symbol of peace.

Some students in your school often quarrel over a common resource they have to share, like a playing court or a laboratory instrument.

Working in groups, make a poster or a small model—your own symbol of peace—to tell students to resolve their problems peacefully.



For the teacher: Students can also think of a situation in their locality which gives rise to conflict, and suggest ways to resolve it without fighting.



Now I know



Tick (✓) the correct columns.	I understand this.	I need to think about this.
I should not let small and unimportant things make me too angry.		
I should try to understand a person or a situation before reacting to it.		
I should try to solve problems calmly, without becoming too upset or violent.		
I should spend time on pleasant and useful things so that I feel less angry.		

21C Critical Thinking, Communication, Collaboration, Creativity, IL Art, Values—*ahimsa*, peace, Life Skills—handling difficult situations, Wellness