



SSSIO-USA National SSE Enrichment

Hands On, Heart In
SSE Group 2 - Dharma

July 10, 2021

Activity



Component of lesson plan

Quote

Story

Life Application

Song

Identify the
spiritual
principle

Time permitting
Identify other
components
while creating
activity

Create an
activity based on
the component
and Spiritual
principle

Write down an
Affirmation

How to Keep Age in Mind for Activity?



SSE 1



Doing

SSE 2



+ Thinking

SSE 3



+ Planning

SSE 4



+ Integrating

Sample Activity For Demo

Quote



Cultivate Inner Silence

The very first spiritual practice one must adopt is the cultivation of inner silence, to put an end to the endless dialogue with the mind. Let the mind rest for a while. Do not project on the mind irrelevant details and pollute it with fumes of envy and greed. Every idea we entertain, either good or bad, gets impressed on the mind, as on carbon paper. An element of weakness and unsteadiness is thus introduced in the mind. Keep the mind calm and clear. Do not agitate it every moment by your non-stop dialogue.

Sathya Sai Speaks, Volume 15, Chapter 42: The Triple Purity

Sample Activity Video



Value - Right Action
Sub -Value - Discipline

Activity can be applied to show our nature of mind when we get agitated
Anger/Greed/Jealousy

Materials List



Stationery Items

Pencil

Pen

Markers/Color pencil

Permanent marker

Cello tape

Scissors

Ruler

Elmer glue

Other Items

Plain Paper/ construction paper

Paper bag/Paper plates/paper cups

Pipe cleaners - few

Popsicle sticks – few

Sand/rice/grains

Small jar

Socks

Sticks or spaghetti sticks

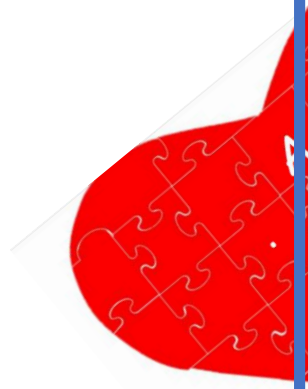
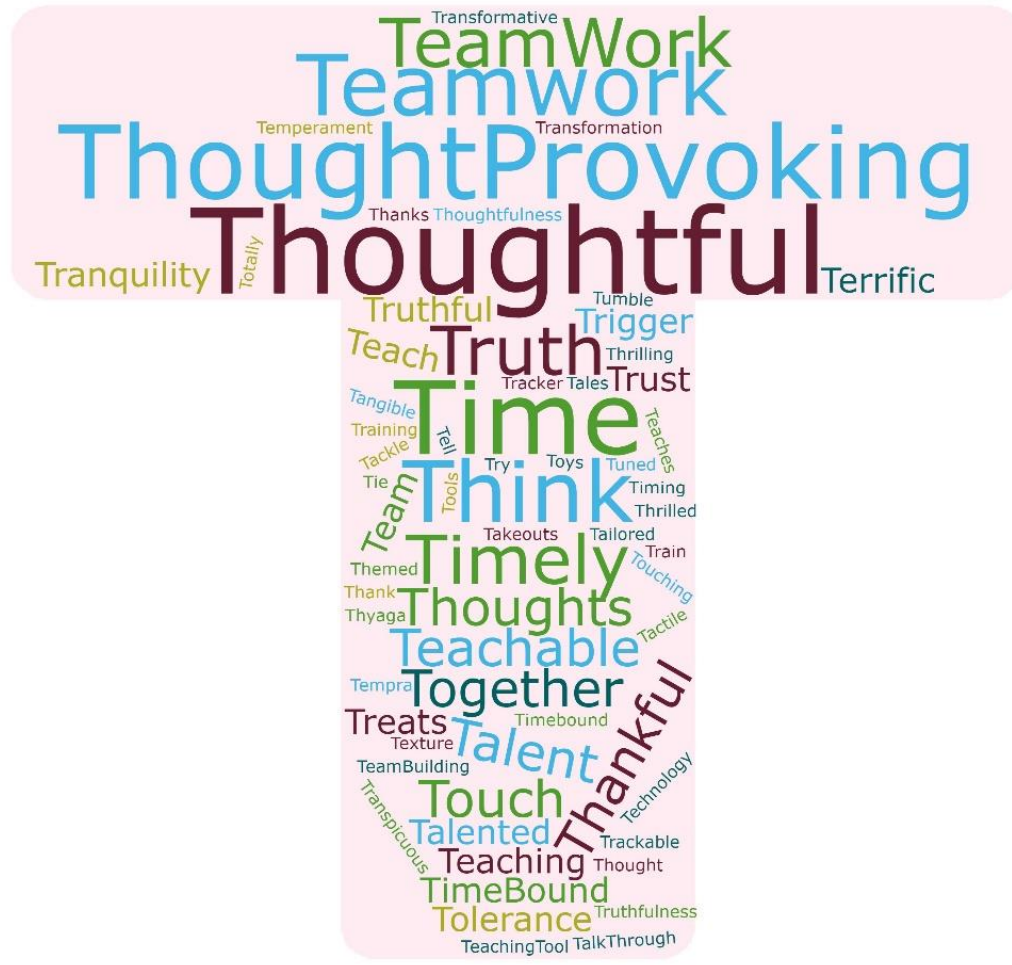
Stones of various sizes

Stuffed toy

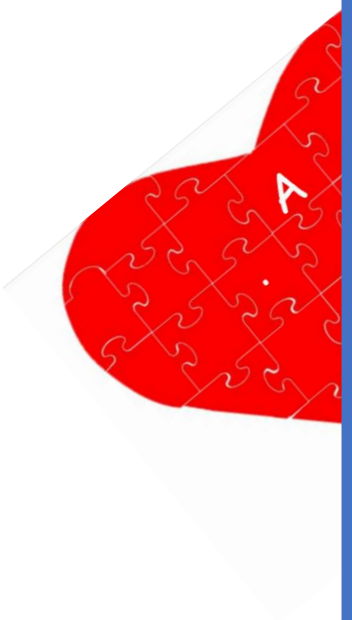
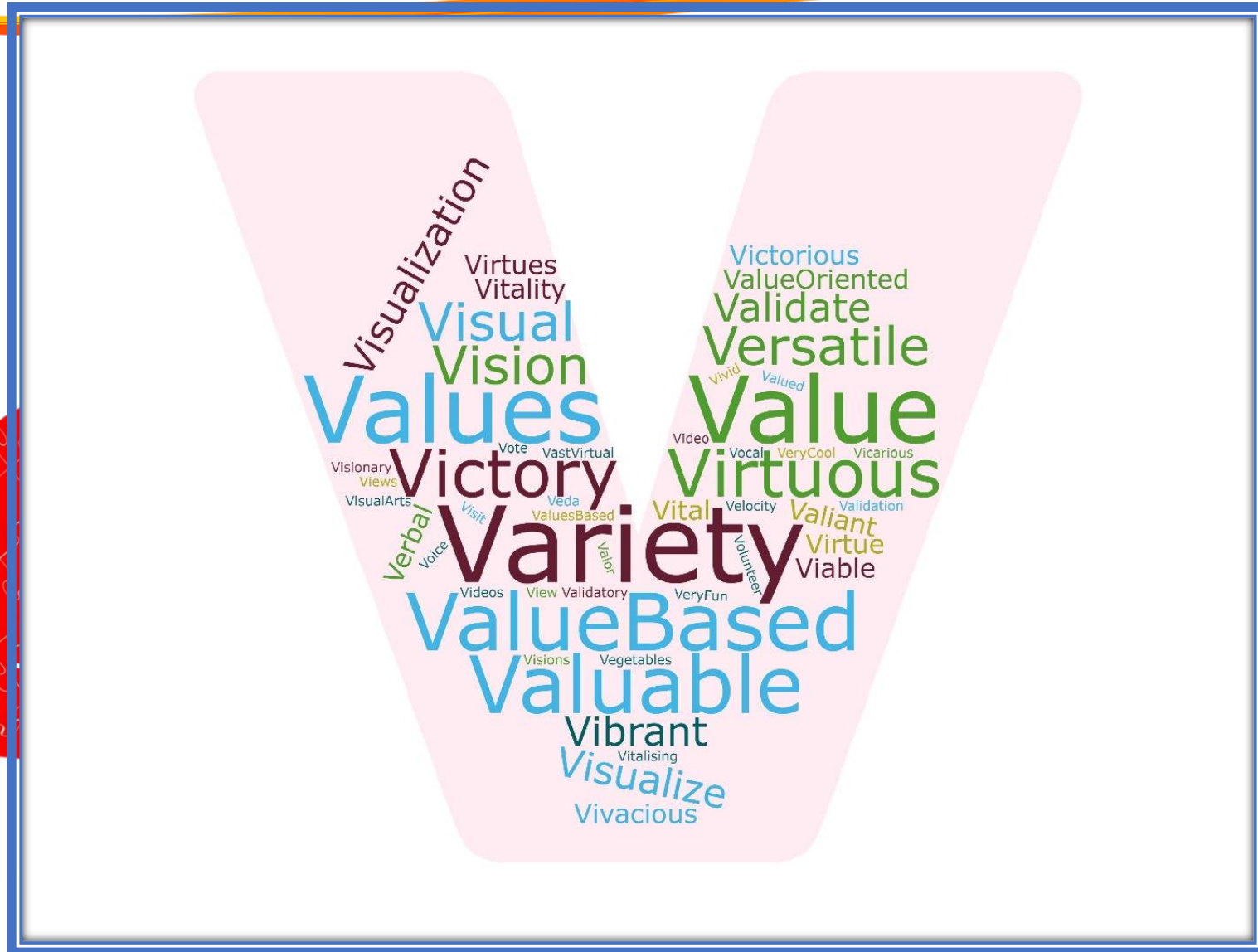
Tooth picks

Yarn

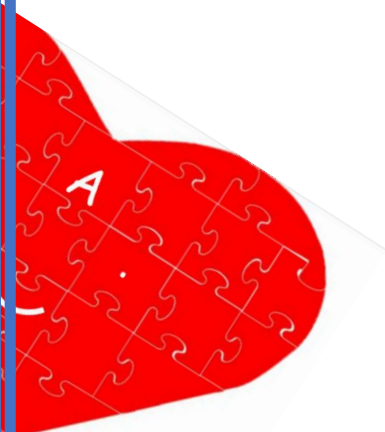
ACTIVITIES WORD CLOUD



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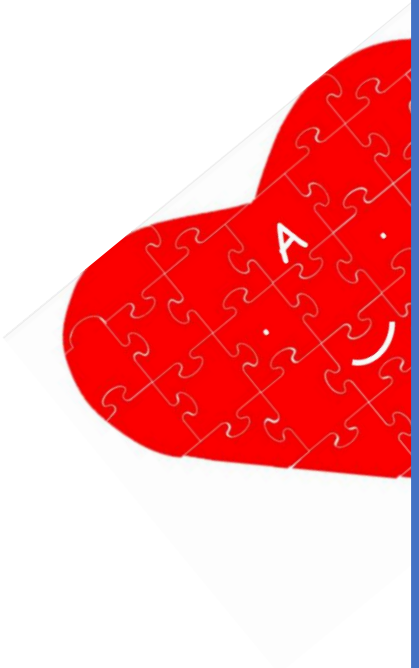


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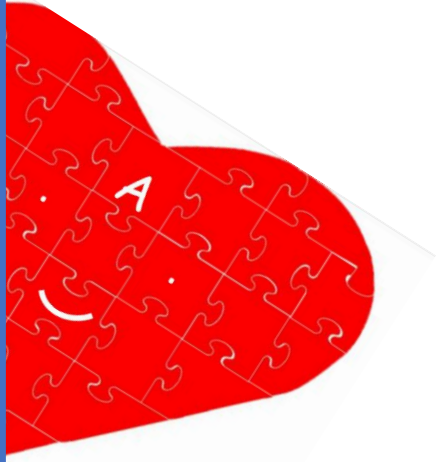
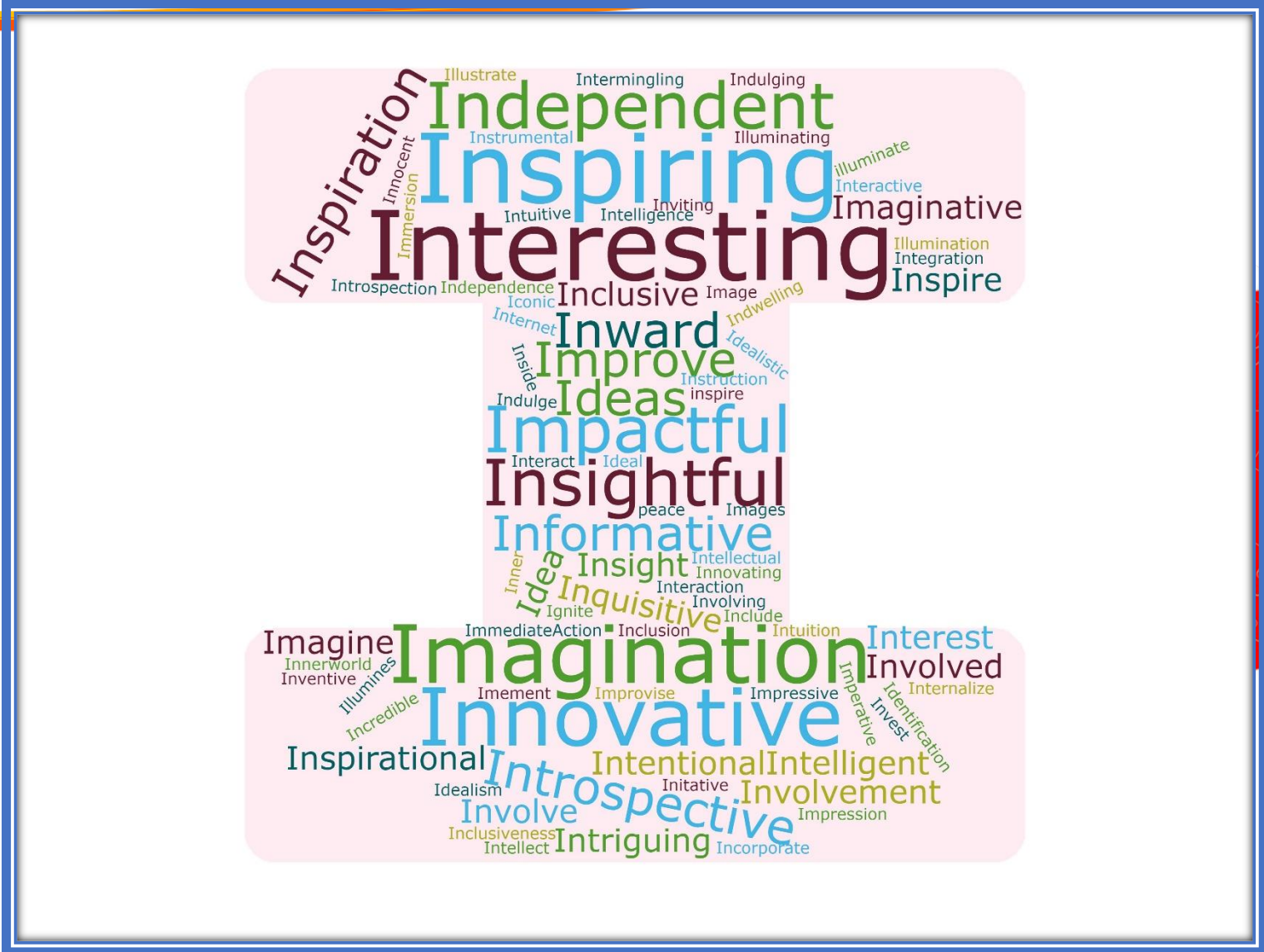


ThoughtProvoking
Teachable
Thoughtful
Teamwork

Think Translate
Timely
Thankful
TimeBound
Try Truthful
TeamBuilding
Teaching
Transformation



ACTIVITIES WORD CLOUD



HANDS-ON ACTIVITY



Please go to your respective Breakout Rooms
for Hands-on Activity



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