



**2020 SSIO-USA National SSE
Refresher and Enrichment
SSE Group 2 Activities (Dharma)
Breakout Room**

July 2020

Group 2 Activity - Facilitator Instructions



5 minutes – Breakout Group Getting Started

- Choose Scribe who can write on a shared Google sheet or Word Document where the information recorded can be easily transferred for sharing.
- Have each person on team share one thought on what happiness means to them from their notes in Part 1 Brainstorming Activity from the larger Dharma Group.
- Do you think that the children would also agree to what you as teachers think happiness means? If not, include some more thoughts on the list to represent the children's thoughts on happiness.
- Vote on which idea will be taken up for further development for an Activity.

Group 2 Activity - Facilitator Instructions (Cont)



Part 2 - 10 minutes - Design a Group Activity related to the Spiritual Principle of Happiness.

- See Slide 4 for starter ideas if group is stuck and can't come up with an idea quickly.
- Choose a Group Activity Type (See Slide 8 for reference)
- Describe the steps for the Activity designed.

Part 3 - 5 minutes - Write the objectives/values the children will extract from this activity.

Part 4 - 10 minutes Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principle from what happiness means to them.

- 1.
- 2.
- 3.
- 4.

Part 5 – Return to Larger Dharma Group for Sharing/Reflection from Breakout Groups

Building an Activity on Happiness – Group 2 Starter Ideas



■ Happiness Activities

- Brainstorm on: What Happiness means to you?
- Build an activity after you know what everyone thinks Happiness is. Make sure to consider what the children would think.
- What questions will you ask the children to draw out the values or other Spiritual Principals from what happiness means to them.

■ Idea 1

- Ask each child to come up with a word that starts with each letter of “Happiness” that relates to making them happy.

■ Idea 2

- Give each children some legos and tell them to do something with them....what can you draw out with these legos?

■ Idea 3

- Bring a bowl of water and some sugar - how can you use this for an activity? What kinds of spiritual principals can you draw out?

■ Idea 4

- Bring some beads and string with different letters for the beads and have them make...

■ Idea 5

- Bring a Basket of Sweets and build an Activity with it....



Group 2 Reference Slides

SSE Group 2 Activities

Breakout Room #Swami123

July 2020

Guidelines for the Group 2 Activity



Swami Says - *“Think also of activities through the SSE program that can ensure happiness and harmony for the children in later life” – SS/180,17*

Swami Says - *“Be Happy. Be Happy. Be Happy.”*

Part 1 (5 min) : Brainstorming – What does Happiness Mean to you?

- *Please jot down some of your thoughts for using later in breakout group*
- *Also jot down some of your favorite kinds of Group Activities*



Guidelines for the Group 2 Activity



Part 2 - Design a Group Activity related to the Spiritual Principle of Happiness

- *Share your notes from Brainstorming in Part 1 with your breakout group members*
- *Add any thoughts as to what Happiness may mean to the children*

Part 3 - Write the objectives/values the children will extract from this activity

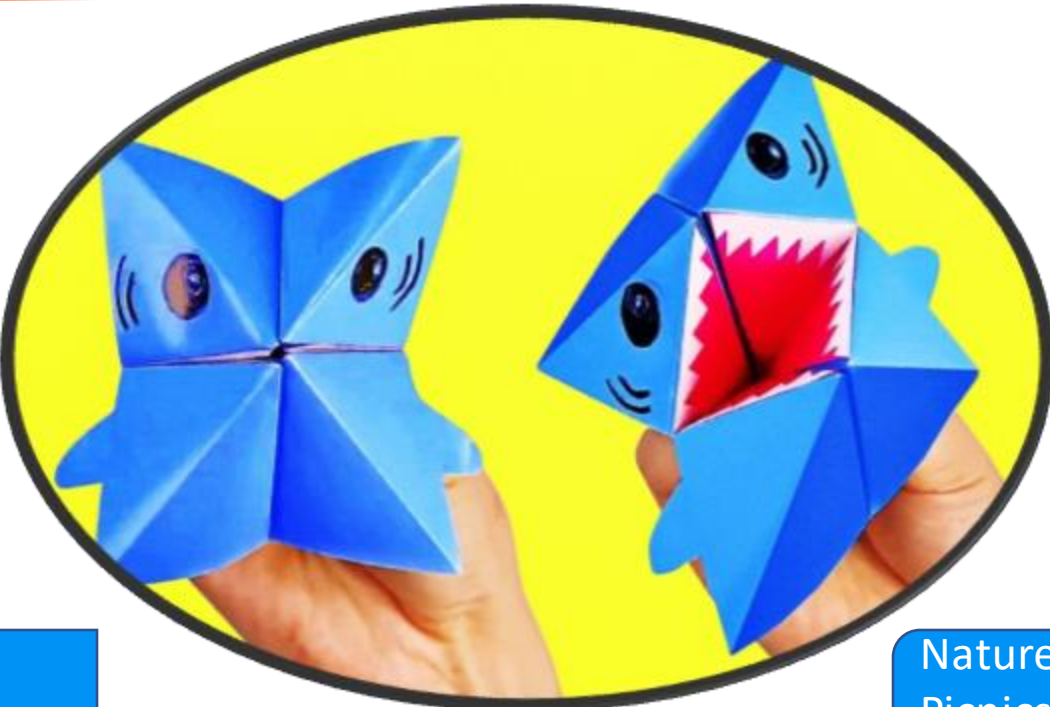
Part 4 - Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principles from what happiness means to them

Part 5 – Sharing/Reflection from Breakout Groups





Types of Group Activities



Art Projects

Creative Writing

Experiments/Demos

Games

Dramas

Role Plays

Puppetry

Service Project

Offerings for
Baba's Birthday/Children's Day

Videos/online Activities

Posters/Collages

Quizzes/
Attitude Tests

Discussions/
Brainstorming

Nature Hikes/
Picnics/Field Trips

Building an Activity on Happiness – Group 2 Starter Ideas



■ Happiness Activities

■ Idea 1

- Ask each child to come up with a word that starts with each letter of “Happiness” that relates to making them happy.
- Write an Acrostic Poem.
 - H – Healthy
 - A – Attitude
 - P- Play
 - P- Pizza
 - Y-You and Me
- Objective/Value – This activity will draw out the value of Creativity (Subvalue of Truth) by writing a poem.
- Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principles from what happiness means to them.
 1. Had you ever written a poem before?
 2. How do you feel now that you have done so?
 3. What can you do next with what you have written?
 4. What else do you want to try that you have not done before?

Building an Activity on Happiness – Group 2 Starter Ideas



■ Happiness Activities

■ Idea 2

- Give each children some legos and tell them to build something with them.
- Objective/Value – This activity will draw out the value of Cooperation/Resourcefulness (Subvalue of Non-violence/Right Conduct).
- Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principles from what happiness means to them.
 1. What did you make with your legos?
 2. Is there something else you can make with them?
 3. How can you make your structure bigger?
 4. What would everyone need to do to make the structure better?

Building an Activity on Happiness – Group 2 Starter Ideas



■ Happiness Activities

■ Idea 3

- Bring a bowl of water and some sugar - how can you use this for an activity? What kinds of spiritual principals can you draw out?
- Objective/Value – This activity will draw out the value of Inner Happiness (Subvalue of Love) by doing a demo of how the sugar represents inner happiness that is not seen from the outside but is what makes life sweet.
- Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principles from what happiness means to them.
 1. What happened to the sugar when we put it inside the water?
 2. What if we thought of ourselves as this bowl of water...what represents the sugar inside us?
 3. Are all things that make us happy in the outer material world?
 4. How can we remain happy even if things don't seem to be going too well around us?

Building an Activity on Happiness – Group 2 Starter Ideas



■ Happiness Activities

■ Idea 4

- Bring some beads and string with different letters for the beads and have them make bracelets spelling a letter of one of the 5 human values that they like.
- Objective/Value – This activity will draw out the human value that the child currently feels drawn to.
- Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principles from what happiness means to them.
 1. Why did you choose a particular value?
 2. What would you do to practice this human value?
 3. How would it make you feel to practice it?
 4. Do you think it would make you happy to practice it?
 5. Would it make you happy in the long run?
 6. Would it make someone else happy?

Building an Activity on Happiness – Group 2 Starter Ideas



- **Happiness Activities**

- **Idea 5**

- Bring a Basket of Candies and put it at one end of a playground. Have the children get ready to race to get the basket from the other end of the playground. Who ever gets it will win the basket of sweets...Get Ready, Set, Go!
- Objective/Value – This activity will draw out the human value of Sharing and Brotherhood (Subvalues of Love and Nonviolence).
- Devise 4 questions for the Group 2 SSE children that will indirectly draw out the Human Values or other Spiritual Principles from what happiness means to them.
 1. Before starting the race...think of what outcome of the race would make you happy.
 2. Can you think of an outcome where you might be even happier than the one you just thought of?
 3. How would you feel if you didn't win the race?
 4. What would you do if you won the race?
 5. Can you think of a way that everyone can be happy with the outcome of the race?

Testing the Hypothesis that Practicing Human Values brings Happiness



The children can be provided a Life Application to choose one of the 5 human values and practice during the week to test the hypothesis that Human Values brings Happiness.

For example:

- If they practiced Love by helping a class mate with a math problem, did they feel happy?
- If they practiced Non-violence by practicing ceiling on desires, did they necessarily feel happy at the time?
- If they practiced Right Conduct, by being mindful of time management and woke up on time to get to class, did they feel happy or sleepy?
- If they practiced Truth with a spirit of inquiry by doing some extra research for a class project, did they feel happy?
- If they practiced Peace, by staying calm when a brother or sister fought with them, did they feel happy or did they just stay calm on the outside but still mad on the inside?

Questions to Ponder:

1. Can Happiness be thought of in the long term vs short term sometimes?
2. How does individual happiness relate to other people's happiness? Is there some give and take needed sometimes?

Evolving the Happiness Principle



What are some Activities that can be done to go deeper to evolve the Spiritual Principal of Happiness?

- Happiness lies within- Inner View/Self Knowledge
- Happiness by practicing Ceiling on Desires
- Happiness by staying Healthy - Developing Healthy Habits
- Happiness through a Spirit of Inquiry
- Happiness by Praying/Connecting to God

Human Values List



Human Values & Sub-Values				
Love	Truth (Love in speech)	Right conduct (Love in action)	Peace (Love in thought)	Non-violence (Love in understanding)
Bliss	Consciousness	Cleanliness	Attention	Appreciation of other cultures and religions
caring	creativity	contentment	calm	brotherhood
compassion	curiosity	courage	concentration	ceiling on desires
dedication	discrimination	dependability	contentment	citizenship
devotion	equality	duty	dignity	compassion
empathy	honesty	ethics	discipline	concern for all life
friendship	integrity	gratitude	endurance	consideration
forgiveness	intuition	goals	focus	co-operation
generosity	natural environment	good behavior	happiness	forgiveness
helping	optimism	healthy living	humility	global awareness
human dignity	quest for knowledge	initiative	inner silence	good manners
inner happiness	reason	leadership	reflection	inclusiveness
joy	self-analysis	perseverance	satisfaction	loyalty
kindness	self-knowledge	time management	self-acceptance	national awareness
patience	self-worth	resourcefulness	self-confidence	recycling
purity	sense control	respect	self-control	respect for property
sharing	spirit of inquiry	responsibility	self-discipline	service to other
sincerity	synthesis	sacrifice	self-respect	social justice
sympathy	truthfulness	self-sufficiency	understanding	sustainable growth
tolerance	unity in thought word and deed	self-confidence	national responsibility	universal love
wisdom	unity in diversity	simplicity	care for environment	unwilling to hurt



**Please join us back in the main
Dharma room
for sharing and reflections**