

# SATHYA SAI INTERNATIONAL ORGANIZATION-USA



## SAI SPIRITUAL EDUCATION- NATIONAL REFRESHER AND ENRICHMENT

July 26 2020

**Ready, Sai, Go**

**Group 4- Workbook**

*“When you learn to ride a bicycle, you do not get the skill of keeping the balance immediately. You push the cycle along to an open maidan and hop and skip, leaning now to one side and now to the other and even fall with the cycle upon you on many an attempt, before you are able to ride with skill and never again to worry about the balance. Automatically, you are able to make the necessary adjustments to correct the balance, is it not? After getting this skill, you can ride through the narrow streets and lanes, and you do not need an open road. You can negotiate your vehicle through the most crowded thoroughfares. So, too, practice will equip you with a concentration that will sustain you in the densest of surroundings and the most difficult situations.” Sathya Sai Baba [February 23, 1958]*

## **KAHOOT**

Note: Kindly join online with <https://kahoot.it/> on your cellphone. Pin will be provided during workshop.

## **TOPIC INTRODUCTION**

*Slide #1 Welcome and Introduction*

**Key learnings**

*Activity Track – Ready, Sai, Go - Internalization, shift from abstract to tangible*

**Key learnings**

*Workshop objective- Expanded view*

**Key learnings**

*Quote on Practice in connection with Activity*

**Key learnings**

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<i>How? - Things to ponder around an activity - Holistic or Broader perspective</i>
<b>Key learnings</b>

<i>How ? - Things to ponder around an activity - Detailed or tactical perspectives</i>
<b>Key learnings</b>

<i>Steps involved in planning an activity and expected outcome</i>
<b>Key learnings</b>

Where and When ? - Next steps - Ready, Sai , Go

**Key learnings**

Groupwise Discussions	15 mins – Sathya/Dharma/Shanti/Ahimsa
Activity Exercise	30 mins – Breakout rooms
Sharing and Reflection	20 mins – Sathya/Dharma/Shanti/Ahimsa
Conclusion	10 mins – Prema

**BREAKOUT SESSION:** Each room (SSE Group) will have an introduction session where teachers will learn the age developments and how to address while creating activities. Attendees should be mindful of time when sharing (2 min per group)

Session outline

Concepts that Group 4 Teachers Should Keep in Mind

Process of exploring possible activities

Questions to ask as you choose and implement an activity. \*Appendix A

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Breakout session guidelines and examples

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Hands on Experience for -Rooms 1, 2, 3, 8 (Concentric Circles); Rooms 5, 6, 7(Connect Four) and Rooms 4, 9, 10 (Loading image)

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Return to Ahimsa group for sharing/reflection from breakout groups

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## WRAP-UP

Guest speaker (highlights)

## REVIEW

A) Something new I learnt from the workshop  
B) Concepts that were reinforced and deepened

## COMMIT TO PRACTICE

After review and reflection, commit to bring one new concept/best practice that you learned into regular practice. This is a personal commitment you are making to Swami.

## Appendix: A

Questions to ask as you CHOOSE & IMPLEMENT an activity

- Does this activity clearly meet my lesson objective? What is the expected learning outcome from this activity?
- How does this activity help the student extract the lesson objective and sub-value being discussed?
- Is this activity helping students understand an abstract concept, by putting it into a more tangible context?
- Does this activity encourage the students to be creative? If so, how?
- Can this activity be adapted for in-person and online classes? If so, how?
- Can this activity be adapted if I have students with special learning needs? What supports will I need to have in place to ensure everyone's learning needs are met?
- What other self-reflection or spiritual lessons can be drawn out from this activity?

Come back to this checklist after the class and see if objectives were met or if there are changes that can be made for future activities.