

# EduCare

LET'S GROW TOGETHER!



## NON-VIOLENCE

Educational magazine for children,  
kids, families and schools with  
human value focus

6  
2014



you must be  
the change  
you wish to see  
in the world.

Mohandas Gandhi

Dear Readers,

Human values are what bring forth the positive human potential of all people. They ignite our sense of belonging to a central core identity, and foster cooperation; and they bring together and promote creative solutions when we need to strike a balance by discriminating and finding what is good for all people, and not just good for ourselves.

When human values are promoted in education we are using our faculty of discernment in the right way. It is the only way to lay the basis for a culture of non violence, for "if we are to teach real peace in this world, and if we are to carry on a real war against war, we shall have to begin with the children." (Mahatma Gandhi).

Let's not lose our chance to be peace-makers by nurturing our children with human values! Let's not renounce the joy of seeing them grow into well-integrated and well-balanced personalities, in harmony with life, respectful of others and in tune with nature! Human values are the building blocks towards the understanding of our intrinsic human worth and the spiritual oneness of all forms of existence! Let's believe in their impact and resonance, let's believe for the benefit of our children, and uphold and practice morality, compassion, appreciation of diversity, and care for the environment, in every thought, word and deed, in a spirit of genuine brotherhood and universal love.

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# Non-violence



## Quotations

Violence is not strength, it is weakness.

*B. Croce*

Non-violence is not a garment to be put on and off at will. Its seat is in the heart, and it must be an inseparable part of our being.

*Mahatma Gandhi*

Look out into the universe and contemplate the glory of God. Observe the stars, millions of them, twinkling in the night sky, all with a message of unity, part of the very nature of God.

*Sathya Sai*

At the center of non-violence stands the principle of love.

*Martin Luther King, Jr.*

Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.

*Thomas A. Edison*

Smile, breathe and go slowly.

*Thich Nhat Hanh*

War is so unjust and ugly that all who wage it must try to stifle the voice of conscience within themselves.

*Leo Tolstoy*



Talking about non-violence in education not only means placing ethical awareness and moral values in the forefront, but helping our children realize the power of thoughts, will and intention.

## Goals

"The principle of nonviolence", says Mahatma Gandhi, "is not to cause hurt by evil thought, by lying, by hatred... by wishing ill to anybody". To learn that we can cause hurt, inadvertently, or out of anger, greed and egoism, to ourselves and others, is a sensitizing process of growing awareness.

To become more attentive and loving towards all forms of life, means uplifting our own lives with a broader sense of appreciation and a sense of awe and wonder for life in general and for the universe at large.



## Dictionary

### NON VIOLENCE

THE PRACTICE OF BEING HARMLESS TO ONESELF AND OTHERS UNDER EVERY CONDITION.

ABSTENTION FROM VIOLENCE AS A MATTER OF PRINCIPLE; AND ALSO THE PRINCIPLE OF SUCH ABSTENTION.

THE POLICY, PRACTICE OR TECHNIQUE OF REFRAINING FROM VIOLENCE ESPECIALLY WHEN REACTING TO OPPRESSION, INJUSTICE AND DISCRIMINATION.

UNIVERSAL LOVE.

### Synonyms

CALM  
COMPOSED  
MILD  
PEACEFUL  
PLACID  
QUIET  
RATIONAL  
SERENE  
UNRUFFLED  
WELL-BEHAVED

### Opposites

CARELESSNESS  
COLDNESS  
BAD  
BITTERNESS  
DISLIKE  
ANIMOSITY



## Heart to heart

Non-violence does not only mean not hurting others physically. The way we look at others, the way we act and the words that we use can be very harmful too.

non violence

The word communication comes from the Latin *commūnicāre*, and it means to exchange and share information, feelings, thoughts and opinions—not only through speech and writing, but also through things like posture, gestures, and the look in our eyes! It is difficult to keep track of some of these things, but we can become more aware of how we speak to others.

Words are powerful! They can build friendships or spoil them! They can foster kindness or provoke anger and resentment! If they are soft and sweet people will be more inclined to consider what we say. If, instead, we raise our voices harshly, they may feel attacked and run away, or counter attack and raise not their voices but their hands!

If you want to practice non-violence, respect these values:

Good thoughts	Good Words	Good Actions	Good manners
Understanding	Cooperation	Respect for all Cultures	Consideration
Respect for all Religions	Unity	Care for Nature	Non harm
Social Justice	Morality	Love for Motherland	Care for the environment
Brotherhood	Compassion	Sameness	Universal love

Before you speak think: is it true? Is it kind? Is it necessary? Will it hurt anyone?"

Sathya Sai

## The method

## The 3 aspects of non-violence

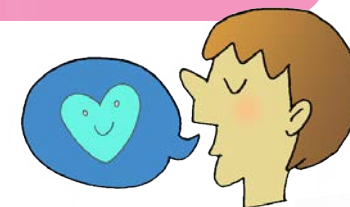
**Personal non-violence:** we respect our own well-being, and care for the well-being of others.

**Social non-violence:** we have regard for all life and do not cultivate inappropriate thoughts or actions that may be harmful to others. We nurture a spirit of kinship, tolerance and cooperation, and appreciate all cultures and religions.

**Universal non-violence:** we do our utmost best to relieve pain and suffering and care for the planet and the environment. We feel unity with all forms of life and refrain from violating the laws that govern the interconnectedness of nature and the universe!



be positive!



## We children can also do something

Felix Finkbeiner was working on a school project on climate change when he read about Wangari Maathai, Nobel Prize winner and Kenyan activist, who, together with other women in her country, had planted more than 30 million trees to fight deforestation and soil erosion. Inspired by her example, Felix stressed tree-planting as a way to tackle climate change and concluded a presentation by saying "Let's plant a million trees in every country of the

world!" At the time Felix was nine years old.

Felix's determination, clarity of focus and self-confidence impressed his teacher and two months later his school – the Munich International School in Starnberg in southern Germany – organized the first official tree-planting drive! The local media took an interest and other schools in the area heard Felix's talk and began similar tree-planting events, turning his idea into a local green movement.

At the age of 12, the initiative planted its one millionth tree in Germany and the group "Plant for the Planet" was born. Felix became Germany's youngest founder of an environmental organization. During the same year, he was invited to talk at the United Nations! Today, "Plant for the Planet" is active around the world and financed through donations. Felix insists that the initiative is not just about planting trees. It is also about children exchanging ideas and experiences of climate change. "For most adults the future seems to mean 20, 30 or even 40 years. But for us children 2100 could still be in our lifetime. For adults it is an academic question if sea levels rise three centimeters or seven meters by the end of this century. But for us children it is a question of survival."

THANK YOU MOM AND DAD,  
YOU HAVE ALWAYS BEEN KEEN  
ON ENVIRONMENTAL ISSUES  
AND HAVE GUIDED MY STEPS!

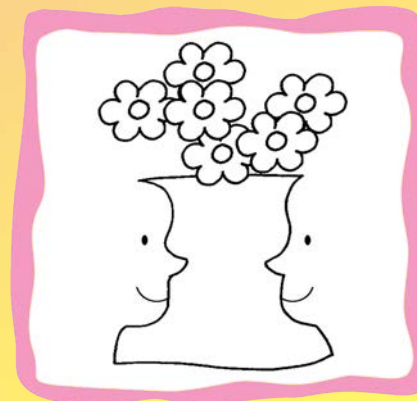
Today Felix Finkbeiner is a 16-year-old boy who goes to school and has lots of hobbies, but he is continuously travelling to conferences around the world, too! Felix's story is proof that when we believe in something and strive to accomplish our vision, for the good of all people and the planet, our dream comes true!

## 2 or 1

*If we compare ourselves with other people, watching their ways or admiring their qualities, we will find all kinds of things that make us different from each other. The colour and style of their hair will not be like ours, nor will their eyes, mouth or nose!*



Some people will be tall, some will not, some people will be thin, some will not. Even our personalities will be different because we are separate individuals, each one with our own special look, talents and character. But when we look at others concentrating on what we have in common our whole outlook will change! We will suddenly find all kinds of things that bring us closer, and realize that we are like everyone else, much more than we had thought we were, and that there is the same light shining in everyone's eyes!



Differences aren't such a big deal when we give our attention to what we can do and create together! A vase, for example...

Let's fill it  
with flowers!

Differences make our world rich and full of color!

# Non-violence means unity and peace



WOW!

THIS BOOK SAYS THAT THE WORLD POPULATION HAS REACHED SEVEN BILLION! CAN YOU IMAGINE?



SEVEN BILLION PEOPLE?! THAT'S WHY IT IS SO HARD FOR EVERYONE TO GET ALONG!

DO YOU MEAN THAT IF WE ALL WANTED THE SAME THING...



...everyone would get along better?



MAYBE WE NEED TO FIND SOMETHING THAT MAKES US FEEL THE SAME; HUMAN VALUES FOR INSTANCE! THEY MAKE PLACE BOTH FOR DIVERSITY ...

...AND FOR PEACE!



SOMETIMES IT'S HARD AT HOME TOO. WE ARE ALL SO DIFFERENT IT'S EASY TO ARGUE.



DO WE ARGUE BECAUSE WE ARE DIFFERENT, OR BECAUSE WE WANT DIFFERENT THINGS?

WE ARE ALL LIKE DIFFERENT MUSICAL NOTES...



...that belong to one musical arrangement!

IF WE TUNE INTO UNITY, WE WILL DANCE IN ACCORD WITH THE MUSICAL NOTE OF THE UNIVERSE!



UNITY BRINGS PEACE AND HARMONY TO ALL BEINGS IN ALL WORLDS!

## Non-violence the crown jewel



The virtue of non-violence can be compared to the most valuable and rarest of jewels—so seldom to be found that only Kings can afford to adorn their royal crown with its splendour. In other words, the qualities of this virtue are so scarce among people that only rare individuals, of noble words and ways, bear the precious gem as the most valuable ornament of their lives. Why is this value so rare to find? And what do we need in order to be a King, or a Queen? Which words and ways will make us worthy of wearing a similar jewel?

*Non-violence = wisdom + love*

To put it in a nutshell, we can say that non-violence is the natural outflow of wisdom and love, and the consequence of deep inquiry. When we look into the most fundamental questions related to the meaning and purpose of life a broader understanding of our true nature unfolds and wisdom and love towards all beings arise with it.

## I am immortal

The word soul means the inner most particle of a thing and is that which sustains, vitalizes and animates. The human soul, though impossible to grasp through our senses or to understand through the workings of our mind, is the very basis of existence. It is an infinite source of spiritual energy and can be compared to the air we breathe.

The central focus of a similar process reaches towards the highest realisation man can think of: the realisation of being immortal! Awesome, right? Yet experience of a profound spiritual reality can put us in touch with our soul, an aspect of ourselves that outlives the body! The thought of being immortal makes everything easier and as we become more prone to believe in what we perceive at first as a glimpse, self-awareness dawns on us. We begin to see how all things perish, while a truer and eternal reality does not, and we become less attached to what we have, to people and events, and more confident and at ease with life in general. Even during the saddest and most painful moments we find the courage, the determination and a sense of fearlessness to move forward, to fulfil our life mission. The awareness of an inner reality that knows no change endows peace of mind and confers outlasting wisdom. Enough to give it a try!

## Understanding the Law

In the same way that we need air to live on, in the same way that the oxygen we inhale vitalizes every cell in our body, the soul is essential for living; it is the spark of the engine without which the body-mind complex would not be able to function! In the same way that the air pervades everything and is shared by all, this spiritual energy pervades all forms of life.

This process opens up a new world for us. We come to learn that everything is ruled by an unfailing law of cause and reaction, which means that whatever is thought, said or done will bear a consequence and that I too will face the consequences of my actions one day! Whatever I am facing today is the consequence of a previous cause too; of something that I myself said or did who knows when! When we begin to recognize this law at work a conscious change takes place within us, making us more attentive and responsible. The law of cause and effect teaches us that we reap what we sow, so if we choose to sow love, peace and goodness, this is what life will have in store for us. To apply the Golden Rule to our lives—"One should treat others as one would like others to treat oneself", becomes easy as we begin to realize that a well thought choice leads to a regal style of life and that by choosing to be good and honest we are choosing non-violent living and filling our own lives with harmony and joy. Non-violence means avoiding to inflict pain on anyone, including ourselves, by thoughts, words or deeds.

## Everything is interconnected



At the basis of this awareness lies a heart-warming truth that sheds light to the process. We find out that our perception of immortality connects to an invisible source of energy. This energy is so impalpable that it is referred to as the spiritual aspect of our being, and is the inner vibrant principle of all beings and of creation as well! When we consider this underlying principle we realize how everything is interconnected and one with it. This principle can be referred to in many ways, it can be called consciousness, primal Cause, or God. Differences of name do not change it. The fact is that when we realise this unity it will be impossible for us to inflict pain or do

harm to anyone or anything—we will comprehend what was meant by Jesus when he said: 'Whatsoever you do to the least of my brothers you do unto me', for when we hurt others we are hurting this principle of oneness, this love that is truth, this truth that is God. A king or queen benefit for such high-standing knowledge reflects it in whatever he or she thinks, says or does, having realised that to harm anyone, brothers and sisters, people, nature and animals alike, means to harm and hurt oneself. Refraining spontaneously from eating meat will be among the many practical consequences of their perspective.

### The highest truth



Non-violence is the result of the highest equation. Wisdom + Love = non-violence. It is the output of an extraordinary learning process that leads us to the discovery of the Self and to Self-knowledge. By becoming conscious of the principle of love which animates us from within, means emancipating and uplifting humanity for the 'truth will set us free'. To be one with this truth and to treat our children and students with this spiritual awareness is the goal

Borna Lulić

Try it!

Sit comfortably and concentrate on your breathe. As you inhale and exhale think of how beautiful a tree is. How strong is its trunk, how vibrant are its leaves, how colourful and sweet are its fruits. Then move deeper and think of its roots, and how such an important aspect of its life is concealed to us, hidden in the soil. Move deeper still and think of how the tree would be null without the seed from which it sprout in the first place. How much power can there be in that seed, to bear life and sustain such a tree, and what would the seed be without that power if not a dry shell? Take your thoughts to your innermost being, called heart or soul, and enjoy the spiritual aspect that lies within you. Taste the love and bliss of feeling to be one with it.

## GOOD LUCK DEEDS!

THERE ARE LOTS OF SIMPLE THINGS WE CAN DO TO BECOME MORE LOVING AND RESPONSIBLE TOWARDS OUR PLANET, AND TOWARDS THE PEOPLE AND CREATURES THAT LIVE ON IT! HERE ARE A FEW:

### LET'S SAVE WATER!

IF YOU PUT A BRICK OR A BOTTLE FULL OF SAND IN THE WC TANK, YOU CAN REDUCE THE CONSUMPTION OF WATER EVERY TIME YOU USE IT AND SAVE UP TO 4000 LITRES OF WATER PER YEAR! AND EACH TIME YOU BRUSH YOUR TEETH YOU CAN SAVE UP TO 18 LITRES BY JUST REMEMBERING TO TURN OFF THE WATER TAP! WATER IS A PRECIOUS LIFE GIVING RESOURCE, AND YET SOME PEOPLE NEED TO WALK MILES BEFORE FINDING SAFE DRINKING WATER TO COOK WITH, OR TO SIMPLY QUENCH THEIR THIRST! SO DON'T WASTE WATER!



Cut out pictures from old magazines or make your own drawings and use them to illustrate the topics mentioned on this page.

You can use glue or scotch tape to fix them onto the page.

### TURN OFF THE LIGHTS!

IT'S EASY TO SHUT OFF THE LIGHTS WHEN WE ARE NOT USING THEM TO SAVE ELECTRICITY, AND THIS SIMPLE GESTURE COULD CHANGE THE WORLD. WHY? BECAUSE WE WOULD REDUCE THE GREENHOUSE EFFECT, WHICH IS WHAT IS CAUSING GLOBAL WARMING! SO PIN ON THE BADGE FOR CHIEF SENTINEL AND START GUARDING THE LIGHTS AT HOME, TODAY!




# The Feast of Love

Haris

Continued

A STORY FROM GREECE

FLOWERS:  *In this wondrous feast of love  
All that matters is simply love  
To fill your being with the aroma of joy  
And all the earth with the colours we enjoy*

AGNES: Now, look! My garden has filled with flowers and butterflies! And lady bugs! What an exhilarating smell! You are absolutely beautiful... prettier than ever before!

LILY: We could be like this every springtime if you wish...

AGNES: Oh, don't I wish it! I had no idea how much my behaviour was affecting you...

LILY: We plants are very sensitive. We love beauty. If you love us, take care of us, speak sweetly to us and play melodious music for us, we will be so happy that we'll turn even more beautiful, just to please you.

ROSE: But if you treat us badly... we become very sad and have no desire to grow.

POPPY: What I personally cannot stand is noise and bad music. That's why we, poppies, prefer the countryside where there's no noise pollution. Now, if you ask me what I'm doing in this garden... I wish I knew!

AGNES: I got it! From now on I'll do what's best for you.

LILY: You mean that you'll put an end to our troubles?

AGNES: Exactly! From now on there will be only love and care.

FLOWERS: Fantastic! Bravo! Back to the feast of love!

AGNES: What's this feast of ... love?

FLOWER FAIRY: Every time a flower blossoms, it's the feast of love.

LILY: We, flowers and plants, know no enmity, differences, wars...

POPPY: Look at your garden! We all coexist harmoniously and in peace.

ROSE: None of us considers itself better than anyone else. Each one of us has its unique beauty. And we all bloom for the same reason...

FLOWERS: ...which is to make the world more beautiful... more and more beautiful.

FLOWER FAIRY: The flowers are born and live for the sole purpose of giving love! They love so much that they... dance.

AGNES: Dance? Can the flowers dance?

FLOWERS: Of course they do! What a question! (they all laugh)

LILY: Of course we dance! People cannot see our dance but they can feel it.

FLOWER FAIRY: The aroma and the colours of the flowers are the jolliest dance in the feast of love.

ROSE: That's why you, people, whenever you want



to express love, you do it by offering flowers.


AGNES: I'd love to see you dance!


LILY: Did you hear that? She wants to see us dance! What do you think? Shall we invite her to the feast?

FLOWERS: Why, yes, of course! With pleasure! (they laugh)

LILY: Ladies and gentlemen, flower fairies, children, butterflies, bugs, lady bugs, little bees and everyone else... the floral super ball begins! (more laughter)

POPPY: Quiet, please. The royal couple of the 100-petal roses can lead the dance. Don't you, hyacinths and tulips, be in hurry! Line up across each other and wait for my signal to enter the dance! Music please....

FLOWERS:  *How lightly we dance  
How gracefully we tread  
How laughingly we twirl  
How charmingly we advance*

AGNES:  *If only we people all could be  
Gentle like the flowers  
If only we could live  
In harmony and peace  
Our world would then become  
Truly a garden in heaven  
And we would then all dance  
Under the light of love!*



## GOOD LUCK DEEDS!

"A NATION THAT DESTROYS ITS SOILS DESTROYS ITSELF. FORESTS ARE THE LUNGS OF OUR LAND, PURIFYING THE AIR AND GIVING FRESH STRENGTH TO OUR PEOPLE."

FRANKLIN D. ROOSEVELT



*Cut out pictures from old magazines or make your own drawings and use them to illustrate the topics mentioned on this page.*

### RECYCLE!

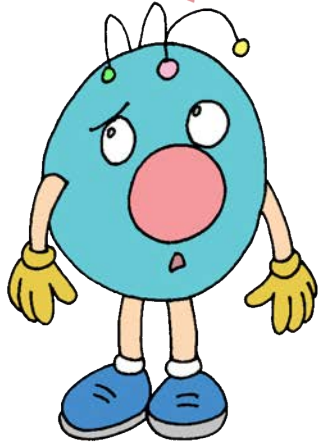
RECYCLING HELPS US SAVE PRECIOUS NATURAL RESOURCES, BUT WE NEED TO ENCOURAGE PEOPLE TO BUY RECYCLED THINGS. THE EASIEST WAY TO DO SO IS BY BUYING THEM OURSELVES! IF WE SEPARATE OUR OWN WASTE AND RUBBISH, KEEPING IN MIND THAT WE ARE HELPING THE PLANET, WE WILL CONTRIBUTE TO THE RECYCLING OF WOOD, PAPER, IRON, TIN, PLASTIC, COMPUTER PARTS AND HUNDREDS OF OTHER THINGS!

### BE CLEAN ... AND CLEAR!

DID YOU KNOW THAT AN AVERAGE FAMILY USES 20 TO 40 LITRES OF CHEMICAL DETERGENTS PER YEAR? THESE DETERGENTS ARE HARMFUL FOR THE ENVIRONMENT BECAUSE WITHOUT FAIL THEY END UP IN OUR WATER, AIR AND SOIL! DO SOME RESEARCH AT SCHOOL TO PIN POINT THE NATURAL REMEDIES THAT WERE USED BY OUR GRANDPARENTS AND THEIR PARENTS! START BY CHECKING OUT THE HIDDEN QUALITIES OF COMMON VINEGAR.

*You can use glue or scotch tape to fix them onto the page.*

YESTERDAY MY FRIEND CALLED ME BALL NOSE!



HE HURT MY FEELINGS! SO I SHOUTED: "YOU STUPID!"



BUT HE KICKED ME FIRST!



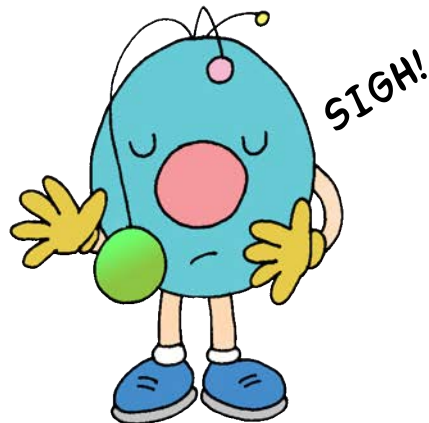
WE HAD A BIG FIGHT! IT WAS HORRIBLE, AND I'LL NEVER FORGET IT!



THEN HE STARTED TO CRY, AND TOLD ME THAT I WAS STUPID TOO. AND THAT'S WHEN I...



...KICKED HIM!

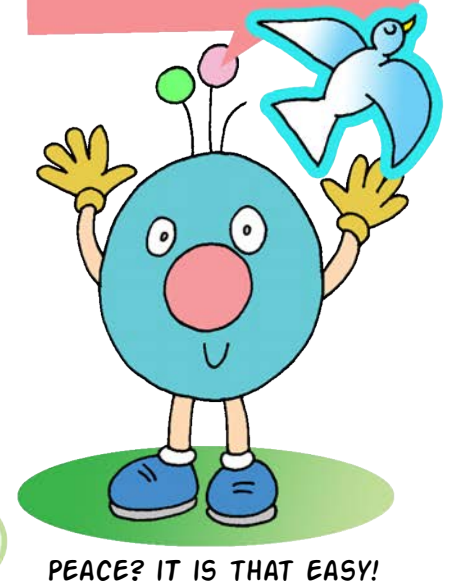


THEN ALL OF A SUDDEN WE SAT DOWN AND STARED AT EACH OTHER. IT WAS LIKE LOOKING IN A MIRROR,



WHY ARE WE FIGHTING? HURTING EACH OTHER AND OURSELVES?! LET'S MAKE PEACE!

SO WE MADE UP, SHOOK HANDS AND GAVE EACH OTHER A BIG BEAR HUG!



PEACE? IT IS THAT EASY!

# The Animal Concert!

A story to read, listen to and enact!

BRUNO BALZANO



**Narrator** Hi! Do you know where we are?  
This is the most fabulous garden of the whole animal kingdom! A long time ago, right in this park, a little dog walked in pulling along a piano. The dog ran back and forth with its paws on the keyboard, swaying his head to the rhythm and closing his eyes to grasp the melody. The atmosphere was so mellifluous and sublime that even the birds sat quiet and listened. But look who's coming. It's a lama!

**Lama** What catchy music! Wouldn't it would be great if I could just tune in?

**Dog** Hey! Stop that screeching! Can't you see that I'm playing the piano?! Go somewhere else to blow into that funny wooden raft!

**Lama** My dear friend, these are not simple pieces of wood! This is a pan flute. It's a typical instrument in my Country. Listen to the beautiful sounds it makes. Can't you hear the wind whispering a lullaby?

**Dog** Not bad at all! Why not try playing a duet?

**Narrator** While the duet continued playing, a monkey poked out from behind a bush.

**Monkey** Ullallà, listen to that duet! Wouldn't it be great if I could just tune in?

**Dog** Hey Monkey! What's all that noise? Can't you see

that the two of us are playing music?  
Go somewhere else to beat on those old wooden cans...

**Monkey** These aren't wooden cans! They're called bongos! Everyone plays them back home. Listen to their sound. Doesn't it remind you of your own heart beating?



*Close your eyes, open your ears.  
Listen to the sound you hear.  
Like bells in your heart a'ringing.  
Follow the beat! Start singing!*

*Close your eyes, open your ears.  
Listen to the sound you hear.  
Like the bells in your heart a'ringing.  
Follow the beat! Start singing!*

**Dog** Not bad at all! Let's make it a trio!

**Narrator** The sounds reverberated through the atmosphere with so much harmony that the apples of an apple tree ripened all at once. But look who's coming now! A tiger!

**Tiger** Wow! You can call that a concert! Wouldn't it be great if I could just tune in...?

**Dog** Hey you! Are you kidding?! Get lost Tiger, and stop plucking on that wiry clothes hanger!

**Tiger** This isn't a clothes hanger! It's a sitar, an ancient instrument we play back at home. Listen to the beautiful sounds it makes. Doesn't it sound like a crystal clear waterfall?

**Narrator** In no time at all the trio became a quartet! Now the music that filled the air was so sweet that a cou-

ple of crows stopped squawking and made peace. While the quartet was happily playing together a kangaroo hopped in.

*Kangaroo* Cool rhythm, guys! Wouldn't it be great if I could just tune in?

*Dog* Howdy friend! What kind of musical instrument are you playing?

*Kangaroo* It's a mouth organ, and it's really popular in my country. Doesn't it sound like the sunset melting away?

*Monkey* How lovely! How enchanting!

*Tiger* It's so romantic!

*Dog* Why not play together? Join us my friend!

*Narrator* The melody became so graceful and all-pervasive that it reached the Queen of Nature, who woke up from her afternoon nap surprised to hear such a heavenly concert.

*Queen* Where is this music coming from? Is it a dream or is it true? I'm going to see who is making such wondrous music.

*Narrator* The Queen hadn't heard such beautiful music since she was a small girl, laughing and running about in the open fields.

*Queen* Nothing can give me more joy than to know that peace and harmony prevail in my kingdom. It is the only way to create the sweetest music of the world...



*Nothing can give me more joy than to hear,  
that in my kingdom peace and love are dear. Then  
only will diversity stand still  
and harmony flow to its fill.  
When music is so pure and beauty so fine.  
All creation will join in a melody divine.*

*Narrator* The Queen softly closed her eyes cuddled by the harmony of the instruments, and had the most beautiful dream of her life.

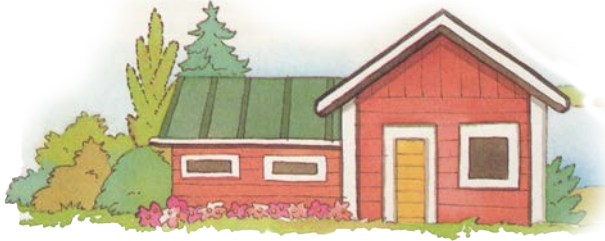


# Ditch the Dragon!



This is the story of a woodsman. He lives in the dark woods by himself. He lives in a small wooden cottage by a lake.

"HI! MY NAME IS ALVAR. I LIVE IN FINLAND. I AM FINNISH."



"I made this cottage by myself! I like it but it needs a good fence!"



"One, two, three, follow me! Come and see my country! Read the story, of a man in a wagon, and how he and his horse bumped into a dragon!"



"I can go and chop some wood. Here is my axe, here is my horse and here is my wagon."

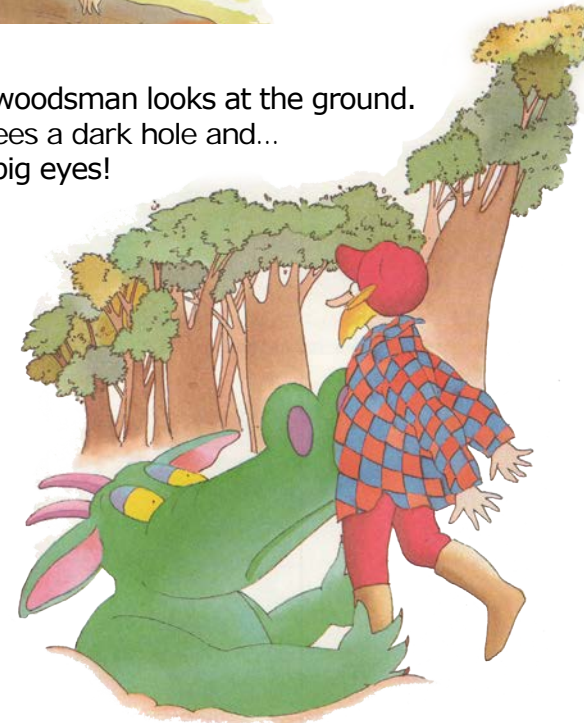


The woodsman puts the axe in the wagon. He jumps on his horse and rides into the woods when...

"Help! Help! Help!"  
"Who is calling? Where are you?", asks the woodsman.  
"I'm in here! In this hole!", cries the voice.  
"Help me out!"



The woodsman looks at the ground. He sees a dark hole and... two big eyes!



"Aaah! It's a dragon!", cries the woodsman.  
"Yes, I'm a dragon!"



"Don't be afraid of me! Don't run or scream or shout! Just help me out! Just help me out!"



woodsman



to chop



axe



horse



hole



dark hole



"Uhm... let me see...", says the woodsman.  
 "I have an idea!" He chops some branches  
 and makes a big ladder.  
 "Here! Try this!",  
 he says to the dragon.



dragon



ladder



I'm hungry



thank you!



The dragon jumps out of the hole and says:  
 "I was there for a long long time. Now I'm so  
 hungry. I just have to eat you!"  
 "Eat me?", says the woodsman.  
 "Is this how you thank people  
 who help you?"



*"Everyone knows that  
 that is how the world goes!  
 The big ones eat the small ones,  
 the strong ones win the weak ones!  
 Everyone knows that  
 that is how the world goes!"*



"Wait!", says the woodsman. "An old dog  
 is coming. Let's ask him what he thinks  
 about this."  
 "Oooh! Don't ask me!", says the dog. "After  
 many years of faithful service my master sent  
 me away... Everyone knows that that is how  
 the worlds goes!"



"See?", says the dragon. "I was right! I will eat  
 both of you!"  
 "Wait!", cries the woodsman. "A horse is com-  
 ing. Let's ask him what he thinks about this."

big ones



small ones

strong ones



weak ones



master



butcher



fox



THIS WAS FREE!



hat



hand



CAN I HELP YOU?



"Oooh ! Don't ask me!", says the horse.  
 "After many years with my master he wanted to take me to the butcher! Everyone knows that that is how the world goes!"  
 "See? I'm right!", says the dragon. "I will eat all three of you!"  
 "Wait! An old fox is coming! Let's ask her what she thinks about this!"  
 "What will you give me if I help you out of this situation?", asks the fox.



"Tell me what you think and feel  
 About having a free meal!  
 That's my offer! That's my deal!"



"A free meal is a very good deal!", says the fox. "I will help you."

She turns to the dragon and says:  
 "Dear dragon, this story is very strange. I will not believe it unless I see it! If it's true I will eat my hat!"  
 "True?", cries the dragon. "Of course it's true! Look!"



He jumps into the hole again while the woodsman pulls up the ladder.  
 "You can stay in there for the rest of your life!", cries the fox.



"The world is changing  
 Into something real and true  
 And we don't need old dragons like you!  
 The strong will help the weak,  
 the big will help the small,  
 and whoever gives a helping hand,  
 will be the happiest of all!"





One day the Buddha was sitting in meditation, when a group of men approached him. Among them was a man who detested the Buddha's teachings and the positive effect they had on others, who raged against him, using violent and dishonorable words. The Buddha sat unperturbed amidst the slander. No sign of disapproval tainted his ever smiling face. The man panted and frothed at the mouth but soon gave signs of fatigue--his tongue was drying up and his vocabulary rapidly running out of steam.

"Are you through brother?" Inquired the Buddha with the utmost ease.

"Through? How disarming! You have no sense of decency!" Said the wrathful man, piling it on. "You don't even react when someone offends you!"

The Buddha smiled and calmly replied:

"If someone does not accept a gift you offer them, what happens to the gift?"

"It remains with the giver". Replied the man.

"Then, dear brother, please keep the gift of insults that you are so generously offering me. It is something I simply can not accept, nor respond to by reacting to your shameful rudeness. You may enjoy it yourself."

Sathya Sai

## GOOD LUCK DEEDS!

I BELIEVE THAT TO HAVE THE EARTH AND NOT RUIN THE EARTH IS THE MOST BEAUTIFUL FORM OF ART THAT ONE COULD WISH FOR.

ANDY WARHOL

### CAREFUL STEPS

1 BUS CAN FREE OUR ROADS OF 40 CARS! 1 LITRE OF GASOLINE CAN TAKE 1 PERSON FOR A 9 KILOMETER RIDE IN A CAR, BUT UP TO 40 PEOPLE FOR A 50 KILOMETER RIDE ON A BUS! BOTH ARE GOOD REASONS TO STEP ON A BUS, IN PLACE OF SITTING IN A CAR! WALKING IS A GREAT HABIT TO PICK UP TOO! IT HELPS YOU KEEP FIT WITHOUT GOING TO A GYM... AND EACH STEP YOU TAKE WILL HELP THE PLANET!



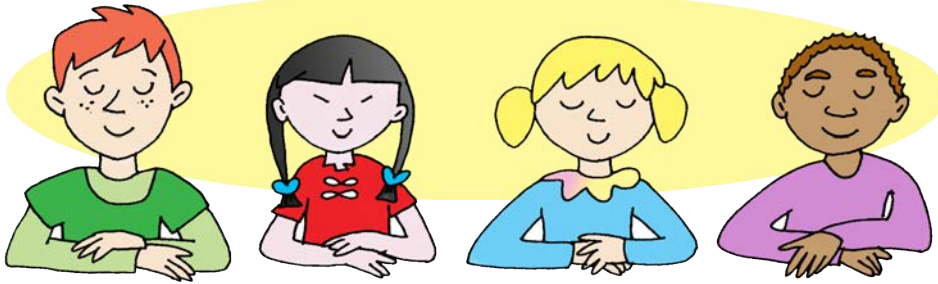
Cut out pictures from old magazines or make your own drawings and use them to illustrate the topics mentioned on this page.

### TREE TIPS!

OUR TREES ARE THE LUNGS OF THE WORLD! PLANT FOLIAGE ENSURES THE PROCESS CALLED PHOTOSYNTHESIS WHICH CONVERTS SUNLIGHT INTO OXYGEN. TREES ARE NEEDED TO MAINTAIN THE ENERGY LEVELS NECESSARY FOR LIFE ON EARTH. THIS IS WHY WE NEED TO CARE FOR OUR TREES SO THEY MAY GROW STRONG AND HEALTHY. IF YOU ARE EVER TEMPTED TO CARVE YOUR INITIALS ON A TREE REFRAIN FROM DOING SO! THE TREE BARK IS A LIFE SAVER FOR THE TREE AND ACTS AS A PROTECTIVE BARRIER. WHEN YOU CUT IT THE TREE LOSES ITS STRENGTH AND MAY EVEN DIE, AND AN OPEN WOUND IS A BREEDING GROUND FOR DISEASE AND PEST!

You can use glue or scotch tape to fix them onto the page.

# Teo and light Meditation



It was Monday morning. Teo and his classmates bustled into the classroom and took their seats. They were eager to begin the school week with the silent sitting exercise. Miss Wilson sometimes called it 'Light Meditation', because they would envision the light of a candle while they did the activity. A few times she had even lit a real candle, which made everything more special, but they had fun visualizing the light in their hearts too, which is what light meditation was all about!

Light meditation made the children feel good and helped them be more attentive during lessons. And everyone felt happier and was more cheerful looking afterwards. But that morning the class was looking forward to it for another reason.

"We all know why Maria hasn't come to school," said the teacher.

The kids nodded their heads and looked at each other gravely.

"Mom and dad called her parents last night," said Prisca, "and told them that Maria would have stayed home today, she is too upset and worried about her family."

"She has lots of relatives living in the flooded area," said Thomas, referring to the terrible floods that had inundated the southern part of the country the day before.

"Her grandparents are no longer able to live in their home and have to stay in a gym. Who knows for how long!" cried Alice.

"Hundreds of people have been evacuated and some of them have lost their most cherished belongings," said Anna.

"And lots of animals have died in the flooded country land, too!" said Mirko. "And the rain is not stopping!"

"Well, children, civil protection units have gone to the rescue of all the people and a lot of caring volunteers are helping out. We always need to look for the positive side of the difficult challenges we face in life, and this is one. But the situation is naturally painful and precarious for everyone," commented Miss Wilson. "Unfortunately these climate changes are affecting our planet more and more."

Having his breakfast Teo had thought about all the kids who couldn't have a hearty one like he was having that morning. They couldn't walk around their homes feeling safe and sound in their comfortable pajamas anymore, and think about the things they would do that afternoon, after school. He appreciated what he had and realized how their life had changed overnight! It wasn't the first time something like that had happened either, he thought, recalling the images he had seen on television the night before.

The class sat upright. The pupils knew what they would do. Light meditation was a soothing balm for the mind, and you could send its warmth, and good, positive thoughts, to other people, too. They would do so for Maria and her grandparents! "Sit comfortably, straight, but not stiff!" began Miss Wilson softly as she lit a candle.

"Now concentrate on the light of the candle children and when you are ready close your eyes, imagine that the light is glowing in your head. Your mind is full of light and your thoughts will be good today", she said.

The children didn't budge.

"Now take the light for an inner ride: illumine your arms and hands, your finger tips and toes, your feet and legs, your mouth and lips... the steps you will take, the things you will do, the words you will speak, will all be good today", she said.

"Now the light illumines your ears and nose. All your senses are illumined by the light. You will be attracted towards everything that is beautiful and good! Now take the light to your heart and envision it opening up like a flower. The light in your heart is

brighter still! It illumines your whole being and spreads out around you."

The children sat in silence, all of them thinking of Maria. They imagine that the light is embracing her and that it is spreading out to encircle her grandparents and her whole family. The light keeps growing and embraces all the people caught in the flood, and it continues to expand. It would be impossible to send the light to one or two people, when everyone is connected! Could the sun send its rays only to a few people? So the light continues to grow and expand until it unites all peoples, the animals, the elements, the world and the universe!

Teo felt good in that silence. His thoughts seemed to disappear and in their place he perceived something so wide and so deep, and so familiar, that all he could do was sit there, in the quiet. "Focus on the light in your hearts again", said Miss Wilson softly. And when you are ready slowly move your fingers and hands and open your eyes."

The class did as the teacher said and then picked up their markers to make a drawing of how the silent sitting had felt that day.

The evening news reported that the floods had finally subsided and that people were moving back to their homes. And the following day Maria came back to school. Her grandparents were coming to stay with her family and she couldn't wait to see them! The class talked a lot about climate change that morning and about how they could help the planet and prevent so much suffering for everyone. They made a list of good actions and decided to send light to the planet and all people, too, every day!

Suzanne Palermo



## GOOD LUCK DEEDS!

CHILDREN ARE BORN WITH A SENSE OF WONDER AND AN AFFINITY FOR NATURE. PROPERLY CULTIVATED, THESE VALUES CAN MATURE INTO ECOLOGICAL LITERACY, AND EVENTUALLY INTO SUSTAINABLE PATTERNS OF LIVING.

ZENOBIA BARLOW, "CONFLUENCE OF STREAMS"

### LOWER THE VOLUME!

AN EASY WAY TO CONTAIN PHONIC POLLUTION IS BY LEARNING TO LOWER THE VOLUME OF OUR STEREO (ESPECIALLY DURING PARTIES) AND TELEVISION SET. WE CAN ALSO BECOME MORE AWARE OF HOW SOUND VIBRATIONS EFFECT THE PEOPLE AROUND US AND LEARN HOW TO DO THINGS MORE GENTLY. WE CAN, FOR EXAMPLE, REFRAIN FROM BANGING OUR SHUTTERS OR LETTING THE BLINDS FALL TOO HASTILY.



Cut out pictures from old magazines or make your own drawings and use them to illustrate the topics mentioned on this page.

### BE THRIFTY!

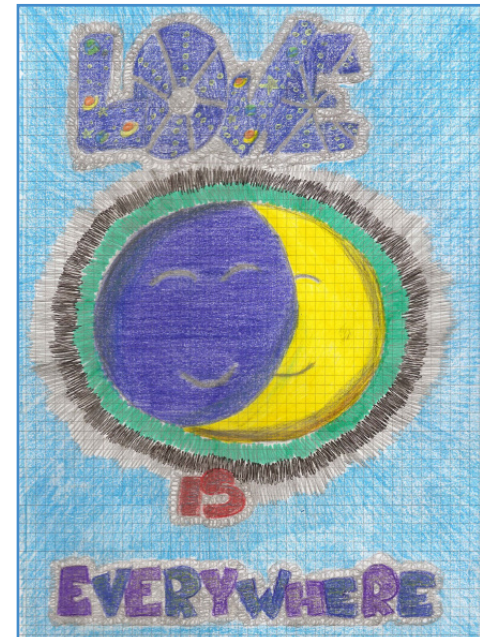
MONEY IS ENERGY! IF WE LEARN HOW TO USE OUR MONEY SPARINGLY WE WILL SAVE ENOUGH TO USE FOR WHOEVER MAY NOT EVEN BE ABLE TO LIVE A SIMPLE LIFE DUE TO THE LACK OF IT. IF WE PUT A CEILING ON OUR DESIRES WE WILL STRENGTHEN OUR INNER VALUES TOO, AND BECOME CONTENT WITH WHAT WE HAVE. SHARING IS NOT ONLY AN IMPORTANT HUMAN VIRTUE, BUT A JOY FOR THOSE WHO RECEIVE AND ALSO FOR THOSE WHO GIVE!

You can use glue or scotch tape to fix them onto the page.



#### 4. Love is everywhere

When working with 13 year old students, notwithstanding the doubts as to the possibility of introducing the concept of "love" at a spiritual level to them, there was an unpredictable response. I had not foreseen the student's reaction to a similar topic, nor had I wondered whether they were familiar with its meaning and implications. The topic brought us into a disquisition on what brings human beings close to nature, highlighting that which joins and unites man to nature and man to man, in opposition to that which separates and divides. To start with they were invited to describe their feelings in a drawing, before and after the lesson. The lesson plan was detailed and timetabled, and there were many contributions, two of which were surprisingly similar and near to how one can view love at its deepest level.



#### Chiara

13 years

Love is everywhere – the moon and the sun as a whole are the two facets of the same coin, both shining and smiling thus enforcing the concept of unity which is strongly tied to a vibrating love which energizes life.

**Alice** | Meditated on the meaning of brotherhood, made her drawing (Picture 3) and said:  
14 years

"The world is an enormous colourful palette of totally different sounds: from continent to continent, from nation to nation, from region to region, you encounter infinite sound variations: it is up to us to be able to listen to them."



*The final work of this particular class of students and their considerations were freely expressed as the fruit of their own personal tuning in to an inner core of inspiration. When students work at the cognitive and mental level they show difficulties and problems. When they open their hearts and draw up ideas and concepts from their own imagination and creativity, we, as teachers and adults, are often challenged by both a sense of surprise and excitement.*

*Mine are glimpses of experience and experiments to be seen within the paramount field of investigation that is 'love', for which any intellectual definition remains inadequate and liable to give way to cliché and easy rhetoric.*

Marina Ciccolella

Cooperation is an important value when talking about non-violence. Here are three games that promote cooperation and healthy competition.

SILVIA BONINO

## HA, HA, HA...!

YOU NEED A SPACIOUS FLOOR OR A YARD TO PLAY THIS GAME. THE FIRST PLAYER LIES DOWN. THE SECOND ONE DOES THE SAME, LAYING HIS/HER HEAD ON THE FIRST PLAYER'S HEAD. THE THIRD PLAYER LIES DOWN TOO, LAYING HIS/HER HEAD ON THE SECOND PLAYER'S STOMACH, AND SO ON. WHEN ALL OF THE PLAYERS ARE IN POSITION THE FIRST ONE CRIES OUT: "HA!", THE SECOND ONE "HA, HA!", THE THIRD ONE "HA, HA, HA!"... THE "HA!" KEEPS GROWING UNTIL HILARITY BECOMES CONTAGIOUS. TRY IT TO BELIEVE IT!



## THE STATUE

THE GAME CONSISTS IN INVITING THE CHILDREN TO BUILD A LIVING STATUE TO DEPICT A TOPIC GIVEN TO THEM OR CHOSEN ON THEIR OWN. THEY GET TOGETHER AND ARRANGE THEMSELVES IN SUCH A WAY AS TO CREATE THE STATUE OR A GROUP OF STATUES.



## THE DRAGON

SEVEN OR EIGHT PLAYERS LINE UP AND EACH ONE PLACES HIS/HER ARMS (NOT HANDS) AROUND THE PLAYER IN FRONT OF THEM. WHEN THE FIRST PERSON IN LINE, WHO REPRESENTS THE DRAGON'S HEAD, TRIES TO TOUCH THE DRAGON'S TAIL, THE DRAGON'S BODY (MADE UP OF ALL THE OTHER PLAYERS), HELPS THE 'TAIL' TO AVOID BEING TOUCHED. THEY MUST DO SO HOWEVER WITHOUT LETTING GO OF THEIR COMPANIONS. YOU CAN MAKE TWO OR THREE DRAGONS IF THE CHILDREN ARE MANY AND FIND WAYS TO HAVE THE DRAGONS INTERACT DURING THEIR PLAY.



## GOOD LUCK DEEDS!



Cut out pictures from old magazines or make your own drawings and use them to illustrate the topics mentioned on this page.

OUR ACTIONS ALL LEAVE AN IMPACT SOMEWHERE! SO INSTEAD OF WASTING OUR OWN ENERGY IN PETTY THINGS, BECAUSE SOMETIMES WE DO, LET'S USE OUR INTELLIGENCE, SKILLS AND TALENTS FOR GOOD AND NOBLE PURPOSES! TO LEARN HOW TO BALANCE OUR USE OF MONEY, FOOD, TIME AND ENERGY, NOT ONLY MEANS RESPECTING NATURE AND THE FIVE ELEMENTS, BUT IT ALSO WIPES OUT VIOLATION OF NATURAL LAW. BY BEING MINDFUL AND CARING WE CAN KEEP OUR PLANET HEALTHY AND HAPPY, AND THAT MEANS THAT WE WILL BE HEALTHY AND HAPPY TOO, BECAUSE OUR PLANET IS A LIVING ORGANISM OF WHICH WE ARE PART!



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°365 gesti per salvare il pianeta (365 actions to save the planet), Philippe Boursellier, Touring Club Italiano.



## WINDING UP

When we choose to practice human values we are choosing the path of non-violence because all human values are an expression of non-violence in one way or another. A non-violent attitude implies patience, tolerance, respect, caring and deep compassion, which are the output of an enriching process of self-awareness. By allowing our inherent goodness to manifest and take form, by encouraging our children to believe in and respect their own intrinsic worth and to build on their purest feelings, we are increasing our belief in love. Love for Self, in the first place—a love that reflects and resonates in the quality of whatever we think, say or do. And as love increases negativity decreases, together with its array of harmful effects. We only need to believe that we can 'Love ever and hurt never', and then do so. To practice non-violence is as simple as that.

# VISUAL AIDS TO ASSIST IN STORY TELLING



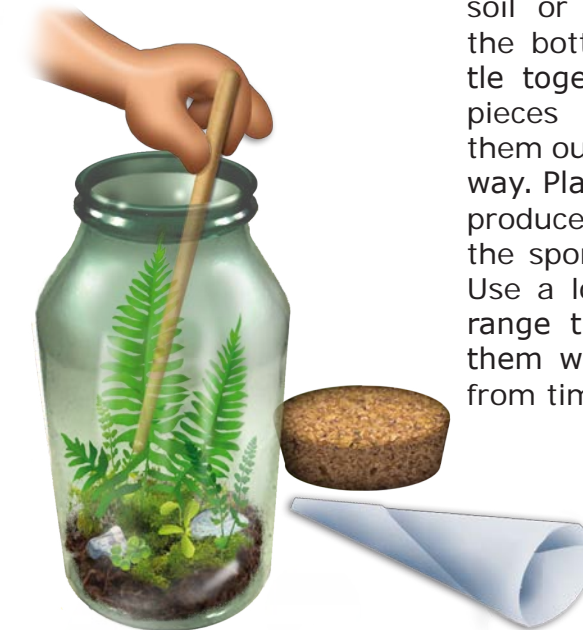
## appendix

Visual aids to help you be more fun and creative in story telling, are offered as an appendix in the Educare magazine. Step by step explanations will show you how to realize the different kinds of support involving the children in their making and in the art of story telling. You can photocopy the illustrations you find in this magazine or use them as a model for the children to refer to when making their own.

## If you know nature, you love nature

### A Garden in a Bottle

It is easy to grow ferns by using a clear plastic or glass container.

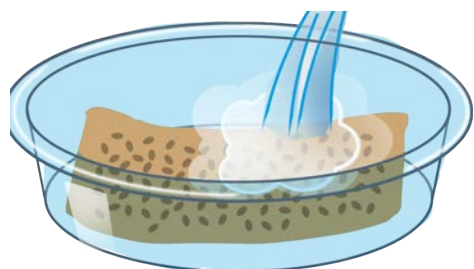


Put a small quantity of soil or of compost on the bottom of the bottle together with short pieces of bark, laying them out in a decorative way. Place the ferns, reproduced directly from the spores, on the soil. Use a long stick to arrange them and water them well. Water them from time to time.

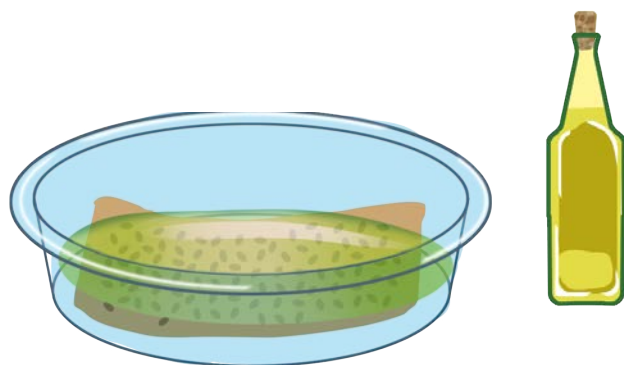
# Watch how they grow!

**Growing conditions:**

Seeds do not grow anywhere and at any time. They need certain conditions in order to sprout. This simple experiment can help children learn what these conditions are. Watercress or mustard seeds easily grow on a damp cloth.

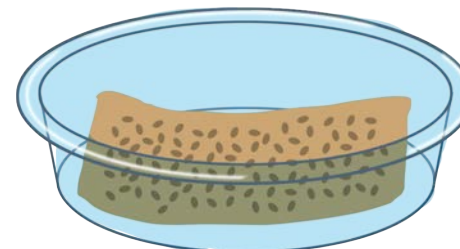


Seeds will not grow if you pour boiling water over them, because the water will have reduced levels of oxygen in it.



Seeds will not be able to grow if they are covered by a small amount of kitchen oil either, because the oxygen will not be able to pass through the soil.

Even if you keep your seeds damp they will never grow inside a fridge!



Seeds grow rapidly when they are kept damp in a warm and ventilated room. To sum up, seeds sprout only when they have the right humidity, warmth and oxygen.



A fun way to help children learn the names of seeds and care for them as they grow, is to place them on a humid cloth or plant them in the soil, according to the way they are spelled or to a number. As the seeds sprout the name of the seeds, or the numbers, will appear!

# In the next issue



When we practice human values such as respect, tolerance and equality, we move closer to others. We learn to cooperate and share, and to lend a helping hand to whomever may be in need. We are more open to diversity, more liable to play in accord with the different 'notes' of life, unique and distinctive traits and expressions of creation. When we foster unity - unity with oneself when one's thoughts, words and deeds are in harmony, and with others - when the spirit of brotherhood and sisterhood prevails, we are more prone to grasp the underlying unity among peoples and religions, and, as a first step, to consolidate unity within our families. Human values in education promotes peace and unity at all these levels, and reaches out to encompass a sense of oneness with all. Educare will explore these and other correlated topics in its forthcoming issues.