



The Sacred Site

Education in Human Values

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Education in Human Values (EHV)

EHV is a secular Values Education programme. It is offered as a free service, so it may be implemented by any community, and adapted it to your situation. EHV is complete in itself, but it can also be used alongside other such global programmes as The Virtues Project, Christian Values, Living Values etc.

EHV encourages us to look deeply at our thoughts and actions - at ourselves as role models. Then we can take the next step: teaching young people to think beyond themselves, to value others and to develop their full potential. To do this, EHV gives a simple teaching approach, and sample lesson plans.

EHV is organic ~ growing through input from people around the globe. The original idea came from an Indian educationist, humanitarian and spiritual teacher, Sai Baba, who, as a free service, established many schools teaching Human Values. It is a secular programme, though it can be incorporated into religious education programmes, in whatever way people wish to adapt it. In itself, EHV has no religious affiliation.

EHV takes five simple values: *Truth, Right Conduct, Peace, Love, and Non-violence*, and teaches them through five teaching tools: *Quotes, Story-telling, Group Activity, Group Singing and Silent Time*. Anyone can take part in EHV.



This document outlines the EHV method, and gives a sample lesson plan. More free lesson plans may be downloaded from www.thesacredsites.com

The Five Values

Truth

Right Conduct

Peace

Love

Non-violence

The Learning Process

Understanding ~ Appreciation ~ Practice



The Five Teaching Tools



Quotations



Group Singing



Storytelling



Group Activity



Silent Time

The EHV Approach

As we act, so we teach. When we care deeply enough to put that caring into action, we knowingly or unknowingly become mentors for others. This is the most effective way to teach ~ to be a role model for others. People no longer want to be preached at. Guilt and shame only result in resentment and pain. Positive, caring acts 'teach' through inspiring and empowering others.

We can also become more aware of the teaching process and use it consciously. The five teaching tools maximise this and provide an easy method to use.

Learning is not complete until there is understanding, appreciation and practice. Now let's look more closely at teaching tool...



Quotes

- Go Straight to the heart of the matter
- Simple to understand
- Stay in long-term memory
- Inspire and encourage us on our journey



Group Singing

- Builds cohesion, harmony & solidarity
- Elevates our mood
- Makes the learning process joyful
- Helps us associate learning with pleasant emotions



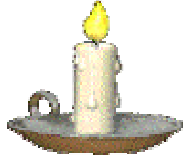
Stories

- Communicate in a Powerful, unique way
- Evoke interest and captivate the mind
- Identifying with characters, our hearts respond
- It's Easy to remember the message & the value



Group Activities

- Make learning fun
- Let us participate
- Help us learn from each another
- Help us feel that everything is inter-related



Silent Time

- Helps us get 'in touch' with our thoughts & feelings
- Hear our own hearts beat as we learn to relax
- Conserve physical & emotional energy
- Improves concentration, mental ability & focus

Please note that the silent time, enjoyed in Education in Human Values sessions, is not associated with any religious practice ~ East or West. Many practices such as prayer and meditation, do require one to relax and sit silently. But so too does television!

Students who know how to calm down, improve their concentration, and who think positively, have a wonderful head-start in embodying the ancient saying "know thyself". Calming, relaxing and focussing skills are much needed in any career, and they enhance our personal lives as well.

Values in the Truth Family

Conscience
Courage
Curiosity
Detachment
Discernment
Equality
Honesty
Integrity
Intuition
Observation
Optimism
Quest for Knowledge
Reason
Self-Analysis
Self Knowledge
Spirit of Inquiry
Truthfulness

Values in the Right Conduct Family

Cleanliness
Courtesy
Dependability
Discipline
Duty
Ethics
Fairness
Gratitude
Goals
Good Behaviour
Healthy Living
Helpfulness
Initiative
Leadership
Obedience to higher self

Perseverance
Putting oneself in another's shoes
Proper use of Time
Resourcefulness
Respect
Responsibility
Sacrifice
Sharing
Self-Confidence
Self-Sufficiency
Simplicity
Trustworthiness

Values in the Peace Family

Acceptance
Attentiveness
Calm
Concentration
Contentment
Dignity
Endurance
Focus
Happiness
Humility
Inner Silence
Integrity
Patience
Positive thinking
Reflectiveness
Satisfaction
Self Control
Self Respect
World View

Values in the Love Family

Caring
Compassion
Dedication
Devotion
Empathy
Friendship
Generosity
Helpfulness
Joy
Kindness
Listening
Loyalty
Service
Sharing
Sincerity
Tolerance
Understanding

Values in the Non-Violence Family

Assertiveness
Appreciation of differences
Compassion
Caring for the Environment
Cooperation
Forgiveness
Gentleness
Global awareness
Human Rights
Inclusiveness
Justice
Moderation
Respect
Tact
Tolerance
Unity

Sample EHV Lesson Plan

Value ~ Non Violence ~ focus: Gentleness



Quote

"Be gentle on yourself!"



Song

"Gentle Old MacDonald"

The full song, plus more activities, are in the *Virtues in Me* book and CD, available via the *Children* page of www.thesacredsites.com

Old MacDonald had a farm - e i e i o

And on that farm he had a (cat) - e i e i o

"Be gentle with the cat now!" ...x2



Activity

Draw a picture showing how you are gentle with animals, or plant a seed and care for it as it grows.



Story

"Horton Hears a Who" ~ (Dr Seuss: Random House)



Silent Time

Sit quietly... relax... Imagine a soft feather floating in the air... it touches your face... how gentle it is... the sun is shining... everything is light and safe... When you are ready, let's see you smile!

Resources

- Download accompanying free lesson plans from the Virtues & Values page of *The Sacred Site* ~ www.thesacredsited.com
- *Handbook for Teachers ~ 25 Lesson Plans*, a New Zealand EHV publication, available from, Box 56-347, Dominion Rd, Auckland, NZ.
- UCA ~ (Universal Childrens Audio), have a selection of Values-Education resources. A free catalogue is available, or order from...

UCA

Freepost 4045, Box 52-076, Titahi Bay, Porirua, NZ

Freephone: 0800-500-885 Fax: 04-239-9976

Email: info@ucamusic.com

Website: www.ucamusic.com

The UCA website is fully secure for e-commerce. You can also hear samples of the music on the website, and download the free *Virtues Translation Lists* in Maori, plus an increasing range of free teaching notes.