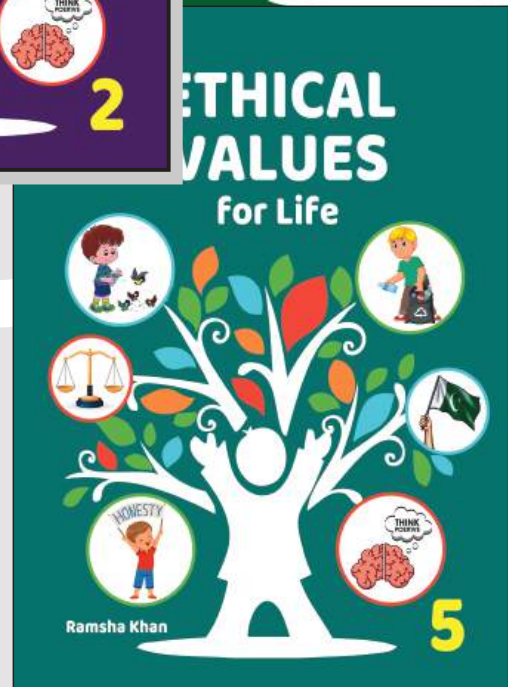
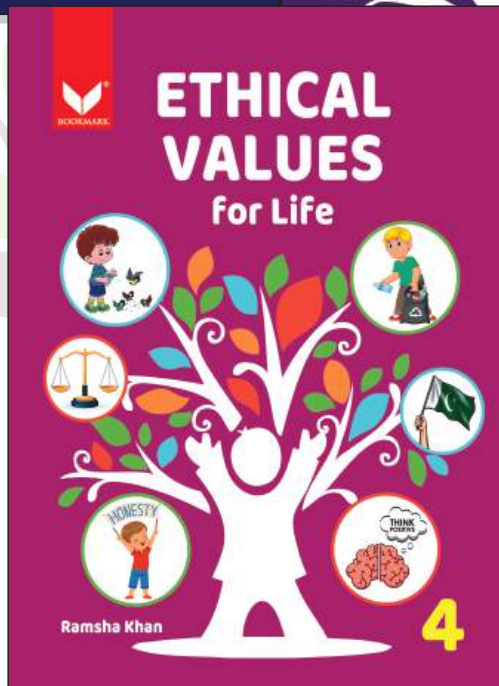
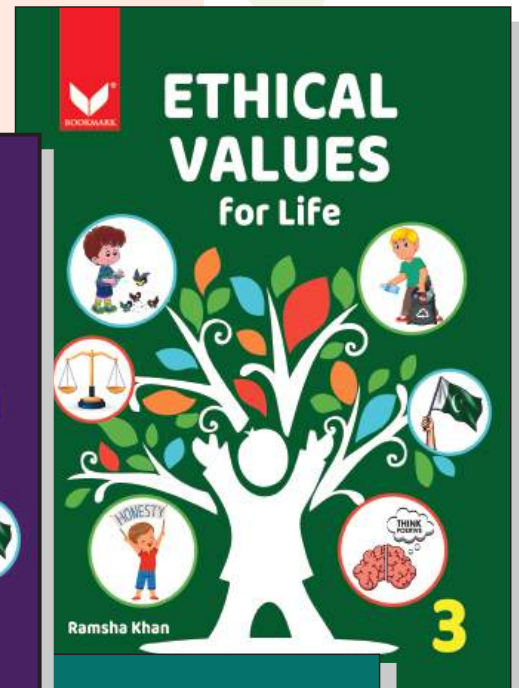
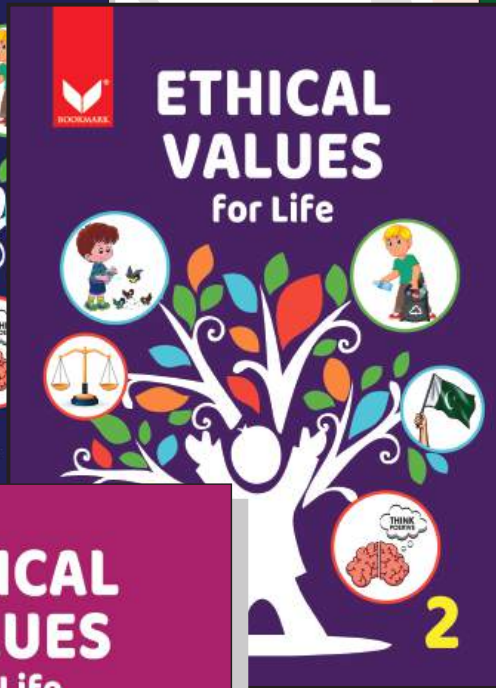
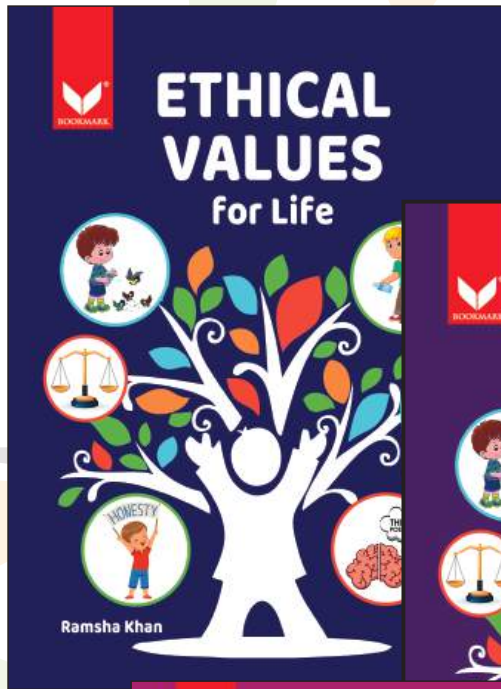




ETHICAL VALUES

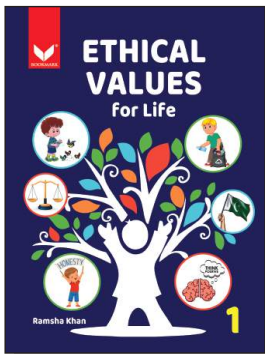
for Life



Ethical Values for Life

Grade 1 – 5

Ethical Values for Life for levels 1 through 5 has been specially designed with the aim to present ethical and moral values that develop a child's character. Through this set of books, students will gain experience of ethical reasoning and critical thinking. It is hoped that the students will not only acquire the knowledge of ethics, but they will also learn the skills to practice moderation in every aspect of life. The pedagogical elements are framed to develop the knowledge, values and attitude necessary to become a better and responsible person. The topics covered in this series will help to develop important aspects such as; sense of self, generosity and integrity, civic sense and contentment in life.



Keywords and ethical values are highlighted with different colours.

UNIT 1

GRATEFULNESS

Keywords thankful, grateful, blessings, school, home, food, family, friends

What is Gratefulness?
Gratefulness means to warmly or deeply appreciate others for their efforts.

I Am Grateful for
I am Grateful for pets
I am Grateful for school
I am Grateful for when I can swim in a pool

I am Grateful for home
And the food that I eat
I am Grateful for all the new friends that I meet

I am Grateful for
and for my far

Practical exercises will help children to understand and act according to the ethical value.

UNIT 3

What makes You a Good Leader?

Find out the things you need to do, to become a Good Leader.
Use words and phrases from the word bank to fill in the empty spaces below.
Hint: Use the colour coding for help.

respectful	stand up	about others	helpful
the right things	honesty	stand out	responsibly
hard-working	take charge	important things	positive
compassion	encouraging things	calm and composed	
social and friendly	about solutions	integrity	

UNIT 4

Kindness Scavenger Hunt

Tick each task in the Kindness Scavenger Hunt once you have done it.

Hug someone	Visit an old home
Take care of a pet	Help mum make a meal
Donate old toys	Donate books you have read

How do you feel after doing these Kind deeds? Explain your feeling in one or two sentences.

ACTIVITY

33

UNIT 5

Table Manners

We will do a role-play to learn about table manners.
Four or five students will pretend to be a family sitting at the dining table having dinner.
They will use the polite Magic Words to accept or decline food servings.

Materials:

- Printed food pictures
- Glue stick
- Small paper plates

Directions:
Cut out the food pictures and glue them onto the paper plates as shown in the picture below.

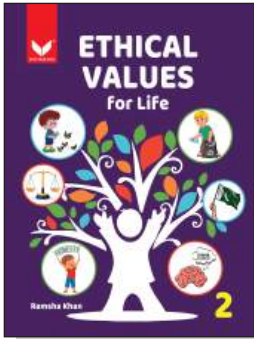
While sitting down at the table, one student will pass around a plate to the student sitting next to him and ask "Would you like some..."

If he likes the food on the plate, he will say "Yes Please!" or if he doesn't like it, he will politely say "No Thank You!"

How many Magic Words did you use for this activity?

ACTIVITY

39



Includes interactive activities and exercise for children assessment at the end of the lesson.

Unit 3

Why is Forgiveness important?

How do you feel when someone hurts you?
Angry? Sad? Frustrated? Helpless?
 Will it be easy for you to let go of the angry feelings of a person?

ACTIVITY

Let's conduct an experiment to experience the progress of the angry feelings.

- Take a balloon and blow some air into it. Keep blowing air into the balloon without stopping. What happened? The balloon burst!
Just like the balloon burst, you feel your heart and brain are about to explode when you hold your angry feelings inside.
- Take another balloon and blow some air into it. Now let go of the balloon and watch it deflate.
Just like the balloon is flying all over the room, you will end up saying or doing hurtful things when you let your anger out without thinking.
- Blow into the balloon once again. Now, while holding the balloon, let the air out slowly.
Just like this balloon, when we keep our heart and mind cool and think in a proactive way, we respond in a calm and proper manner.

Part of Forgiving someone is recognising those feelings them. Then you let them out in a healthy manner and let

24

Clear, comprehensive and accurate Islamic concepts presented in an easy manner.

UNIT 1

FAIRNESS AND JUSTICE

Fairness means to treat everyone equally without showing favouritism towards anyone.
Justice is about doing what is morally right and fair.

Let's read a story to find out how we should treat everyone with **Fairness and Justice**.

Sarah, the Football Champ!

Sarah loves to play football. When all the boys go out to play in the ground, Sarah does too. She is such a good player that whichever team Sarah is on, it usually wins. One day, the team had a final match. The boys of the team refused to take Sarah in their team because she was a girl. They also made fun of her for playing like a boy. Watching all the boys laugh at her, Owais, the captain of the team, stood up to defend her. Owais made everyone realise that Sarah has the right to be a part of the team as she plays football really well. Sarah played that match and made her team win. From that day onwards, everyone feels proud to have Sarah on their team whenever they win a game.

-Anonymous

Treat others kindly
 Respect the rules
 Stand up for people who are mistreated
 Make a difference in the world
 BE
FAIR AND JUST
 -Anonymous

6

Unit 6

Trust Walk

John is new at school. In the blank foot prints, write what John can do in each situation below to earn the trust of his classmates.

John finds Peter's sharpener

John's teacher leaves the room during the class

John hears George teasing Justin

40

Relevant references are quoted from the Holy Qur'an to make the text more authentic.

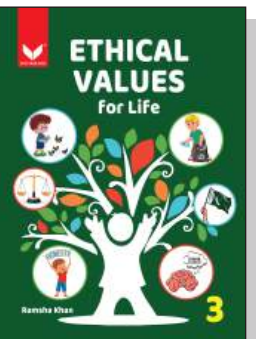
Down Yoga

It takes 10 minutes to practise these 'calm down' yoga exercises.

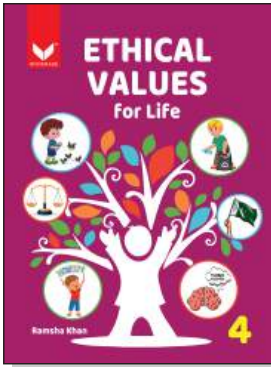
- I am strong**
Use your strength as if you are trying to catch tricky waves
- I am kind**
Stretch high as if you are touching the sky and spread kindness all around
- I am brave**
Be brave and fearless as if you are flying down the ski run
- I am friendly**
Stretch like a friendly dog wagging its tail
- I am wise**
Be like a wise owl perched on a tree branch

In one sentence, describe how you felt after these exercises.

18



Extra bit of information to support the lesson material given with each chapter.



Includes interactive activities and exercise for children assessment at the end of the lesson.

UNIT 6

COURAGE

What is Courage?

Courage is the ability to do something difficult even when there's risk involved. **Courageous** people do and say what they think is right.

Acts of **Courage** can come in many forms; they can be either big or small. They require different levels of bravery. For example, confronting a bully, the first responder or racing into a burning building to save lives are certain admirable acts.

Here is a story of some **Courageous** students of the Army Public School of Peshawar.

A horrific day at the Army Public School

A horrific incident took place on December 16, 2014, when some terrorists entered the Army Public School of Peshawar. They entered the school and opened fire. Staff and children gathered in the auditorium for a lecture. Approx. 1000 staff and children were present. A rescue operation was launched by the Pakistan Army, who killed all the terrorists and rescued the remaining people. On a long list created by a group of murderers that day at the school, the names of brave students who risked their lives to save their friends. Some of them are mentioned below.

Eight grader Uzair Ali saw the attackers and jumped on top of his friend. He was killed; shot several times, but he managed to save his friends.

Fourteen year old Fahad Hussain opened a door so his friends could escape. He was shot by the door making sure everyone had escaped. He was gunned down.

There are more than a hundred accounts altogether, of Courage and bravery of children and adults whose absence will always be remembered with pain and respect.

Adapted from: www.dawn.com

Discuss with your class how the students of the Army Public School showed 'Courage' in their actions and write it down in your own words.

38

Clear, comprehensive and accurate Islamic concepts presented in an easy manner.

UNIT 8

EMPATHY

What is Empathy?

Empathy is the ability to understand what another person is feeling. **Showing Empathy** involves seeing things from another person's perspective so that you can understand and relate to his or her feelings. A person who is highly sensitive to the feelings of others is known as an **Empath**.

Abdul Sattar Edhi is one of the greatest **Empaths** of this world. For almost 70 years, he dedicated his life in helping the poor and orphans. He is one of the most compassionate, humble and selfless people ever known.

Abdul Sattar Edhi

Edhi was a normal person until he decided to help the people in need. He helped the people who lived by the road side and couldn't provide for themselves any shelter, clothes or even food.

He made homes for orphans and cared for the sick. He cared for the children, the women and the elderly. He provided basic necessities for disaster relief people. He ran ambulances for everyone in need. He cared for everyone, regardless of their religion or background. He made sure to care for everyone who couldn't help themselves.

Abdul Sattar Edhi has helped all mankind. He has proved that it is possible to live a great life while fighting for the health and dignity of everyone. The children he provided homes to, were very well cared for. Their laughter and applause were frequent, and genuine.

We hope that everyone who loves **Edhi** in Pakistan and around the world realises that he is not really dead. He lives as long as we honor everything that he has done for us and try to learn from his acts. We all need his spirit. We will have moments where we might fail but we must never give up like he never did.

Adapted from: Blogspot.com
by: William Harvey

People have become Educated
But have not yet become Human.

Abdul Sattar Edhi (1928-2016)

50

Unit 2

Let's have a Debate!

The class will hold a debate today on the topic:
"Students Must Wear Uniforms"

The class will be divided into two equal groups. One group will support the statement, while the other will speak against it. You'll take 15 minutes to come up with points to support your argument.

The following strategy can help you compile your points and collect your evidence in one place.

BUILDING AN ARGUMENT

MAIN IDEA
Here's what I think

EVIDENCE
to back up my reasons

REASONS
Here are my REASONS:

COUNTER ARGUMENTS
You COULD argue that...

PROS
When you agree with the speaker, you can say...

CONS
When you disagree with the speaker, you can say...

Strong Ending!

Then pick out the best speaker that will come up and participate in the debate. Both the students from each group will have 5 minutes to prove their point. In the end, both the groups need to agree on one point. Let's find out which group is strong enough to convince the opposing group that they're right, without getting into a fight. Good luck!

18

Relevant references are quoted from the Holy Qur'an to make the text more authentic.

2

LIT RESOLUTION

People disagree in a certain situation and can't decide who is right or wrong. This is called a **Conflict**.

A **Conflict Resolution** is a way for two or more people to find a peaceful solution to a problem.

What happens in the story of Goldilocks and the three Bears?

Conflict Resolution of Goldilocks and the Three Bears

Goldilocks goes for a walk in the forest and finds a beautiful house. She enters when nobody opens, she walks right in.

She made the bed, ate the porridge and started to get ready for bed. She'd made the bed, ate the porridge and started to get ready for bed. She'd made the bed, ate the porridge and started to get ready for bed.

When Goldilocks and the three bears find her sleeping on their bed, they don't like it at all. Goldilocks becomes really scared that she's been sleeping in a house of three grizzly bears, and that they could hurt her.

-Anonymous

Goldilocks is scared, while the grizzly bears are very angry.
Goldilocks and the three bears have reached a **Conflict!**
Can you help Goldilocks and the three bears solve the issue without a fight?

12

Extra bit of information to support the lesson material given with each chapter.

