

Sharing makes us feel good



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AGE	3 – 6 years
VALUE	Solidarity
MATERIALS	A deck of cards (half blue and half red) to give to each child (for 24 children: 12 blue and 12 red)
DURATION	45 minutes
GROUP SIZE	Up to 25 children
OBJECTIVES	Promote children’s understanding of solidarity and sharing as one of the key components of peace.
METHODOLOGY	Listening, Questions and Answers, Dialogue, Observation
AUTHOR	INNOVATION TRAINING CENTRE



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STEP BY STEP IMPLEMENTATION

Solidarity is a personal value, which expresses the purest manifestations of men and women as social beings. In a collectively or social group, solidarity is the capacity of performing as a whole in a group.

The notion of solidarity is against the conception of man's nature based on hostility and competition: it is a bond that unites men and countries so that the well-being of some determines the wellbeing of the others.

In pre-school we can set up the premises for the development of solidarity. In this exercise we will focus on a story: Caught out in the rain, an ant takes shelter under a very tiny mushroom. Soon, a wet butterfly, then a drenched mouse, a dripping sparrow, and even a rain-soaked rabbit each beg to join him under his miniature umbrella. How can the ant let the others in when there is barely room enough for one? But as the rain comes down and down, they all somehow manage to squeeze together and share the tiny shelter. And when the sun finally comes out, the ant discovers a magical secret of just what happens to mushrooms in the rain!

Step 1

We can choose to just read the story or to try to use dramatization as an exercise (posters, asking children to select characters and make up costumes with paper crafts...etc.)

Story: "Under the mushroom".

Once upon a time there was an ant. One day, the ant was walking in the forest and started raining very hard.

Ant: where could I find a shelter?

The ant then saw a little mushroom and ran under it to wait until it would stop raining.

But the rain was pouring, and it seemed it was not going to stop in a while. Then a butterfly with soaked wings arrived. It was so wet it could no longer fly. And said:

Butterfly: let me join you under the mushroom: I am wet, cold and cannot fly!

Ant: there is not enough space for both of us, but it is ok, we will be tight but come, we will be fine.





After a while a little mouse arrived and said.

Mouse: Let me stay under the mushroom: I am all soaked!

Ant and Butterfly: there is not that much room for you, but come over, we will squeeze so that you can fit in!

It was raining harder and harder when a sparrow arrived:

Sparrow: all my feathers are wet; I am very tired because they are very heavy: let me dry and rest under the mushroom until it stops raining!!

Mouse: there is no more room here!

Sparrow: if you could squeeze a bit! I am really tired!

Mouse: ok, then: we will try to squeeze...

Then a rabbit arrived and said:

Rabbit: let me hide with you because the fox is chasing me!!

Ant: let's help the poor rabbit!

They all just tried to hide the rabbit when the fox arrived.

Fox: Have you seen a delicious little rabbit?

Butterfly: How could we see it? There is no room left to see anything!

So the fox looked around and left.

Then, it stopped raining and the sun came out: The ant looked and said.

Ant. I cannot believe it! When I arrived, there was space only for me under the mushroom but now it has grown and there is space for everyone, for the five of us!

Then a frog that had been looking at the situation, came out and said:

Frog, laughing: (read nodding): Ant, do you realize that there is magic in solidarity? When we help each other, everything is solved!!!



Note: Mushrooms require a lot of moisture, so they will pop up and grow after rainstorms, or during the morning dew hours.

Step 2

The facilitator will ask the following questions:

- ✓ Which characters in the story are supportive? Why do we say that?
- ✓ What would you do if another child was getting wet under the rain and you had one little umbrella?
- ✓ Why did the frog laugh at the ant? What did not the ant understand?

Ask the children about supporting and sharing attitudes they have had with their mates, friends, relatives...etc.

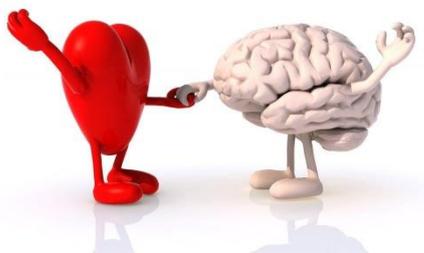


CRITICAL ASSESSMENT

OBSERVED BEHAVIOR	YES	NO	COMENTS
The children identified the characters that were supportive			
The children needed help to identify the characters that were supportive			
The children showed a proactive attitude when asked: What would you do?			
The children suggested acting like the animals in the story			

Alone we can do so little, together we can do so much! - Helen Keller

Self-care Hints for Childcare professionals and teachers:



Using your breath, you can change how you feel. One of the most calming breathing exercises you can do is to breathe in (e.g., to a count of four), hold, and then breathe out for up to twice as long (e.g., to a count of six or eight). You can gently constrict your throat, making a sound like the ocean, which is used in deep relaxation breathing. As you're doing this, especially thanks to those long exhales, you're activating the parasympathetic nervous system, reducing your heart rate and blood pressure.