

LITTLE DITTY

We began the lesson with a meditation. All students were asked to sit comfortably on the floor. I then told them that we have positive-love based feelings and negative fear-based feelings and when we have negative feelings, one thing we can do immediately is PAUSE using the breath to help us relax our mind to have go behavior instead. So I practiced the breathing exercise with them that we covered two lessons ago. Breathing in and out, down from 10. I spent a few minutes guiding them to close their eyes, put their hands on their belly and fill their belly's expanding and releasing and it is when we release the breath that we relax.

I then reminded them of their mantras from the week before and asked that those students who could recall their mantra by heart to say it out loud to the group, and that they would receive a green ticket. Almost immediately, I heard clearly, "there are more than 7.5 billion people on this planet, do not let one person ruin your day!" I was thrilled. Students then said their own mantra as the teacher passed around the green tickets.

I reminded them that we have a choice to STOP, THINK and change our behavior and feelings. I then read them from the book, (bottom of pg. 14) I then asked students what were their favorite songs and why. I then encouraged them to sing the song, for an additional green ticket, which kids did. It was fantastic.

I then sent them back to their seats so that they could compose their own little ditty. Explaining to them that a little ditty was simply a little song and that they could take a few words from their favorite song and make it into their own little ditty, that they could also sing to themselves in order to shift their negative feelings to positive feelings. The class ended with student sharing what they wrote and given an extra ticket given if they sang their little tune. We said that we would have a little competition the following week, for the, "best little ditty". At the end, students put names on their green tickets and we had a raffle.