

Activity 1B

Hello, Everyone!

To say hello to everyone in our diverse world, you would need to learn almost 3,000 languages! Here are a few samples. Try them out.

German: Guten Tag

Italian: Buon giorno

Turkish: Merhaba

Russian: Zdravstuite

Japanese: Konichiwa

French: Bonjour

Arabic: Salaam

English: Hello

Activity 7

Read these cases, think about them and then draw some conclusions:

FOR GIRLS:

Karina:

Karina is pretty, friendly and outgoing. She is fun to be with, always coming up with great ideas for things to do. She treats you like you are her best friend and gives you little gifts. You really like her and are proud to be known as her special friend. Then, the next month, she has a new 'best friend' who she spends all her time with. Even when she's with you, all she talks about is what she does with this new friend.

(Possible answer: It sounds like Karina is a bit fickle. She should be considered one of your friends rather than your best friend. You should invest time and energy in other friendships.)

Nancy:

You liked Nancy the minute you met her because of her bright smile and mature attitude. You invite her over to your house, thrilled to be making a new friend. Then she spends the whole time talking about herself. You like her, but you want to be able to do some of the talking too! The next time you see her, she apologises. "I'm usually a good listener!" she says.

(Answer: It might be best to give Nancy a few more chances to prove she can listen as well as talk.)

Sally:

Sally was really friendly when you made a date with her to see film. The day of the film comes and you go to the cinema, but she doesn't turn up. A few days later she says that something came up that she wanted to do more.

(Answer: This person doesn't seem to understand what a promise is, or that it is polite to call if one's plans have changed. It might be better to invest time and energy in friends who do understand such things.)

Brenda:

You had a big argument with Brenda last year. Still, she is always polite to you and has said she was really sorry and explained why she got so upset. It made sense to you. You're still a bit cross with her, but she has let it be known among your friends that she would like to be friends with you again.

(Answer: Friends sometimes quarrel. As long as there has been an apology and an explanation that made sense, this might be a friendship worth giving another chance to.)

FOR BOYS:

Jason:

Jason is the class 'clown'. You've always enjoyed his humour, but you often get caught laughing, while Jason is an expert at hiding from and fooling the teacher.

(Jason makes trouble, then leaves others to take the punishment. He is not benefiting you, nor are you helping him by encouraging his bad behaviour. Cross this friend off your list.)

Sam:

You like Sam and so does everyone else. You've often invited him to your home and to films and football matches. He's so popular, though, he doesn't feel he needs to ask people back—there's always someone who wants him to go with them. You don't mind. You're happy to keep asking him yourself.

(It might be best to ask Sam round less often. He'll get the hint, and if your friendship means something to him, he'll make an effort to reciprocate sometimes.)

Dan:

Dan's family is very poor. He often has to babysit his younger brothers and sisters while his parents are out at work. His house is small and messy because of all the children and because his mother doesn't have time to clean. He can't often ask you to his house, but he is always really happy when you ask him to yours.

(Dan is in a special situation where he can't really do all the friendly things he might like to. Sometimes the giving in a friendship is uneven if one of the friends is in a special situation.)

Derek:

All the parents and teachers love Derek, he is so polite and respectful. He never calls you, though, without asking for something: usually a lift somewhere. His own parents seem unwilling to provide any lifts either for him or for you. Your parents get fed up and say they aren't giving him any more rides. After a while Derek's parents call to invite you to do something special. "We'll give you a lift!" they promise. Derek promises that, from now on, it will be fairer.

(It sounds as though Derek and his parents have got the hint about being fairer. A second chance is advisable.)

Activity 8

Charlie and Alice have chosen very different groups to belong to. What do people look for when they join a group?

- a. New friends
- b. Something to do
- c. A purpose
- d. Acceptance
- e. Strength in numbers
- f. Fun
- g. Benefit

Probably the groups Alice and Charlie have joined can provide all these things. Many groups can. But some groups can still be bad to join. Read the following list and circle the points which should warn you that the group you might want to join may not be a good one:

- a. They respect your opinions and values
- b. They want you to try things you've always believed were wrong
- c. They accept you as you are
- d. They accept you only if you do as they say
- e. They tell you not to tell adults what the group does
- f. The group's goals and activities are known by—and maybe even sponsored by—responsible adults
- g. You feel pressurised—as if your value as a friend is on the line unless you follow the group

Activity 9

Read the following, and circle the six points which you think are the right ones.

Alice did as Suzy told her because:

1. The 'Minxes' knew more than her
2. She wanted to belong to a cool group
3. She thought they were her friends
4. She knew they were good people
5. She knew she could trust them
6. She understood they wanted to use her
7. She couldn't resist Suzy's pressure
8. She wanted to look grown up in front of Suzy's elder brother
9. She knew her parents would like it
10. She did not listen to her own conscience

Activity 10

In life there are people you like, admire and respect.

Put **L**, **A** and/or **R** beside the following people. If none apply, leave blank.

Your dad

Your mum

Your Godfather

The police

Your headteacher

The Prime Minister

Pete Doherty

Alexander the Great

Madonna

The President of the UN

Wayne Rooney

Mother Teresa

Ghandi

Activity 11

1. What do you suppose Alice was thinking while the Headteacher was talking?
2. What was Charlie thinking?
3. What are the things that make it difficult sometimes to act with integrity?
4. How do our friends influence our integrity? Why is it important to have friends who have integrity?
5. In what way did Frances Kelsey show integrity?

Activity 12

Has anything like this ever happened to you?

Damon was new at school and he was having a very hard first year. One day he dropped his books all over the pavement just outside the school gate. Most of the kids laughed, but a boy called Roger stopped and helped pick them up.

At the end of the year, Damon came top of the class. His teacher congratulated him publicly, and asked him about his first year. Damon said that it had been terrible. He had thought about truanting, he said, or even leaving. No one had bothered to talk to him till the day he dropped his books. Then Roger had stopped to help him, and they had become firm friends.

Roger's kindness had given Damon hope. Because of his friendship, Damon settled in so well that he was able to come top of the class!

Activity 13 A

Make a list of the TV programmes you watch, then fill in the table with the benefits each programme gives you. If you think it doesn't benefit you in any of these ways just put down its name and leave the other spaces in blank.

Programme	Helps you to be creative and imaginative	Helps you to grow up physically	Shows you values and the people who live according to them	Gives you important and useful information for your daily life	Develops and increases your social skills
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Once you have finished, discuss with your partner which programmes you found most useful, and which were funny but not so useful.

Activity 13 B

- a. Do you think our family watches too much TV?
- b. Have the television habits of the children in this family been a source of frustration for you as parents?
- c. What kinds of programmes would you like to see the children watching?
- d. What kinds of activities would you like to see them doing when they are not watching television?
- e. Do you believe television is a good or a bad influence on children? Why?

Activity 14 A

The world-famous Russian author, Fyodor Dostoevsky (1821-1881) said that "Beauty will save the world." He maintained that when a person experiences beauty, the heart becomes full to overflowing and more able to do good things.

In small groups, discuss times when you experienced something either very beautiful or very good and the happiness it brought you.

Activity 14 B

Sense	Beauty	Ugliness
Sight	A flower	A festering wound
Hearing		
Taste		
Touch		
Smell		

Activity 15

Read these cases and think what you would do in their place.

- a. Jackie is talking to her friends. Her team won the rounders game yesterday. "I scored every rounder!" she says, even though she knows she didn't. Gail, her team-mate, knows Jackie is exaggerating, but she doesn't want to annoy her so she says nothing.
- b. George gets an allowance every week, but he tells everyone that he gets double what he actually gets. Phil knows George is not telling truth: he is with George every Saturday when they get their allowances. When the others seem impressed by George's allowance, Phil is so glad to be known as George's friend he doesn't say anything.
- c. Pat thinks Karen's new dress looks awful. The hem is straggly and the colour doesn't go with Karen's complexion. "Like my new dress?" Karen asks. "Yes," says Pat, "but the hem seems to need some work, and I can't say it's your best colour."
- d. Amelia is home alone. Her parents have told her not to tell anyone when she is alone in the house. The phone rings and it is a man she doesn't know. He asks her if her parents are around. Amelia says, "Yes, but they can't come to the phone right now. May I take a message?"
- e. Mary's favourite programme is a cartoon show, which she watches every afternoon. At school, some boys start laughing at Mary and so do some of the girls she would like to be 'in' with. They say anyone who watches that programme is stupid and begin laughing at Sarah, who also watches it. Mary joins in the laughter.
- f. A famous newspaper wants Mr. Jones to be elected Mayor of London rather than Mr. Smith, who is running for a second term. Every day they print bad news about Mr. Smith. They never print good news about him, even when there is some.

Activity 16 How to help a friend in trouble

Step one: be sure that it was your friend, and not someone else, who did the bad deed.

Step two: Talk to your friend first. Give him some advice and try to make him change his opinion. If the problem isn't serious, try to give him a second chance.

Step three: If your friend won't change his attitude, ask some other friends to come and talk to him.

Step four: If, after all your efforts, your friend still persists, talk to an adult or a teacher and tell him what is going on. If it is something serious which could have a lot of consequences, then you can skip some of these steps. But don't accuse the person in front of other people because you could be wrong.

Remember:

Try not to accuse someone of doing something wrong in public, because you could be wrong.

If you know that someone is doing something really serious, then you might choose to talk to an adult or teacher right away.

Activity 19A

This little verse has been around for generations. What do you think of it?

What are little girls made of?

Sugar and spice and everything nice.

That's what little girls are made of.

What are little boys made of?

Frogs and snails and

puppy dogs' tails.

That's what little boys are made of.

Activity 19B

Here are some of the ways men show their respect for women. What do you think of them?

- Speak well of girls and women. Never run them down.
- Earn the respect of others. Don't be a clown.
- Never hit a girl or woman. Always protect them.
- Walk on the outside of the pavement.
- Open doors for girls and women.
- Stand when a woman leaves the table or room, and when she returns.
- Never look for physical favours from a girl.
- Abstain from drug abuse and alcohol use.

Activity 19C

Which of these girls do you think is smart?

- a. Deborah wants to have a 'liposuction' operation to 'vacuum' fat out of her body.
- b. Harriet wants a smaller waist. She binds her waist with tight bandages. Her teachers ask her why she is having trouble breathing.
- c. Carmine has very deep-set eyes. She uses make-up tips that she has read in a magazine to bring her eyes out more, and it gives her lots of confidence when people remark on her beautiful eyes.
- d. Trudy puts on weight very easily. She asks her doctor to write her out a diet plan that is strict but nutritious.

Activity 21

Think about and discuss the different and similar ways men and women live these virtues:

Endurance

Bravery

Humour

Dedication

Co-operation

Patience

Amiability

Fortitude

Activity 26

Think about how this story applies in our lives.

A man wanted to trap a large flock of beautiful white birds. He laid out seeds for them to eat, and then released a large net which fell on them.

The flock had a King Bird—he was the largest, oldest, wisest, and strongest. But, when the net fell over them, even the King Bird couldn't fight it off. They were trapped!

The King Bird said, "One bird cannot do this alone. We must all pull together. Each bird take a part of the net in the beak, and we will all fly up as hard as we can, lifting the net with us."

The birds followed their leader. They flew the net high into the sky, until the King Bird said, "Let go!" The birds all released the net from their beaks at the same moment. It settled gently and harmlessly on the ground, and the birds were free.

This story clearly shows that co-operation is necessary to accomplish great things. No single bird, not even the King Bird, could have achieved what they all achieved by working together.

Activity 27

Practice in making decisions:

1. Clearly state what needs to be decided. For example, "Should I or shouldn't I join the Scouts this year?"
2. Weigh up the pros and cons of a decision. For example, joining the Scouts will provide opportunities for fun and learning. That is a pro. But it will also use up some study time, which could be a con for those who find school work difficult. Pros and cons are essentially the consequences of a decision—the possible outcomes, good and bad.
3. Look at whether the pros outweigh the cons. Then measure the pros and cons against your values. For instance, there might be quite a few cons in a situation, but there might be one big pro: "It is what I believe would be right." A pro like that outweighs many cons.
4. Make the decision and act on it.
5. Evaluate the decision as the outcomes and consequences become apparent (unforeseen ones, too).

Activity 28A

1. What does Alice's mother mean when she says that conception is 'pretty momentous'?
2. Do you believe that every person has value and is important?
3. When you think of the miracle of life, do you agree with Alice's mother that "We live in a beautiful world"?
4. What are some common terms for a woman being pregnant? Which ones are respectful of the process of conception and which ones are not?
5. Is Charlie showing enough respect or not?

Activity 28B

Showing Respect for the others

Tom was standing in a long line to get into the cinema. An acquaintance, Jack, came up to Tom and asked if he could push into the line. Tom was torn. Jack was a 'cool' guy at school, and it would be good to get in with him. They could talk while they stood in line and maybe Tom could impress Jack. Also, Jack might be angry if Tom refused to let him in.

One more person was no big deal, Tom thought. At the same time, there was a long line of people behind him. They might be annoyed—he would be if someone ahead of him let anyone someone in. And Tom wouldn't just be letting Jack push in in front of him—he would also be pushing in in front of all the people behind him.

What do you think Tom should do?

1. Let Jack in and pretend not to hear the murmurs and comments of angry people behind him—it will be worth it to get in Jack's good books.
2. Tell Jack to get lost.
3. Explain to Jack that, if it were just him, Tom wouldn't mind, but all the people behind him have been waiting a long time, too, and it isn't fair to them.

Activity 31

Which choices will lead to the most happiness and freedom? What might the consequences of choice A be? And of choice B?

1. Your dad has told you to wear a coat outside because it's chilly and you've had a cough. You hate wearing coats. You can't move around as freely in them as you can without a coat. You:
 - A. Take the coat off as soon as Dad is out of sight and play in your T-shirt.
 - B. Wear the coat, forget about it, and have fun anyway. Dad is strict, but he's usually right.
2. The neighbour really annoys you. Every time your football goes over his fence, he comes out and tells you to go and play where there's more room, for example in the nearby park. You:
 - A. Wait till he's gone out and play then.
 - B. Decide to go to the park.
3. Your parents said you could have a friend to stay over on Friday night and that they would rent a video and make some popcorn. They did, and it was lots of fun. Now it's Saturday afternoon and you don't want your friend to go. Your parents say she must as you have a test on Monday and need time to study. You:
 - A. Beg your parents to let her stay a second night and tell them they are unfair if they don't.
 - B. Accept that you've had some fun and that there is always next weekend.
4. Your aunt gave you some money for your birthday. Do you:
 - A. Go out and spend it all right away, on sweets, breakable toys, snacks and a shirt your mum says isn't worth the price.
 - B. Spend some of it on something you've been planning to buy for a long time and save the rest.

Activity 34

Who in the examples below seems likely to achieve their dream?

Myra dreams of being a ballet dancer. Her grandfather says he will pay half her lesson fees if she earns the other half through working at the grocery store a friend of his owns. Her grandfather has already agreed with the friend that Myra can work there. The first day of work, Myra stays at home and watches a TV show about ballet. The second day, she is late because she stopped to look at ballet dresses in a shop. The third day she makes a lot of mistakes at work because she is imagining herself dancing on stage in a tutu.

Eric wants to win the class election. He makes posters, campaign badges and leaflets explaining what a good class president he will be. He talks to everyone he can about the election, makes sure they know his name, what the ballot paper will look like and where his name will be on it. The night before the election, he gets some of his friends to help him phone people to remind them to vote tomorrow.

Kristl wants to win the singing contest. She chooses a song, gets the sheet music and practises every day, morning and night. She borrows a tape recorder and listens to herself to see how she can improve her performance. She practises in front of a mirror wearing the dress she will wear on the night of the contest. She asks her friends and family to be the audience so she can practise singing in front of people.

Frederic wants to be a leading batsman in the cricket team. The coach agrees to let him practise in the nets, but in the middle of the session Frederic says he wants a drink and goes off to get one from his locker. Before the end of the practice, he gets distracted by the ice-cream van and runs off for an ice-cream. When the coach sees him the next day, Frederic has lost his bat because he was talking to some friends and left it on a park bench.

Activity 35

Case 1

Your dream is to give a nice party for Gina, who is moving away. You imagine all your friends coming, everyone having a nice time, and Gina going away with gifts and happy memories. What do you have to do to make this dream into a reality? Unscramble the steps into their best order.

- Greet your guests.
- Give Gina the going-away presents people have bought for her.
- Ask your parents which night you can have the party at your house.
- Buy plates, napkins and food.
- Invite all your and Gina's friends.
- Make sure everyone has something to eat and drink.
- Help your parents clean and decorate the house ready for the party.

Case 2

You want to learn to play the guitar. Unscramble the steps into their best order.

- Buy or borrow a guitar.
- Attend lessons.
- Ask your parents if you can take guitar lessons.
- Enquire among family and friends, at school and in the newspapers and phone directory about good guitar teachers—you may find one for free!
- Practise hard what the teacher tells you.