

Grade: 1

Lesson Number: 4

Unit Name: Core Principles

Course: Virṣā

Title: Good Saṅgat vs. Bad Saṅgat

Standards

Standard 2: Applying Core Principles

- Students understand the teamwork process and elements of honesty, hard work, and sharing with others.
 - *Students engage in activities and games that reinforce fellowship (saṅgat) and cooperation, instead of competition where the emphasis is placed on the end result. Activities that allow decision-making based on consensus should be stressed and drawn parallel to the Gurū Panth decision-making role.*

Objectives

1. Children will develop an understanding that saṅgat helps make the correct decisions.

Prerequisites

- Lesson I on saṅgat.

Materials

- Chart paper
- Marker
- Sandalwood box or pen—something y kṛj 'yḡ smell qh'sandalwood

Advanced Preparation

- You will need to bring in some older children or some adults to help perform a skit with you qḡshow the difference between good saṅgat and bad saṅgat.
- Skit performers will have to be prepared in advance.

Engagement (20-25 minutes)

- Ask children what or who they think saṅgat is. Write their answers on the chart paper. Try not to get into too much discussion.
- Make reference to the first class if need be and the introduction that you gave to saṅgat.
- Then perform the two attached skits below.

Exploration (20-25 minutes)

- After skits, have discussions on the following:

Discussion questions

- What happened in the first skit and what happened in the second?
- What are the differences between the skits?
- Is there a saṅgat in the skits? Ask children to just raise their hand for a \$yes\$.
- Then ask them why they think one way or the other.

- Take the discussion from here to explain to children that we have different influences every where we are in our life.
- Discuss with the children j qy Bob's friends 'lp'j g'un'ku'gk'j gt chose to speak up against him or just let j g'ku'wg go and go along with it. F k'ue'wu'j qy they helped him make the right decision in the end. Since they were strong individuals they helped others too. This was possible because they were sure about what they believed in!

Explanation/Extension (5-10 minutes)

- Then go on to say that, for Sikhs, saṅgat brings them closer to/helps them understand Vāhigurū better or helps them to be God-like.
- By doing things that are right, a Sikh takes on qualities that are Vāhigurū-like and so they understand Vāhigurū more. Ask them what it means to be more Vāhigurū-like? Come to the conclusion that you take on the same attributes and qualities as Vāhigurū such as honesty, truth, fearlessness, not being anyone's enemy, etc...
- Cn'q'dt'kpi 'w'j qy a certain environment can either influence you negatively or positively.
- You can remind them that when you spoke about the Gurūs in c previous lesson, you spoke about wanting to live as a good human being and taking the example of the I urus.
- If you want you can also give an example of Bhagat Kabīr's Salok (attached)—Giving the gist may be enough. Highlight for children that just as the qualities of sandalwood is that it has a strong wonderful smell, so should the qualities of fearlessness and love for the creator be strong lp their saṅgat. Once they have these strong qualities in them, those around them will also become like that.
 - Sandalwood gives off a nice aroma and is highly valued for this quality. After some time, everything near that sandalwood begins to take on that same aroma. Bhagat Kabīr compares this sandalwood to good saṅgat; being around saṅgat with positive characteristics, one also takes on those positive characteristics. Kabīr says. Value those with good characteristics, not those that (like the big trees) just seem to be impressive in other ways. (Sabad attached below)
- Have children smell the sandalwood item you bring to class.
- Summarize the lesson by saying to the children:
 - Influences are all around us, whether we are at gurduārā, school, home, etc...
 - One can make choices about their environment, about where they are or what is around them. Choices can be made about surroundings that they have control over.

Evaluation (On-going)

- Pay special attention to children's discussions and try to see if there is change in their discussions as the class progresses.

Teacher Resources

Sabad

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Oh Kabīr, consider the sandalwood to be much better, though it is surrounded by much larger and greater trees. All those other trees also become like sandalwood that remain in the company of sandalwood.

ਕਬੀਰ ਸਾਕਤ ਸੰਗੁ ਨ ਕੀਜੀਐ ਦੂਰਹਿ ਜਾਈਐ ਭਾਗਿ ॥ ਬਾਸਨੁ ਕਾਰੋ ਪਰਸੀਐ ਤਉ ਕਛੁ ਲਾਗੈ ਦਾਗੁ ॥

kabīr sākat saṅgu na kījīai dūrahi jāīai bhāgi. bāsanu kāro parsīai taū kachu lāgai dāgu.

Oh Kabīr, be not in the company of those who are gone astray,
stay far away from them.

SKIT 1

Manjit (Age 5 to 14)

SCENE 1

Manjit is just finishing the Mūl Mantr (with Mom listening) before breakfast. He/she is very excited to attend the first day at kindergarten.

Manjit: Mom! I want to eat cheerios. Can I?

Mom: Only after you eat your fruit first.

Manjit: (Sighs) OK.

Mom: Hurry we have to go soon. You don't want to be late on the first day.

Manjit and Mom leave for school. As they are leaving Mom also mentions:

Mom: You also have kīrtan class in the evening today.

SCENE 2

Manjit and Mom are walking back into the house after school.

Manjit: Mom I had so much fun! We have so many toys at school.

Mom: You play with your toys at home too. Did you do anything else in class?

Manjit: We also sang a song, about the days of the week. You know what else Mom?
Somebody asked me why I have long hair.

Mom: So what did you say?

Manjit: I told them it's because I'm a Sikh. It's my religion. The kids didn't say anything. they just started playing with the toys.

Mom: That's good Manjit.

Manjit: The teacher took us outside too. I saw some kids teasing and swearing0 They were bad. I wouldn't do that.

A couple of hours later they are going for kīrtan class.

Manjit: I hope I get to do Visar Nāhi Dātār. I want to learn how to play tablā too.

SCENE 3

Five years later, it is the first day of school for the year and Manjit is now going into fifth grade.

Mom: Manjit, you're taking too long in the bathroom. You still have to do pāṭh.

Manjit comes out.

Manjit: Do I have to do all 15 paūrīs? Can I just do the first paūrīs five times.

Mom: No! You should do all of it. Otherwise you're going to forget them.

Manjit: (To him/her self) I'm not going to forget it. I already know it.

Manjit finishes the 15 paūrīs and sits at the breakfast table.

Manjit: Can you give me some cereal? And I don't want any fruit.

Mom: (as she gives the cereal to Manjit) I think you're old enough to do some of this yourself now, but since you're running late I'll help you out.

Manjit quickly eats and gets up and runs out to school.

SCENE 4

During recess, Manjit is playing basketball. Manjit is paired up with John. Bob and Mike are on the other team. (Bob is the basketball star and he has a habit of swearing... Mike and John follow everything that Bob does.) Bob starts swearing at Mike because they are losing.

Bob: BEEP! you. You can't even pass.

Manjit: Why are you swearing at him? It's not a big deal!

Bob: What's wrong with it? Everyone swears. My older brother swears. Even my parents swear.

Everyone looks at Manjit and Manjit shrugs his shoulders and kicks the ground.

SCENE 5

After school all four boys are walking home. They are approached by two kids from seventh grade. The older kids offer the four of them a cigarette. Bob is hesitant, but because he is the leader of the group he accepts it.

Older kid 1: Have you ever smoked?

Bob: (Hesitantly) Yeah. Everyone does it.

Older Kid 2: So you want to join us behind the school? Nobody will see us there.

Bob, Mike and the older kids start walking towards the school. While Manjit and John stand there confused and decide to turn towards home.

Manjit thinks out loud: Bob probably won't play with me any more. I wonder if I should have gone.

John: I wonder if Bob is mad at us.

Manjit: (Hesitantly) My mom would kill me if she ever caught me.

John: But, Bob might never talk to us again.

SCENE 6

Three years later, Manjit and his friends are kpxkgf to attend a party held by Bob during the eighth grade graduation reception. Bob approaches Manjit, John and Mike.

Bob: What's up guys?

Manjit, John and Mike: Nothing much.

Bob: So are you guys going to stay at this boring party or come to my place?

Manjit: (Hesitantly) We're not sure Bob. We have to be home by nine o'clock.

Bob: Bunch of cry babies. This is your night, so what if you go home a little late? I'm only inviting the cool people to the party and I also have the key to my dad's drawer, where he keeps his cigarettes. Doesn't that sound cool?

John: That's amazing. How'd you get the key?

Bob: Don't worry about that. So are you guys going to come or not?

Mike: I'll come. It doesn't really matter if I go home a bit late.
Come on Manjit, you'll have fun and your parents won't mind at all.

Manjit: Ok, if you guys say so.

SKIT 2

Same as skit 1 until end of scene 3

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Bob and the older kids start walking towards the school.

Mike: Hey Bob, I don't think that's such a good idea man.

Older Kid 1: Bob, you coming or what? Or you gonna listen to those sissies?

Manjit and John stand there confused and wait for Mike as they decide to turn towards home.

Mike thinks out loud: *Bob probably won't play with me any more. I wonder if I should have gone.*

Manjit: Hey Mike, that was good that you didn't go with Bob. You know that it's the wrong thing. Smoking isn't right!

John: I wonder if Bob is mad at us.

Mike: Well, even if he is, we had to make the right decision. If we went along with him, it would've been our fault. I just wish he could understand that that's bad for him

Manjit: Yeah, maybe we should talk to him.

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John: Yeah Bob, really think about it. It's not good for you.

Manjit: We're your friends Bob, we don't want you to do all that. We want to hang out with you and y g'y cpv'{'qw'q'cng'ectg"qh'{'qwtugth0

Bob: I like you guys too, but it's cool to do that stuff.

Manjit: Well, I think it's even cooler to say "no."

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Bob: You know what you guys are right, why don't you guys come over tomorrow afternoon for lunch and we'll play vj g'pgy 'Zdqz'i co g'my cousin got me for my birthday. What do you guys say?

John: That's so awesome dude, I've been wanting to play that new game.

Mike: Yeah, that's great!

Manjit: I'm definitely in. I don't think I have plans tomorrow.

Bob: Cool guys, this is pretty great! See you all tomorrow.

End Skit

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