VALUE ORIENTED ACTIVITY 19



"Every Action Has Input and Output"

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Introduction

The great the challenge you face, more the fun. Stronger the involvement, understanding of principles and truth of life becomes clear. Games help the children to become aware of these facts. At the same time it stimulates them to think deeper and to analyse confidently. The high challenging activities with variations builds strong grasping power and concentration. So the activities should have expansion of levels. This is very important. Otherwise the skills of the child will be destroyed.

Game

This game contains a series of levels, to suit the children from Gr 1 to adult level.

Here are the titles,

Every Action builds or destroys the power within.

Every action, Leeds to gain or lose the power within

Every action has an input and output. [This is the simple first title]

Every Action lifts you up or slides you down like snake and ladder.

These are the titles of one simple game for different levels. They can choose the title.

The essence of the game is to become aware of the result of the actions.

Here is an example,

Though we don't use negative actions, here I am giving one.

For instant if I fight with someone, my action is **fighting;** now let's see what the qualities I am receiving are.

Anger, jealousy, worry, fear, dullness, sadness, ego and cruelty ---etc. Just see one action, but so many negative qualities get in to me.

Now let's see what is going out?

Friendliness, kindness, gentleness, loves---etc.

At the end what happens to me? I am filled with all bad qualities. Will I like it!

Likewise if **I share with someone who needs my help**, what are the qualities creep in to me, kindness, compassion, love, friendliness, respect for others, care and happiness. The qualities I lose sadness, jealousy, bad thoughts----etc.

Another example "action"-----Obey the Law

Input---peace of mind, honesty, courage---etc.

Output---Fear, worry, telling lies-----etc.

More complicated actions can be given to the higher level of the children. EX Service, teaching poor children, helping old people---etc.

- This activity contains two sets of cards
- One in red colour, with the actions
- The second set is in blue colour, with the positive and negative qualities.
- The size of the cards is 3" by2".
- The action cards are the main cards. [used for game points}
- Qualities are the side cards,{ used to exchange}
- The great advantage in this activity is that, you can play for long or short time.
- Depending on time can decide the game point.
- For short game, game point will 3 to 5, for normal length of time, game point can be 8 to 10.
- If game points are 5, then 5 red cards should be given.

- Side cards should be given, **double** the number of red cards.
- Shuffle the red cards and give 5 each, put away the rest.
- Shuffle the side cards and give 10 to each one or to each pair. If there are more children, they can be in pairs or 3, 4, --etc.
- Now the game begins by building the sets, each action card should have one suitable positive and negative card to make a set.
- Once a set is ready, the player has to read it out and explain to others to accept. This is real fun. They analyse and discuss well.
- For example-- **Helping Mum**, one of the positive, can be- active, happy, caring, kindness--. One of the negative one can be-- laziness, sad, angry, disappointment –etc.
- After distributing the correct number of side cards, the rest should be shuffled and placed in the middle, by taking turn, one at a time, exchange the unwanted side card.
- The activity goes on like this. The one who completes all the sets first is the winner.

Play till all get the sets right.

The Benefits of the game

- Become aware of the action and the results.
- One simple action can bring many qualities.
- Learns to discuss and analyse.
- Learns to question with in, before acting.
- Builds very strong grasping power and able to reason out.

Main words for the Game

(Mark Ac no in all cards, front or back)

Don't waste time	Be active	Be clean	Sing good songs
Listening	Listening to Songs	Helping the needy	Being happy Always
Follow the rules	Work hard, talk less	Speak less	Meditation or speak to god
Obey the rules	Buy only what you need	Share with needy	Respect others
Respect other faiths	Respect parents	Respect teachers	Watching good T.V Programme

While play-play While work-work	Caring for the environment	Eating healthy food	Reading stories within family
Reading stories within family	Eating what you need	Reading books, Mum & child discussing	Singing together
Being with good friends	Do not idle	Don't waste time	Be active
Be clean	Be punctual	Be kind to nature	Care for nature

Picking littler	Not compare with others, only to Yourself.	Self-analyse your work for progress	Follow rules while playing
Drink water not, chemical mixture	Work in unity	Be courageous to fight evil in you	Being thankful
Being grateful	Show gratitude	Become friendly	Gaining confidence

Clear understanding	Peaceful	Heart content	Feeling fit
Loving to do	Enjoy doing	Feeling light	Increase concentration
Feel like doing more	Gains knowledge	Gains name and fame	Remove ego
Removes anger	Remove jealousy	Remove pride	Remove laziness
Feeling joy	Being energetic	Confident	Being independent

Looking forward	Remove ignorance	Remove selfishness	Remove sorrow
Remove worry	Remove tension	Remove fear	Remove suspicion
Remove enemies	Remove drowsiness	Remove agony	Remove confusion
Remove hurry &worry	Remove depression	Remove sickness	Removes pain
Remove greediness	Increases knowledge	Speaks sensibly	Builds good communicat ion
Able communicat e with	Answers clearly	Builds clarity	Creates Alertness

confidence			
Able to be patient	Creates unity & understanding	Able to gain clear understanding	Becomes brighter
Becomes healthier	Chanting OM	Doing yoga or exercise	Truth
Truth	Accuracy	Curiosity	Discernment
Fairness	Honesty	Integrity	Intuition

Justice	Optimism	Purity	Quest for knowledge
Reason	Self-analysis	Self-awareness	Sincerity
Spirit of enquiry	Synthesis	Trust	Truthfulness
Determination	Unity of thought, word and deed	Acceptance	Affection
Care	Compassion	Consideration	Dedication

Devotion	**Empathy**	**Forbearance**	**Forgiveness**
Friendship	**Generosity**	**Gentleness**	**Humanness**
Interdependence	**Kindness**	**Patience**	**Patriotism**
Reverence	**Sacrifice**	**Selflessness**	**Service**
Sharing	**Sympathy**	**Thoughtfulness**	**Tolerance**
Trust	**Attention**	**Calm**	**Concentration**

Contentment	Dignity	Discipline	Equality
Equanimity	Faithfulness	Focus	Gratitude
Happiness	Harmony	Humility	Inner silence
Optimism	Patience	Reflection	Satisfaction
Self-acceptance	Self-confidence	Self-control	Self-discipline
Self-esteem	Self-respect	Sense control	Understanding

Virtue	Care of possessions	Diet	Hygiene
Helpfulness	Not wasting	Code of conduct	Courage
Dependability	Duty	Efficiency	Ingenuity
Initiative	Perseverance	Punctuality	Resourcefulness
Respect for all	Responsibility	Benevolence	Concern for others
Co-operation	Forbearance	Forgiveness	Good manners

Happiness	Loyalty	Morality	Universal compassion
Appreciation of other cultures and religions	Brother/sister hood	Care of environment	Citizenship
Equality	Harmlessness	National awareness	Perseverance
Respect for property	Social justice	Modesty	Posture carriage
Self-reliance	Tidy appearance	Good behaviour	Good manners