**Virtue: FRIENDLINESS**

**Lesson Plan for children 0 - 3**

**Open Play (20 minutes) and Parent Discussion:**

Invite children to play with toys- gently guiding and reminding them of the virtues of kindness, love and sharing. While keeping an eye on their children, parents talk about how to support the development of friendliness in their families.

* How can we encourage the development of the virtue of friendliness in our children?
* How can we as parents help foster in our children the desire to be friendly to all humanity?
* How can we help our children be friendly to others and still be safe in today's world?

After about twenty minutes, a song with a verse about helpfulness is played, signaling that it is almost time to start the formal part of our playgroup.

**The Verse played is “You live to do good and to bring happiness to others.”**

(From the Virtues In Us, Quotations CD)

Once the song is over, children and parents clean up toys while singing a clean-up song:

There are several cute and easy songs to choose from: Select one and have that be your 'clean up theme song' for the class.

Song 1: Clean up, clean up, everybody everywhere.

Clean up, clean up, everybody do your share.

Song 2: *(spoken)* Time to clean up, everyone. Let's pick up our things!

*(Chorus)*

Clean up, everybody clean up (x3)

Time to clean up!

Pick up, everybody pick up (x3)

Time to pick up!

Pick up the toys, put them away

Pick up the blocks, put them away

Pick up the books, put them away

Put your things away

**Welcome Song** (Favorite Children’s Songs from the Family Learning House CD)

Once clean-up is done, play the welcome song to signal that it is time for the children and parents to gather round, sitting in a circle.

Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be wonderful. Today is going to be joyful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be beautiful. Today is going to be peaceful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be…How is your day going to be? Get ready to sing! Today is going to be \_\_\_\_\_\_\_(friendly) I’m going to be happy. Today I’m going to be helpful. Good morning, good morning! It’s lovely to see you! Good morning, good morning! It’s lovely to see you!

**Opening Prayer: Explain to the parent and children:**

**"**We always start with a prayer, because God is the source of all spiritual qualities, and we want to call on Him to aid us in our spiritual development. "

**O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate.** ~ 'Abdu’l-Bahá

(CD: Happy Ayyám-i-Há, William Sears. This prayer has also been set to music by Hailey Merrill Fudu / now living in South Africa.)

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| **WORDS** | ACTIONS |
| **O God** | raise both hands up to the sky |
| **educate** | move hands down by sides of your body with palms facing in |
| **these children** | move hands out so that your elbows are bend and your palms are facing up to the sky |
| **These children** | keep the same position but bounce your hands and arms a little |
| **are the plants of Thine orchard** | move hands and arms up from the side until hands are in the same position as they are for "these children", put up around your head |
| **the flowers of Thy meadow** | raise your hands all the way up, palms facing forward, and sway them from side to side |
| **the roses of Thy garden** | put hands, palms facing your head, on both sides of your head and move them down so that your hands are underneath your chin, wrists touching, and your chin is resting in your hands, palms up |
| **let Thy rain fall upon them** | make raindrops by wiggling your fingers and move your hands from above your head, down to your side |
| **let the Sun of Reality** | make a big circle with your arms above your head |
| **shine upon them with** | move your arms from side to side while still in a big circle above your head |
| **Thy love** | make a heart in front of your chest with the fingers of both hands |
| **Let Thy breeze refresh them** | put both hands out in front of you, holding your hands parallel, facing each other, and move them gracefully from side to side |
| **in order that they may be** | put right index finger out in front of you and move it up and down, from left to right, in front of you, as if pointing out each child |
| **trained** | put elbows to either side of your waist, with your hands and arms straightened in front of you |
| **grow** | keep elbows at your side and move your arms so that they are parallel with your body, fingers pointing up |
| **and develop** | move your hands and arms straight up until they are fully extended above your head |
| **and appear** | open your arms up into a V above your head |
| **in the utmost beauty** | keep the V-position, but move your hands and wrists gracefully back and forth in an oriental fashion, like your hands are waves, and then move your arms from right to left as you do this, very rhythmically, looking up and smile as if you are admiring the beauty |
| **Thou art** | point up to the sky |
| **the Giver** | put both hands straight out in front of you with palms up, while bowing your head a bit, as if gratefully and humbling receiving a gift |
| **Thou art** | point up to the sky |
| **the Compassionate** | give yourself a big hug, and sway from side to side |

**Song: Hello Song** (Music Together, Bongos CD)

Hello everybody! So glad to see you! Hello everybody, so glad to see you too! Hello to \_\_\_\_, so glad to see you! Hello to \_\_\_\_\_\_\_, so glad to see you too! Hello everybody! So glad to see you! Hello everybody, so glad to see you!

(sing each child’s name and parent’s name)

**Song: Wake up Movement**  (Music Together, Bongos CD)

Open and shut them, open and shut them, give a little clap.

Open and shut them, open and shut them, fold them in your lap.

Creep them, creep them, slowly creep them right up to your chin.

Open up your little mouth but do not let them in!

Song motions: ( https://www.youtube.com/watch?v=9LbZSyx-7Xo)

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| **WORDS** | ACTIONS |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **give a little clap** | clap hands |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **fold them in your lap** | fold hands emphatically in your lap |
| **Creep them, creep them, slowly creep them, right up to your chin** | "creep" your fingers up from your waist and neck to your chin |
| **Open up your little mouth** | Touch one finger to your lower lip while opening up mouth wide |
| **But do not let them in** | Quickly move both hands behind your back |

**Introduction to the Virtue of Friendliness:**

Friendliness is being a friend. It is going out of your way to make others feel welcome or to make a stranger feel at home. When you are friendly, you share you things, your time, your ideas and your feelings. We can make friends whenever we want by being loving and kind to others.

**Read the book: Let’s Be Friends by P.K. Hallinan**

**Song: The More We Get Together** (Martin Kerr, Favorite Songs from the Family Learning House CD)

The more we get together, together, together,

the more we get together the happier we’ll be,

because your friends are my friends and my friends are your friends.

The more we get together the happier we’ll be!”

(next verse: the more we play together…, the more we love each other…

*Actions:* Hold hands and sway, show smile, point to yourself and then to others, hold hands and sway; on last verse, when singing- the more we love each other- blow kisses to people in the group

**Song: The Unity Song** (The Family Learning House, Favorite Children’s Songs CD)

We are drops (we are drops) of one ocean (of one ocean).

We are waves (we are waves) of one sea (of one sea).

*Chorus:*

Come and join us (come and join us) in our quest for unity.

It’s a way of life for you and me.

We are flowers (we are flowers) of one garden (of one garden).

We are leaves (we are leaves) of one tree (of one tree).

*Chorus:*

All the earth (all the earth) is one country (is one country).

We are one (we are one) family (family).

*Chorus:*

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| **WORDS** | ACTIONS |
| **We are drops** | Make gentle "falling drops" with fingers by holding hands at head-height, palms down with fingers open and pointing away from yourself, then wiggle fingers as you slowly lower your hands |
| **of one ocean** | spread open hands, palms down, out in front of you |
| **we are waves** | make waves by waving your hands to each side |
| **of one sea** | make waves while moving your hands in front of you |
| ***(Chorus)***  ***Come and join us*** | *move hands like you are waving someone to come towards you* |
| ***in our quest for unity, it's a way of life for you and me*** | *hold hands with your neighbor* |
| **We are flowers** | raise hands above you like a flower |
| **of one garden** | move hands above you from side to side |
| **we are leaves** | make a leaf/diamond shape in front of you with thumbs and index fingers of both hands |
| **of one tree** | make a tree with your body, arms stretched out to sides |
| **All the earth** | make a large circle with your arms and hands above your head |
| **is one country** | make "one" with your index finger, hold it in front or you |
| **We** | point to yourself |
| **are one** | make "one" with your index finger, again |
| **family** | put fingers of both hands together in front of you, same actions as above for Chorus |

**Song: Love, Love, Love Your Friends** (sung to the tune of Row, row, row your boat)

Love, love, love your friends. Love them everyday.

Show them that you care for them by sharing when you play.

*Action:* Sit facing your child and hold both of their hands, rocking back and forth.

**Song: Peace Around the World** (Virtues in Us, Children’s Virtues Songs for Preschool CD) sung to the tune of “Ring around the Rosie”

Peace around the world, peace around the world.

Friendship! Friendship! We all shake hands!

*Action:* Hold hands and walk around in a circle and when it says “shake hands”, find someone to shake hands with

**Song: Meeting a New Friend** (The Family Learning House, Children’s Virtues Songs- Preschool CD)

When I meet a new friend I say “Hello!”, “Hello!”;

When I meet a new friend I say “Hello!”, “Hello!”;

When I meet a new friend I can give her hand a shake;

When I meet a new friend I say “Hello!”, “Hello”

*Action*: Children and parents march around the room randomly, meeting and greeting each other, waving, shaking hands and saying hello!

**Give out balls for children to roll during the following song (parents: please make sure children are rolling them on the ground instead of throwing them):**

**Song: Hello to All the Children of the World**

(The Family Learning House, Favorite Children’s Songs CD)

*Chorus*:

Hello, Bonjour, Buenos Dias, G’day, Guten Tag,

Konnichiwa, Ciao, Shalom, Dobrey Dyen,

Hello to all the children of the world!

We live in different places from all around the world.

We speak in many different ways.

Though some things might be different, we’re children just the same

and we all like to sing and play.

*Chorus*

There are children in the deserts and children in the towns

and children who live down by the sea.

If we could meet each other to run and sing and play,

then what good friends we all could be.

*Chorus x2*

Hello to all the children of the world!

Hello to all the children of the world!

**Collect balls and hand out scarves for next song:**

**Song: Friendship** (Tim Urbonya, Love all the World CD)

If you desire with all your heart, friendship with every race on earth,

your thought, spiritual and positive, will spread;

it will become the desire of others, growing stronger and stronger,

until it reaches the minds of all men. ~ 'Abdu’l-Bahá

**Collect scarves and hand out instruments for the following two songs:**

**Song: Concentrate** (Tim Urbonya, Angels in the World CD)

Concentrate all the thoughts of your heart on love and unity.

When a thought of war comes oppose it by a stronger thought of peace.

A thought of hatred must be destroyed by a more powerful thought of love.

**Song: I Think You’re Wonderful** (Red Grammer, Teaching Peace CD)

**Invite children to sit in a circle with their Mommy to listen to the closing Verse.**

**Closing Verse:** Invite children to practice reverence by asking them to sit in their parent’s lap while a very short Verse is said (or sung: Soulrise Melodies)

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| **Deal ye one with another with the utmost love and harmony, with friendliness and fellowship. ~ B**ahá'u'lláh |

*Action*: **Deal ye-** both hands out in front of you with palms up; **one-** put left hand out to your side as if holding the hand of a friend; **with another-** put right hand out to your side as if holding the hand of a friend; **with the utmost love-** form a big heart by curving your arms and hands over your head; **and harmony-** put both hands in front of you, keeping your hands straight, but interlacing your fingers; **with friendliness-** smile and touch your smile with both index fingers; **and fellowship-** put both hands out in front of you with palms up and wiggle your fingers.

Children repeat the Verse with movements to help them learn it by memory.

**Closing Song:**

**(sung to the tune of "Teddy Bear, Teddy Bear....)**

**There are several different tunes for the Teddy Bear rhyme you can find on YouTube. Here is one version**

**https://www.youtube.com/watch?v=sSLlm5bwzjs**

Friendly child, friendly child turn around. (turn around)

Friendly child, friendly child, touch the ground. (touch the ground)

Friendly child, friendly child, show your shoe.

(hold foot up and point to shoe)

Friendly child, friendly child, I love you! (hugs all around!)

Friendly child, friendly child, reach for the sky. (reach up!)

Children’s class is over. It’s time to say goodbye! (wave and say, “goodbye!”)