**Virtue: Love**

**Lesson Plan 1**

**Children ages 3-5+**

**A light snack will be offered to those arriving a few minutes early (fruit, wholesome homemade muffin, etc.)**

**Opening Prayers:** Invite children to practice reverence by asking them to sit in their parent’s lap while the following prayer is said and then sung. Explain that "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."

**Prayer: Blessed is the spot** (CD: Attract the Hearts, TaliaSafa)

**Blessed is the spot, and the house, and the place,**

**and the city, and the heart, and the mountain,**

**and the refuge, and the cave, and the valley, and the land,**

**and the sea, and the island, and the meadow**

**where mention of God hath been made,**

**and His praise glorified.** ~ Bahá’u’lláh

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| **WORDS** | ACTIONS |
| **Blessed** | put hands in front of you as if you are in prayer; |
| **is the spot** | put left hand out in front of you with palm facing up and with your index finger of your right hand, make a dot in the middle of your left palm; |
| **and the house** | make a triangle with your index fingers and thumbs; |
| **and the place** | turn your hands so your palms are facing up and move the left hand towards the left and the right hand towards the right; |
| **and the city** | put your hands vertically, like you are chopping something, and make chopping motions from left to right with both hands; |
| **and the heart** | touch your heart; |
| **and the mountain** | make a big triangle by touching your finger tips of both hands together and moving your elbows out to either side; |
| **and the refuge** | move that big triangle up over your head; |
| **and the cave** | curve that big triangle so it looks more like you are in a cave; |
| **and the valley** | move your hands, while still keeping them together, so that your elbows are still out to either side, but your fingertips are touching in a V; |
| **and the land** | straighten both arms, while keeping fingertips touching, so that your hands and arms make a straight line; |
| **and the sea** | keep your fingers touching, but move your arms and hands in a wavy motion; |
| **and the island** | form a circle with your arms and hands, while keeping your fingertips touching; |
| **and the meadow** | have the palms of both hands facing out and move your hands back towards your chest in alternate pulling and pushing motions; |
| **where mention** | put both hands, palms up, towards your mouth, with your right hands touching your chin and your left hand behind your right hand and then move both hands, while they are still touching, up and away from your mouth; |
| **of God** | raise both arms up with palms facing up, over your head |
| **hath been made** | keep both hands up and sway |
| **and His praise** | while you say each of these words, move your hands and arms back and forth, while keeping them above your head |
| **glorified** | open up your hands so your palms are facing out and your fingers are open and wiggle your fingers while moving your hands in a circle, down to either side |

**Prayer: Brilliant Star** (CD: Tender Years -2: Iraninejad & Cyrus)

**O God, guide me, protect me,**

**make of me a shining lamp and a brilliant star.**

**Thou art the Mighty and the Powerful.** ~ 'Abdu’l-Bahá

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| **WORDS** | ACTIONS |
| **O God** | Raise both hands up to sky, while looking upward, as if entreating God |
| **guide me** | Hold left arm in front of you with palm open, facing up. Move your right hand forward over your left from, from elbow to hand |
| **protect me** | put both hands on top of head and slightly bow your head |
| **make of** | grip hands tightly, twice, as if forming clay |
| **me** | put both hands on heart |
| **a shining lamp** | Smile and look up as you put both hands out to your side and bring them up above your head, and have the tips of your fingers touch each other, like are forming the shape of a lamp |
| **And a brilliant star** | Then move both hands down along the side of your body, wiggling your fingers until they are at your side |
| **Thou art** | point with both fingers up to the sky |
| **the Mighty** | both arms out and show your muscles |
| **and the** | open both hands up to the sky |
| **Powerful** | Bow head slightly while lowering open hands in front of you |

Any child is then welcome to share a prayer with the group, if they have been learning one at home. This is a good time to review any previous verses they have learned as well.

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

*(Actions: Clap hands to knees in time with the music)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see you!

Hello to \_\_\_\_, so glad to see you!

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

*(Repeat the second couplet as many times as necessary, singing each child’s name, until everyone has been greeted, include mommies/ daddies and teachers)*

*(For the last line, below, slow the last phrase, while slapping knees faster and faster, and end with "yoooooooou!" on a rising note)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see yooooou!

**Introduction to the Virtue of Love:** Love is a special feeling that fills our hearts. We show love in a smile, a pleasant way of speaking, a thoughtful act or a hug. Love is treating people with special care and kindness because we care for them so much!

**Book: The Invisible String by Patrice Karst**

**Songs:**

**Song: Love, Service, Joy and Gentleness**

(CD: The Family Learning House, Virtues in Us - Preschool)

Love, service, joy and gentleness.

Love, service, joy and gentleness.

These are virtues we possess.

Love, service, joy and gentleness.

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| **WORDS** | ACTIONS |
| **... love** | touch your heart |
| **... service** | extend your hand as though serving someone |
| **... joy** | raise your hands to your face and smile joyously |
| **... gentleness** | gently stroke your left arm with your right hand, as if petting a kitten |

**Song: I’ve Got Peace Like a River**

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

I’ve got peace like a river. I’ve got peace like a river. }

I’ve got peace like a river in my soul. } *(x 2)*

I’ve got joy like a fountain. I’ve got joy like a fountain. }

I’ve got joy like a fountain in my soul. } *(x 2)*

I’ve got love like the ocean. I’ve got love like the ocean. }

I’ve got love like the ocean in my soul. } *(x 2)*

I’ve got peace like a river in my soul.

I’ve got peace like a river in my soul.

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| **WORDS** | ACTIONS |
| **... peace** | clasp hands in front of you like you are in prayer |
| **...river** | have hand flow vertically in front of you |
| **... joy** | put hands up to your face and then out to the side with fingers open |
| **... love** | make a heart with your hands in front of you |
| **... ocean** | make waves horizontally to each side |
| **... soul** | touch your heart |

Give each child a big paper heart (laminated with rough edges smoothed) to hold and pass around during the following song:

**Song: Love is Something if you Give it Away**

(CD: Building Bridges)

*CHORUS:*

Love is something if you give it away, give it away, give it away.

Love is something if you give it away, you'll end up having more.

It's just like a magic penny. Hold it tight and you won’t have any!

Lend it, spend it, and you'll have so many they'll roll all over the floor.

*CHORUS:*

So let's go dancing until the break of day.

And if there's a piper, we can pay

For love something if you give it away, you'll end up having more.

*(Repeat, but replace love with other words such as a hug, a smile, etc.)*

Collect hearts and pass out bells on strap to be jingled during the following song:

**Song: Put A Little Love In Your Heart** (CD: Kids for Peace, The Hit Crew)

Think of your fellowman, lend him a helping hand,

Put a little love in your heart!

You see it’s getting late, oh please don’t hesitate,

Put a little love in your heart!

*CHORUS:*

And the world will be a better place *(x 2)*

For you and me, just wait and see!

Another day goes by, but still the children cry,

Put a little love in your heart!

If you want the world to know, we won’t let hatred grow,

Put a little love in your heart!

*CHORUS:*

Take a good look around, and if you’re looking down,

Put a little love in your heart!

I hope when you decide kindness will be your guide,

Put a little love in your heart!

*CHORUS:*

Put a little love in your heart *(x 5)*

Hand out ribbon wands for children to use in dancing to the following song

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

To be a Baha’i simply means to love all the world,

to love humanity and try to serve it,

to work for universal peace and universal brotherhood. ~ 'Abdu’l-Bahá

Collect ribbon wands and pass out instruments to be played during the following song:

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

Concentrate all the thoughts of your heart on love and unity. *(x 2)*

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, love love! ~ Abdu’l-Bahá

*(Repeat entire verse, then end with...)*

Concentrate all the thoughts of your heart on love and unity

Concentrate..... concentrate.... concentrate... concentrate

Concentrate all the thoughts of your heart on love and unity *(x 2)*

Collect instruments and invite children to sit in the circle for the verse on love.

**Verse to Memorize:**

**O Friend! In the garden of thy heart plant naught but the rose of love**.

~ Bahá’u’lláh

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| **WORDS** | ACTIONS |
| **O Friend** | both hands out in front of you with palms up |
| **In the garden** | both hands moving to either side in front of you, horizontally |
| **of thy heart** | make a heart with both hands in front of you |
| **plant naught** | cup your left hand in front of you and with your right hand make a pinching motion like you are planting something in your left hand |
| **the rose of love** | move your hands up your body and make a heart with your arms above your head, finger tips on the top of your head |

**Story of 'Abdu’l-Bahá that reflects the virtue:**

*Storyteller can have a plain handkerchief tied up, with cut out red paper hearts inside that she can share with the group when 'Abdu’l-Bahá says “Eat with Me of this gift of humble love”*

'Abdu’l-Bahá was attending a luncheon in London when a gift for him arrived from Persia. A traveler, who had passed through Ishqabad in Russian Turkistan, was approached by a poor labourer who, knowing he was going to see 'Abdu’l-Bahá, longed to send him a gift. He had nothing to give but his own dinner. Lovingly, this was wrapped in a cotton handkerchief. Graciously, 'Abdu’l-Bahá now received the handkerchief, which He quickly untied. The black bread was dry, the apple shriveled, but 'Abdu’l-Bahá did not touch His recently prepared luncheon. He ate instead of this humble food and shared it with His guests, saying, “Eat with Me of this gift of humble love.”

**Games:**

**Play the following game: A Chance to be Nice**

**Game Description:** Children form a circle on the ground and one of them stands up. That child skips or walks around the circle while the children and/or adults say something nice about him/her (such as, Lily arrives to class on time, she is very generous, seeing her sweet smile makes me very happy). Then when she has gone around the circle, the child picks someone else who hasn’t gone to get up and go around the circle. This continues until everyone has had a chance to go.

**PARACHUTE**

Get out the parachute and move it up and down with the children to the following song:

**Love Song** (Jennifer Russell, The Virtues Songs CD)

God is love, love is God

Love goes on forever

I love you as I love me

Love heals all forever

*(Repeats in a round)*

Then introduce the art activity.

**Art Activity: Making a valentine**

**Materials:** colorful paper, scissors, glue, tape, stickers, doilies

**Direction:** Invite children to make a valentine, with the help of their parent, for someone that they are connected to by bonds of love.

**Virtue: Love**

**Lesson Plan 2**

**Children ages 3-5+**

**A light snack will be offered to those arriving a few minutes early (fruit, wholesome homemade muffin, etc.)**

**Opening Prayers:** Invite children to practice reverence by asking them to sit in their parent’s lap while the following prayer is said and then sung. Explain that "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."

**Prayer: Blessed is the Spot** (CD: Attract the Hearts, Talia Safa),

**Blessed is the spot, and the house, and the place,**

**and the city, and the heart, and the mountain,**

**and the refuge, and the cave, and the valley, and the land,**

**and the sea, and the island, and the meadow**

**where mention of God hath been made,**

**and His praise glorified.** ~ Bahá’u’lláh

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| --- | --- |
| **WORDS** | ACTIONS |
| **Blessed** | put hands in front of you as if you are in prayer; |
| **is the spot** | put left hand out in front of you with palm facing up and with your index finger of your right hand, make a dot in the middle of your left palm; |
| **and the house** | make a triangle with your index fingers and thumbs; |
| **and the place** | turn your hands so your palms are facing up and move the left hand towards the left and the right hand towards the right; |
| **and the city** | put your hands vertically, like you are chopping something, and make chopping motions from left to right with both hands; |
| **and the heart** | touch your heart; |
| **and the mountain** | make a big triangle by touching your finger tips of both hands together and moving your elbows out to either side; |
| **and the refuge** | move that big triangle up over your head; |
| **and the cave** | curve that big triangle so it looks more like you are in a cave; |
| **and the valley** | move your hands, while still keeping them together, so that your elbows are still out to either side, but your fingertips are touching in a V; |
| **and the land** | straighten both arms, while keeping fingertips touching, so that your hands and arms make a straight line; |
| **and the sea** | keep your fingers touching, but move your arms and hands in a wavy motion; |
| **and the island** | form a circle with your arms and hands, while keeping your fingertips touching; |
| **and the meadow** | have the palms of both hands facing out and move your hands back towards your chest in alternate pulling and pushing motions; |
| **where mention** | put both hands, palms up, towards your mouth, with your right hands touching your chin and your left hand behind your right hand and then move both hands, while they are still touching, up and away from your mouth; |
| **of God** | raise both arms up with palms facing up, over your head |
| **hath been made** | keep both hands up and sway |
| **and His praise** | while you say each of these words, move your hands and arms back and forth, while keeping them above your head |
| **glorified** | open up your hands so your palms are facing out and your fingers are open and wiggle your fingers while moving your hands in a circle, down to either side |

**New prayer: O God, my God, my Beloved, my heart's Desire.** ~ The Báb

(CD: Children's Songs from the Peace Pack, song 15)

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| **WORDS** | ACTIONS |
| **O God** | reach both hands up into the air |
| **my** | hands on heart |
| **God** | both hands up in the air |
| **my** | hands on heart |
| **Beloved** | hug yourself |
| **my** | hands on heart |
| **heart's** | make a shape of your heart in front of your chest with both hands |
| **desire** | wiggle your fingers out from your heart and move them to each side |

Any child is then welcome to share a prayer with the group, if they have been learning one at home. This is a good time to review any previous verses they have learned as well.

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

*(Actions: Clap hands to knees in time with the music)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see you!

Hello to \_\_\_\_, so glad to see you!

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

*(Repeat the second couplet as many times as necessary, singing each child’s name, until everyone has been greeted, include mommies/ daddies and teachers)*

*(For the last line, below, slow the last phrase, while slapping knees faster and faster, and end with "yoooooooou!" on a rising note)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see yooooou!

**Review of the Virtue of Love:** Love is a special feeling that fills our hearts. We show love in a smile, a pleasant way of speaking, a thoughtful act or a hug. Love is treating people with special care and kindness because we care for them so much!

**Book: Somebody Loves You, Mr. Hatch by Eileen Spinelli**

**Songs:**

**Song: Love, Service, Joy and Gentleness**

(CD: The Family Learning House, Virtues in Us - Preschool)

Love, service, joy and gentleness.

Love, service, joy and gentleness.

These are virtues we possess.

Love, service, joy and gentleness.

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **... love** | touch your heart |
| **... service** | extend your hand as though serving someone |
| **... joy** | raise your hands to your face and smile joyously |
| **... gentleness** | gently stroke your left arm with your right hand, as if petting a kitten |

**Song: I’ve Got Peace Like a River**

(CD: Family Learning Tree, Favorite Children’s Songs)

I’ve got peace like a river. I’ve got peace like a river. }

I’ve got peace like a river in my soul. } *(x 2)*

I’ve got joy like a fountain. I’ve got joy like a fountain. }

I’ve got joy like a fountain in my soul. } *(x 2)*

I’ve got love like the ocean. I’ve got love like the ocean. }

I’ve got love like the ocean in my soul. } *(x 2)*

I’ve got peace like a river in my soul.

I’ve got peace like a river in my soul.

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **... peace** | clasp hands in front of you like you are in prayer |
| **...river** | have hand flow vertically in front of you |
| **... joy** | put hands up to your face and then out to the side with fingers open |
| **... love** | make a heart with your hands in front of you |
| **... ocean** | make waves horizontally to each side |
| **... soul** | touch your heart |

Give each child a big paper heart to hold and pass around during the following song:

**Song: Love is Something if you Give it Away**

Love is something if you give it away, you give it away, you give it away.

Love is something if you give it away, it comes right back to you.

It’s just like a magic penny. Hold on tight and you won’t have any!

Lend it, spend it, give it away and it comes right back to you.

(Repeat, but replace love with other words such as a hug, a smile, etc.)

**Song: Love in My Pocket** (CD: Virtues in Me, Radha and the Kiwi Kids)

*Touch the appropriate body part or clothing according to the song. Can keep laminated hearts out and touch body part with the heart, according to the song*

I’ve got love in my pocket *(x 2)*

I’ve got love up my sleeve *(x 2)*

Love light in my eyes *(x 2)*

And love inside my knees *(x 2)*

I’ve got love in my tummy *(x 2)*

I’ve got love down in my shoes *(x 2)*

I’m full of love all over *(x 2)*

And I’m sending some to you *(x 2)*

When you dive into the water *(x 2)*

You get water everywhere! *(x 2)*

Well, love flows just like water *(x 2)*

It gets you everywhere! *(x 2)*

*(Repeat first two verses* (change “I’ve” to “We’ve” and “my” to “our”)

Collect hearts and pass out egg shakers for the following songs:

**Song: Skidamarink**

(D: The Best of Wee Sing, 25th Anniversary Celebration, by Price Stern Sloan)

Skidamarink a dink a dink, skidamarink a doo, I love you

Skidamarink a dink a dink, skidamarink a doo, I love you.

I love you in the morning and in the afternoon

I love you in the evening and underneath the moon

Oh, Skidamarink a dink a dink, skidamarink a doo, I love you

*(Repeat song)*

**Song: Fellowship, Fellowship** (CD: Hailey Merrill)

Someone can make up a way to tap and the others can follow and then for the next verse, someone else can make up a movement, etc.

Fellowship, fellowship, love, love, unity

All the people are one

We are the members of just one family

The age of peace has begun!

*(Repeat song x 4)*

Pass out bells on strap to be jingled during the following song:

**Song: Put A Little Love In Your Heart** (CD: Kids for Peace, The Hit Crew)

Think of your fellowman, lend him a helping hand,

Put a little love in your heart!

You see it’s getting late, oh please don’t hesitate,

Put a little love in your heart!

*CHORUS:*

And the world will be a better place *(x 2)*

For you and me, just wait and see!

Another day goes by, but still the children cry,

Put a little love in your heart!

If you want the world to know, we won’t let hatred grow,

Put a little love in your heart!

*CHORUS:*

Take a good look around, and if you’re looking down,

Put a little love in your heart!

I hope when you decide kindness will be your guide,

Put a little love in your heart!

*CHORUS:*

Put a little love in your heart *(x 5)*

Collect bells and hand out drums to be played during the following song:

**Song: Utmost Love and Kindliness** (CD, Angels in the World, Tim Urbonya)

Treat all thy friends and relatives, even strangers, }

With the spirit of utmost love and kindliness. } *(x 2)*

With a spirit of utmost love, utmost love }

With a spirit of utmost love and kindliness } *(x 2)*

*(Repeat song)*

Collect drums and hand out instruments for the following song:

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

Concentrate all the thoughts of your heart on love and unity. *(x 2)*

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, love love! ~ Abdu’l-Bahá

*(Repeat entire verse, then end with...)*

Concentrate all the thoughts of your heart on love and unity

Concentrate..... concentrate.... concentrate... concentrate

Concentrate all the thoughts of your heart on love and unity *(x 2)*

Collect instruments and invite children to sit in the circle for the verse on love.

**Verse to Memorize:**

**O Friend! In the garden of thy heart ,**

**plant naught but the rose of love.** ~ Bahá’u’lláh

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| **WORDS** | ACTIONS |
| **O Friend** | both hands out in front of you with palms up |
| **In the garden** | both hands moving to either side in front of you, horizontally |
| **of thy heart** | make a heart with both hands in front of you |
| **plant naught** | cup your left hand in front of you and with your right hand make a pinching motion like you are planting something in your left hand |
| **the rose of love** | move your hands up your body and make a heart with your arms above your head, finger tips on the top of your head |

**Story:**  Lilly’s Chocolate Heart by Kevin Henkes

**Game: Friend Circle**

To begin, have the children sit on the floor in a circle.  Give a ball to one of the children, who stands up and walks around the outside of the circle, while everyone sings, “I have a good friend, a good friend, a good friend, I have a good friend and their name is…”. When the child stops at a person, the group sings the name of that person. Then that new person gets the ball and the other person who gave her the ball sits down in her place. Now the game starts again- making sure that the new person picks someone who has not gone yet.

**Art Activity:**

**Decorating heart shaped frames**

**Materials:** heart-shaped frames from Michael’s, markers, stickers, photos of the children printed out to put in the frame

**Direction:** Children decorate the frame with markers and stickers and then have their picture put in the frame to give to someone that they love and that loves them.