

Virtue Workshop

Children, Youth and Adults Learning Together

Downloadable files and Printable resources are included

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Proverbs of Oneness

General Introduction

This Material is designed for workshops/conferences, children's classes, families, and individual learning.

Unless we can make deep spiritual concepts understandable, we risk losing future generations to the distorted thinking of a deteriorating materialistic world..

Each spiritual concept explored includes activities specifically designed for groups of youth and adults and activities designed for children.

It is a method of group learning, based on the model of the oneness of humanity.

Everyone is a student, and everyone is a teacher. Our mission is not to provide exhaustive research and explanation of concepts for scholars. Our goal is to enable everyone to gain a basic knowledge of concepts indispensable for spiritual survival.

It is our hope that parents and teachers gathered in living rooms, backyards; in cities and villages, will use these spiritual concepts to improve the lives of children, youth and adults.

The writers, as members of the Bahá'í Faith, are guided by its teachings and principles. Foremost among these, is the oneness of humanity.

Instructions

Materials listed in the Resource section of each activity, including images, should be carefully prepared. Images can be enlarged and are essential for presentation. If some of the materials listed are not available, facilitators may modify and adapt material to best meet the unique needs of different groups.

Note to Facilitator: The proverbs can be presented in a game format to be played by older children, from the age of 10, youth and adults. It can also be used in formal classes, focusing on history, art, philosophy, mindfulness, etc., which require critical thinking. Participants naturally enhance their higher-level thinking skills through engaging in a consultative process. Most of the proverbs we have selected to share are from specific countries and some are based on wisdom from world religions.

Adult Activity:

Activity set up:

Proverb Game can be displayed and played while viewing game cards (PowerPoint slides presentation).

The PowerPoint presentation is provided as a separate file.

The facilitator may start presentation from slide number 1 or may preview slides and pre-select which numbered slides he or she will decide to share with participants during the session. This activity may be repeated over numerous sessions, as there are three sets of proverbs with many slides/cards in each.

Facilitator will project PowerPoint for participants to view.

Set the PowerPoint to “Slide Show” presentation. Icon is located on the bottom right

hand side of the screen:



In Slide Show mode, the facilitator clicks on the colored shape on each slide to reveal the correct answer choice and meaning of the proverb as intended by the country of its origin.

Alternately, the PowerPoint slides may be printed out and used as individual game cards.

A numbered answer key is provided as a separate file, containing the correct answer choice, country of proverb origin and its meaning.

For some of the proverbs, outline illustrations to be colored in have been developed and donated by professional illustrators. An * appears next to the number on specific slides/cards of proverbs indicating those which are illustrated

Facilitator says: A proverb is a saying that has become popularized in a particular nation or region over many years. Some spread and become known in other parts of the world. It is a means of gentle advice given in good and bad times. It is advice passed down through generations on how to live our lives and how to have healthy relationships.

During the process of collecting these proverbs and turning them into a fun and educational game, we came first to the realization of the unifying effect of proverbs within that country. Proverbs create enduring bonds of unity among groups of people.

We began to notice that proverbs from a country in one part of the world were remarkably similar to proverbs in other countries thousands of miles away.

We experienced a startling epiphany. We realized that wisdom is universal and has no boundaries. It has nothing to do with country of origin, religious affiliation, race or economic status. A proverb becomes a proverb because its wisdom is universal. Proverbs are in fact, proof that we all belong to one world-wide, incredibly diverse family. The oneness of humanity is an undeniable truth.

We are going to play a game of proverbs. First we will form teams.

Facilitator divides the group into teams of 2-4 participants each.

Distribute paper and pen to each team.

Facilitator says: Each team will do two things: They will first consult to choose the best answer for each proverb.

The team writes down the letter of their multiple choice.

Then they will consult on the deeper meaning of each proverb and write this in a brief sentence.

Remember, we will be looking for the deeper meaning. Proverbs are meant to give important advice on how to live our lives and how to get along with other people.

Teams will earn points:

2 points for getting the correct answer

1 additional point for showing an understanding of the meaning of the proverb as intended by the country the proverb comes from.

You will see that some answer options are close in meaning to the correct proverb as intended by the country it is from.

Each team will get 1 point if it chooses an answer, other than the correct proverb, but can provide a reasonable explanation for their choice.

Facilitator: The first proverb is presented and considered by teams, either through PowerPoint slide presentation or with physical cards.

Participants respond by consulting in teams.

Allow 1-2 minutes as needed

Facilitator says: Each team will now share what it has chosen for the answer and meaning of the proverb.

Each team shares the results of its consultation

Facilitator says: Now let's see what the answer and meaning is for this proverb.

Facilitator: sets PowerPoint to slide show mode.

Facilitator reveals the answer and meaning by selecting the shape image on a slide of a proverb card.

Facilitator and participants discuss the outcome. Facilitator awards points to teams according to responses.

Facilitator introduces Virtues Poster: *Virtues: The Gifts Within* (The Virtues Project)



Facilitator says: What proverbs have in common is that each one contains one or more timeless human virtues.

So, let's go a step farther and see which virtue or virtues we are able to pair with the proverb we just discussed.

Participants respond

Facilitator says: Let's continue our game

Facilitator: Continue game with participants by sharing additional proverbs and pairing virtues

Facilitator's closing comments: You may think that the problems that you face in life are new and unique. In fact, many of the situations that you face in your daily lives are the same situations that others have faced all over the world for thousands of years. It is comforting to know that we are not alone. The problems that we face are part of what it is to be human.

The recognition of the oneness of mankind is the first step to the solution to all the world's problems. We are on the long, arduous and painful road to the goal of creating one human family. There are many obstacles in our path, including the elimination of systemic racism. The only hope for a peaceful future is convincing individuals that they belong to one family.

Expansion Activities as time allows:

- Participants may locate specific countries on a physical world map or online on Google Maps and find out on which continent each is located. For example: The



island nation of Comoros: is part of Africa:

- Facilitator can compare proverbs of two countries that are bitter enemies, showing that each country has the same common wisdom.

Activity for deeper self-reflection:

Facilitator may ask participants:

“Do any of the proverbs make you think of an event or problem from your life?”

“Would any of the advice given in the proverbs have been helpful in dealing with a past or current situation?”

To the Facilitator and Participants

The physical world has been created by God to teach us deep spiritual concepts. It is the hope of the creators of this activity that we all make the transition as quickly as possible, from being student participants, to being teachers, sharing these ideas with others. Spiritual concepts are the building blocks for an ever-progressing world civilization.

Please feel free to adapt this material to best meet the unique needs of different groups.

Children's Activity:

Activity set up:

Proverb Game can be displayed and played while viewing game cards (PowerPoint slides presentation).

The PowerPoint presentation is provided as a separate file.

The facilitator may start presentation from slide number 1 or may preview slides and pre-select which numbered slides he or she will decide to share with participants during the session. This activity may be repeated over numerous sessions, as there are three sets of proverbs with many slides/cards in each.

Facilitator will project PowerPoint for participants to view. Set the PowerPoint to "Slide Show" presentation. Icon is located on the bottom right hand side of the screen:



In Slide Show mode, the facilitator clicks on the colored shape on each slide to reveal the correct answer choice and meaning of the proverb as intended by the country of its origin.

Alternately, the PowerPoint slides may be printed out and used as individual game cards.

A numbered answer key is provided as a separate file, containing the correct answer choice, country of proverb origin and its meaning.

For some of the proverbs, outline illustrations to be colored in have been developed and donated by professional illustrators. An * appears next to the number on specific slides/cards of proverbs indicating those which are illustrated.

Facilitator says: Does anyone know what a proverb is?

Participants respond

Facilitator says: A proverb is a saying that starts in a country. Slowly it spreads all over the country. It usually takes many years. Then almost everyone in that country knows the saying.

The people in each country want to share what they have learned over many years that is important to them. It is wisdom they have learned. It is like gentle advice to their children and grandchildren on how to grow up safely. It is advice on how to make their lives better and how to make their friendships grow.

When we learn about the wisdom in the proverbs from all different countries, we also learn about the people in those countries.

We are going to play a game of proverbs. First we will form teams.

Facilitator divides the group into teams of 2-4 participants each.

Distribute paper and pen to each team.

Facilitator says: Each team will do two things: They will first consult to choose the best answer for each proverb.

The team writes down the letter of their multiple choice.

Then they will consult on the deeper meaning of each proverb and write this in a brief sentence.

Remember, we will be looking for the deeper meaning. Proverbs are meant to give important advice on how to live our lives and how to get along with other people.

Teams will earn points:

2 points for getting the correct answer

1 additional point for showing an understanding of the meaning of the proverb as intended by the country the proverb comes from.

You will see that some answer options are close in meaning to the correct proverb as intended by the country it is from.

Each team will get 1 point if it chooses an answer, other than the correct proverb, but can provide a reasonable explanation for their choice.

Facilitator: The first proverb is presented and considered by teams, either through PowerPoint slide presentation or with physical cards.

Participants respond by consulting in teams.

Allow 1-2 minutes as needed

Facilitator says: Each team will now share what it has chosen for the answer and meaning of the proverb.

Each team shares the results of its consultation

Facilitator says: Now let's see what the answer and meaning is for this proverb.

Facilitator: sets PowerPoint to slide show mode.

Facilitator reveals the answer and meaning by selecting the shape image on a slide of a proverb card.

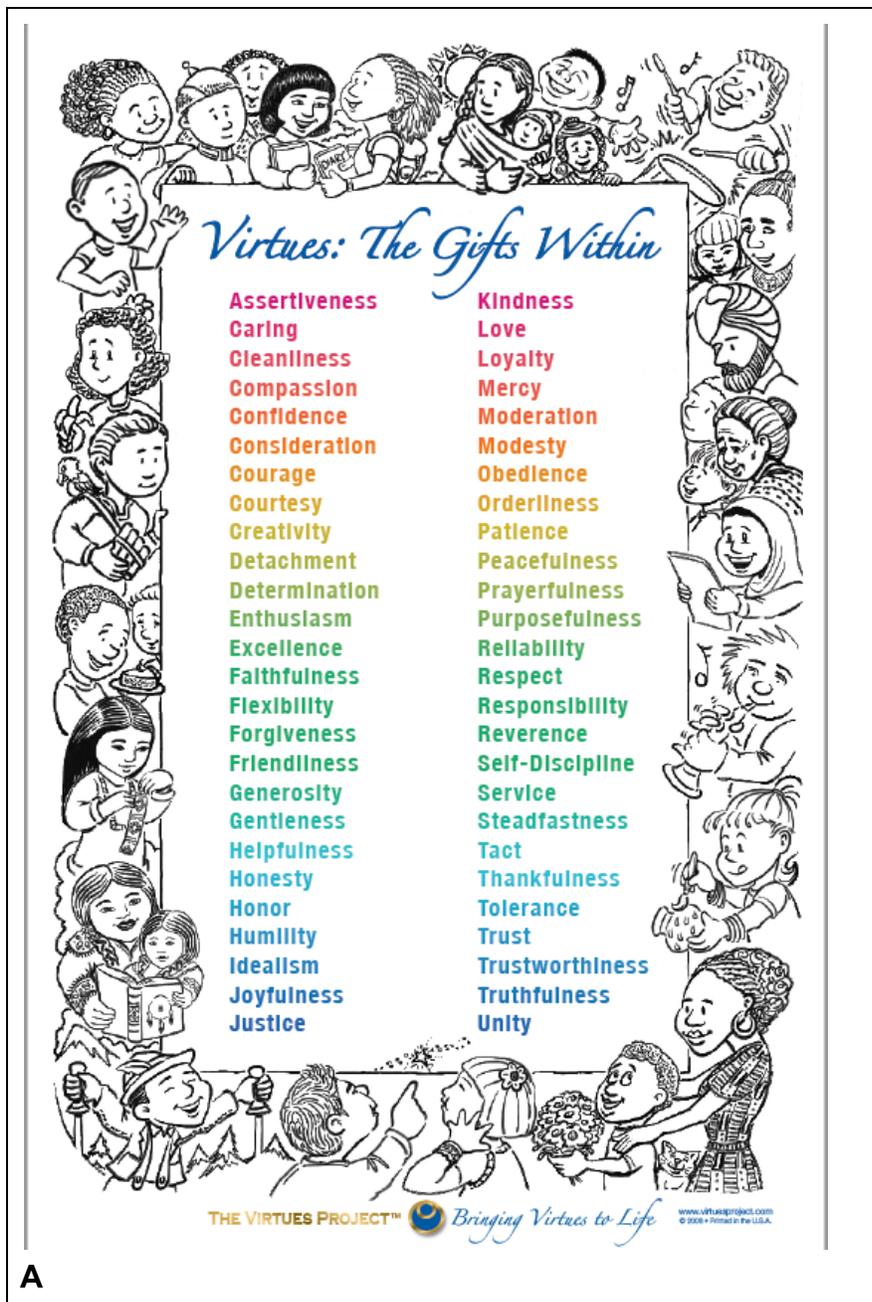
Facilitator and participants discuss the outcome. Facilitator awards points to teams according to responses.

Facilitator says: Every proverb from any country in the world has a special virtue - a special good quality. So, let's go a step farther and see which virtue or virtues we are able to match with the proverb we just talked about.

****Note to Facilitator:**

For older children: depending on age and reading ability of participants, Facilitator may introduce Virtues Poster: *Virtues: The Gifts Within* (The Virtues Project). Facilitator or participants first read the list of virtues aloud.

For younger children: Facilitator may provide a short list of virtues or develop a short list together with participants. Virtues may include: kindness, responsibility, patience, friendliness, honesty, etc.



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*Let's look at our list and share which virtue or virtues seem to fit what the proverb is telling us.

Participants respond

Facilitator says: Let's continue our game

Facilitator: Continue game with participants by sharing additional proverbs and pairing virtues with them.

Facilitator's closing comments: You may think that no one else in the world has the same problems that you do. Many of the situations that you face in your daily lives are the same situations that others have faced all over the world for thousands of years. What is scary is thinking that you are the only one who has ever had a problem with a friend, at school, at home with your family. The truth is, that the experiences that you go through growing up, everyone in the world goes through. You may speak a different language, wear different kinds of clothes and eat different foods for dinner. But we are all one. The words of a proverb are like gentle advice on how to help us with our problems. Proverbs are lessons that help children and adults all over the world learn how to act and how to treat others. They teach us how we can have better relationships with our family and friends.

It is impossible to have peace in the world and for everyone to get along without learning about each other. We learn that people all over the world are just like us. We won't be weighed down and bothered by silly prejudices of not liking people of different countries, who speak different languages and have different skin color.

Proverbs teach us that we all belong to one human family.

Expansion Activities:

- Participants may color in outline illustrations of some specific proverbs - illustrations are provided in a separate document file.
- Participants may locate specific countries on a physical map or online on Google Maps to find out on which continent it is located. For example: The island nation



of Comoros: is part of Africa:

- Facilitator can compare proverbs of two countries that are bitter enemies, showing that each country has the same common wisdom.
- **Participants may engage in self-reflection:**

Facilitator may ask participants:

“Do any of the proverbs make you think of something in your own life?”

“Would any of the proverbs help us learn to fix a problem?”

Would any of the proverbs help us be a better friend to others?

Participants may draw illustrations depicting the proverb

- Participants may create proverb journals.
- Participants may do their own research to find other proverbs, based on interest

Resources

Materials: Paper and pens - enough for each group of 2-4 participants

Downloadable files:

PowerPoint Presentation of *Proverbs of Oneness*: - Present in “Slide Show” mode

Excel Document Answer Key containing correct answer choices and meaning of proverbs as intended by countries of origin

Pdf Document of Illustrations of specific proverbs to be colored in by younger participants

Image A - Poster: *Virtues: The Gifts Within* (the pdf file can also be projected or printed)



Virtues: The Gifts Within

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|----------------------|------------------------|
| Assertiveness | Kindness |
| Caring | Love |
| Cleanliness | Loyalty |
| Compassion | Mercy |
| Confidence | Moderation |
| Consideration | Modesty |
| Courage | Obedience |
| Courtesy | Orderliness |
| Creativity | Patience |
| Detachment | Peacefulness |
| Determination | Prayerfulness |
| Enthusiasm | Purposefulness |
| Excellence | Reliability |
| Faithfulness | Respect |
| Flexibility | Responsibility |
| Forgiveness | Reverence |
| Friendliness | Self-Discipline |
| Generosity | Service |
| Gentleness | Steadfastness |
| Helpfulness | Tact |
| Honesty | Thankfulness |
| Honor | Tolerance |
| Humility | Trust |
| Idealism | Trustworthiness |
| Joyfulness | Truthfulness |
| Justice | Unity |