PSHE Week 4

Lesson 1: Humility
Watch the video clip on the story of The Tortoise and the Hare. Answer the following questions:
What do you think the moral of the story is?
What lessons can we learn from this story?
How did the tortoise win?
What could the hare have done at the end of the race to show humility?
What is the best way of show it when we are good at something?

https://www.youtube.com/watch?v=pjokVIOLJzw
Lesson 2:
Create poster where you explain not only what the definition of humility is, but include quotes about humility. What images that resemble humility can you include in your poster?

Lesson 3
Continuing with our theme of humility, reflect over the last week or so and think of any acts of humility you have seen from people you know or even from yourself. Write about it. If there is nothing you can think of, write about a role model that you have that you think is humble and explain why you think this.
Lesson 4
Positivity

Read the story of the potatoe, eggs and coffee bean, and answer the questions. Write in full sentences using joined handwriting.

What is the story really about?
What does adversity mean?
How do you react to adversity?
How does having a positive outlook help one to respond to adversity?
Which one are you, potatoe, eggs or coffee?
Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot.

He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing.

After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl.

He then ladled the coffee out and placed it in a cup. Turning to her he asked, “Daughter, what do you see?”

“Potatoes, eggs, and coffee,” she hastily replied.
He then ladled the coffee out and placed it in a cup. Turning to her he asked. “Daughter, what do you see?”

“Potatoes, eggs, and coffee,” she hastily replied.

“Look closer,” he said, “and touch the potatoes.” She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

“Father, what does this mean?” she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity— the boiling water.

However, each one reacted differently.

The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water.
The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

Moral:

In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us.

Which one are you?
Lesson 5
Create a poster about Positivity.
provide a definition of Positivity in your poster, as well as quotes.
What images could you include?