

2.4 STAY CALM

Topic: Basic Skills for Peacemaking: Rules For Talking Things Over

Subtopics: Rule 1: Stay Calm

4B. Communication Skills

Class: Standard II (2nd Grade)

Objectives:

Knowledge: When asked what the first rule of learning to talk together when facing conflict is, the student will say, “Stay calm.”

Attitude: Students will stay calm when faced with conflict.

Materials Needed:

Memory Verse Exercise book

Exercise book

Props to act out Bible story (optional)

Scripture:

Reference: Esther 2-5

Teacher’s Notes

Memory Verse:

“Trust in the Lord with all your heart.”

Proverbs 3:5 Good News Translation

Teacher Activities

Introduction:

1. God is Peace. He wants us to live in harmony and be peacemakers. Do you know how to be a peacemaker?
2. God created us to have feelings. How do you express your feelings when you are sad? Happy? Angry?

Bible Story:

3. Queen Esther lets us look at her feelings and what she did to keep peace. Tell the story of Esther from Esther 2-5

Suggested Discussion Questions:

4. How did Esther know that Mordecai was sad? Why was he sad?
5. How did Esther feel when she was asked to go before the king and plead for her people?
6. What did Esther do to prepare herself for appearing before the king?
7. What did Esther say to the king? Did she blurt out how angry she was?
8. How did the king respond when Esther told him it was Haman who wanted to have the Jews destroyed?

Application:

9. So what do we need to do when we face scary things? Introduce Rule # 1 .

Evaluation:

10. What reminder can we use when we fear?
11. What does our Memory Verse say?

Student Response

Introduction:

1. Let students respond. Peacemakers understand how others feel; use skills to keep harmony and work through problems.
2. Students will express how they feel when they are sad (they cry, don’t want to play), happy (jump up and down), angry (fight).

Bible Story:

3. Students listen or act out story as it is narrated, listening to learn about Esther’s feelings.

Possible Answers to Questions:

4. He was dressed in sackcloth. He was sad because the king had said all Jews would be killed on a certain day.
5. She was afraid and probably angry
6. She asked Mordecai to ask all the Jews to fast and pray three days before she would risk going before the king.
7. She invited king and Haman to dinner. She was calm. At the dinner, she bravely asked for her people to be spared.
8. He was angry but he walked away from the situation before responding.

Application:

9. Stay calm. We need to trust in the Lord.

Evaluation:

10. Make a fist privately and then shake out our hands before we talk.
11. “Trust in the Lord with all your heart.”

Extension Activities:

1. Memory Verse: Have the children write their memory verse in the Memory Verse exercise book: "Trust in the Lord with all your heart." Proverbs 3:5 GNT
2. In the other exercise book write at the top of the page: Rules for Talking Things Over. Underneath, write: Rule 1. Stay calm. Have the children draw a picture of an open hand.
3. Act out the story of Esther. The teacher would need to assign someone to be Esther, have a few servants for Esther, Mordecai, Haman and the king. You could have some servers to pretend to serve the three at the dinner, some messengers to carry the message throughout the "province." All of the class could react when they hear the message. And all the class could respond to Mordecai's plea for them all to fast and pray for three days.
4. Learn a Chant to help remember Rule 1 for Talking Together. Teach them a line for each rule. Each week add another line and review the chant until the children say it easily. It can have a sing-song rhythm to make it easier to learn. For the first rule, this is a suggestion: "To be a peacemaker, I have to stay calm, stay calm, and stay calm. To be a peacemaker I have to stay calm even if I'm not wrong."

Notes for Teacher

Highlights for the Bible Story

This is a wonderful story with too many details to include. These points are important to be included.

1. King Xerxes (Zurk-sees) searched for a queen and chose Esther who had been raised by her cousin, Mordecai, after her parents died.
2. Queen Esther learned that Mordecai was dressed in sackcloth which meant he was sad. She learned from Mordecai that the king had demanded that her people, the Jews, were all to be killed on a certain day.
3. Mordecai sent word to Esther that she must visit the king on behalf of her people.
4. Esther feared visiting the king because if he didn't welcome her she could lose her life.
5. She asked Mordecai to call all the Jews to fast and pray for three days before she went to the king.
6. Then she was very courageous and went before the king without being invited.
7. The king welcomed her.
8. She invited him and Haman to a dinner where she wanted to talk the matter over. That is where she asked the king to save her people, the Jews, from death.
9. The king wanted to know who the person was that had requested such a thing because he didn't apparently know that Esther was a Jew.
10. When Esther told him it was Haman, the king was very angry. He walked away from the situation before he said anything he might regret. Then he was more able to deal with the situation.
11. Because of Queen Esther's ability to stay calm and act courageously, all the Jews were saved from death.

Key Points

1. One of the underlying foundations for becoming peacemakers is to learn and understand the four rules to Learning to Talk Things Over . (See further notes)
2. God wants to help us learn to live in harmony with one another even when we have differences.

Help Children Think About Feelings

Allow time for children to talk about feelings. When they are sad, what might they do? [Cry, run to mother, not want to play]. Sadness is a feeling. When they are happy, what might they do? [Jump up and down, put a smile on their face, shout with glee] What about anger? [lash out with angry words, make fists as if they are going to fight] Feelings are given to us by God to help us cope with life. We know how we feel when we are sad or angry or happy. One thing to remember is that other people have those feelings too. We can know how others feel by the way they express themselves. If they cry, how are they feeling? [sad] If they shout with glee or jump up and down, how are they feeling? [happy] If they ball up their fists and come toward you, how are they feeling? [angry] So one of the beginning steps in peacemaking is to be aware of your feelings and observe how others are expressing their feelings.

Rules for Learning to Talk Things Over

1. Stay Calm: This lesson is focusing on this first rule. With each rule there is a little exercise that can help the children remember these rules more easily. Have the children stand. Have them make a fist with both hands (because when we are angry our impulse is to fight). Fighting doesn't solve our problems so we need to shake our fists and let our hands be open. That reminds us to stay calm when we are angry or hurt. Then we can begin to talk things out.

The other rules have exercises the children will learn with each lesson but they are listed here.

2. Listen to the other
3. Care about each other
4. Talk together.

Teacher Evaluation

How can I incorporate the rules for talking things over in the lives of my students in our every day experiences? Watch to see if any of the children physically shake out their fists when something is difficult and observe whether they approach the situation calmly. Are you a good example for the children to learn from when you need to talk things over calmly?