



VC_TRD_My Good Behaviour Recipe

Curricular Goals	CG-1- Develops capacity for ethical and moral reasoning.
Competencies	C-1.4 - Identifies the human values, including those from Indian cultural heritage and the Indian Constitution, relevant to an issue/event.
Specific Learning Outcome	The students will be able to develop a personalized recipe for good behaviour, selecting values that resonate with them.
SDG(Sustainable Development goals)	SDG-4- Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Concept- Value Connection:

- Recipe writing requires a lot of thoughtful consideration and reflection. Thinking about personal tastes, choosing the right ingredients, making instructions clear by choosing between active and passive voice, and adjusting recipes to fit various cultural preferences are all crucial steps in creating a recipe.
- The recipe can be written using Active voice or Passive voice.
- Reflecting on personal values helps us understand what really matters to us. It lets us make choices and act upon those choices.

Story/Anecdote/Case study/ Activity: Activity

Note to the teacher: This can serve as an **interdisciplinary approach** where the teacher can highlight the importance of eating a nutritious diet.

1. Steps to carry out the activity:

- **Introduction:** The teacher can begin by discussing the list of values provided below. Discuss as a class what each value means.
- **List of Values:** (Kindness; Patience; Respect; Honesty; Cooperation; Responsibility, Empathy; Gratitude; Humility; Courage; Tolerance; Generosity)
 - 1) Kindness- being friendly, nice, and helpful to others.
 - 2) Patience- waiting calmly without getting upset.
 - 3) Respect- treating others well and valuing their feelings and opinions.
 - 4) Honesty- quality of being truthful.
 - 5) Cooperation- working together with others to accomplish something.
 - 6) Responsibility- taking care of your duties and being accountable for your actions.



Sri Sathya Sai VIDYA VAHINI

श्री सत्यसाई विद्या वाहिनी



- 7) Empathy- understanding and sharing someone's feelings.
- 8) Gratitude- quality of being thankful for what people do for you and what you have.
- 9) Humility- being modest.
- 10) Courage- being brave and facing challenging things.
- 11) Tolerance- accepting and respecting others even when they differ from us in their opinions, beliefs, or lifestyle.
- 12) Generosity- willingly giving things or time to others without any expectation.

2. Instructions to carry out the activity:

- The teacher gives the instructions for the 'Good Behaviour Soup' recipe.
- Students write down the recipe in their notebooks.
- Students need to select any of the values (ingredients) from the above list they believe are essential for their unique good behavior Soup.
- Teacher to instruct the students not to repeat any ingredient (value).

Ingredients:

- 2 cups of -----
- 1 cup of-----
- A tablespoon of -----
- A pinch of -----
- 3 teaspoons of -----
- A handful of ----- for garnishing

Cooking time: Lifelong

Recipe Instructions:

- To begin with, 2 cups of ----- are added into a large pot of good habits. Stir gently to mix well.
- 1 cup of _____ should be mixed with a tablespoon of _____, and then it should be poured into the pot. It should be stirred until it has fully dissolved.
- As the mixture boils, add 3 teaspoons of ----- . Allow the mixture to simmer over a low flame of continuous learning throughout life.
- Stir occasionally with ----- and allow the flavors to blend nicely. Adjust any ingredients if necessary. Remember that good behavior, like cooking, often requires fine-tuning.
- And finally garnish with a handful of ----- .
- Serve your good behavior soup in a bowl of service to society. Enjoy its nourishing effects with friends and family to spread positivity and happiness.



Sri Sathya Sai VIDYA VAHINI

श्री सत्यसाई विद्या वाहिनी



Discussion Questions:

1. Which values did you choose for your Good Behavior Soup and why? ((Open Question)
2. Which values from the list do you think are about taking action (active values), about your inner thoughts and feelings (passive values), and which ones can be both?

Sample Responses:

Active Values: Courage; Generosity; Honesty; Cooperation; Respect

Passive Values: Tolerance; Patience; Humility

Values that can be both Active and Passive:

- **Kindness-** actively, it involves performing acts of kindness towards others. passively, it encompasses having kind thoughts and feelings towards others.
- **Respect:** can be shown through active behaviors (like listening or speaking kindly) and can also be considered as a passive value in how we consider others internally.
- **Responsibility-** involves what you are supposed to do (Active) and realizing when you are accountable for something (Passive)

In general values can be both active and passive depending on how they are applied in different contexts.

Points to Ponder/reflect: The teacher can conclude the activity with the following note:

- These values that we discussed shape our behavior positively by directing how we act and make decisions.
- Practicing active values leads us to positive actions and smart choices.
- Passive values like patience and tolerance guide us to respond thoughtfully and calmly in various situations.
- Together, these values shape us to become considerate and well-balanced individuals.