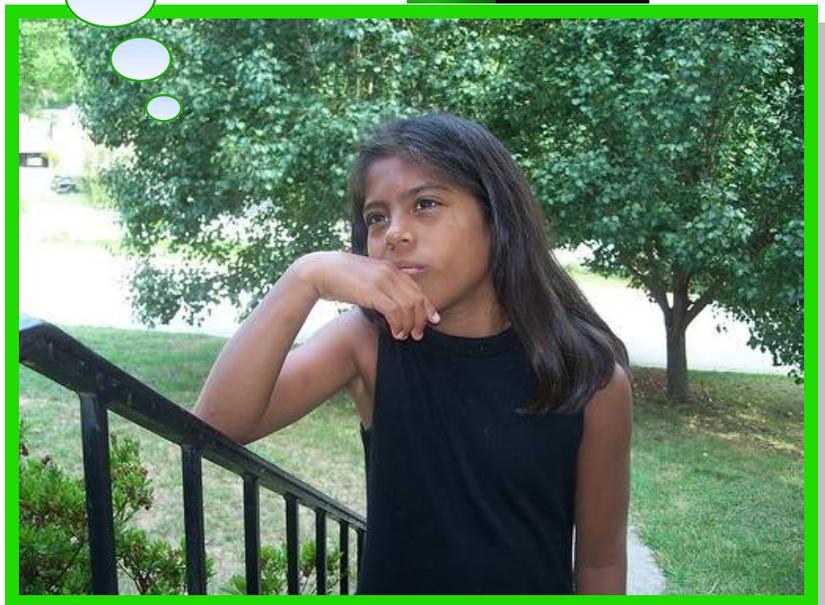


Part I : How we Think



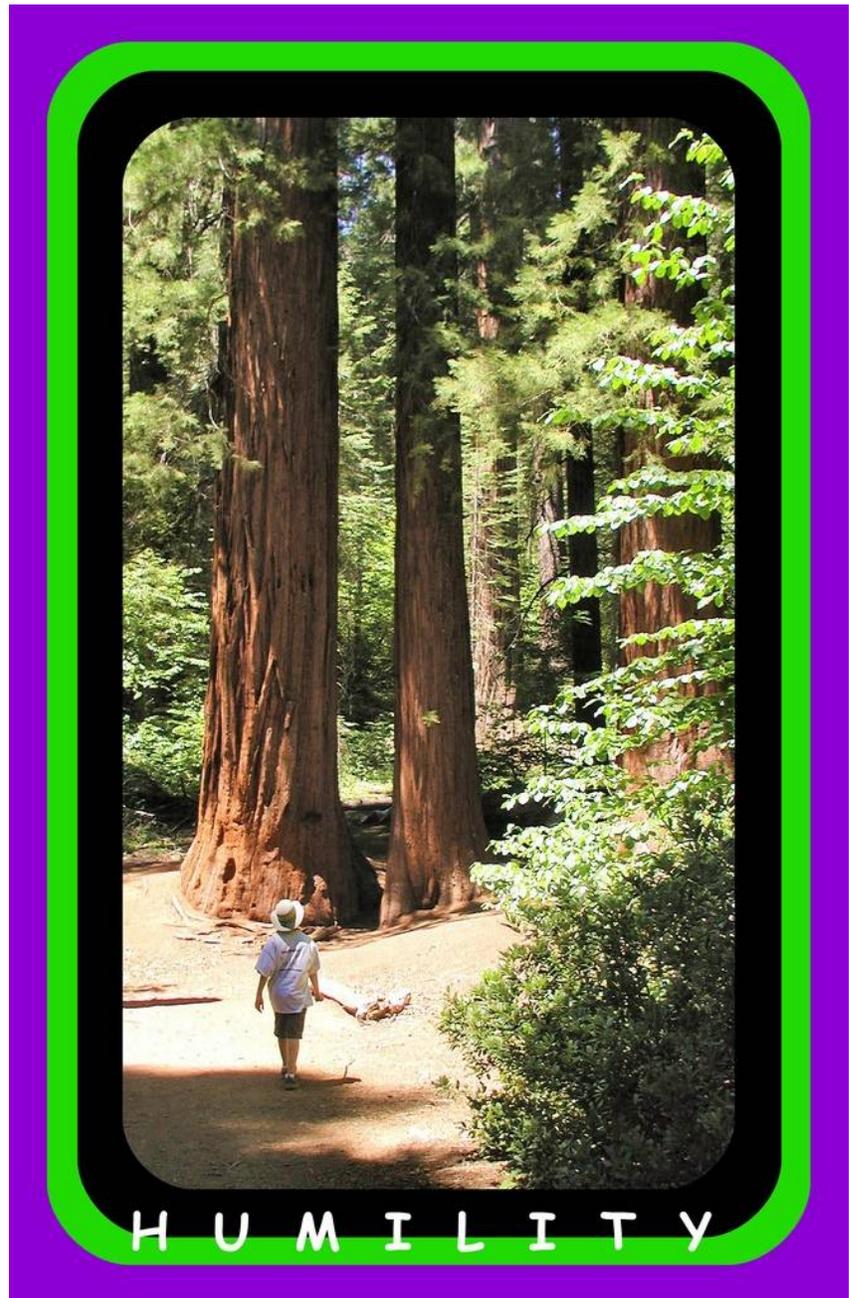
How we think...
determines how we feel inside ourselves.



Guideline 1 : Humility



▶ Humility	1
Patience	
Contentment	
Delight	
Kindness	
Honesty	
Generosity	
Thoughtful Speech	
Respect	
Forgiveness	
Gratitude	
Responsibility	
Principles	
Aspiration	
Service	
Courage	
16 Guidelines for Life www.16Guidelines.org	



Character Guide: Hutri Humility



*Humility means...
Possessing a quiet
strength which allows
us to learn from
everybody, keeps us
from being too proud,
and reminds us not
to think or act as if
we are better than
other people.*

Hutri learns
from all and knows
that each leaf is important to
help the tree.



Positive Chants from each
guide will help you to
remember the most important
ideas. Say these over and
over to remember them.

**Each of you gives
me a lesson.**



After three classes of learning about Humility and chanting "Each of you gives me a lesson," a young student named Lilli said with a smile, "That is stuck in my head!" And I said, "That's just where I want it because that's where it can do the most good!"



What a Waste !

a short play about two waste collectors to be read aloud by two people

Jo:
I'm tired of this job.

It used to be fun driving the truck.
Now I just don't want to do it.

Yeah, when it's not hot, or cold, or raining....and I have to get up so early! And worst of all, people say, "Oh, you're a waste collector," like I'm waste myself. I've had it.

Are you crazy? Important?

(thinking, then smiling):
What has four wheels and flies?

Alex:

What's the problem?

Well, it's nice to be outside all day...

I think our job is one of the most important in the city.

Sure! Imagine if no one took this all away. The city would smell terrible and shut down. It happened once when a storm closed the roads. Sure, it may not be fun work, but it's really important. Different people take care of other things we need; I take care of this. It's my city, and I help keep it clean. You do, too.

Our city-cleaning waste and recycling truck!

Humility Activities



Try it now: Illusions -- are things always what they seem?

Have you seen an optical illusion, such as a picture where straight lines seem curved, or the shape which looks like a face then a vase? I wonder if you have seen a road on a hot day that looked like it had water on it, but when you got closer it was dry.



Right side up? Upside down?



Our eyes can play tricks on us and so can our minds. Sometimes we think we know something and then we realize we don't. Optical illusions can be fun if they are special effects in a movie or in a magic show. But sometimes the tricks our minds play cause us to be unhappy. They can make us think someone is trying to be difficult when they really are not. Or they give us the feeling we are the only important person in a situation. Here is an experiment to try as you think about what you really know, and how you decide you know it:

Experiment:

Broken Straw

Get a clear glass with smooth sides. Fill it halfway with water. Put in something straight like a straw or a stick. Hold the glass up so you are looking at the same level as the water.

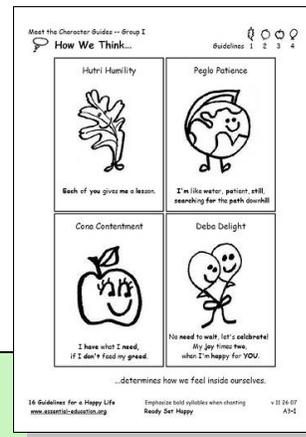
Does it look like the straight object is bent or broken at the surface? Do you think it really is? Could it be that the object breaks and rejoins when you take it out? Are you sure? How do you KNOW?

Try other liquids like corn syrup or vinegar, is it any different? Which is bigger, the list of things you know or the list of things you don't know?



Try it now: Meet the 'How we Think' Guides.

Sixteen character guides will each help you to learn about a guideline that starts with the same sound as their name. The 'How we Think' guides are Hutri Humility, Peglo Patience, Cona Contentment, and Deba Delight. The last syllable of many of their first names has something to do with their shapes. I wonder if you can guess that connection for each one....the answer is at the end of this Humility section.



Art Project:

1234

Print out the drawing (page A3-1) of the four 'How we Think' characters. Color the page as you think about if you are already being humble, patient, content, and delighted or if you could practice a little more. Glue the page to thicker paper if you have it, then cut along the lines to make four cards to use in the game below..

Story:

King Harmen

Read a fable that introduces all 16 of the Character Guides: "The Gift of King Harmen" [here](#) or at

http://www.16guidelines.org/wiki/index.php/For_Children

Game:

Matching/Concentration

Make two sets of cards in the Art Project above. The thicker paper is important so you can't see through the back side of the cards. Play the matching game 'Concentration' by placing all the cards face down, taking turns turning over two at a time to try to find the same characters. If you find a match, say something about the guideline before you take up the set. You could give an example of when you or someone else showed that quality this week, or when you wish you had. Keep taking turns until all pairs are matched. In later activities you will make more cards to use to play this game. Try it as a cooperative game and see how few turns you need to match them all.

When you finish playing put the cards up on the wall or fridge, one at a time, to keep one guideline in mind each week.



Try it now: Improve your 'Vision'.

Your mind is your window to the world. You experience everything through your mind, your outlook, your attitude, your assumptions, and your knowledge. You can improve your mind, your attention, and what you notice.

Game:

Trained Observer

Wherever you are, stop reading and look around you right now, soaking it all in, then come back.

Close your eyes and make a mental list of everything you saw. Take your time. Open your eyes and see what you missed. Practice and you will improve!

You could play this as a game where one person studies the area, then closes their eyes. The second person asks a question that would be easy to answer if eyes were open. Take turns. See if you can improve your ability to notice details before you close your eyes.



Try it for real: Each of you gives me a lesson.



This week see if you can keep in mind that every person you meet (and maybe some of the animals and plants) has a lesson for you personally. Put aside what you think you know about them so you can see what that lesson is. You may not think that the person who is slow to do something you want done right now is being your teacher, but you have a choice to see this as a way to practice patience. The people doing simple jobs around you have just as much to teach as those with the most exciting jobs. Tall trees survive a long time because each leaf humbly does its job. Look around. Listen. Learn. Start a journal to record your thoughts. You may be surprised by what you have learned by the end of these activities.

Contact us to share what you learned. We would LOVE to hear from you. You can reach us at info@essential-education.org or the mailing address in the introductory pages.



Try it for real: As if our work were great and noble

Helen Keller, USA, a tireless campaigner for the disabled and others said, "I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble."

You may have chores or jobs to do this week. Can you start to train your mind to think of the benefit they bring and the honor of doing them? I wonder if you can act great and noble while doing them. If it helps, imagine yourself wearing a crown or medals on your chest.

This takes time, so don't worry if it doesn't work right away. The important thing is to make a little progress. When we tried this at my house we didn't transform the first time, but we did laugh a little as we sang, "Here comes the queen, here comes the king!" as we emptied the trash.



Try it for real: Many versions of reality

Experiment:

20 words

Do you know who you are? This might seem a silly question. Ask five people who know you to write who you are in 20 words or less. Don't give them more information than that. Before you read what they have written, write down your own description of yourself.



The friends, teachers, and family members we asked to try this experiment all wrote positive things (they knew we would be reading it!) yet each had a different point of view and mentioned at least one thing that no one else listed.

Some comments even seemed opposites. For example, one person said "keen observer", which means noticing everything, while another called the same child "absent-minded" which means so deep in thought as to not notice anything...



"I didn't know they would think of that word to describe me."

At times when the children read the "Who are You?" responses they said, "That definitely describes me," while other times they said, "I didn't know they would think of that word to describe me."

Most descriptions did not involve unchangeable physical characteristics, but were focused on how we act. "So, if I want to change who I am, I can just change how I act!" one child said. How empowering!

When you try this I wonder if you will learn that who 'you' are is not set, not exact and may even be the opposite depending on who you ask. You can relax and don't need to boast or defend the idea of 'you', because the idea of 'you' is very flexible. Don't be stuck in an old view of you, you are free to evolve, grow, improve, aspire.

Story:

Blind Men and the Elephant

You might like to read the story "The Blind Men and the Elephant," from your library or online at a link like these:

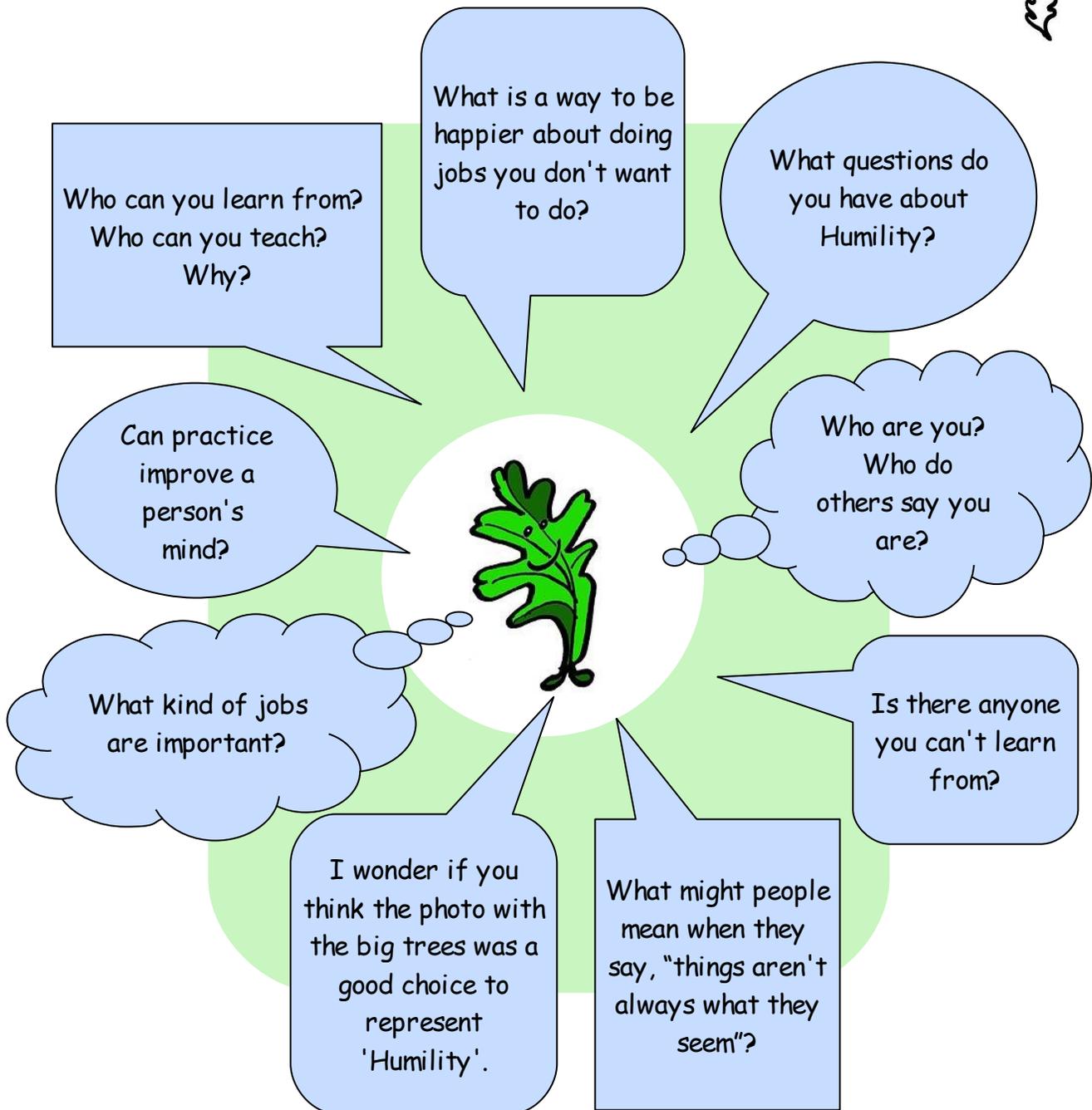
<http://www.spiritual-education.org/blindmenelephants.pdf> or <http://www.jainworld.com/education/stories25.asp> .



Many versions of this story exist. How many can you find? It is a story about how seven blind men each touching a different part of an elephant thought it was seven different things. We often understand only a small portion of reality but think or act as if we understand it all.

See if you can notice a time this week when you and a friend have a different point of view about something.

Instant Replay for Humility:



Answer to the character guide name/shape connection--

Hutri He's part of a **tree**, doing humble, important work to help make food.

Peglo He's a **globe**, mostly water, symbol of tolerance and unity. Seasons come in their own time.

Cona **Apple** starts with 'A', a simple, natural, healthy food, and the Spanish word for apple is **manzana**, and

Deba She's a **balloon**, symbol for celebration, the only purpose of which is to bring delight!

The group symbol for How we Think is a thought bubble called **Pensa**, from the Spanish 'pensar' meaning 'to think'.