

# Unity

## The Giants

**Objective:** To practice accomplishing something through unity and cooperation.

Pair up the children, then tie the right leg of one child with the left leg of the other and let them walk across the room together. Remember to first demonstrate how it should be done in unity so that they don't fall over. As they make effort to walk together, praise them for walking in unity.

## Human Shapes

**Objective:** To appreciate how we are all part of a whole and what we are capable of achieving when we do it in unity.

Have groups of children hold hands and try to make different shapes with their arms: triangle, square, rectangle, and circle. Take photos and give a copy to each child as a gift.

Conclude by stating that we are all part of this world. Together, we can make and do great things for our world.

## No Hands

**Objective:** To experience how with unity and cooperation we can accomplish tasks which we cannot accomplish alone.

Have the children move in pairs around the room to music while balancing a ball (or beanbag or cushion) between them without using their hands. After a while, encourage them to try balancing the object between different parts of the body, such as elbows, knees, backs, heads, and feet. Praise and encourage the unity each group is practicing to carry the object together.

Conclude by asking the children how they felt about carrying the object together? Interactively arrive at the conclusion that without unity, they could not have been able to do this.

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## Moving Large Objects Together

**Objective:** To experience and appreciate the power and importance of unity and teamwork.

Have the children carry big objects together in pairs or trios from one place to another in the classroom (remind them to be careful and use both hands). Help them realize that by working together they can do things that alone they cannot. Emphasize the importance of unity.

## Puzzles

**Objective:** To practice working towards a common goal with unity.

Organize the children in groups of three or four and give them a puzzle to put together.

You can also use any other group game for the children to practice skills and attitudes for cooperation and unity.

Conclude by asking them about how it felt about doing the puzzle together in unity?

## Similarities and Differences

**Objective:** To appreciate that although we may be different, we are all one family and have many similarities.

Organize the children in pairs. Have them observe the differences between each other, e.g. height, hair length, hairstyle, skin color, etc. Discuss with the children why we have different skin colors. Then ask questions like: Does your friend have eyes? Ears? Hair? A mouth? Legs? Hands? etc. Give them some actions to follow, such as jumping, smiling, walking, sitting, etc.

Use examples to explore some of the powers of the mind, too (imagination, thinking, memory, etc). The idea is to point out that we have many more similarities than differences. We are one family.

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## Unity House

**Objective:** To achieve a task such as building a house in unity.

Have the children build a unity house using wooden or sponge blocks. Invite them to take turns setting down blocks to create a beautiful welcoming house. You may play or sing the song 'Come into My Unity House' by Red Grammar while doing this activity. Talk about how this world is our home and when we work together it becomes a unity house.

## Flowers of One Garden

**Objective:** To appreciate the beauty of unity in diversity.

Invite the children to create a garden in their classroom or room with different flowers or plants. Explain the beauty in the diversity of the flowers. If the flowers are all the same, the garden would not be as beautiful. Conclude by saying that this world is like the garden. We are all the different flowers. Our differences make the garden more beautiful.