



Lesson Plan # 15

Purpose

Engage in activities to be able to put life in a perspective relative to the Universe and time

Learning Outcomes: Learner will be able to:

- Understand the ratio of individual's life relative to the life of earth
- Understand the concept of personal attachment to things that expire
- Explain how life is a bridge not a destination

Procedure (40 minutes session)

00 - 0:10	Learners read the book - pages 39-40
00:10 - 00:30	Learners engage in an activity (select an activity suitable to your class)
00:30 - 00:40	Learners reflect on the activity: <ul style="list-style-type: none">- What did we learn today?- What is confusing or what questions do you have?

Activities

Beginner

Field trip to a nearby bridge. You can take the learners for a walk across one of the bridges in your local area. Stop in the middle of the bridge and reflect on what you read in the book. Can the bridge be a destination? Reflect on the concept of temporary attachment (our trip on the bridge is temporary)

Intermediate

Build a Bridge using popsicles or other material available to the learners. You can search online for different methods on building the bridge. The objective of the activity is to show the students that a bridge is not a destination. Relate the bridge to what you read from the book.

Advanced

Group Discussion - divide the learners into groups of 3-4. Ask each group to list the things they feel attached to. You can ask them to identify the things they can not live without? the things they are willing to spend a lot of money on? the things that they carry with them all the time? Engage the learners on a discussion on the concept of temporary attachments. Reflect on the difference between enjoying these items, while recognizing it won't last vis-a-vis being attached to it.