



Let us Protect Moral values



- **Introduction**

Moral values may be an expression you have heard very often. Have you thought about its meaning? Any kind of feeling, quality, activity that makes our lives beautiful, rich, meaningful and happy could be called a moral value.

We, as humans cannot live in isolation. We live together with parents, brothers, sisters, neighbours, teachers and many others. As such, we have to work with various groups and in various places such as the family, school, religious places, markets and offices. The assistance we get from them for our existence, is immense. It is very important that we have cordial and respectful feelings among all of us as humans.

It is the duty of man to be virtuous for a meaningful life and to conduct himself in a way that results in the well-being of society.

You may be a son or a daughter who conducts yourself virtuously. With the help of the picture given below, think about the moral values you safeguard in school.



3.1

Students cleaning the school



Moral values you can maintain in the School

The school is the institution where you study. Your Principal teachers, friends are with you in the school. Your good conduct will help you to have a peaceful life in school with them. There are many things you could do in this regard.

- ◆ Cleaning the classroom and its surrounding
- ◆ Assisting everybody properly and affectionately to suit the situation
- ◆ Respect teachers
- ◆ Obeying teachers
- ◆ Exhibit decent behavior in the school environment.
- ◆ Co-operating with others as friends.
- ◆ Show that you are friendly when you talk to other students. Do not hurt their feelings.
- ◆ Help others when required.
- ◆ Protecting the resources of the school.
- ◆ Show due respect when the National Flag is hoisted and School or National Anthem is played.



“Clean the land you live in
Clean your room
Keep your furniture clean”

This is how Anagarika Dharmapala advised children.

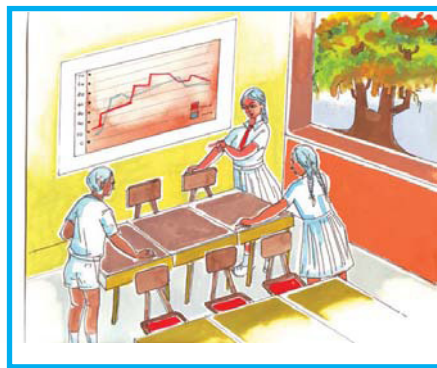
Even the minor matters to which you pay your attention when safeguarding moral values are important. Read the following conversation in order to get an idea about it.

Our chairs are leaning too much against the wall. After sometime the wall might give way. We'll lift the chairs a bit forward.

“Yes, I have noticed that even in places with sufficient space, walls get damaged as chairs, benches and tables are not placed properly.”

“Yes, some public places have focused attention on this fact and have fixed wooden strips along the relevant levels”.

“It’s very good. Since we have no such facilities, let’s be careful.”



3.2

Methodical preparation of classroom

Inculcating moral values or virtues in the life of an individual, begins from the childhood. Training on the attainment of virtues through the home environment with parents and relations, friends and caregivers comes automatically. No special effort is required for this. The books which you have studied, in earlier classes give sufficient facts about this.

Examine to what extent you maintain the under mentioned behaviour at home or at a similar place where you live, in relation to the levels indicated.

- ◆ For this, first of all, copy this tally sheet into your note book.

- ◆ Put a tick (✓) in blue in the level column against each behaviour.

<div>level upheld by me</div> <div>Some values that can be followed at home</div>	very good	good	average	below
I... ♣ love my parents or guardians ♣ obey my parents or guardians ♣ help my parents or guardians ♣ respect elders ♣ share available food and other facilities with all at home. ♣ use all goods and equipment carefully ♣ keep home and surrounding clean ♣ carry out my work that I can do by myself. ♣ treat relations and friends who visit our home cordially ♣ safeguard the dignity of my family				

Now you should be able to form an idea about yourself. If the above mentioned matters are performed at least to some extent you will feel happy about yourself. Even if there are shortcomings in them do not get disappointed but try to develop those virtues. It is not anybody else but only you who can develop them in you. You will then be esteemed.

You can definitely do it. Then your life will become pleasant and delightful. You will be loved by all.

Dear sons and daughters keep this in mind. At the end of the year in Grade 7, take back the tally sheet mentioned earlier and mark your level in red.

By the time you enter Grade 8, you will definitely be much more virtuous, respecting values and would be loved.



Activity

1. Divide all students of the class into several small groups. Display on the wall board the virtues maintained by each of these groups day by day during each week at home and in school.

Use the table given below for this purpose.

Virtues followed by us on the previous day.

Date \ Place	at home	at school

- ✧ We all are humans
- ✧ We respect and love each other

When people live in unison with mutual respect to each other they....

- ◆ help each other.
- ◆ do not rob others.
- ◆ share things owned by each other according to one's needs.
- ◆ refrain from abusing and insulting others.
- ◆ refrain from lying and slandering.
- ◆ speak pleasant words.
- ◆ try to know and understand the needs of others.
- ◆ are interested in learning the languages, customs and manners of the others.

- ◆ respect all religions
- ◆ treat others as equal to one's own self.
- ◆ protect the lives of others.
- ◆ be concerned about the happiness of others as well as one's own.

After reading the poster given above read the conversation that followed among Subani, Suneetha and Sujatha of “Sunimala” Children’s Society.

If we follow good habits
from childhood they are not
difficult. We can do more good.



Suneetha



Subhani

Then our minds get fertile.
Our lives become fruitful.
The whole world will become prosperous.

Fertile means prosperity, nourishment
and strength



Sujatha



Subhani

Yes, you are correct. Fertility is required
for our lives. Then only the
wholesomeness of society will exist
for good.

Lives will become fruitful
because of good qualities. They are
called Moral Values.



Suneetha



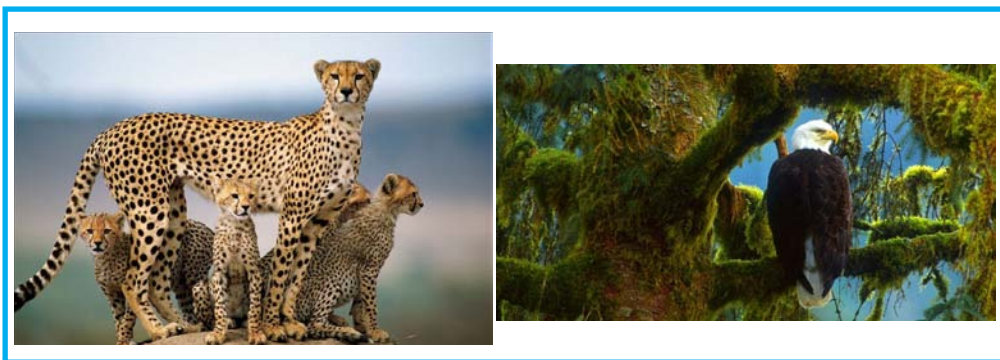
Environment and Moral Values

Try to understand the following verse written on a wall slab at the entrance to a Forest Reserve.

“Bond between fauna and flora is inseparable.
Causing damage to flora is a calamity for the
fauna”

Man should maintain moral values not only with respect to humans. Man has a great responsibility to animals and plants too. All beings living on land, water and the sky are the owners of this world. Man is only one such being. If man thinks that he can survive by destroying other living beings it is an illusion. Mutual co-operation and affection should be maintained between humans and the natural environment, and also between man and other living beings.

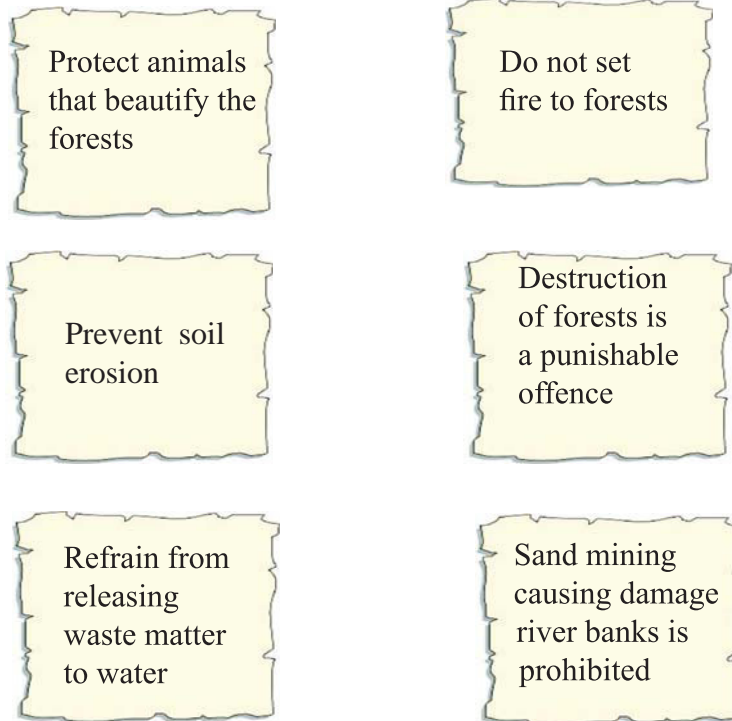
When we treat animals in our environment with kindness and compassion, they in turn beautify the surroundings and create a marvellous aesthetic environment. They will make our work easy and will also love us.



3.3

Wonders of Nature

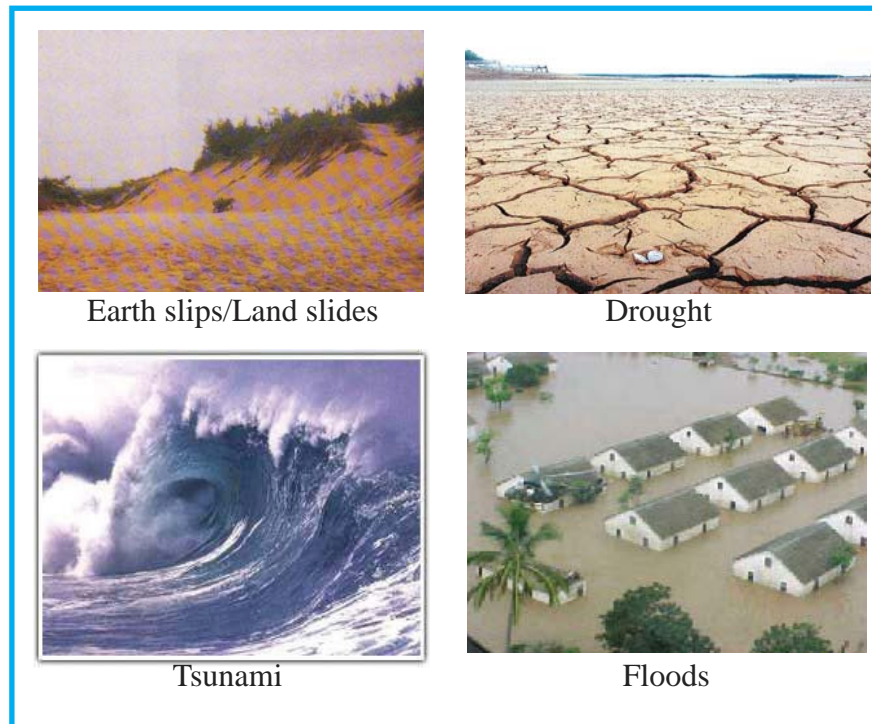
Recollect whether you have seen anywhere notices of the types given below;



Such slogans are prepared by various institutions and organizations to enlighten the public. These notices had to be displayed in the environment because of the various misdeeds of people. As population increases man has to satisfy his needs by handling the natural environment with care.

Nevertheless the Natural environment suffers through damages caused to it and negligent usage. Sometimes nature becomes aggressive. It is in such situations that rivers, streams, seas, mountains, sunlight, rain and wind get activated to teach a lesson to mankind.

Some examples are given below



3.4

Environmental hazards

It is because of our lack of moral values that we have to face such disastrous situations.

1. Sing the song below. Discuss the matters arising out of it.
2. Propose what you can do for successful co-existence with animals.

You are blessed...

You are blessed, dear little kids
Don't break my home, oh please.
Into the forest I've gone
Looking for dry sticks alone

And brought them piece by piece
To make my home a happy place
On a very high branch of a tree
Now it's my hope, my dream, you see

Kept a leaf on leaf to build my home
And my dear wife made it cosy all alone
Strands of cotton wool, softened our bed
And dears don't break it to make us sad.

My home today is full of love
With my wife and kids bringing joy and love
Do not throw stones at us, little kids
I beg you to save our little ones.

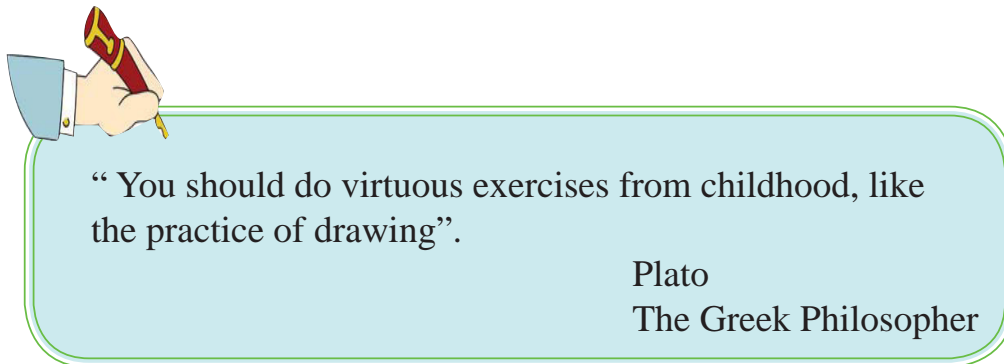
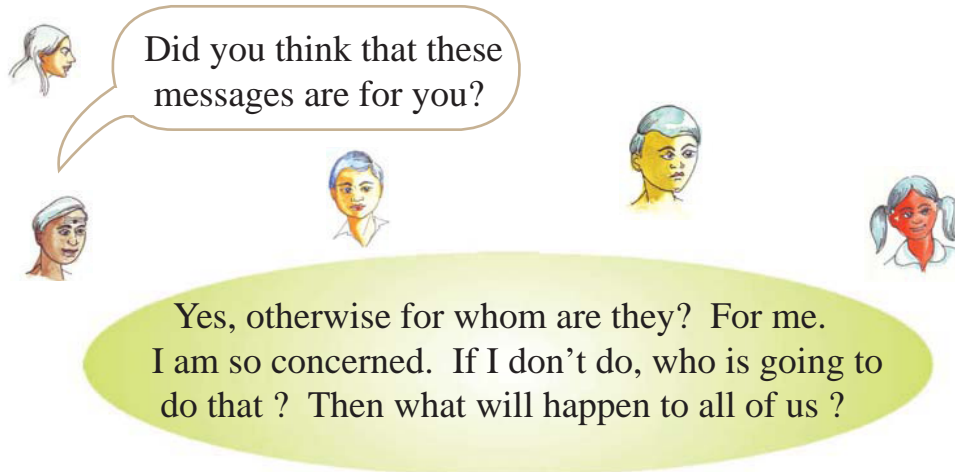
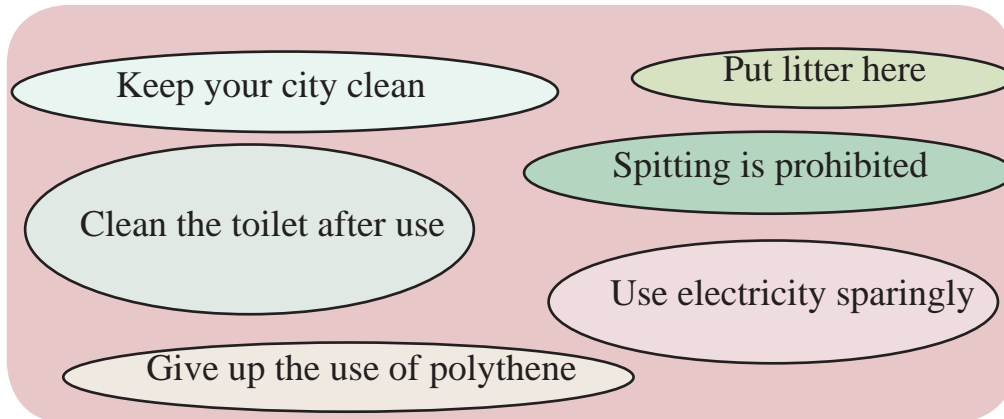
Parents always love their kids
Don't hurt us therefore, you little kids
We beg you for life, as life is precious
to you and us - all living beings.

(R. N. H. Perera)

(Translation of Pinsidu Wanne...)

Just as much as the natural environment, the infrastructure facilities such as roads, buildings and the environment created by man with various equipment should receive our attention in relation to their physical values. It is essential to use such resources made by man for the benefit of man, with respect.

Some messages displayed on an exhibition slab on the conservation of the environment, are given below. See whether you can understand the messages.





Activities

1. Prepare a list of short messages, exhibiting the natural and the man made environmental protection.
2. Indicate the dates and occasions when you carefully practice such messages through a period of one month.
3. Indicate the occasions when others reacted to such messages, according to your observations.
4. Submit a report to your teacher with a suitable title regarding such virtuous occasions involving you and others.



Conversations with moral values

It is meaningful to have moral values brought up in conversations, when people come to know each other and in good interrelationships.

The following are short conversations. They are eight statements made by each person on eight separate occasions as in column “A”. The replies given by the other person on each occasion are indicated in column “B”. Please read these carefully.

A	B
1. Your drawing is more beautiful than mine.	Thank you. You also can draw better.
2. I was late. Did you have to wait for long?	I waited for some time. It's Ok. Let's go quickly.
3. I also can help you.	How nice. Come on. I would like it if you could come.
4. I'm sorry, It's my mistake. Please forgive me.	Such mistakes do occur. Let's correct them. We can work together again.
5. I understand. I'll explain it if you wish.	Wonderful. Please explain it. I'll explain what I know to you.
6. I shouldn't have been so blunt in pointing out your mistake. I was confused. You may have got hurt.	My proposal is also good. But I got angry when it was rejected. It served no purpose to anybody.
7. Your idea is correct according to you, but listen to my idea too.	I got to know some more things as I listened to you.
8. You were so happy yesterday. Why do you appear so sad today? Tell me. I would like to know.	How fortunate to have a friend like you? I have so many things to tell you.

Now get ready to read the above dialogue as a true experience with your partner.

Think how comfortable you feel when both of you read the statements in the two columns as a dialogue.

When you hear such conversations, think about the peaceful environment that can occur in human society.

Sometimes you may have heard and seen these types of incidents mentioned below.

They are not pleasant incidents. But you may be able to get an idea to correct yourself better by knowing of such incidents.



A joke that went too far

Those who saw the incident say that there was an exchange of fisticuffs between the two of them on account of a misunderstanding regarding a retort made for a joke by the friend.



Exchange of words due to shoes

Evening News Release received a news item regarding an incident when two friends attacked each other with shoes, due to an exchange of words about raw materials used to make the pair of shoes of one.

The ability to control what you speak is with you, and not with anyone else. We must think over it again if a person falls into difficulties by not being able to control it. You can make your conversation pleasant if you make an effort and train yourself.



Activity

1. Sit in a circle in the class according to your teacher's instructions.
2. Recollect a good quality in the friend on your right.
3. Whisper it to your friend on your left.
4. Announce the name and good quality to be heard by the entire class.

Now there is nothing that is not available. There are ways of getting everything easily and fast due to the advancement of science.

from technical world

from the world of fashion

Now there are garments shoes, bags and toys in new designs

Moral Values

Both of them often travel together
all what they say is true. Fashions are
needed. When something is in the same
form at all times, it becomes monotonous
..... change is required
Technical development is also important
..... When we use the human brain
and get work done, technology is created
..... Any how, with all these the
absence of Moral Values will not carry
you anywhere.

From
Technical
Advancement

Invention of vehicles is the result of the advancement of technology. This provides us many facilities. However driving vehicles recklessly without consideration for the safety of others is disastrous.

Fertilizer, drugs and various chemicals are used for the benefit of man. Yet, misusing and selling of such items after the expiry date has been reported. Long-term destruction is the result of these.

The communication needs of man, speed up through telephone, radio, television, computer and internet. But getting addicted to these things for no purpose is a sheer destruction of resources and wastage of time and money.

From
fashion world

We decorate various places in various ways for various ceremonies. Even after the conclusion of such ceremonies, the decorations are seen to stand on houses, schools, roads and many other places. These decorations get discoloured and damaged making the surroundings and the environment, dirty and make uneasy for others.

We wear clothes of various styles. With clothes we cover ourselves, protect ourselves, and take on a pleasing appearance. But some clothes, ornaments and fashions do not serve this purpose. If you use clothes without choosing them properly, they make you ugly and uncomfortable.

Through advertisements' new things are introduced. Whatever they are, you should select suitable things intelligently. Without doing that if you are going to stock unwanted things and use money foolishly it will make everything ugly.



Activities

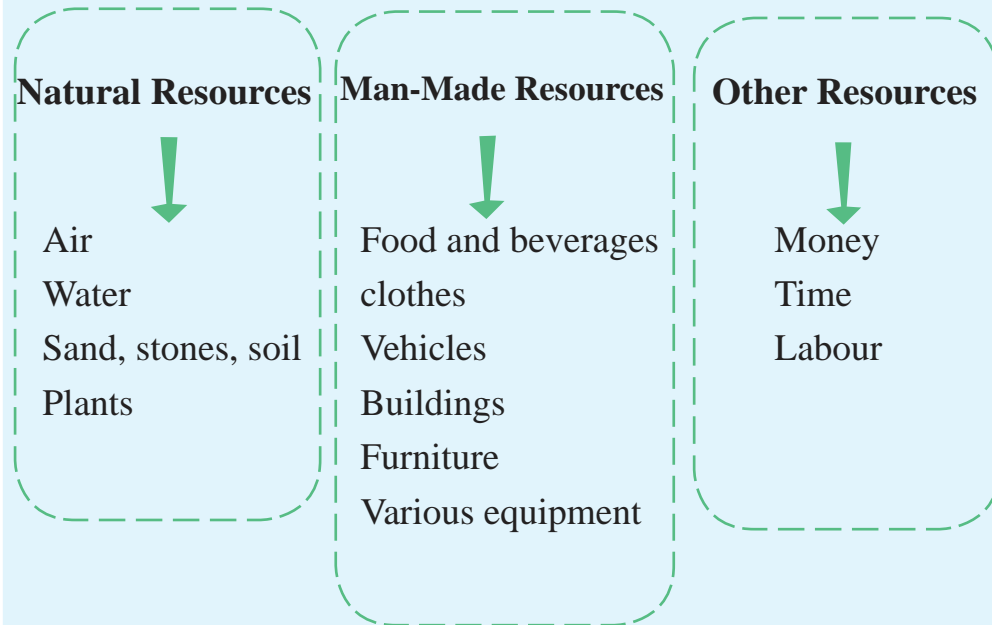
Explain how you can be virtuous with regard to the under- mentioned occasions.

1. Decorating the stage for the school concert
2. Decorating the road for the opening of the Community Hall in the village.



Moral values and savings

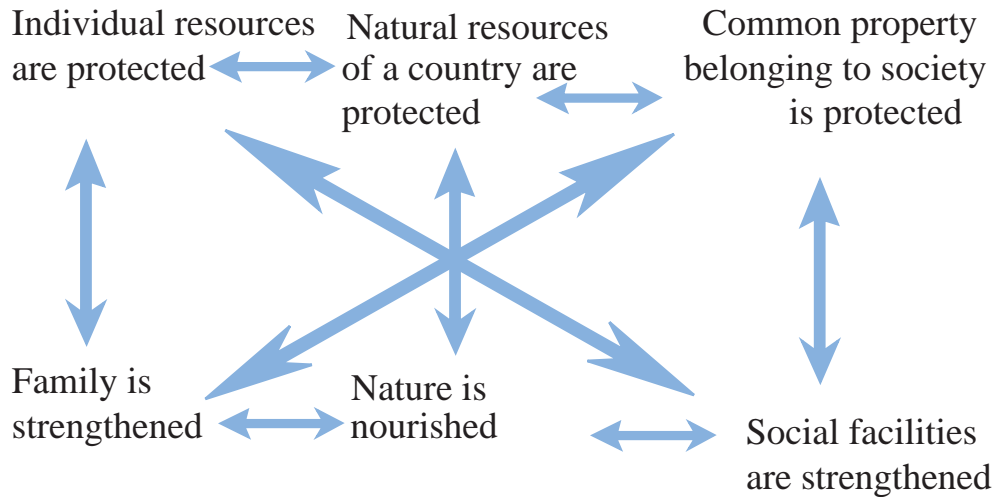
Savings are essential for human life and society. It is dangerous to dispense with the things you have or the things you receive.



We can save all these things by using them economically. It is not miserliness. It prevents wastage. “Wastage” means wasting or destroying things that can be used by you and others. It will happen because you do not have a feeling or respect for yourself as well as others.

In the note given below some benefits you could gain by concentrating on savings while safeguarding moral values are shown. It is an inter-related process. This is indicated by arrows. Try to understand it with the guidance of your teacher.

Savings+Moral Values



Moral Values and Personal Development

“Personal development” is your own development or advancement. Anyway it is not physical development only. Similarly, it is not the improvement of your belongings or property. These also are essential for the upkeep of individuals. But by developing only these, you cannot ensure personal development.

The capabilities and virtues of an individual are also very important factors. Many people speak very high of their capabilities. It is also true. Every individual has various skills. Those skills should be identified and developed. Anyway, possession of skills without moral values cannot be considered as development. Your abilities are used for your benefit as well as for the benefit of others, when you have an understanding of moral values.

Read the short notes given below and examine the moral values seen in these characters.



Ven. Rahula Samanera

Every morning this Thero who took a handful of sand, wished, “Let me have admonishments and advice today equal to the grains of sand in my hand”.

Mahathma Gandhi of India

He took measures to cultivate patriotic feelings among people and admire indigenous things. He led a simple life wearing a simple dress promoting production of cloth locally.

Leo Tolstoy: the Great writer

Although he had every comfort he participated in ploughing on fields, harvesting, cutting grass to feed animals etc. He did not like to get his things done by others. He made his own pair of shoes by himself.

Mother Teresa: The Nobel Prize winner

She saved serious leprosy patients who were dying on the wayside by establishing a home for them. She nursed poor destitute and sick children raising them with her own hands. The “Mission of Compassion” started by her, expanded through out the World.



Activities

Prepare a list of moral values by reading the biographies of various personalities in Sri Lanka.

Proverbs are good examples regarding how our ancestors were concerned with moral values. Some such proverbs related to various episodes of their lives are given below.

Proverb	Moral Value highlighted
If the hand is strong you will not loose your meal.	Should work with courage.
Present woes are sweet.	Without getting perturbed over difficulties and obstacles must get over them for good.
Friends are with you in sorrow and happiness.	Friends should not be abandoned in sorrow or happiness.
Sitting on the horn and biting the ear.	No one should hurt another by pretending to be friendly.
Like hanging gold on chameleon's neck.	One should not make an exhibition of one's vanity.
Do not put straw onto burning fire.	When a person is in difficulties do not aggravate them.

Praising the sea after drinking water from the river.

Must show gratitude to people who helped you.

Even if the sea turns to gruel it is not sufficient for a greedy person.

Should not be excessively greedy for anything.

Can wait until yam matures, but cannot wait until it is boiled.

Must be patient until you find the time and place.

Like breaking the branches of the tree to eat the Mora Fruit.

Should not destroy something completely to gain benefit.



Activities

The British traveller Robert Knox who visited Sri Lanka in 1680 wrote about Sri Lanka. This is an extract from his book regarding the Sri Lankans.

“They are very cultured. They do not consume liquor. They dislike stealing. They do not eat beef. They are very disciplined. They are very hospitable”.

We must be proud, to know that there had been people, in ancient Sri Lanka with spiritual values, admired and commended by foreigners. It is our responsibility to continue and develop such values.

The moral values in the statement above are essential for the present day society. Prepare a list of such Moral Values.



SYNOPSIS

The society we live in has been formed in association with many things. Man has automatically been given the main role in it. Anyhow the natural environment with animals, vegetation, rivers, streams, waterways and the built environment with buildings, roadways and equipment are also parts of this society. All these are closely connected to man and cannot be separated.

If man fails to work properly in relation to the environment, that has become an essential component of human society, the environmental factors will be hurt and disappointed and will refuse to co-operate with man.

For this, moral values could become the mediator. All activities and thoughts beneficial and friendly to you and others and also to the environment are called moral values.

If we get accustomed to following and maintaining moral values at home, in school etc. from the childhood itself then we will be able to maintain a virtuous and fruitful relationship between man and the environment. Such virtuous conduct we maintain as individuals will ensure the long term survival of society. It gives some beauty and recognition to our society. Through it our individual lives will become pleasant and will also get recognition.