

# Lesson Plan

## Grade 4 Term 2

These Lesson Plans are CAPS-aligned  
with learning opportunities presented in: **Life Skills**  
*Beginning Knowledge and Personal and Social Well-being*

### TOPIC: Development of the Self: Emotions

- Understanding a range of emotions: love, happiness, grief, fear, jealousy
- Appropriate ways to express our own emotions and to consider the emotions of others
- Reading about how people express different emotions
- Bullying: how to protect self from acts of bullying
- Reading about appropriate responses to bullying



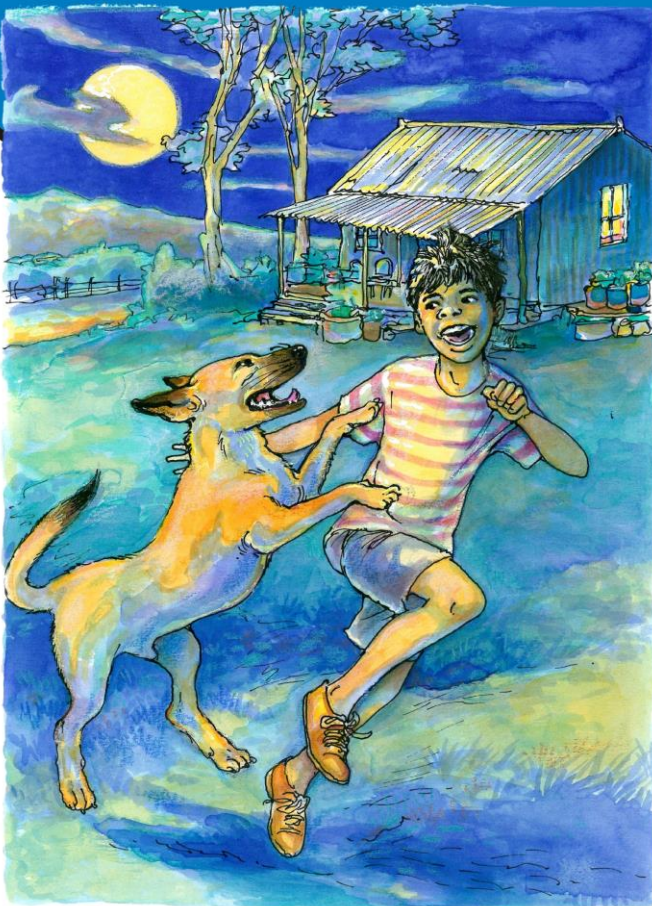
# Emotions

We all experience **emotions** throughout our lives.

Emotions are a **natural part of living** and are vitally important because they let us know how we are affected by the circumstances around us.

**Emotions include:**

**happiness, sadness, anger, fear, loneliness, jealousy, love, grief and so on.**



**Animals experience EMOTIONS too**

did you **KNOW?**

Until fairly recently, scientists believed **animals did not have emotions.**

17th Century French scientist  
**René Descartes**  
influenced the world  
for centuries with



his belief that only humans  
had minds, emotions, and  
the ability to learn.



*Animals operate like machines,  
cannot reason, cannot feel pain,  
do not have consciousness  
and are not sentient.*

But, around the 1970's scientists  
began to prove Descartes had  
been profoundly mistaken!

Scientists have now proven  
that animals are far  
from dumb and stupid!

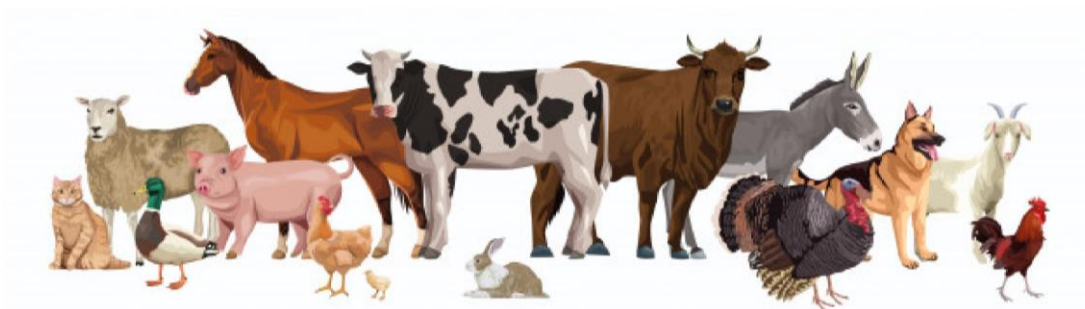
They are **intelligent** and **sentient**  
which means they share many of the  
**emotions** that we ourselves feel,  
including **pain, sorrow, fear,**  
**depression** as well as **enjoyment**  
and a sense of **fun** and **friendship**.

*Remember...*

**Definition of**

**Sentient being**

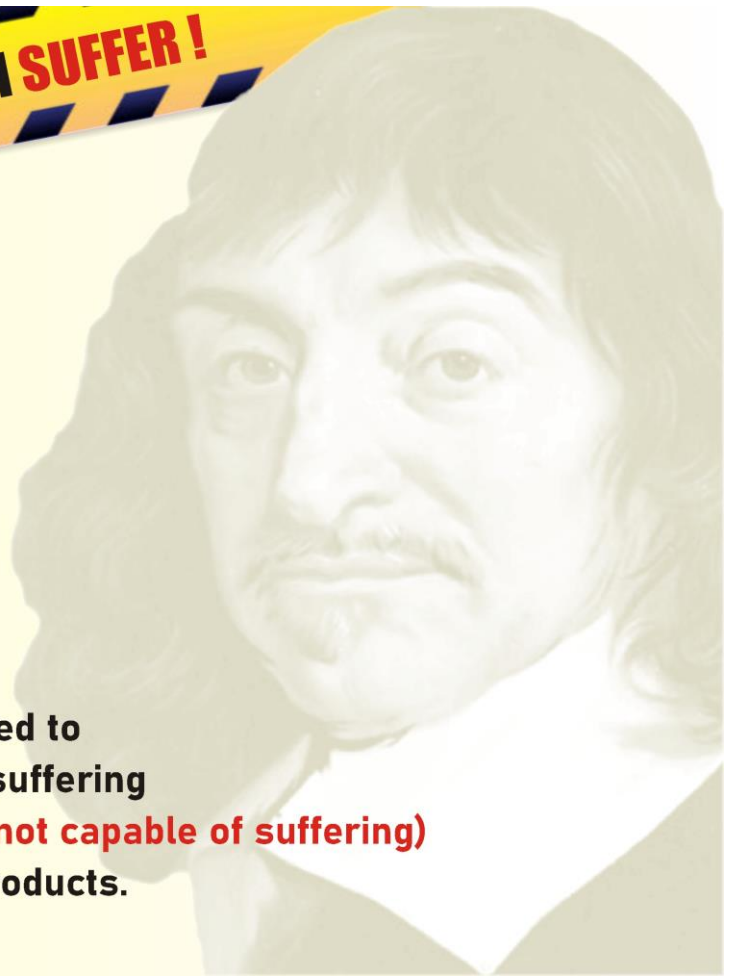
**All living beings who  
experience feelings, both  
physical and emotional**



**! Animals **SUFFERED** ! They still **SUFFER** !**

As a result of  
Descartes' influence,  
**animals suffered**  
**a grave injustice**  
all around the world.

Humans believed they were entitled to  
use animals irrespective of their suffering  
**(in the mistaken belief they were not capable of suffering)**  
and treat them as property and products.



## The story of Owen and Mzee

A 130-year-old tortoise and a baby hippo became best friends after a Tsunami in 2004 orphaned the little hippo and washed him out to sea. Wildlife rangers rescued Owen, as he came to be called, and took him to the Haller Park Wildlife Sanctuary in Kenya. There he met Mzee which means Old Man in Swahili.

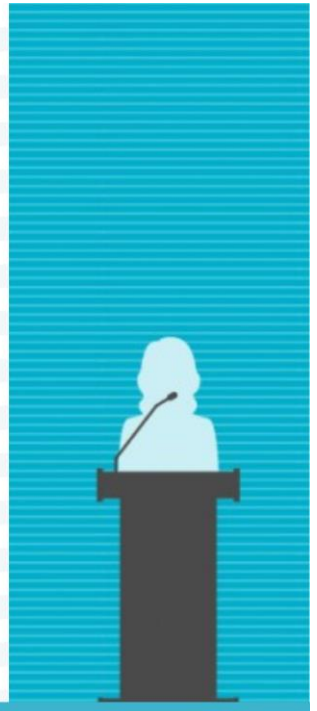
Owen and Mzee became inseparable friends, eating, sleeping and swimming together. They even developed their own new language, making noises that are not hippo-like nor tortoise-like, but perfectly understood by both!

**BFFs forever!**

Read more here:

 [The story of Owen and Mzee](#)

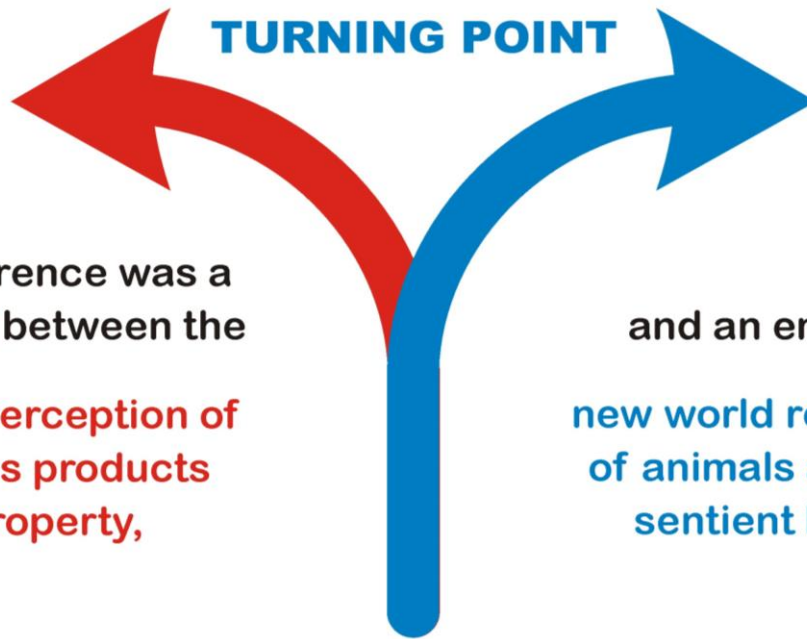
On 18th March 2005 scientists from around the world gathered in London for a conference, hosted by the organization **Compassion in World Farming**, on the science of animal sentience.



At the end of the conference  
600 delegates from 50 countries  
voted for the United Nations...

**to formally recognize that animals are  
sentient beings capable, like all of us,  
of pleasure and pain, happiness and  
misery, contentment and fear.**





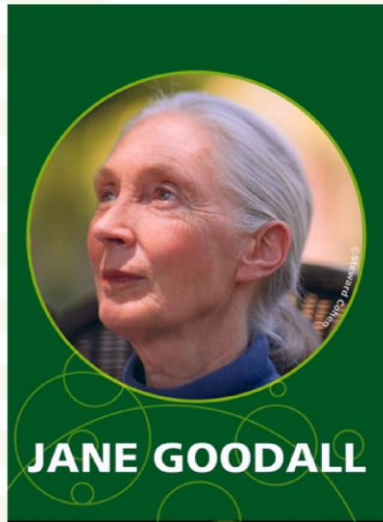
The conference was a watershed between the old world perception of animals as products and property,

and an emerging new world recognition of animals as deeply sentient beings.

**New Word** watershed

Turning point or historic moment

Jane Goodall, a world renowned primatologist, was one of the scientists who spoke at the 2005 London Conference.



She said: "Today we are beginning to understand that humans are not the only beings on this planet with personalities, minds and feelings."

DID YOU KNOW?

☀ INTERESTING FACT ☀

Rats and mice chuckle!



2012

Dr Jaak Panksepp made headlines around the world when he identified the ultrasonic 'chirps' emitted by mice and rats when he tickled them, as laughter!

Do some **research** and **write a paragraph** on the work of scientist Dr Jaak Panksepp.

 [Jaak Panksepp rat tickler who revealed emotional lives of animals](#)



Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

## New Words!!

**primatologist**

a person who studies  
primates: monkeys, apes,  
lemurs and humans

**ultrasonic**

a type of sound with  
a very high frequency  
that humans cannot hear

**emit**

to utter, let out,  
produce



**REVISE**



Now that the world  
acknowledges that  
**non-human animals are  
sentient beings,**  
we are morally obliged to  
**take their welfare into  
consideration** in our  
interactions with them.

## 5 FREEDOMS for ANIMALS

Endorsed by the  
World Organisation for Animal Health (WOAH)

Freedom from hunger and thirst

Freedom from discomfort

Freedom from pain, injury or disease

Freedom to express normal behaviour

Freedom from fear and distress

The world is redefining its relationship with animals,  
moving away from domination and exploitation  
towards respect for their immense sentience.



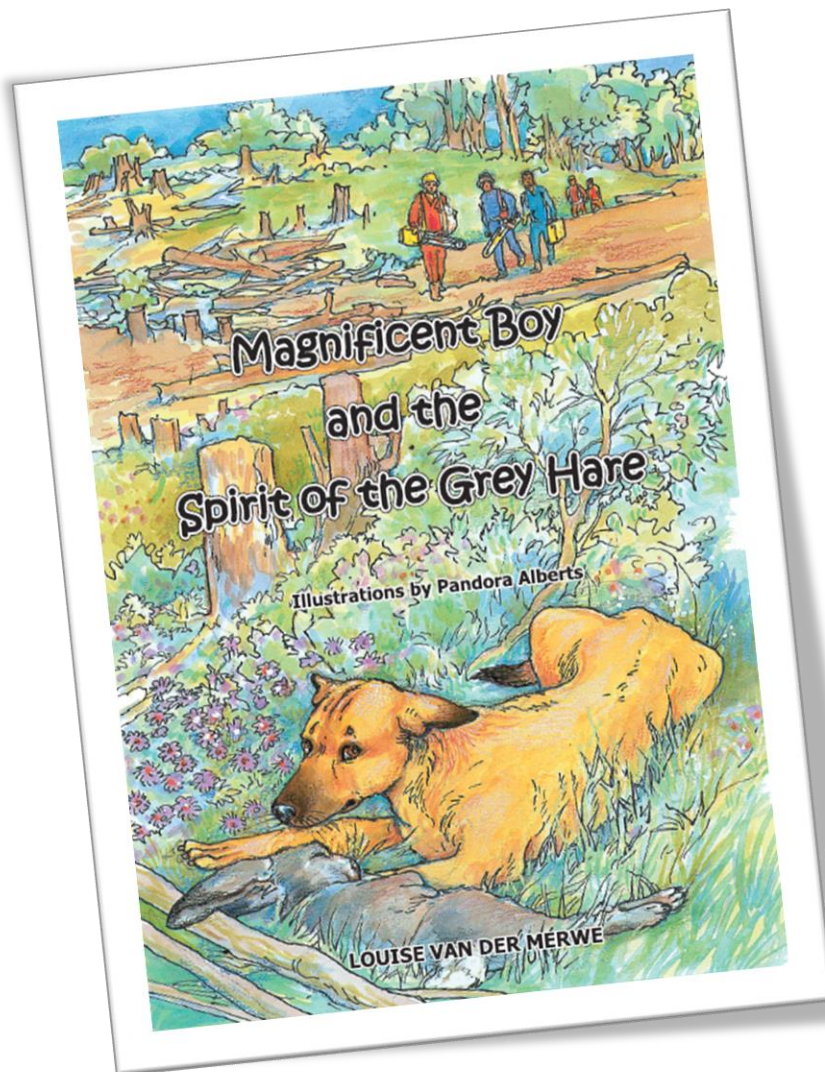
**Read this story about a Feral Pup  
and pay special attention to the emotions he feels**

**Note to Teacher**

A feral animal is not the same as a wild animal.  
A feral animal is descended from a domesticated animal  
but has reverted to a wild state of survival for whatever reason.

Extract from the storybook  
MAGNIFICENT BOY AND THE SPIRIT OF THE GREY HARE  
**READ THE FULL STORY [HERE](#)**

This story is about the impact of human activity on wild places.



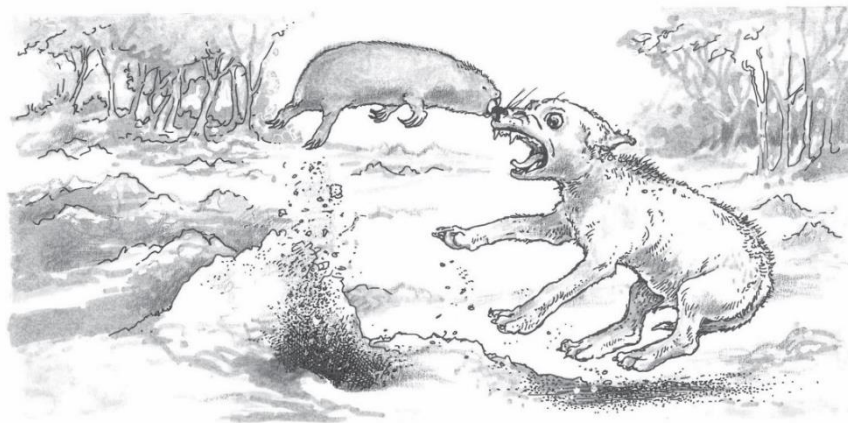
# Adventures of a Brave Heart

by Louise van der Merwe

A muffled scratching noise caught Feral Pup's attention. He stood rigid. Tantalized. Yes, again he heard a muffled scraping noise, a noise that put every nerve in his body on high alert. He inched forward sniffing the earth; listening intently. A vibration from beneath the ground tingled up his leg. Rasp, rasp, rasp. Just near his nose, a small pile of soft earth was forming. The heap grew bigger, heaving as though it were alive, pushing up from below, fine soil slipping down its sides.

Locked within Feral Pup, his ancient memory, his instinct, took control. He pounced on the heaving mound of soil, madly digging with his front paws, excitedly searching for its essence. Then, excitement turned to shock and agony. An unbearable pain seared through his nose.

He jerked his head back and heard his own hideous shrieks piercing the air. To his horror, a big, grey mole dangled from the end of his nose, latched on by its long, curved incisors. Feral Pup shook his head violently. He rubbed his muzzle against the ground, pawing to dislodge his tormentor.



Again he shook his head violently. This time, the mole lost its grip. It flew off, landing on the soil nearby. It writhed, then turned to face Feral Pup, its mouth open wide in a silent battle-cry. Blood dripped from Feral Pup's nose, landing in the sandy soil in dark red splotches.

For a few moments, he stood mesmerized. Then, once again, nature's imperative within him took over. In an instant, he lunged, snapping his jaws shut on the back of the mole's neck. He shook it vigorously from side to side, as his ancestors had shaken squirrels and rabbits and rats for millennia.

Afterwards, he fixed its limp body to the ground with his paw, tore open its skin with his teeth and licked the warm blood from its flesh. Afterwards, satisfied at last, he slept a good, deep sleep in the shade of a tree.

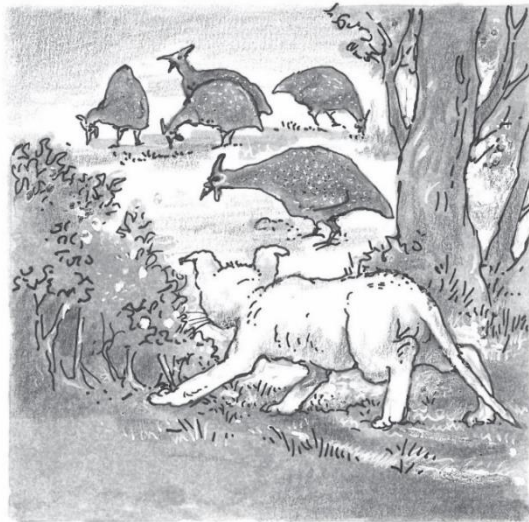
When finally Feral Pup awoke, he knew something had changed. He felt his tail was strong and vigorous. He felt his puppy ears wiggle, as they attempted to become sharp and alert. He trotted off, tail in air, to find his next meal.

Before too many days had passed, he could recognize the noise of a mole digging underground, from ten leaps away.

The grassy veld, dotted with aliens like Pines and Port Jackson, quickly honed his hunting skills. He learned the art of patience in stalking guinea fowl and pigeons and the precision and speed required to lunge and snatch them in the blink of an eye.

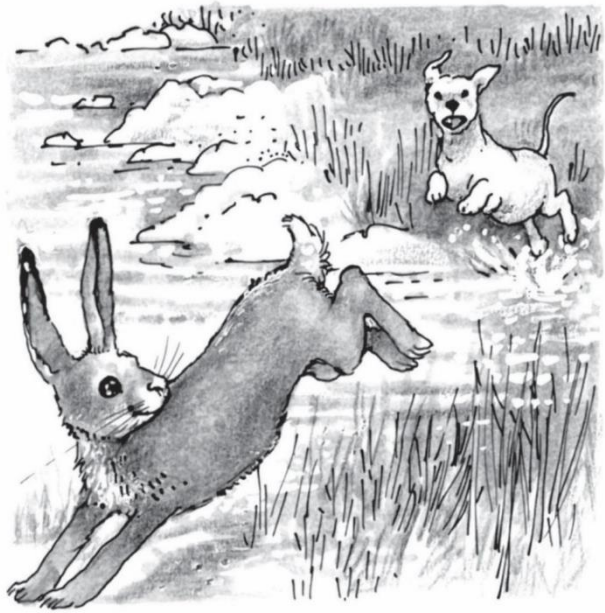
His sense of smell grew so acute that he could sniff out newly-laid guinea fowl and francolin eggs, no matter how well-hidden. But it was a small grey hare that taught him how to run as fast as the wind. The day he first met grey Hare, Feral Pup had his nose to the ground, sniffing for owl pellets, regurgitated during the night from the tops of the slim, tall Pines.

Dawn had hardly broken and already the shrill cicada beetles were in full chorus, heralding the heat to come.



The sudden puff of a berg wind stopped Feral Pup in his tracks. He lifted his keen nose, tantalized by a scent that had not crossed his path before. Every muscle in his body tensed. Then he spotted the lean, lithe, diminutive body of grey Hare who was busying himself with something in the earth, buried beneath a mat of fallen pine needles - quite oblivious of Feral Pup's presence. Feral Pup's excitement was almost unbearable. Saliva dripped from his lips. His muscles quivered. Four bounds and he would be upon the hare. He crouched down, inching forward, his whole being fixated on the twitches and spurts of activity of the unsuspecting grey hare.

A rush of dust. A split second. grey Hare sprung into the air. Splashed with Feral Pup's saliva, he zig-zagged in a desperate escape from the hurtling menace that was upon him. He tore through the veld, faster than the wind, leaping higher and higher in triumph as the distance between them grew longer. Then he disappeared and all that was left of grey Hare was the exhilaration of the chase and the scent he'd left on the ground that Feral Pup traced with his nose, back and forth and in and out, for the rest of the morning.



After that, grey Hare taunted and teased and outwitted Feral Pup almost daily. It wouldn't be long, Feral Pup vowed, before he outran that hare, snatched him by the back of his neck and shook the cheek out of him for good.

At night Feral Pup dug himself a bed in the cool earth beneath the Acacia tree, painstakingly scraping away the soil and leaves with his front paws, turning round and round, till his bed fitted him just right. Then he'd slip into a wonderful slumber while owls hooted and guinea fowl sang their raucous evensong high in the branches above. Without him knowing it at all, Feral Pup's legs had grown long and his ears had finally cocked with a will of their own.

His soft puppy hair was replaced by a strong, light- brown coat, tinged with black on his muzzle, the edges of his ears and the end of his tail. His mother and the fire were all but forgotten, except sometimes, in his dreams.

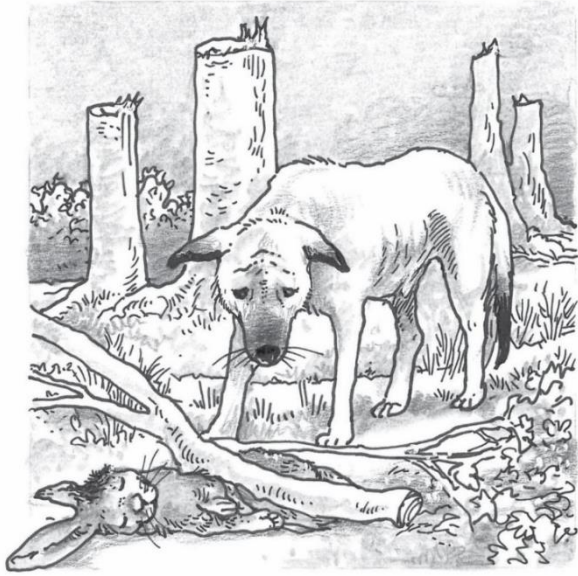
Then one morning, he awoke to a harsh whining noise piercing the air. He went in search of the intrusion, and, careful to stay hidden, he watched from a distance, as men in blue overalls wielded electric saws to slice through the tall Pines and the Port Jackson, bringing them crashing to the ground.



Every day, the men intruded closer to his sleeping place. Panic-stricken guinea fowl set up a raucous lament as the trees in which they had roosted the night before, hit the ground in a cloud of dust.

When the men left in the late afternoon, Feral Pup emerged from his hiding place and followed his nose through the fallen branches in search of crusts and chicken bones left behind.

On the fourth day, beneath the wreckage of broken branches, he glimpsed grey Hare, lying perfectly still, although Feral Pup fully expected him to leap up and speed away, like only he and the wind could do.



But grey Hare didn't move. Feral Pup approached cautiously. He felt sure grey Hare was about to spring into the air. He sniffed the dry blood that stained the fur around grey Hare's long ear. He licked the fur; tasted grey Hare's blood. He licked until the fur was wet and the blood was gone. He prodded the small, stiff body with his paw. 'Get up,' he thought.

'Get up'. Feral Pup whined.

He wished with all his heart that the cheek would bounce back into grey Hare; that he would leap into the air and run like the wind, glancing back with glee because he knew Feral Pup couldn't catch him. Feral Pup kept a vigil close to grey Hare's body throughout the night. In the morning, when the men in overalls arrived, he slunk away, his tail between his legs.

By mid-morning on the fifth day, the men reached the Acacia that had sheltered Feral Pup during the long months of his growing up. Miserable and uncomprehending, Feral Pup retreated, following the guinea fowl deeper into the veld. Later he returned to scavenge for scraps.

The fine Acacia that had stood gloriously bedecked in yellow just a few hours before, lay unrecognizable on the ground, sawed into small logs and bits and pieces. He was no longer Feral Pup, he was Feral Dog.

**Can you identify these emotions in the story?  
Explain your answer.**

**Excited**

**Satisfied**

**Exhilarated**

**Anticipation**

**Terror**

**Lonely**

**Cautious**

**Sad**

BULLYING X BULLYING X BULLYING X

# Bullying

- How to **protect self** from acts of bullying
- Examples of bullying

BULLYING X BULLYING X BULLYING X

Bullying can result in emotions of deep **sadness, loneliness** and **despair**.



That's why it is important to understand bullying behaviour.

Bullying is about one person (or a group) **doing or saying things to try and have power** over another person.



It's a form of **ABUSE!**

Bullying can involve...

**physical aggression**  
like punching, kicking,  
poking or damaging  
the belongings of  
another person



and / or

**emotional aggression**  
like spreading gossip,  
ostracizing, name-calling  
and mocking





## Emotional Bullying

is often **more painful** than



## Physical Bullying



The old saying...

*“Sticks and stones can break my bones  
but words can never hurt me”*

...is simply not true!



There are lots of reasons why people bully

## However...

We must keep in mind that **bullies don't feel good about themselves** and try to make themselves feel better, stronger, more powerful and more in control, by putting someone else down.

When we understand this, we can deal better with the feelings that being bullied creates – like loneliness and despair.



ADVICE >>> ADVI  
**Tell, tell, tell!**



**Talk about it** and discuss your feelings openly with a friend, educator, parent, someone you trust – even the bully him-or-her-self!



**Very often the bully will pick on someone who they think won't fight back.**

ADVICE >>> ADVI  
**Expose the bully!**

By **standing up for yourself** and bringing bullying behaviour into the open, the bully is exposed and **bullies don't like to be exposed!**





**Sometimes, bullies  
pick on animals.**

**Scientists believe that this  
is a 'red flag' to watch out for...**

**Cruelty to animals is  
often one of the first signs  
that a person has a  
**serious mental  
health issue**  
and needs therapy.**



**Cruelty to animals is  
not only **against the law**  
and must be reported to the  
nearest police station, but  
is an indication that the  
**person is at risk of  
becoming violent  
towards people  
too.****





For this reason, **cruel behavior towards an animal must also be reported to a social worker in the area.**



**The social worker can then assess whether the family is at risk of domestic violence and in need of an intervention.**

## Consequences

More on  
**Bullying Behaviour**  
and its consequences:

Read about  
**Siyabonga's Horrible Holiday**  
[HERE](#)

# Comprehension Test on Siyabonga's Holiday

## Activity

Pick out the emotions that were experienced by...

the dog

[ ]

[ ]

[ ]

Sister Radebe

[ ]

[ ]

Siyabonga

[ ]

[ ]

[ ]

# STOP BULLYING

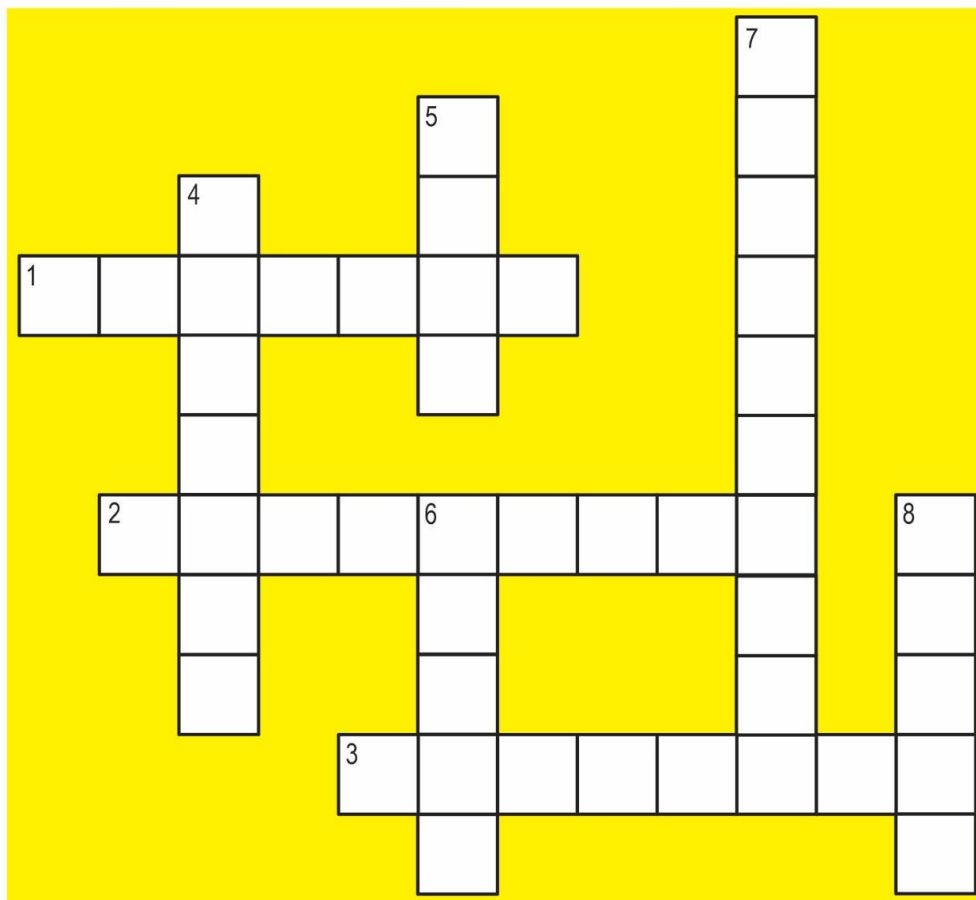


# Activity

## Complete the crossword puzzle

### Clues across:

1. Often the first targets of bullying
2. A modern instrument sometimes used by bullies
3. Bullying is not a sign of strength

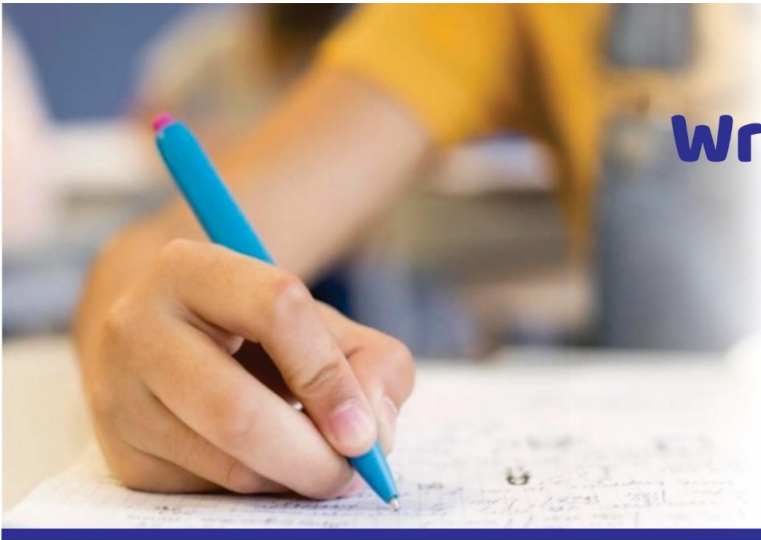


### Clues down:

4. Not peaceful
5. The first thing a victim should do
6. Another word for control
7. Opposite of low self-esteem
8. All forms of bullying are...?



Answers:  
1 [animals] 2 [cellphone] 3 [weakness] 4 [violent]  
5 [tell] 6 [power] 7 [confidence] 8 [abuse]



## Write your own story

with the title below

*It could be about a person  
or an animal.*

*“ I said he was dumb.  
I called him stupid.  
But I saw his pain.”*

A large rectangular area with a blue border, containing ten horizontal dashed lines for writing.