

## BALVIKAS LESSON PLAN: DHARMA (DUTY AND RIGHT CONDUCT) (1)

Meaning of Dharma is rights conduct and the right way of life. It means doing your duty. Your duty can be towards people, for example your mother or your teacher. You can also have a duty to do the right thing, for example helping someone. Your duty also includes doing what you are supposed to do, so for example, if you are a student at school your duty is to do the best you can to study hard.

Aim: To understand what right conduct means

### ACTIVITY ONE

On your own think about what it means to be good. Then write some of the keywords that explain this meaning. We will then do a brainstorm as a class to show what everyone has come up with.

### ACTIVITY TWO

Below are two sayings by Baba that explain what right conduct means. In your groups try and first understand the meaning of the phrase and then think of a story that explains what the phrase means.

Group 1:

***Think before speaking.  
Think before acting.  
Then go ahead.  
If you feel good about it.***

(Clue word: conscience)

Group 2:

***Every action of yours at the present time is bound to have a reaction, resound and reflection in the future.***

(Clue words: consequence and Karma)