

Lesson 5 Sheet 1 Lesson Planning (Case Study One)

The following is a lesson plan written by a bhakta leader for students on his course. The subject is 'humility'. Please assess how effective you think the lesson is and identify its strengths and weaknesses:

(75 Mins)

Introduce subject

15 mins

- read quote from Srila Prabhupada explaining the importance of humility
- explain how anyone who has any desire for sense-gratification is not submissive to Krishna and is demoniac
- read quotes from the Sixteenth Chapter of the Gita explaining the qualities of those without humility and their destination

Individual tasks

15 mins

- ask students to write down what they have learned so far and how they can apply it in their lives (8 mins)
- ask students to pair up and share what they've written down (8 mins)

Overview of lesson

5 mins

- present an overview of the lesson so far and what you are trying to achieve by the end

Group tasks

15 mins

- order students to get into groups of (3 or 4)
- request them to answer the following questions:
 - 1) is there such a thing as false humility?
 - 2) if so, what are its symptoms?
- request them to write down answers on a flipchart sheet and post on the wall

Individual tasks

5 mins

- ask students to write down in their worksheets at least three answers to the questions:
 - 1) what are your greatest challenges to becoming humble?
 - 2) what are the results of failing to be humble in your own life?

Feedback

15 mins

- ask student volunteers to come before the whole class and read the answers they
- after each take questions or give comments

Round-up

5 mins

- summarise what we have learned this lesson
- read one story from the Lilamrta which demonstrates Srila Prabhupada's humility
- mention the next lesson
- close

Lesson 5 Sheet 2 Lesson Planning (Case Study Two)

(80 Mins)

Brainstorm

5 mins

- ask students, 'what do we mean by humility?'
- write a few points down on the flipchart
- confront students, 'is it so easy to differentiate?' introduce concept of false humility

Individual tasks

10 mins

- ask students to write down three ways in which they feel their behaviour and devotional service is significantly affected by their lack of humility (4 mins)
- ask students to visualise and actually perceive how they would feel if they'd overcome these obstacles.
- Ask them to meditate on the benefits to their spiritual lives (3 mins)

Sharing

5 mins

- request students to pair up and share the results of the last exercise

Group tasks

20 mins

- divide students into groups
- ask students to write down 10 types of specific behaviour which demonstrate:
 - (a) humility
 - (b) a lack of humility
 - (c) false humilityand to discuss their own experiences of these
- ask students to display their results (on flipchart sheets) on wall in three sections, corresponding to (a), (b) and (c) above.

'Shop window' exercise

15 mins

- ask students to gather round flipchart sheets
- analyse and discuss, formulate conclusions

Whole Class Discussion

15 mins

- Discuss examples from scripture that exemplify the three categories above (3 mins)
- Discuss "How can we personally apply the above examples?"
- ask students to consider their challenges and how life would improve with humility. Ask them to list down (individually) what they can practically do with their spiritual life to overcome their challenges
- ask them to commit to one or more of these

Commitment & Conclusion

10 mins

- ask students to pair up
- request them to share their realisations of the class and their commitments
- display and read some appropriate quotes from Srila Prabhupada's books