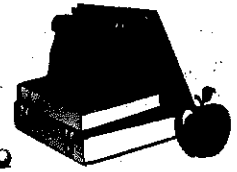


Unity



What Is Unity?

Unity helps people work and live together peacefully. When you practice unity, you feel connected to everyone and everything. Unity brings harmony, like the music made by the different instruments in an orchestra. Unity comes when we value each each person. The joy of one is the joy of all. The hurt of one is the hurt of all. The honor of one is the honor of all.

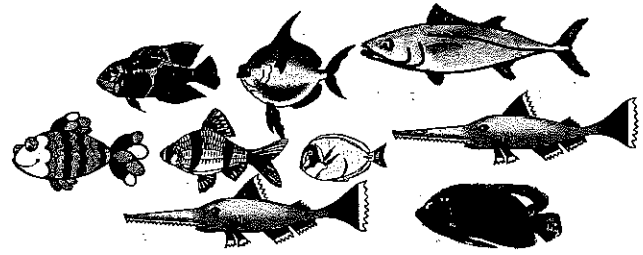
Why Practice It?

Without unity, differences scare people and drive them apart. Without unity, each person stands alone. When we come together in unity, we cooperate. We work together to accomplish more than any one of us could by ourselves. We feel a sense of unity with all living things, and do our part to care for the earth.



How Do You Practice It?

When you practice unity, you look at your prejudices and are willing to let them go. Unity doesn't mean being the same. Just as every leaf on a tree has a unique design, each person on this earth is someone special. When you practice unity, you see the specialness in each person, not as a reason to fight or be scared, but as a gift. Working in unity with others gets things done efficiently. Unity is solving conflict peacefully by listening and finding solutions.



What would Unity look like if...

- You see a student in your school who wears a special head-dress or clothing in obedience to his religion?
- You notice that all your friends toss their trash into the creek?
- You become angry with a brother or sister and feel like saying hurtful things?
- You overhear someone teasing a child of a different race and calling her names?
- Someone tells you an ethnic joke and you are tempted to tell it to someone else?
- The teacher gives you an assignment to do with a group?

Signs of Success

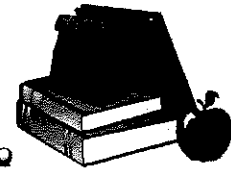
Congratulations! You are practicing Unity when you...

- Treat all people as members of one human family
- See the gifts in differences
- Refuse to join in when others express prejudice
- Solve conflict through listening and finding solutions
- Care for the earth and all living things
- Act like a peacemaker wherever you go

Affirmation

*I am in unity with others. I appreciate differences.
I do not support prejudice. I am a peacemaker. I care for the earth and all living things.*

Activities with Unity



(Older) Unity Hammock

In groups of 10 or so, have students form two lines, facing one another. They then grasp each other's wrists firmly. Have one end of the line bend their knees, allowing someone to gently "fall" back across the bridge or "hammock" of arms. The individual then closes his or her eyes and listens as others name virtues they see in the person. e.g., "I see Juan's kindness." "I see Juan's reliability."

Tug of Peace

Two teams try to pull rope to their side through the power of their unity.

Unity Ice Breaker

Hand out pictures or words naming different animals, then ask students to find their group by making the sounds their animal makes.

Unity Orchestra

Find your own unique sound and make a rhythm "song". Listen to the sound of all of you together, unified in your diversity.



Virtues Reflection Questions

- ❑ How can people who are different get along?
- ❑ What would it be like if every instrument in an orchestra made the same sound?
- ❑ What would it be like if every person looked, sounded and thought alike?
- ❑ How do differences cause problems in a family?

- ❑ How do differences make things go better in a family?
- ❑ Name three ways you are different from your favorite friend.
- ❑ Name three things you share.
- ❑ What can you accomplish in unity with others you cannot do alone?



Drawing Caring

Make a poster representing the unity of humanity.



Poster Points

- ❑ United we stand. Divided we fall.
- ❑ One Human Family.
- ❑ Unity in Diversity.



Quotable Quotes

"Of a truth, men are mystically united; a mysterious bond of brotherhood makes all men one." Thomas Carlyle

"United we stand, divided we fall."
Slogan of the American Revolution

"When we learn to come together, we are whole." Anne Cameron

"The only reality is that we all love each other; everything else is illusion." Arnold Patent

"One touch of nature makes the whole world kin." William Shakespeare, Hamlet