

Secular Ethics

Grounding ethics in human nature

History offers us plenty of evidence that human beings can be violent and destructive. However, if we look to the aspects of our personal lives that are the most endearing and satisfying, we see love, kindness and compassion. Our nature is to nurture, to care for the ones we love and to share our happiness. As Mother Teresa once said, "The problem with the world is that we draw the circle of our family too small." The fullest expression of our shared human virtues is our capacity to make close friendships, to come together for a common cause, and to offer ourselves in service to others.

- 1.10 In what way does your life experience affirm or contradict the Dalai Lama's view of human nature?
- 1.11 How does our habitual behavior obscure basic human values?

Two pillars for secular ethics

The Dalai Lama explains the two basic principles on which he believes a universal system of ethics must be based: shared humanity and interdependence.

- 1.12 How do you understand the term "shared humanity"?
- 1.13 How do you understand interdependence as a key feature of human reality?

COMPETENCIES

1. Appreciating Kindness **KINDNESS WEEK**

Example Activities:

1. Small Acts of Kindness by each class
2. Collection of Kindness Stories & sharing with school mates
3. Collection of Kindness Quotes & exhibition
4. Screening of Clips on Kindness
5. Wall magazine or Creating Pledge Page
<http://www.pledgepage.org/#>
<http://www.propoor.org/news/?n=87680>
<http://www.dailygood.org/story/1192/top-10-kindness-stories-of-2015-kindspring-org/>

2. Ethical mindfulness **MINDFULNESS WEEK**

Example Activities:

1. 4 basic training of Mindfulness by Class VI/VII/VIII/IX/X
2. Sharing of self experience among classmate & school mates
3. Resource Talk on Mindfulness
<http://www.dailygood.org/story/1208/5-things-we-learned-about-mindfulness-in-2015-carolyn-gregoire/>

3. Emotional Awareness **AWARENESS WEEK**

Example Activities:

1. Small Acts of Kindness by Class VI/VII/VIII/IX/X
2. Collection of Kindness Stories & sharing with school mates
3. 10 minutes Anapana Morning & evening
https://www.youtube.com/watch?v=Kn4dK_kYUEo
<https://www.youtube.com/watch?v=24UjPsRfCcg>

4. Self Acceptance/Courage **ACCEPTANCE WEEK**

Example Activities:

1. Small Acts of accepting one's mistake
2. Collection of Stories depicting courage & sharing
3. Collection of Quotes on Courage & exhibition

4. Screening of Clips on Acceptance/Courage
5. Wall magazine one's acceptance
<https://www.youtube.com/watch?v=KBkmHRpC-bw>
<https://www.youtube.com/watch?v=8G8SzrwgXHc>

5. Forgiveness of others **FORGIVENESS WEEK**

Example Activities:

1. Small Acts of forgiveness
2. Collection of Stories depicting forgiveness & sharing
3. Collection of Quotes on forgiveness & exhibition
4. Screening of Clips on forgiveness
5. Wall magazine of small acts of forgiveness
<https://www.youtube.com/watch?v=x0diYRWRiCU>
<https://www.youtube.com/watch?v=cxq327F4o-s>

6. Contentment & other Inner Values **INNER VALUE WEEK**

Example Activities:

1. Small Acts of contentment
2. Collection of Stories depicting contentment & sharing
3. Collection of Quotes on contentment & Inner values
4. Screening of Clips on contentment
5. Wall magazine of small acts of contentment

7. Impartiality **IMPARTIALITY WEEK**

Example Activities:

1. Small Acts of Impartiality
2. Collection of Stories depicting impartiality & sharing
3. Collection of Quotes on impartiality & exhibition
4. Screening of Clips on impartiality
5. Wall magazine of small acts of impartiality

8. Gratitude & Endearment **GRATITUDE WEEK**

Example Activities:

1. Small Acts of gratitude & Endearment
2. Collection of Stories depicting Gratitude & sharing
3. Collection of Quotes on gratitude & exhibition
4. Screening of Clips on gratitude & endearment
5. Wall magazine of small acts of gratitude
<https://www.youtube.com/watch?v=W3ok-4nk1Q0>
<https://www.youtube.com/watch?v=QQAse4XqX9M>

9. Empathic Concern **EMPATHY WEEK**

Example Activities:

1. Small Acts of empathy
2. Collection of Stories depicting empathy & sharing
3. Collection of Quotes on empathy & exhibition
4. Screening of Clips on empathy
5. Wall magazine of small acts of empathy
<https://www.youtube.com/watch?v=kDsihszIJRg>
https://www.youtube.com/watch?v=esiiE_XeDEE

10. Discernment **DISCERNMENT WEEK**

More Details:-

[Ethics_for_a_Whole_World-Study_Guide-Project_Clear_Light \(3\)](#)

[SEE_Framework_v3.5_24Nov17](#)

[SEE_Learning_summary_V2](#)

[SEE_Learning_Elementary_School_Chapters1-3_designproof_March2018](#)

[SEE_Learning_Middle_School_Chapters1-3_designproof_March2018](#)

[3-5 Compassion Lessons](#)

[6-8 Compassion Lessons](#)

[9-12 Compassion Lessons](#)