Ħbieb tal-Qalb

L-Ewwel Parti

Darba waħda, fi ġnien kbir, kien jgħix bebbuxu ċkejken jismu Ben. Ben kellu qoxra tleqq iddur iddur. Huwa kien iħobb jesplora u jagħmel avventuri, imma mhux dejjem kien jaf x'għandu jagħmel biex ma jidħolx fil-periklu, għax kien għadu żgħir.

Uri ritratt ta' bebbuxu. Staqsi biex jiddeskrivu dak li jaraw
Iddiskuti. X'inhi l-kulur tal-qoxra ta' Ben? X'tistgħu taraw fuq il-qoxra tiegħu?

Darba waħda kienet ġurnata xemx u Ben iddeċieda li jmur dawra fil-ġnien. Waqt li kien qed jitkaxkar fuq il-ħaxix, beda jħalli warajh sinjal ileqq kif jagħmlu l-bebbux. Dan is-sinjal jgħinu jsib it-triq lura lejn id-dar. Ben kien eċitat, imma ma kienx jaf li l-bebbux m'għandux joħroġ fix-xemx għax jinxef u jmut. Il-bebbux dejjem irid jibqa' mxarrab.

Iddiskuti. Għaliex taħsbu li l-bebbuxu għandhu bżonn jibqa' mxarrab? X'taħsbu li se jiġri lil Ben fix-xemx?
Fatt. Il-bebbuxu jieħu n-nifs mill-ġilda, għalhekk ġismu għandu jibqa' mxarrab il-ħin kollu. L-ilma jippermetti lill-ossiġnu jgħaddi minnu, imma mhux mill-ġilda.

Ben kompla jitkaxkar u x-xemx bdiet tisħon. Beda jħossu għajjien ħafna.

"X'waħda din!" qal Ben. "Naħseb qiegħed fil-periklu."

Dak il-ħin, tifla qalbha tajba jisimha Sarah ħarġet fil-ġnien. Sarah kienet tħobb tgħin lill-oħrajn, speċjalment annimali li jkollhom bżonn l-għajnuna. Sarah rat is-sinjal li ħalla warajh Ben u ndunat li kien hemm bebbuxu fil-periklu.

Staqsi lit-tfal jippretendu li huma Sarah qed ifittxu bebbux li jeħtieġu l-għajnuna
Iddiskuti. X'tagħmlu jekk taraw bebbuxu fix-xemx?

"Ejja mmorru ngħinuh," qaltilha l-Mamà. Omm Sarah kienet tieħu gost tara lit-tifla tagħha tgħin lil min hu fil-bżonn. Sarah mxiet wara s-sinjal ta' Ben u malajr sabitu. Kien imdejjaq u nifsu maqtugħ.

"Miskin," qalet Sarah, "Ilek wisq fix-xemx. Tinkwetax, jien se nsalvak." Sarah ġabret lil Ben bil-mod u poġġietu fid-dell taħt pjanta kbira mimlija weraq. Ben ħassu kuntent fid-dell.

Iddiskuti. Kif taħsbu li Ben ħassu meta sabitu Sarah?

"Grazzi Sarah," qalilha bi tbissima ċkejkna. "Issa naf li m'għandix noħroġ fix-xemx."

Sarah daħqitlu u qaltlu, "Ma ġara xejn Ben, kulħadd jagħmel xi żball. Il-bebbux irid joqgħod dejjem fid-dell u jmur jorqod meta tkun ix-xemx."

Fatt. Il-bebbux jitilfu l-ilma minn ġisimhom meta jimxu, u għalhekk iħallu sinjal ileqq. Huma joħorġu bil-lejl jew fix-xita biex jibqgħu mxarrbin.

Minn dakinhar Ben u Sarah saru ħbieb tal-qalb.

It-Tieni Parti

Dan jista' jsir waqt il-ħin taċ-ċirku fejn l-ewwel tistaqsi lit-tfal jekk jiftakrux f'okkażjoni meta ħassewhom imdejqin u bdew jibku jew inkella min huma l-ħbieb tagħhom fil-klassi. Wieħed wieħed it-tfal jaqsmu l-esperjenzi tagħhom.

Darba waħda Ben kien qed jistrieħ fid-dell taħt siġra kbira. Huwa ra lil Sarah tibki.

Iddiskuti. Kif tħossok meta tara xi ħabib tiegħek jibki? X'taħseb li se jagħmel Ben biex jgħin lil Sarah?

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(tkompli...) **Ħbieb tal-Qalb**

"Xi ġralek, għażiża Sarah? qalilha Ben. "Għaliex qed tibki?"

"Għax it-tfal tal-klassi kollha jafu jiktbu l-ewwel ittra ta' isimhom," qaltlu Sarah, "Imma jien ma nafx nikteb tiegħi, u issa kulħadd qed jidħaq bija."

Iddiskuti. Qatt ħassejtek imdejjaq għax ma stajtx tagħmel xi ħaġa li l-oħrajn setgħu jagħmlu? Kif ħassejtek? X'nistgħu nagħmlu meta naraw lil xi ħadd imdejjaq?

"Tinkwetax, Sarah!" qal Ben. "Issa ngħinek jien!"

Ben kien ferħan li seta' jgħin lill-ħabiba tiegħu. Tela' fuq werqa u beda jitkaxkar żigużajg. Kif tafu, meta l-bebbux jimxi jħalli sinjal warajh. Fuq il-werqa Ben ħalla sinjal forma tal-ittra S.

"Iiii kemm inti bravu, Ben!" bdiet iċċapċap Sarah. "Ktibtli l-ittra S!"

Suġġeriment: Hawnhekk tista' turi kif tikteb l-ittra S b'subgħajk

"Ejja nerġgħu nagħmluha," qal Ben. Ben mar fuq werqa oħra u reġa' ħalla sinjal forma tal-ittra S. Sarah qagħdet attenta tħares lejn Ben.

"Qed tara Sarah," qalilha Ben. "Ħafifa tafx, jirnexxilek żgur! Imxi b'sebgħek mas-sinjal li ħallejt jien u tara kif titgħallem."

Fatt. Il-bebbux joħolqu sinjal biex isibu t-triq lura d-dar aktar faċli u ma jitfixklux u biex iħaffef huwa w jimxi.

Sarah ppruvat u ppruvat, u bl-għajnuna ta' Ben tgħallmet tikteb l-ittra S. Issa sħabha ma baqgħux jidħqu biha għax l-ittra S ta' Sarah kienet l-iktar waħda pulita tal-klassi.

"Sarah," qaltilha l-Miss. "Kif tgħallimt tikteb l-ittra S daqshekk pulita?"

Sarah tbissmet u qaltilha, "Il-ħabib tiegħi Ben għallimni."

Iddiskuti. Kif Ben għen lil Sarah? Għaliex huwa importanti li ngħinu lill-ħbieb tagħna?

It-Tielet Parti (Ben jgħallem lil Sarah dwar il-bebbux)

Wara li għen lil Sarah bil-ittra tagħha, Ben ried jgħallimha iktar dwar il-bebbux.

"Kont taf, Sarah, li meta l-bebbuxu jmur jorqod, jagħmel għatu fil-ftuħ tal-qoxra tiegħu, u għalhekk jibqa' ġewwa komdu."

"Vera?" qalet Sarah. "X'jiġri jekk xi ħadd imiss il-bebbuxu minn postu?"

Ben wieġeb li meta l-bebbuxu jkun rieqed u xi ħadd jaqilgħu minn mal-ħajt jew zokk fejn ikun, dak l-għatu jitqatta' u l-bebbuxu jista' jmut.

"Għalhekk importanti ħafna li tħalli l-bebbuxu rieqed."

"Qed nifhem, Ben," qaltlu Sarah. "Żgur se ngħid lil sħabi."

Ben kompla jgħidilha, "Meta aħna l-bebbux norqdu, ħadd m'għandu joqgħod ifixkilna. Ħafna drabi norqdu għax it-temp ikun wisq xott, jew tkun wisq kesħa biex inkunu barra."

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Sarah's Friend

Part 1

Once upon a time, in a big garden, lived a tiny snail named Ben. Ben had a shiny, spiral shell. He loved to explore and go on adventures, but he didn't always know how to stay safe because he was still very small.

Show a picture of a snail. Ask to describe what they see.
Discuss. What colour is Ben's shell? Can you see the spiral on his shell?

One sunny morning Ben went to explore the garden. He slid along the wet grass, leaving a shiny trail behind him to help him find his way back home. Ben was excited, but he didn't know that snails mustn't go out in the sun, or they will get dry. Snails must always stay wet.

Discuss. Why do you think snails need to stay wet? What do you think will happen to Ben in the sun?
Fact. A snail breathes through its skin, so its body must be wet at all times. Water allows oxygen to move through it, but not through skin.

Ben crawled farther and farther away from his home, and the sun grew hotter and hotter. Ben began to feel very tired.
"Oh no," said Ben, "I think I'm in trouble."
Just then, a kind girl called Sarah came skipping into the garden. Sarah loved helping others, and she loved helping animals most. She saw Ben's snail trail in the sun and she knew he was in trouble.

Have the children pretend to be Sarah, looking for snails that need help.
Discuss. What would you do if you saw a snail in the sun?"

"Look, Mummy!" Sarah said, "There's a snail trail in the sun! It must be a baby snail who doesn't know it must stay in the shade!"
Sarah's mum smiled and said, "Let's go help him, dear."
Mummy loved how her little girl was always kind to others in trouble. Sarah followed Ben's trail. Soon she found him, panting and looking sad.
"Oh, you've been in the sun too long!" Sarah said to Ben, "But don't worry, I'll save you!"

Discuss. How do you think Ben felt when Sarah found him?

Sarah picked Ben up carefully. She placed him gently in the shade of a big plant. Ben was happy in the cool shade.
"Thank you, Sarah," he said with a tiny snail smile. "Now I know that snails must never go out in the sun!"

Fact. Snails lose water from their bodies when they move and leave a shiny trail. This is why they come out at night or in the rain to stay moist.

Sarah giggled and said, "It's okay, Ben. We all make mistakes."
Ben and Sarah became good friends.

Part 2

This could be done during circle time. Ask the children if they remember an occasion when they felt sad and cried; or who their friends are in class. Let the children take it in turns to share their experiences.

One day Ben was resting in the shade of a tree. He saw Sarah crying.

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(continued...) **Sarah's Friend**

Discuss. How do you feel when you see a friend crying? What do you think Ben will do to help Sarah?

"What happened, dear Sarah?" Ben asked. "Why are you crying?"

"Because all the children can write the first letter of their name," Sarah sobbed, "But I can't do it. And now everyone is laughing at me!"

Discuss. Have you ever felt sad because you couldn't do something others could? How did it make you feel? What can we do when we see someone is upset?

"Don't worry, Sarah!" said Ben, "I can help you with that!"

Ben climbed on a leaf and he began to twist about. Now, as you know, when snails move about, they leave a shiny silver trail.

"Oh, how clever!" clapped Sarah, "You are writing the letter S!" Sarah watched as Ben went on another leaf. He made another letter S with his shiny silver trail.

Suggestion. Here you can model how to write the letter S with your finger or ask the children if they can make the letter S with their body

"You see, Sarah," Ben said. "It's easy. You can do it too! Just trace with your finger the mark I make, and you'll learn it."

Fact. A snail trail allows the snail to move smoothly and to find its way back home.

Sarah tried and tried, and with Ben's help she learned to write the letter S. Nobody at school teased her anymore because her letter S was the neatest one in class.

"How did you learn to write such a pretty letter S?" asked Teacher.

Sarah smiled. "My friend Ben showed me!" she said.

Discuss. How did Ben help Sarah? Why is it important to help our friends?

Part 3 (Ben teaches Sarah about snails)

After helping Sarah with her letter, Ben wanted to tell her more about snails.

"Sarah, did you know that when the weather isn't right, snails go to sleep? When a snail goes to sleep, it makes a kind of lid across its shell opening, so it stays inside cosy and snug.

"Really?" said Sarah. "What happens if someone disturbs you?"

"If a sleeping snail is pulled off a wall or a branch, the lid breaks and we can dry up and die. So, it's very important not to disturb a sleeping snail."

Sarah nodded seriously. "I understand, Ben. I'll make sure to tell my friends."

Ben continued, "When we sleep, we should not be disturbed. We often sleep because the weather is too cold or too dry for us to be outside.

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