

The Avanti PRE Curriculum

Teacher Resource Sheet 7.2.1c

The Pointing Game

Ask students to sit down. Inform them that we are going to play a game pointing to different parts of ourselves: we are going to do it quite fast and with either hand to make it more fun. You even ask students to use both hands (where they can). Students should be alert before you start, and in a positive mood of anticipation.

Ask students to point to their left foot. (You can also point closely to your left foot encouraging them to follow you). Give them a second or two to do so. Then say: "Point to your right knee!" You point to your right knee, then.....". "Your right thigh!" "Your right wrist!" "Your nose!" and so on. Eventually, after pointing to 10-20 parts, say "Point to yourself!"

This can be quite comical with pupils doing all kinds of strange movements and gestures (which you might notice and debrief).

Ask students why they are not sure about such a basic fact! This gets them thinking about their identity and the possibility of a spiritual self.

You can now go on to explain the Hindu idea behind this i.e. that the body is quite distinct from the self (atman) which resides within the mind and body. That self is the source of consciousness and resides in the area of the heart. It is the same in all people, indeed in all beings and it is very special. It is part of God and sacred. That is why everyone is special.

This exercise is a useful way into countering negative discrimination, since the real person has nothing to do with externals, such as the colour of the skin. Nonetheless, it does help us acknowledge and validate diversity and differences that make us distinctive or even unique (i.e. that we do have different bodies, and that indeed have differences).

Note: one variant is to include saying, towards the end, 'point to your thoughts' and 'point to your feelings', as may be consistent with any current or previous learning.