



Rosa, David and the Tern

A Living Green Values storybook for children

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Appreciation

Many thanks to the amazing team of Living Values Education educators in Brazil. Their idea of creating an LVE resource for living green values is a reflection of their strong commitment to serving children and creating a better world for all.



Dedication

The "Rosa, David and the Tern" stories were extracted from *Living Green Values Activities for Children and Young Adults, A Special Rio+20 Edition*. That educational resource was dedicated to the Earth in honor of the United Nations Conference on Sustainable Development. The conference, also known as Rio+20, was convened in Rio de Janeiro, Brazil, in June 2012.

Dear Parents ...

It is our hope that you and your children will enjoy these stories. They are intended to help children be more aware of the importance of taking care of the Earth and her resources. Part of that process is awakening love for nature and her creatures and learning about specific ways that they can help be a friend to the Earth.

Thank you for helping take care of our Earth. If you wish, send us your comments or news about your activities to lve@livingvalues.net.

Story One

Rosa and David Help a Little Bird

Rosa gave a big yawn and stretched. Oh, what a pretty morning. She could see the blue, clear sky through her bedroom window. There was a fresh breeze dancing in her room and she could hear the leaves rustling in the tree outside. It was a morning to wake up and be happy.

She could smell the breakfast her Mama was making and was almost to the kitchen when she heard her big brother yell.

"Rosa, quick, bring me the scissors — outside!" yelled David.

"David?" called her Mama, a little sternly.

"Please, Mama? A little bird is stuck!" yelled David.

Mama and Rosa went outside and there was David with a little bird in his hand. The bird had several long pieces of thread and yarn hanging from his foot and a piece of wire was attached to the little bird's claw.



"He was caught in the tree!" David said. "With all this yarn and thread and stuff he got stuck. Do you think we can cut it off?"

"Why, it's a Tern," said Mama. She smiled at David.

Soon Rosa was holding the bird gently in her hand while David carefully cut off the yarn and the string.

"He looks scared," Rosa whispered to David. "Don't be scared," she whispered to the bird. We like birds."

"Okay, now the hard part," said David softly. "I'm going to try and get the wire off.

The wire must have been there for a long time," muttered David, "look, it's hurt her claw."

Part of the bird's little claw was limp and just hung down. Rosa kept giving the bird love through her eyes and held it gently. It

took a while for David to get off the wire. As soon as he was finished, Rosa opened her hand so her palm was flat and the Tern flew away.



It flew to a nearby tree and kept hopping from one branch to another, seeming surprised that it was free and not getting caught. Rosa and her brother just stood and watched happily to see the bird so happy, and then, much to their surprise, the little bird landed on a branch only two feet from them. It stretched out its neck and chirped and chirped and chirped at them.

"Wow," said Rosa softly. "I think it is saying thank you."

"Me too!" said David with an excited grin.

The little bird chirped for a whole minute, and then flew away.

"I'll race you to the kitchen — I'm hungry!" yelled David.

"David," said Mama after breakfast, "I need to go out for a little bit. I want you to go to the little grocery store to get a couple of things, you know, the one with Mr. Ralph. You can take Rosa with you."

"But, Mama, it's Saturday," said David with a little whine in his voice, "I have soccer!"

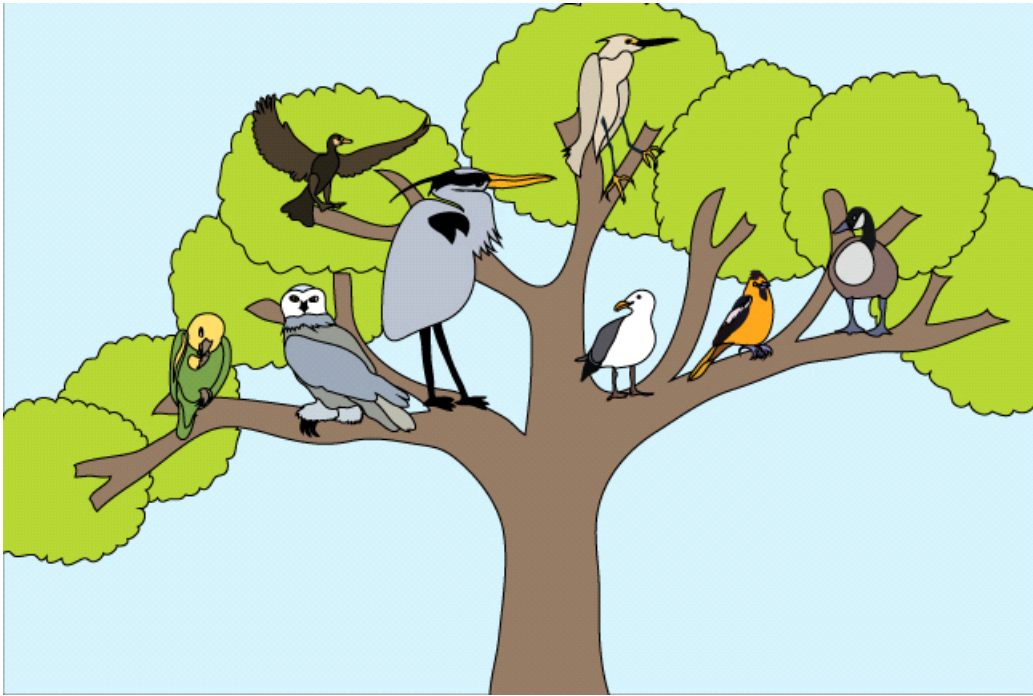
"I'll be back in time to take you to soccer," smiled Mama. "But I want you to get a couple of things for dinner. You're big now, you're seven. Take Rosa with you and take very good care of her. Don't leave her alone."

David smiled in relief. "I will," he said. He was a little proud inside. This was the first time Mama was going to let him go to the grocery store around the corner by himself. Rosa was only five, so she wasn't big enough to stay alone.

On the way to the store, a funny thing happened.

David was marching along, holding his little sister's hand as if he was very important. All of the sudden he stopped and stared with his mouth hanging open. He dropped her hand and pointed.

Rosa looked and saw the most unusual thing. There on this rather small tree right next to where they were walking, there were lots of birds.



Birds perching on a tree are very common. But usually when there are lots of birds on a tree, they are of one kind, like a flock of little finches that flutter away as soon as you're close. But, not on this tree! On this tree there was a very big gray bird with a big beak, and a very tall bird with a long legs, and a green and yellow parrot, and a medium-sized black bird, and a little yellow bird with black wings, and a squat white bird, and a funny bird with a big head and feathers all around a rather big head, and a big gray and brown and white bird that was fat with a long curved neck! They all seemed to be looking at Rosa and David. And, they were all quiet and they didn't move.

Except one. Right on a branch closest to them, there was a little bird that Mama had called a Tern. That little bird chirped at

Rosa and then at David and then at all the birds in the tree. They all seemed to nod.

"Is that the little bird we helped this morning?" asked David slowly.

Rosa smiled a great big smile. "Yes, I think it is."

Rosa and David stood and just looked and looked at the birds, and the birds just looked at them.

When David finally pulled Rosa away, she thought she heard the little Tern chirp, "Those are the two I told you about." But, that was impossible. Birds don't talk.

If you wish, ask the children ...

- ◆ What do you like about birds?
- ◆ What other animals do you like?
- ◆ Did Rosa and David know how to be gentle with a little bird?
- ◆ Why would cutting off the thread, yarn and wire off the little bird's claw help it so much?
- ◆ What values did Rosa and David show?
- ◆ They had love for the little bird. What does love feel like?
- ◆ How do people show love to each other?
- ◆ How do we show love to animals?
- ◆ Do you remember when you helped a bird or another animal?

(If yes, "Please tell me about it.")

Activity

Allow the children to paint or draw a picture. Tell them they can draw a picture of one of the things that happened in the story they just heard, or the feeling of love.

A Quietly Being Exercise:

Sending Love to Birds and Animals

If you wish, end with the following Quietly Being Exercise. If it is easy, play some relaxation music.

Slowly speak the following, pausing appropriately. "Sit comfortably and let yourself be still inside.... Let's pretend there is a soft rose-colored circle of light all around us.... That rose light is full of love ... this love is so soft and safe ... this light reminds me that I am full of love inside.... Let yourself feel that rose light inside ... be very still and think ... I am me ... I am naturally full of love.... That love naturally goes outward to the birds in the trees ... and the birds flying in the sky ... and to the animals large and small.... I am one who gives love and respect ... I am one who has love and respect for animals ... and knows how to be gentle.... Whenever I want to feel love inside, I can tune into the factory of love inside me and make lots more.... Now be aware of where you are sitting and bring your attention back here."

Preparation for the Next Story

Please plan to do some sort of ecological project with the children, such as an organic gardening project. Perhaps plant seeds in a small garden or plant seeds in individual cups. Think about if you would like to plant flower or vegetable seeds. If there is not a little garden available, please make sure that you do not use Styrofoam containers to plant the seeds in, but recycle food containers or use natural materials such as paper or ceramic cups.

Story Two

Rosa and David Find a Tree Full of Surprises

Rosa and David left the little grocery store around the corner from their home. David was feeling proud of himself. He found the two things his Mama needed for dinner, with just a little help from Mr. Ralph. Mr. Ralph had even smiled and said, "My, you are getting big, David, shopping all by yourself."

David remembered to take Rosa's hand on the way back home, carrying the little bag of groceries in his other hand.



Rosa skipped a little she was so happy. "Do you think the birds will still be there?" she said.

"No," said David, "of course not. Birds don't stay still that long."

They slowed down when they got to the corner near the tree with all the birds, and Rosa started to tip-toe. What if the birds were still there? They didn't want to scare them away. As soon as they turned the corner, they stopped suddenly. All the birds were still there, and they were still quiet! The birds looked at Rosa and David, almost as if they were waiting for them.

Rosa and David slowly approached the tree. Rosa smiled wider than she had ever smiled before. "Hello, little Tern," she said softly. "It's so nice to see you again."

"Hello," said the Tern. "It's lovely to see you. Thank you both for your help this morning."

"Did you just speak to me?" asked Rosa, shocked.

"Yes," said the little bird. "I've never spoken to a human in their language before, but I am today because we need your help."

All the birds on the tree, including the fat gray and brown and white one with the long curved neck, solemnly nodded.

"Our help?" asked Rosa very surprised, "but we're just little children."

"Yes," said the little bird, "but you have good hearts and you know how to hear us."

"How can we help?" asked David hesitantly.

"Well," said the little Tern, "we birds are having a lot more troubles lately. We're getting hurt a lot more with all the trash. When the wire got caught around my foot, the thread and yarn got caught on that and then I would get caught on branches, and it would pull on my claw."



"That must have hurt," said Rosa softly.

The little Tern nodded.

The squat white bird with pink feet cleared his throat.

"Squawk!" He cleared his throat again. "Squawk! Excuse me, I've never talked before ... but I wanted to say that my brother got really hurt by a hook. It got caught in his cheek ... and he died after a few weeks."

"I'm so sorry," said David. "You must have loved your brother."

The Gull nodded.

"We all have stories," said the big gray bird with the big beak in a deep voice.

"Are you a Blue Heron?" asked Rosa. "Our Mama has told us about Blue Herons."

"Yes, I think that is what you humans call me," said the big tall bird with a kind look in his eyes. "We all decided to come and talk to you because the animals and the Earth need your help."

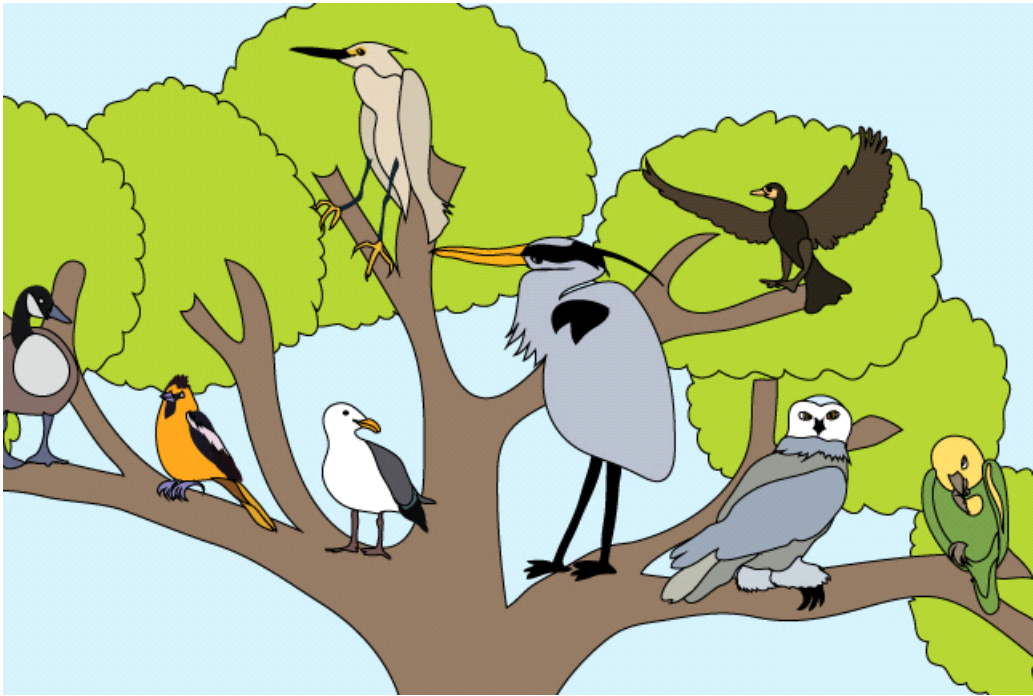
"The Earth?" said Rosa and David together.

"The animals are getting sick," nodded the Blue Heron, "and the Earth. The little Tern told the Earth that you were loving little humans, ones with good hearts. So she agreed that we could talk to you."

"Wow!" said David.

"How can we help?" asked Rosa.

All the birds started talking at one. Such a gabbler you have never heard! They were so excited to be asked that they all started talking in their own languages! The squawks, chirps, shrills and quakes were quite loud!



"Shhhhh," said the Blue Heron in his deep voice, "you'll attract attention."

All the birds instantly stopped.

"You tell them, little Tern," said the Blue Heron, nodding encouragingly.

"Okay," said the little Tern with a little chirp. "Our Earth and the animals are getting sick because the humans have forgotten about love and respect for each other, and us, and the Earth. Maybe it'll be easier if I say it in a poem (or a song) ...?"

Be friends with each other,
Be loving and sweet,
To girls and boys and all you meet!
Be friends to the birds, the cats and the dogs,
The horses, the geese, the goats and the frogs,

Pick up your trash....

Don't pollute the water,
Don't waste things please,
Don't poison the ground,
the water, sky or trees ...
Pick up your trash....

Be a friend to each other,
All countries and groups,
Love and respect us animals,
And the Earth, too.
Recycle, don't waste,
Pick up your trash....

Humans are powerful and smart,
But learn to be kind,
Then we'll all live safely,
And have a wonderful, glorious time!

The colors of the Earth will sparkle,
The meadows and flowers will bloom,
We birds will sing happily then,
And not be in a state of gloom!

Rosa and David applauded and the birds all flapped their wings in approval. Well, all but the Blue Heron.

He said in his deep voice, "Well done, little Tern." All the birds became very quiet. They all looked solemnly at Rosa and David and seemed to be waiting.

"I promise to help," said Rosa.

"Me too," said David.

If you wish, ask the children ...

- ◆ Do you think Rosa and David were surprised that the birds talked to them?
- ◆ Why did the birds want to talk to Rosa and David?
- ◆ How were the birds getting hurt?
- ◆ Have you ever seen a bird that was hurt?
- ◆ What can we do to help the birds?

Say, "Let's listen to the little Tern's poem (song) again."

Please read the poem (or sing it as a song.) Then ask:

- ◆ What does respect mean?
- ◆ How can we respect each other?
- ◆ How can we respect all animals?
- ◆ How can we respect the Earth?
- ◆ What can we do to help the Earth?

- ♦ What can we do in our home?
- ♦ What can you do when you are outside?

Help the children come up with practical ideas that they can do to be a Friend of the Earth. Write down the ideas in a simple way, perhaps using pictures as symbols. Select a couple that you can do in at home.

Activity

Implement one of the ideas. For example, if you don't yet have a trash can, trash box or place for recycling materials, perhaps now is the time to set one up. Children can also recycle sheets of paper by using the other side.

Begin an ecological organic gardening project with the children (or another ecological project). Perhaps plant seeds in a small garden or plant seeds in individual cups. Talk about how we can help our Earth by not putting poisons on the ground.

End with the Quietly Being Exercise, Sending Love from Lesson One.

Story Three

Rosa and David Help the Earth

Rosa and David waved goodbye to the birds and ran all the way home.

"Mama, mama!" they called out of breath when they opened the front door. Their words tumbled out as they told her what had happened.



Mama looked at them with surprise when they told her the story, then she looked puzzled. She sat silently for a while as

though she was really thinking before asking, "Can you tell me the poem (song) again?"

Rosa and David tried to remember it all.

"Well, children, this is amazing," Mama said. "How is this possible? I don't understand, but I do know the words are truth. Our Earth is sick and the animals are having many troubles ... and it is the fault of humans for we do hurt the earth and each other with violence and meanness and pollution and waste. My!"

"Will you help us then?" asked David.

"Please, Mama?" said Rosa.

So, Rosa and David and their Mama, gathered a little circle of their friends. Another family joined them with their children. Their Papa was really surprised when he came home from being away at his job and heard all the things they were doing!

They started to walk more and bicycle when they wanted to go somewhere close by instead of using the car and bus. That made it easier to notice what was on the ground. Rosa asked Mama, "Maybe we can pick up trash when we see it?"

"We could carry a bag for trash!" said David.

"Great ideas," said Mama. "Maybe we can especially pick up trash that hurts animals and the Earth."



"Like Styrofoam and fishing hooks and wires?" asked David.

"Yes, and plastic bags and trash near rivers and the ocean," said Mama. "Sometimes animals in the sea are hurt by plastic bags."

They stopped buying water in plastic bottles, because making all the bottles was wasting. It was taking from the Earth something that was unnecessary. Instead they used one bottle and refilled it.

And they planted a little organic garden.

One day, Rosa and David were out in the garden. She and David had planted watermelon seeds and the green shoots were coming up. The sun shone on the green of the leaves, and on the red of the tomatoes that Mama had planted. Rosa whispered to the Earth, "See Earth, we're not using poison on you. We love you

Earth ... and I love your flowers and the smells, and oh look how beautiful your sky is!"

David was digging in the dirt a few feet away. "Hey, these worms are happy. Look how many we're getting. Papa said they help the dirt be healthier."

Rosa and David loved being outside and playing in the garden. Mama and Papa were teaching them about the different kinds of birds and how to tell which kind they were from far away by watching how they fly.

Almost all of their classmates at school were helping pick up trash that could hurt animals or the Earth. And, Mama and Papa said they could have a special picnic with their friends to celebrate picking the first vegetables from their organic garden.

The day of the picnic, Rosa and David were outside picking flowers and vegetables when David noticed a Blue Heron flying overhead.



"Look, Rosa, does that remind you of anything?"

Rosa laughed, and then gasped as the Blue Heron glided down, closer and closer and closer, and then landed just a few feet from her and David. The big bird nodded, just as a little Tern landed right in front of him.

"Little Tern and Blue Heron, is that you? Our friends?" asked Rosa.

David laughed and said, "I think so," as the Blue Heron nodded solemnly and the little Tern seemed to dance as she happily hopped up and down.

And then as the little Tern chirped, Rosa and David heard her say very clearly, "Thank you for being good friends of the animals and the Earth."

If you wish, ask the children ...

- ♦ How do you think Rosa and David felt when the Blue Heron and the little Tern came to visit them to say thank you for being good friends?
- ♦ What things did Rosa and David and their friends do to help the animals?
- ♦ What things did they do to help the Earth?
- ♦ Were they showing respect to the Earth?
- ♦ What are we doing to help the animals and the Earth?
- ♦ Would you like to do something else to help the Earth or her animals?

Activity

Allow the children to paint or draw a picture of their favorite part of the story. Or they can draw a picture of what the world will look like when everyone learned to love and respect the animals and the Earth. Allow them to share their picture.

A Quietly Being Exercise:

Sending Love and Peace to the Earth

End with the following Quietly Being Exercise. Play some relaxation music if it is easy.

Slowly speak the following, pausing appropriately. "Sit comfortably and let yourself be still inside.... Take in the light of peace ... let it surround you ... breath in the light of peace.... This peace is quiet and safe ... it reminds me that I am full of peace and love inside.... Let yourself be very still and think ... I am me ... I am naturally full of peace and love.... When I am full of love it naturally goes outward to the birds in the trees ... and the birds flying in the sky ... and to the animals large and small.... I am one who gives love and peace ... I let myself be full of peace ... and that peace naturally goes outward to the Earth ... to the rivers and ocean ... to the trees and the meadows ... to the mountains and the sky.... I am full of peace.... I picture the light of peace all around the Earth.... Now be aware of where you are sitting and bring your attention back here."

About Living Values Education

Living Values Education is a way of conceptualizing education that promotes the development of values-based learning communities and places the search for meaning and purpose at the heart of education. LVE emphasizes the worth and integrity of each person involved in the provision of education, in the home, school and community. In fostering quality education, LVE supports the overall development of the individual and a culture of positive values in each society and throughout the world, believing that education is a purposeful activity designed to help humanity flourish.

LVEP is a comprehensive values education program. This innovative global endeavor offers training, a practical methodology and a wide variety of experiential values activities to educators, facilitators, parents and caregivers to help them provide the opportunity for children and young adults to explore and develop universal values and associated intrapersonal and interpersonal social and emotional skills. The curriculum includes Living Values Activities for peace, respect, love, cooperation, happiness, honesty, humility, responsibility, simplicity, tolerance, freedom and unity. Used in formal and informal settings, LVEP also has special materials for use with children affected by war, children in difficult circumstances (street children), young offenders and youth in need of drug rehabilitation.

The implementation of Living Values Education is in more than 60 countries is facilitated by the Association for Living Values Education International (ALIVE International), a non-profit-making association of organizations around the world concerned with values education.

For more information and to access values songs for children and values posters, go to www.livingvalues.net.

Appreciation

Thank you, Diane Holden, for lovingly proofing this resource.

Thank you to those reading this
for your love for the Earth and her ocean.

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About the Author

Diane G. Tillman coordinates content for the Association for Living Values Education International (ALIVE). She is the primary author of the award-winning Living Values Series of five books, and eleven additional educational resources, including Living Values Activities books for street children, children affected by war, children affected by earthquakes, young offenders, at-risk youth, youth in need of drug rehabilitation and Living Green Values. A Licensed Educational Psychologist and Marriage and Family Therapist, Ms. Tillman worked in a California public school system for 23 years as a school psychologist. She has worked with Living Values Education since its inception in August of 1996. Ms. Tillman has traveled to more than 30 countries to conduct training and LVE seminars at conferences and refugee camps, for educators, UNESCO and street-children agencies. She is on the International Advisory Committee of the Association for Living Values Education International. She deeply cares about children and the environment and feels values education will help create a better world for all.

About the Illustrator

Mary Monette Barbaso-Crall is deeply interested in the environment. A artist from Romania, she lives with her husband and three children.