

## Year 1 - Term 1

**Week 7:** Desires and Passions  
**Strand:** Love of self  
**Age:** Year 1  
**Aim:** To inspire students to think and feel about their passions and desires and to convey the importance of finding one's own path in life  
**Resources:** Board, Chalk or Pens, Paper, Brushes, Paints, 'The North Star' by Peter Reynolds

**Introduction:** Hello everyone. A few weeks ago we talked about free will and started the lesson by talking about things that you dream of. Today I would like to talk with you a bit more about your passions and desires.

**Conversation:** Who has heard the terms 'passion' and 'desire' before? (Show of hands) Who would like to try to explain what they mean? (Invite answers)

**Teaching:** Desiring something means to want something. A desire can be something positive or something negative. For example you could have a desire to share the swing or you could have a desire to push someone off the swing.

Being passionate about something means that you really, really want it because it makes your heart sing. Again, you could be passionate about something that is not loving, like wanting to kill all spiders.

When we have an unloving desire, there is always a reason for it. For example the reason for wanting to kill all spiders could be that I am afraid of spiders, that they might bite and hurt, or even kill me. So every time I see a spider that fear comes up. As I don't want to feel that fear, my desire is to kill the spider to avoid feeling afraid. If I allow myself to feel the fear fully, the fear of spiders and the desire to kill them will disappear.

Today we are going to talk about your passions and desires that are loving. Let's talk about what makes your heart sing.

**Sharing:** What is a desire that you have or something that you feel passionate about? (Invite answers, write them on the board, ideally in single words, involve the children by getting their help and participation in spelling the words-stretching them to hear each sound and letter.)

**Creativity:** Paint a picture about your loving desires and passions. What do you love doing? Where do you like to spend time? Where would you go if you could? Whom do you like to spend time with? What would you like to do if nothing held you back?

**Read aloud:** Today I will read you the book "The North Star" by Peter Reynolds.

**Conclusion:** We all have our own passions and desires. Sometimes it can take a while to figure out what we feel passionate about and what our desires are. People around us may try to help us by suggesting things they feel passionate about. But no one can discover or decide our desires for us. We are all on our very own journey. Isn't that wonderful?