



Basic goodness activity

Option 1: Geode



Show a real geode. Let children look at it: first only from outside, then open it or shine into it with a torch.

Ask children to describe what they see.

“This is a little like this geode, it looks like an ordinary stone on the outside, grey and plain, but inside are special, precious crystals. If we shine the torch in, we can see them sparkling and shining. We all seem ordinary on the outside, we have a body, but inside is this hidden jewel or inner goodness, basic goodness.

When do you feel this hidden jewel/ your basic goodness shining through in your life?

Maybe when you are very happy? When someone is very kind to you?”

Let children describe situations in their life where they have glimpses of their basic goodness shining through.

Option 2: Jewel

Alternatively, you could have a jewel covered by a few layers of cloth and children need to uncover each layer to get to the jewel.

Or, you could use clay to cover the jewel and children would need to break the clay to get to the jewel. (See the story of the clay buddha)

