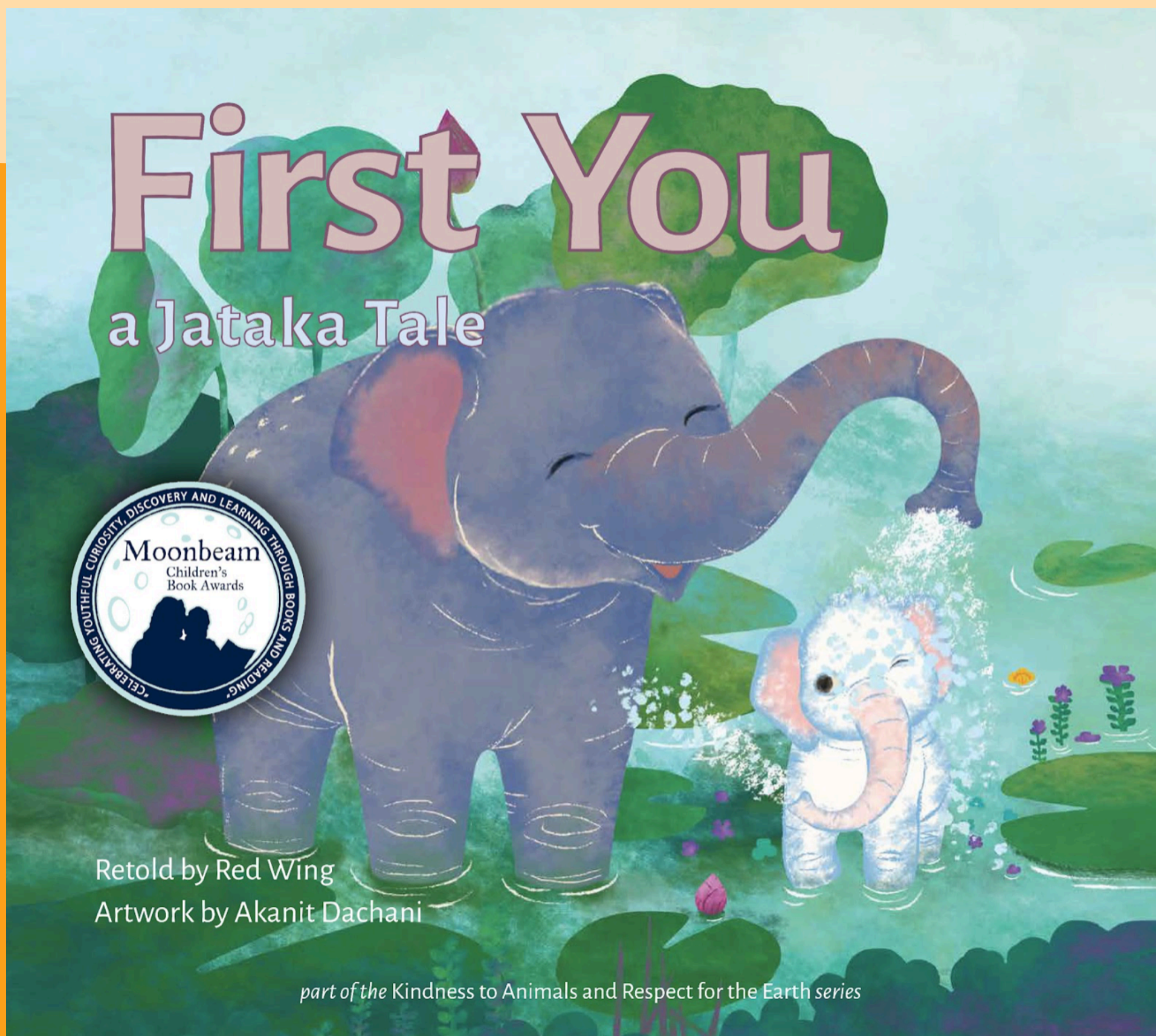


First You:

A GUIDE FOR PARENTS AND EDUCATORS

A guide for teachers and parents to explore *First You: A Jataka Tale* through kindness, storytelling, and creativity.



CURRICULUM CONNECTIONS

Language Arts

Storytelling, sequencing events, predicting outcomes, and shared writing

1

Social-Emotional

Empathy, gratitude, and caring for others

2

Role-Playing & Drama

Acting out scenes to explore emotions and relationships

3

Arts & Crafts

Creating visual representations of themes and characters

4

Science

Exploring nature, interdependence, and the principles of cause and effect

5

Cultural Studies

Learning about Jataka Tales and Buddhist traditions

6

Meditation Practice

Practicing loving-kindness (metta) meditation) to cultivate kindness, compassion, and goodwill toward oneself and others

7

Discussion Questions

1

understanding the story

- Why did Sati's mother always say, "First you, then me"?
- Why did the king want to capture Sati?
- Why did Sati stop eating and drinking at the palace?
- How does the king show that he has a kind heart?
- What did the king learn from Sati?

2

social-emotional reflection

- How do you think Sati felt when he was taken away?
- Why was it important for Sati to take care of his mother first?
- How did the king show kindness?
- What does this story teach us about love and selflessness?

3

thinking beyond the story

- Can you think of a time when you helped take care of someone?
- Why is it important to care for elders in our families and communities?
- How do animals show love and care for each other?

Classroom Activities

Language and Storytelling

Shared Writing:

Write a class poem or story using the phrase "First you, then me." How does this idea apply in our daily lives?

Sequencing Activity:

Have students illustrate or write key moments from the story in order.

Role-Playing and Drama

Act out key scenes, such as:

- Sati playing with his mother in the water
- Sati refusing to eat at the palace
- The king setting Sati free

Arts and Crafts

Elephant Art:

Create paintings, drawings, or collages of Sati.

Crown of Kindness:

Make a paper crown for the king. On each jewel, write a way to show kindness to your family or caregivers.

Classroom Activities

Social-Emotional Learning

Empathy Circle:

Students sit in a circle and share a time when they helped someone or were helped.

Gratitude Tree:

Children write down acts of kindness or things they're thankful for on paper leaves and attach them to a cutout "Gratitude Tree."

Science Connection

Research how elephants care for their young and live in herds. Compare Sati's behavior to real elephants.

Meditation Practice

Loving-Kindness (Metta) Meditation:

May I be happy.

May I be healthy.

May others be happy.

May others be healthy.

First You: A Parent Page

A Jataka Tale of Love & Family

About the Story

First You is a heartwarming Jataka tale about Sati, a devoted elephant who always puts his mother first. When a king takes Sati to his palace, Sati refuses to eat until he is reunited with his mother. The story teaches kindness, selflessness, and the deep bond between parents and children.

Discussion Questions

- Why did Sati's mother always say, "First you, then me"?
- Why did Sati refuse to eat at the palace?
- How did the king show kindness?
- What does this story teach about love and selflessness?
- Can you think of a time when you helped care for someone?

Activities to Try at Home

- **Storytelling & Writing:** Create a short story or poem using the phrase "*First you, then me.*" How does this idea apply in daily life?
- **Role-Playing:** Act out scenes from the story, such as Sati playing with his mother or the king setting him free.
- **Arts & Crafts:** Draw or paint an elephant, or make a paper crown of kindness with ways to show love written on each jewel.
- **Gratitude Tree:** Write acts of kindness on paper leaves and attach them to a tree drawing or branch.
- **Science Connection:** Research how elephants care for their young and live in herds. Compare their behavior to Sati's actions.

A Simple Meditation for Kids

Practice a short Loving-Kindness (Metta) meditation together:

- Sit quietly, close your eyes, and repeat:
May I be happy. May I be healthy.
May others be happy. May others be healthy.
Gradually extend this wish to friends, family, and even strangers.

A Story to Inspire Kindness

This tale reminds us that love means putting others first sometimes. By talking about the story and doing these activities, parents can help children cultivate empathy, gratitude, and care for others.