



**HEMAA**  
FOUNDATION

## A note on how to use the book HEM DISHA

If you tell me, I will listen.  
If you show me, I will see.  
If you let me experience, I will learn.  
- Lao-Tsu (6th century BC)

HEM DISHA is a reference book for teachers. It is in 4 volumes. Each volume covers 8 short films/topics. Every film/topic has 12 activity based learning themes. These are quotes, short stories, poetry, puzzles, games, crossword, scramble, painting, resolution etc.

Every activity is aimed to make the children 'experience' so that they learn.

It is suggested that the activities are taken forward on a regular basis. This means that some of the activity will have to be done on a daily basis, while some activities will have to be scheduled on a weekly basis.

For an effective learning to take place, we suggest guidelines as follow:

### Daily:

In the school assembly, the following should be taken up every day:

- i) Quotes in Hindi, Sanskrit and English
- ii) Short stories

### Weekly:

One period per week to be assigned for taking the learning forward in an effective way. The suggested week-by-week schedule is as follows:

#### Week 1:

Screening of the film by following the sequence given below:

- i) Introducing the subject of the film. Why and what they will see and learn.
- ii) Screening the film
- iii) Encouraging the students to tell what they have learnt
- iv) Resolution

Assign an inspirational play for next week.

#### Week 2:

- i) Inspirational skit
- ii) Moral lessons and discussions
- iii) Resolution

Assign poem and poetry for next week

#### Week 3:

- i) Painting, poetry and games
- ii) Learning from the activities
- iii) Resolution

Assign song for next week

#### Week 4:

- i) Scramble, crossword, puzzle
- ii) Song
- iii) Resolution

Every week, the activities should close with children taking a pledge or resolution. They will imbibe the value that is being talked about.

