



Teaching Technique – Quotations

There are a total of 80 quotations or wise sayings used in Toogoolawa Schools, each one presented as a Thought-for-the-Week to cover the 80 weeks of schooling over a two year period.

Each Thought-for-the-Week describes a character trait or aspect of one of the five Human Values of Love, Truth, Peace, Right Conduct and Non-violence. That is, during the two years, students will be discussing and exploring 16 different Thought-for-the-Week sayings for each one of the five Human Values.

When teachers present the Thought-for-the-Week to be focussed on for that week, the poster also shows the Human Value that the wise saying illustrates, as well as the Virtue or the Sub-Value of that Human Value.

The table below lists the 80 Thought-for-the-Week, each one representing an aspect (Sub-Value / Virtue) of one of the Human Values.

| Human Value | Thought for the Week | Sub-Values /Virtues |
|---------------|--|---------------------|
| Love | To be a good human being we must practice kindness to all living beings. | Kindness |
| Love | Share the love within you with one and all. | Friendliness |
| Right Conduct | We should try to do our very best in everything we do. | Excellence |
| Right Conduct | Harmful habits destroy our health and happiness. | Cleanliness |
| Peace | Discover the fountain of peace within. | Peacefulness |
| Peace | We feel more peaceful when we don't give into our cravings | Detachment |
| Truth | Be sincere with others | Honesty |

| Human Value | Thought for the Week | Sub-Values /Virtues |
|---------------|--|---------------------|
| Truth | We should not go against our conscience. | Responsibility |
| Non-violence | Hurt never, help ever. | Cooperation |
| Non-violence | We should not cause harm to anybody in our thoughts, words or deeds. | Gentleness |
| Love | Live in love. Get immersed in that love | Love |
| Love | Love yourself, love others | Caring |
| Right Conduct | If we are really determined we can accomplish great things. | Determination |
| Right Conduct | If we do good deeds, we would reap good results. | Generosity |
| Peace | Reduce wants and you reduce worry | Moderation |
| Peace | Another's anger cannot be defeated by your anger. It can be tamed only by your patience and tolerance. | Patience |
| Truth | Speak such words as would spread goodness, truth and beauty. | Consideration |
| Truth | Learn lessons from every living being, everything that you find around you. | Creativity |
| Non-violence | See no evil. See what is good. Hear no evil. Hear what is good. | Tolerance |
| Non-violence | Our enemies are not outside. Our bad thoughts are our worst enemies. | Diligence |
| Love | Let our heart melt in compassion when we see another person suffering. | Compassion |
| Love | Love All. Serve All. | Service |
| Peace | No matter how difficult life gets, do not give up being good, loving and kind. | Commitment |

| Human Value | Thought for the Week | Sub-Values /Virtues |
|---------------|--|---------------------|
| Peace | Practise patience in all circumstances | Patience |
| Right Conduct | Real strength is that which comes from doing the right thing. | Integrity |
| Right Conduct | Have faith in yourself, have faith in goodness. This is the secret of greatness. | Confidence |
| Truth | Be happy for who you are. | Enthusiasm |
| Truth | Within each one of us is an extraordinary being who cannot be affected by anything that happens to the body. | Idealism |
| Non-violence | Respect everyone and talk about them with great respect also. | Respect |
| Non-violence | Do not harm or hurt anyone. Help everybody. | Helpfulness |
| Love | If we have enough love in our heart, we can overcome everything. | Perserverence |
| Love | Try being friendly to more and more people, most of the time. | Friendliness |
| Right Conduct | Keep the company of good people | Trustworthiness |
| Right Conduct | Think lots of good thoughts and try to put those good thoughts into action as well. | Generosity |
| Peace | Avoid thinking, talking or behaving as if you are better than others. | Humility |
| Peace | We begin to feel peaceful when we slow our thoughts down. | Peacefulness |
| Truth | See good in others. | Trust |
| Truth | Be true to your Higher Self, to your conscience. | Honour |
| Non-violence | Nature shows us how to live in harmony with people and our environment. | Cooperation |

| Human Value | Thought for the Week | Sub-Values /Virtues |
|---------------|---|---------------------|
| Non-violence | Tolerate all kinds of persons and various opinions. | Tolerance |
| Love | Share even that which is most precious to you. | Kindness |
| Love | A good person will make sure that everything he does will be helpful for many people. | Service |
| Right Conduct | We should do our best to bring happiness to others. | Joyfulness |
| Right Conduct | Every good thing we do inspires others to do good also. | Purposefulness |
| Right Conduct | Every good thing we do inspires others to do good also. | Purposefulness |
| Peace | Think before you speak. | Self-discipline |
| Peace | The spring of joy is in our heart. | Joyfulness |
| Truth | Let the light of your goodness shine forth. | Courage |
| Truth | The world is filled with our family and friends. | Unity |
| Non-violence | We should not cause pain to any living being. | Caring |
| Non-violence | We need to be grateful, respectful and gentle with all Nature. | Thankfulness |
| Love | We can help others to become good only by loving them. | Understanding |
| Love | Develop compassion. Live in love. | Compassion |
| Right Conduct | Be humble, loving and tolerant every hour of the day. | Humility |
| Right Conduct | We need courage to allow someone else to take the lead. | Courage |

| Human Value | Thought for the Week | Sub-Values /Virtues |
|---------------|--|---------------------|
| Peace | Haste makes waste, waste makes worry, so do not be in a hurry. | Patience |
| Peace | For our life to become peaceful we must fill our heart with love. | Forgiveness |
| Truth | The Human Values within us never change. | Reliability |
| Truth | When we know that we are the five Human Values, all fear and anger goes. | Confidence |
| Non-violence | Avoid causing annoyance to others. | Consideration |
| Non-violence | Concentrate on expanding love toward all, at all times. | Love |
| Love | Look for loving ways to make everyone feel they are part of your family. | Courtesy |
| Love | Help others who need it as if they are more important than ourselves. | Helpfulness |
| Love | Help others who need it as if they are more important than ourselves. | Helpfulness |
| Right Conduct | Do unto others as you would have them do unto you. | Justice |
| Right Conduct | We must train our mind to think more and more good thoughts. | Diligence |
| Peace | We must learn to be quiet and cheerful. | Modesty |
| Peace | Our trouble and strife can teach us many good things. | Detachment |
| Truth | We must have respect for all religions because they all teach the five human values. | Respect |
| Truth | Accept your own mistakes and shortcomings. | Modesty |
| Non-violence | Have sympathy for anyone who is unhappy, in pain or in trouble. | Gentleness |

| Human Value | Thought for the Week | Sub-Values /Virtues |
|---------------|---|---------------------|
| Non-violence | We should try not to feel angry, hateful, greedy, envious or selfish. | Self-discipline |
| Love | Love all others, regardless of their love for us. | Courtesy |
| Love | Fearlessness comes through the practice of love. | Loyalty. |
| Right Conduct | A problem is an opportunity to grow. | Thankfulness |
| Right Conduct | The less things we want, The happier we are with what we already have. | Moderation |
| Peace | Carry the torch of joy with you everywhere. | Enthusiasm |
| Peace | With truthful thoughts, a man will have peace. | Truthfulness |
| Truth | Everything and everybody, everywhere, is filled with a beautiful radiant light. | Orderliness |
| Truth | Truth knows no defeat. Truth knows no fear. | Honour |
| Non-violence | Be happy and treat everyone like a brother. | Flexibility |
| Non-violence | Be respectful of the culture and traditions of others. | Tolerance |