

 **WEEK 2: Values II (Detailed Lesson)**

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 **Topic: Selfless Activities** **1. What are Selfless Activities?**

**Selfless activities** are actions taken for the **benefit of others without expecting anything in return**. These are acts of **generosity, kindness, compassion, and service** motivated by love and concern for others.

They are the **opposite of selfishness** and help to promote **peace, unity, and trust** within society.

 **Keywords:**

- **Selflessness:** Thinking of others before yourself.
  - **Charity:** Giving to those in need.
  - **Compassion:** Deep awareness of the suffering of others with the wish to relieve it.
  - **Volunteering:** Offering services without pay.
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 **2. Examples of Selfless Activities (Expanded)**

Activity	Explanation	Local/Nigerian Example
Charity	Giving out food, money, clothes, or shelter to the needy.	Churches and mosques feeding the poor during Ramadan or Christmas.
Visiting Destitute Homes	Spending time and donating items to orphanages, old people's homes, or motherless babies' homes.	Students from a secondary school visiting <b>Modupe Cole Memorial Home</b> in Lagos.
Good Deeds	Helping others in trouble, e.g., carrying heavy loads, guiding the blind, or cleaning up the neighborhood.	Youth groups organizing a sanitation day.
Volunteering	Offering your time, strength, or skills freely to help others or your community.	A secondary school student helping during a community COVID-19 awareness program.

Activity	Explanation	Local/Nigerian Example
<b>Disaster Relief</b>	Helping victims of flood, fire, or displacement.	Red Cross volunteers aiding victims of flooding in Lokoja or Bayelsa.
<b>Advocacy for the Voiceless</b>	Standing up for the rights of the less privileged.	NGOs campaigning against child trafficking or child marriage.

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### 3. Biblical Example – The Good Samaritan (Luke 10:30–37)

#### **The Story:**

A man was beaten by robbers and left half-dead. Religious leaders (a priest and a Levite) passed by without helping. A **Samaritan**, despite belonging to a group hated by Jews, **stopped to help**, treated the man's wounds, and paid for his care.

#### **Lessons:**

- Love your neighbor regardless of tribe, religion, or background.
- Selfless acts often come from unexpected people.
- Compassion should lead to **action**, not just **feelings**.

 This parable teaches **true value lies in service**, not in status or words.

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### 4. Humanitarian Organizations That Promote Selfless Acts

#### Red Cross Society

- An international, voluntary organization that helps people in **emergencies, wars, and natural disasters**.
- Offers **free medical aid, first aid training, blood donations, and disaster relief**.
- Red Cross Nigeria has branches across the country.

#### Non-Governmental Organizations (NGOs)

NGOs are **non-profit**, voluntary groups working for societal good.

<b>NGO</b>	<b>Focus Area</b>
<b>SERAP</b>	Anti-corruption and human rights.
<b>UNICEF</b>	Children's welfare and education.
<b>Save the Children</b>	Health and rights of vulnerable children.
<b>Amnesty International</b>	Justice and human rights.

#### **Importance of NGOs:**

- Reach vulnerable communities where the government cannot.
  - Help in **education, healthcare, advocacy, empowerment, and social justice.**
  - Encourage **volunteerism and community service.**
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### **5. Why Selfless Activities Matter in Civic Life**

<b>Reason</b>	<b>Explanation</b>
Promotes Unity	When people help one another, communities grow stronger.
Builds Trust	Citizens begin to rely on and support each other.
Reduces Suffering	Selfless acts address hunger, illness, and isolation.
Encourages Responsibility	People see the need to support others.
Fulfils Religious and Moral Teachings	Most religions teach kindness and sacrifice.