

A Long Road to Freedom

Nelson Mandela
South Africa

☀ Values

- Humility
- Courage
- Patience
- Strength of Spirit
- Dignity
- Leadership
- Social Emotional Learning

☀ Reflection Questions

If you were Nelson Mandela, how would you feel when you were finally freed from jail?

Have you ever been unjustly punished? How did you react? Were you able to forgive?

What issues are so important to you that you would be willing to go to prison for them?

What is apartheid? How did it affect the young people of South Africa?

☀ Lessons Learned

You can find peace by caring for living things and sharing them with others.

Let your light shine, even when the darkness seems overwhelming.

With freedom, comes responsibility.

Great leaders make sacrifices, forgive others and take responsibility for others.

In this story from his autobiography, Nelson Mandela gives us a great lesson in the power of forgiveness and acting compassionately, even in the most inhumane situations. After being in prison for 27 long years trying to free his people from apartheid in South Africa, Mandela was finally freed. While he was there, he found peace of mind in simple ways -and by believing in the goodness of people. "I always knew that deep down in every human heart there is mercy and generosity," Mandela says. "Man's goodness is a flame that can be hidden but never extinguished."

☀ Language Arts: SEL & Diversity

Have half of the students act the role of reporters and the other half act the role as Nelson Mandela. Have reporters think of five questions they would like to ask of Mandela. Have "the Mandela" reporters think about what they would like to tell their readers. After they have finished, have a few pairs of students role-play an interview for the whole class. Imagine what it would be like to be in prison for a long time. How would you spend your time? What would you do to keep your spirit strong? Write an essay on freedom.

☀ Social Studies: Diversity

Nelson Mandela came from a family of African royalty. Study his lineage and traditions. As President of his country, Mandela has helped create significant changes. Identify five important steps South Africa is taking towards equality and social justice for all. Under apartheid, young black people in South Africa were deprived of an education. What is being done now to prepare them for participating in the world community?

☀ Community Service: Service Learning

Follow Nelson Mandela's example. See what you can learn from planting seeds and caring for them. Write in your journal about your experience. Share veggies with others. Nelson Mandela Foundation <https://www.nelsonmandela.org>.