

# “Virtues to Live by”



## AUTUMN



A RESOURCE CREATED BY  
THE LEEDS DIOCESAN PRIMARY  
HEADTEACHERS' ASSOCIATION

# “Virtues to Live by”

## Guiding Principles

To ensure children and young people are given opportunities to:

1. Experience a positive and purposeful ethos providing a sense of belonging to their school community.
2. Grow in their knowledge and understanding of the virtues.
3. Practise the virtues to further the call to live life to the full.
4. Appreciate the connection between biblical and practical wisdom and living.
5. Hear the Christian story and encounter it in practice.
6. Understand their uniqueness and dignity as made in the image and likeness of God.
7. Know that our limitations are also opportunities for growth.
8. To notice, to reflect, to pray and to play
9. To exercise the cognitive, affective and behavioural components of character: know it in your head, feel it in your heart and show it with your hands.

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Love of learning

*“Let the wise hear and increase in learning, and the one who understands obtain guidance.”*

(Proverbs 1:5)

#### **Definition**

You are a lifelong learner with a desire for knowledge and always strive to deepen your understanding. You are open minded, give time to learning and seek the truth.

#### **Biblical sources**

“Let the wise hear and increase in learning, and the one who understands obtain guidance.” (Proverbs 1:5)

“Show me your ways, Lord, teach me your paths.” (Psalm 25:4)

“Guide me in your truth and teach me, for you are God my Saviour,  
and my hope is in you all day long.” (Psalm 25:5)

“For the Lord gives wisdom; from his mouth come knowledge and understanding.” (Proverbs 2:6)

“The heart of the discerning acquires knowledge, for the ears of the wise seek it out.” (Proverbs 18:15)

“Gold there is, and rubies in abundance, but lips that speak knowledge are a rare jewel.”  
(Proverbs 20:15)

“Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth. Do not forsake her, and she will keep you; love her, and she will guard you.” (Proverbs 4:5-6)

“Whatever you do, work heartily, as for the Lord and not for men.” (Colossians 3:23)

#### **Why do we practice Love of Learning?**

It is part of the human condition, what it means to be human – to desire to know, to grow, to develop, to search for meaning and purpose. Of all of God’s creation, humans have embedded in us at our creation, an innate desire to learn. It allows us to be open to the works of the Holy Spirit and the gift of knowledge.

The practise of learning, of learning from mistakes, helps us grow.

## **How do we love to learn?**

We are often inspired by a good teacher, by role models to become enthusiastic and self-motivated learners instilling a lifelong passion to learn.

To love to learn is to have a sense of possibility, be excited about learning and play with possibilities. This can provide the foundations to enable us to persevere despite challenge and frustration so that learning can be fresh, new and interesting, or build upon prior knowledge.

### **Key Words:**

**Passion, inspire/inspiration, enthusiasm, lifelong, possibilities, perseverance.**

### **Signs you have a love of learning:**

I want to learn new things

I am excited and enthusiastic to learn

I enjoy learning

I am open minded

I give time to my learning

I always search for the truth

I know what I want to achieve

### **Reflection Questions:**

Are you a lifelong learner?

When and how do you give time and space to learn?

What is it you want to learn?

Do you reflect on my learning?

### **Quotes:**

'A love of learning has a lot to do with learning that we are loved.' Fred Rogers

'Teachers who love teaching teach children to love learning.' Anon

'Education is the most powerful weapon which you can use to change the world.' Nelson Mandela

'Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it.' Brian Tracey

'A good teacher can inspire hope, ignite the imagination, and instill a love of learning.' Brad Henry

'Try to learn something about everything and everything about something.' Thomas Huxley

'The purpose of learning is growth. And our minds unlike our bodies can continue growing.' Mortimer Adler



# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Responsible Citizenship

*“Do not forget to do good and to help one another, because these are the sacrifices that please God.”*

(Hebrews 13:14; 16)

#### **Definition**

A citizen is a member of a community. You want to play your part within your school, workplace or neighbourhood. You are committed to finding ways to help your community, seeing each person in your community as your neighbour. You put solidarity into action.

#### **Biblical sources:**

“Much is required from the person to whom much is given” (Luke 12:48)

“There is no permanent city for us here on earth; we are looking for the city which is to come... Do not forget to do good and to help one another, because these are the sacrifices that please God.” (Hebrews 13:14; 16)

“It is God who reconciled us to himself through Christ and gave us the work of handing on this reconciliation.” (2 Corinthians 5:18)

#### **Why Practice Responsible Citizenship?**

It helps me understand who I am and my place in my community and the world. It gives me opportunities to make a positive difference to my community through acts of service and charity.

#### **How do we Practice Responsible Citizenship?**

We put our faith into action. We put the corporal works of mercy into action. We challenge injustice and inequality. We try to help others. We care for others and our common home. We contribute to and serve our communities. We appreciate and respect the gifts of creation.

#### **Key Words:**

**Citizen, community, action, service, justice, equality, neighbour, solidarity, environment, harvest, common good**

### **Signs you are a good citizen:**

I show love for my neighbour through my actions

I am part of my community

I make a positive difference

I look for opportunities to serve others

I am proactive

I play my part to look after the environment

### **Other ideas:**

Links to harvest, Catholic social teaching (common good, solidarity, Missio/Mission together, Cafod etc.)

Our common home Laudato Si

### **Reflection Questions:**

How do I make a positive difference to my community?

How do I show love for my neighbour?

How do I serve others?

How do I stand up against injustice and inequality?

### **Quotes:**

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me” (Matthew 25:40)

“You are a citizen not by the mere act of voting, but by your vocation and commitment to build a nation of solidarity.” (Pope Francis)

“If you do not love your brother who is right before your eyes, you cannot love God whom you do not see.” (St. Augustine)

“No problem is solved when we idly wait for God to undertake full responsibility.” (Martin Luther King)

“Citizenship is the chance to make a difference to the place where you belong” (Charles Handy)

“I alone cannot change the world but I can cast a stone across the waters to create many ripples” (St Teresa of Calcutta)

“Not all of us can do great things, but we can all do small things with great love” (St Teresa of Calcutta)

# "Virtues to Live by"

## Before You Begin – An overview for teachers

### Prayer

*"Then you will call on me and come and pray to me, and I will listen to you."*

( Jeremiah, 29:12)

#### **Definition**

You spend time with God, listening to God, resting in his presence. You tell God that you love him, that you cherish his tenderness, his closeness in every situation, and his love that protects you. You grow in a loving friendship with God. Your prayer comes from the heart; it is a sign of warm love for God.

#### **Biblical sources:**

"And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them. Your Father already knows what you need before you ask him." Matthew 6:7-8 "This, then, is how you should pray: 'Our Father in heaven: May your holy name be honoured; may your Kingdom come; may your will be done on earth as it is in heaven. Give us today the food we need. Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us. Do not bring us to hard testing, but keep us safe from the Evil One.'" Matthew 6:9- 13

"Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise." James 5:13

"I call on you, my God, for you will answer me; turn your ear to me and hear my prayer." Psalm 17:6

"pray continually" 1Thessalonians 5:17

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

"Devote yourselves to prayer, being watchful and thankful." Colossians 4:2

The parable of the Widow and the Judge Luke 18:1-8

"Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you. For everyone who asks will receive, and anyone who seeks will find, and the door will be opened to those who knock." (Matthew 7:7-8)

#### **Why Practice Prayerfulness?**

We pray because we need to; it is part of what it means to be human. We depend upon God for everything; everything we have is a gift. It brings us closer to God. Prayer reveals the wisdom of God. It gives us time to be calm, be still and be in the presence of God.

## **How do we practise prayerfulness?**

We can be still, we can reflect, we can rest. We can listen, we can speak, we can adore, we can praise, we can thank. We can make time for God. We can punctuate our day with the rhythm of prayer, e.g. morning, Grace before/after meals, end of the day etc. We can bring everything to God, our whole selves, our whole lives. We can find peace in Him. It promotes Christ centred living.

### **Key Words:**

**God, prayer, praise, adore, reflect, listen, speak, meditation, mindfulness, Holy Spirit, silence, stillness, focus. Closeness, friendship**

### **Signs you are prayerful:**

I spend time with God

I listen to God

I rest in His presence

I tell God I love Him

I grow in friendship with God

I pray from the heart

### **Reflection Questions:**

How do I give time and space to pray regularly?

How do I listen to God?

How do I develop a relationship with God?

When do I feel close to God?

### **Quotes:**

“Why do people pray? Because God exists. Deep inside, people have a longing for God. And God longs for them. That’s why people of all cultures and religions of the earth, pray. As Christians we pray to our heavenly Father through Jesus Christ, our Lord. The Holy Spirit is the inner teacher of Christian prayer.” (YouCat for Kids, p. 196)

“When your heart is with God, it doesn’t matter whether you talk or you are silent. God hears you when you talk to him through a prayer you know by heart. And he hears when you simply tell him in your own words what’s going on in your heart.” (YouCat for Kids, p. 200)

“It isn’t God who must change but the person. This is the obvious goal of prayer.” (Pope Francis)

“We are loved by God! We are dear to Him! “God is love”! This certainty is what leads us to worship God with all our heart, because “He first loved us”. (Pope Francis)

“I pray because I can’t help myself” (C.S. Lewis)

“Prayer is simply talking to God like a friend and should be the easiest thing we do each day” (Joyce Meyer)

“A day without prayer is a day without blessing” (Edwin Harvey)

“Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depths of our hearts” (St Teresa of Calcutta)

“For prayer is nothing else than being on terms of friendship with God” (St Teresa of Calcutta)

“God speaks in the silence of the heart. Listening is the beginning of prayer” (St Teresa of Calcutta)

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Generosity

*“You should give what you have decided to give, not grudgingly or because you are made to, for God loves a cheerful giver.”*

(2 Corinthians 9:7)

#### **Definition**

You give what you have by sharing it with others or helping someone who is in need. You give and do not expect a gift in return or any attention, praise or reward for giving and you do it cheerfully. To share what you have teaches you not to be selfish. Generosity helps you to treat other people as your neighbour. You are not afraid of losing what you give. You are generous because you know there is enough for everyone.

#### **Biblical sources:**

“Freely you have received, freely give.” (Matthew 10:8)

“When you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have received their reward. 3But when you give alms, do not let your left hand know what your right hand is doing, 4 so that your alms may be in secret; and your Father who sees in secret will reward you.” (Matthew 6:2-4)

“If anyone is poor among you ... be openhanded and freely lend them what they need.” (Deuteronomy 15:7-8)

“Good will come to those who are generous and lend freely, who conduct their affairs with justice.” (Psalm 111:5)

“The generous will be blessed, for they share their food with the poor.” (Proverbs 22:9)

“The generous person will prosper, those who water will be refreshed.” (Proverbs 11:25)

“If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?” (1 John 3:17)

#### **Why Practice Generosity?**

When we give freely of ourselves, our spirit grows strong. Being generous shows our love for others and helps us live our faith. When one person is generous, other people want to be generous too. We should give selflessly. Generous people are personally more fulfilled, happier and more at peace with themselves. Acts of generosity are good for our health. They make the world a better place.

#### **How do we show generosity?**

We notice others’ needs and so we give of our time, gifts and talents. We regularly practise acts of generosity. We are quick to praise, we seek opportunities to give what we can. We give without expectation of reward.

### **Key Words:**

**Generosity, generous, giving, sharing, kindness, selfless, recognising, helping, community, freely, sacrifice, neighbour, social justice, fairness**

### **Signs you are generous:**

You notice when someone needs help.

You think of others before yourself.

You give freely without need of reward.

You give more than what is expected.

You are willing to make sacrifices for others.

### **Reflection Questions:**

How do I share what I have?

How does being generous bring you closer to God?

Am I willing to make sacrifices for others?

Am I afraid of losing what I give?

Am I attentive to the needs of others?

### **Quotes:**

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."  
(Kahlil Gibran)

"If beings knew, as I know, the fruit of sharing gifts, they would not enjoy their use without sharing them, nor would the taint of stinginess obsess the heart and stay there." (Buddhism: Itivuttaka 18)

"He who gives alms in secret is greater than Moses." (Talmud, Judaism)

"Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as you ever can." (attributed to John Wesley)

## **“Virtues to Live by”**

***“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”***

*(Pope Francis 2013)*

### **Autumn Term:**

## **LOVE OF LEARNING**



## **Blessing**

Spirit of God, you guide us and light our way.

Bless our school community as we gather to reflect on the importance of the love of learning. Open our hearts and minds anew today so that we are inspired afresh to learn.

Bless all our pupils with a constant desire to learn.

We make this prayer through Christ our Lord. Amen.

## **OPENING PRAYER:**

God our Father, you give each one of us a capacity to desire to learn, to seek and discover new things.

It is a beautiful gift that can lead us closer to you and each other.

May we never waste this gift to learn and but work hard to accept the responsibility we all have to keep learning every day.

May we always seek your truth in all we do.

Through our Lord, Jesus Christ Your son who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever. **Amen**

## READING:

Show me your ways, Lord,  
teach me your paths.

Guide me in your truth and teach me,  
for you are God my Saviour,  
and my hope is in you all day long.

*Psalm 25: 4-5*

## REFLECTION

*What is it for me to learn?*

*To see life in a new way, to ponder, to wonder, to question, to seek an answer, to widen my view of life, to see its amazing abundance every morning anew.*

*To stop, to listen, to be changed. To experience my life anew, to grow into the person I was created to be.*

*To be brave, to be different, to try something new, to make mistakes and try again.*

*And what is love of learning for me?*

*To be fully alive, to love every opportunity to learn, to know there is always more to learn and to enjoy the journey!*

*How often do I ponder each day, or stop and think about what I can see and hear?*

*How often am I amazed at the wonder of life and seek to know more about it and it's Creator, our loving Father.*

## **LIVING OUR VIRTUE**

Inspire each one of us that we may help our children to:

- want to learn new things
- be excited and enthusiastic to learn
- enjoy learning
- be open minded
- give time to learning
- search for the truth
- know what I want to achieve

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## **CONCLUDING PRAYER**

God our Father, be at the centre of all our learning, guiding us, inspiring us, and revealing your truth to us so that our lives will bring glory to you. We ask this through Christ Our Lord. **Amen**

### **VIRTUE TO LIVE BY**

**I am a lifelong learner.**

**I am excited and enthusiastic to learn.**

## **“Virtues to Live by”**

***“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”***

*(Pope Francis 2013)*

### **Autumn Term:**

## **CITIZENSHIP**

## **Blessing**

O God our Father,  
You desire that we live together in community.  
Let your blessing rest upon us.  
Unite us all in love for you,  
Through our Lord, Jesus Christ. Amen

## **OPENING PRAYER:**

God our Father, you created mankind to live in unity together and with you.

You have given us all different gifts and resources so that only together can we live a fruitful life.

Open our eyes to see how we can live together in unity, providing for those in need, helping those who need encouragement, serving others as your son Jesus taught us.

Through our Lord, Jesus Christ your son who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever. **Amen**

## **READING:**

*Hebrews 13: 1-2,14,16:*

Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.

For here we do not have an enduring city, but we are looking for the city that is to come.

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

## REFLECTION

*Jesus came to show us the way to our heavenly home – the Kingdom of God. Many in Jesus' time found it hard to accept His message of love. One of putting the needs of others first and considering ourselves last.*

*This is no easier now, when our culture tells us we deserve everything, and what we desire is what is most important. This is not the message of the Gospel.*

*Jesus is the only way to our heavenly home and like the first Christians and those down the centuries – it isn't always easy to follow Jesus.*

*So let us reflect today on how we can each contribute more of the talents, time and resources that God has given us, to our community and world.*

*This will involve some sacrifice. Giving away our life for someone else. If we practise, we will get better at it. This is our calling as a Christian.*

*We ask God to open our hearts and minds to his prompting so we can respond with a loving and unselfish 'yes' to the needs of others.*

## LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- show love for their neighbour through their actions
- see that they are part of the school community
- make a positive difference
- look for opportunities to serve others
- play their part in looking after the environment

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## **CONCLUDING PRAYER**

God our Father, Help us to see the beauty and humanity in every person we encounter. Help us to understand and accept the responsibility of your commandment to “love thy neighbour;” and to put our trust not in our privileges and blessings, but in you.

We ask this through Christ Our Lord. **Amen**

### **VIRTUE TO LIVE BY**

**I am a good citizen.**

**I show love for my neighbour through my actions.**

## **“Virtues to Live by”**

***“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”***

*(Pope Francis 2013)*

### **Autumn Term:**

## **PRAYER**



## **Blessing**

Lord, bless this day.  
Make it a day in which we grow  
In the likeness and mind of Jesus your Son.  
And at the day's end,  
May we be thankful for encountering you  
In so many human ways and situations  
And in other people.  
Jesus, help us to follow you more nearly  
Day by day. Amen

## **OPENING PRAYER:**

God, you are our maker and loving Father.

You want us to know you and love you with all our hearts so we can share  
in your life for eternity.

Give us the graces we need to give you the first place in our lives so that  
our whole life is a growing, loving relationship with you.

Through our Lord, Jesus Christ Your son who lives and reigns with you in  
the unity of the Holy Spirit, one God for ever and ever. **Amen**

## **READING:**

Rejoice always, pray continually, give thanks in all circumstances; for this  
is God's will for you in Christ Jesus.

*1 Thessalonians 5:16-18*

## REFLECTION

*Prayer is simply talking, praising and listening to God. It is our way of communicating with our heavenly Father.*

*There are so many beautiful ways of praying through formal prayers, liturgies, Mass, scripture readings etc. They all help us to grow in a knowledge and language of God.*

*We often pray as a community to ask for help for ourselves or others. We also pray to worship and praise and thank God.*

*But God wants a personal relationship with each of us, so as in any family or beautiful friendship, we have to find time to spend alone with each other – to talk and to listen.*

*The listening part can be very hard but if we are willing to give time and practise listening, we will be greatly blessed.*

*Like any relationship, once a year isn't enough. In our best relationships, we talk or communicate daily or at least regularly. We look forward to spending time together and know our friend will always support us through all our joys and struggles. This doesn't happen overnight – we give our time, love and attention to it.*

*And so, with God, time in prayer, time alone together is essential. God doesn't need it - we do!*

*Like all things that are good for us – it requires discipline.*

*Reflect on your current prayer life and if you haven't started it's never too late.*

*Start small and regular and know our loving God is always waiting with open arms to hear us and encourage us.*

## **LIVING OUR VIRTUE**

Inspire each one of us that we may help our children to:

- Spend time with God
- Listen to God
- Rest in His presence
- Tell God they love Him
- Grow in friendship with God
- Pray from the heart

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents

## **CONCLUDING PRAYER**

**Ponder on the words as we pray:**

**Our Father**, who art in Heaven;

hallowed by Thy name;

Thy kingdom come;

Thy will be done on earth as it is in Heaven.

Give us this day our daily bread;

and forgive us our trespasses

as we forgive those who trespass against us,

and lead us not into temptation;

but deliver us from evil. Amen

### **VIRTUE TO LIVE BY**

**I grow in friendship with God through prayer**

## **“Virtues to Live by”**

***“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”***

*(Pope Francis 2013)*

### **Autumn Term:**

## **GENEROSITY**

## **Blessing**

May God the Father bless us,  
May Christ take care of us  
The Holy Spirit enlighten us  
All the days of our life.  
In our coming and going  
The peace of God  
In our life and believing  
The love of God  
At new beginnings and at our end  
The arms of God to welcome us and bring us Home. Amen.

## **OPENING PRAYER:**

God our Father, you are our great provider.

All we have comes from you. Everything is a gift from you. Gifts you gave us to share.

May we open our hearts to the needs of our sisters and brothers in our families, our school, our community and around the world.

Through our Lord, Jesus Christ Your son who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever. **Amen**

## **READING:**

*1 John 3:1,16-18*

See what great love the Father has lavished on us in letting us be called God's children! And that is what we are!

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has

material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.

## REFLECTION

*There are so many ways we can be generous each day but we often overlook them or convince ourselves that someone else will do it.*

*I can be generous to others by:*

*Giving my time to keep someone company or help them through a problem*

*Giving my possessions or money to someone in greater need*

*Giving my skills and energy to teach or serve others to the very best of my ability*

*Giving my words to encourage, console, build up and love others.*

*Rather than waiting until I have spare time, money or energy, perhaps we can try to be attentive to the opportunities to be generous, even when they are inconvenient, being willing to miss something we wanted, for the good of someone else.*

## LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- notice when someone needs help.
- think of others before themselves.
- give freely without need of reward.
- give more than what is expected.
- be willing to make sacrifices for others.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## **CONCLUDING PRAYER**

Lord Jesus,

I give you my hands to do your work.

I give you my feet to go your way.

I give you my eyes to see as you do.

I give you my tongue to speak your words.

I give you my mind that you may think in me.

I give you my spirit that you may pray in me.

Above all,

I give you my heart that you may love in me  
your Father and all mankind.

I give you my whole self that you may grow in me,

so that it is you, Lord Jesus,

who live and work and pray in me. **Amen.**

### **VIRTUE TO LIVE BY**

**I am generous.**

**I think of others and notice when they need help.**

# Acts of Worship

## **Virtue: Love of learning**

I am a lifelong learner

I am excited and enthusiastic to learn

### **Gathering together**

Focal point: Green cloth, examples of books, exercise books, pens/pencils etc, school jumper, reading record etc

### **Introduction:**

Discuss with the children the start of the new school year, what we want to achieve, our goals, hopes, dreams for the year. What do you enjoy about school? Which subjects are your favourite? Do you enjoy learning new things?

In this virtue, we are thinking about finding joy in our learning, even if sometimes we find it difficult.

### **Word: (Show image below)**

“Show me your ways Lord, teach me Your paths”

Psalm 25:4

### **Response to/reflection on the Word**

Think about the verse we have just read. What does this mean for us as we start our new school year? How can we follow God’s guidance to stay on the right path? We can trust in God to make the right choices, to be the best version of ourselves throughout our journey this year in school.

Play some reflective music and ask the children to think about their goals and hopes this year.

Share some if they feel comfortable. Ask God to help the children achieve these goals, e.g. *We thank you Lord for bringing us all together at the start of a new school year. Help us to enjoy our learning and give everything we can to be the best we can be.*  
*Amen.*

### **Going forth**

Give each child the template and ask them to draw or write a goal they want to achieve this year, that they can ask God to help them with. They can then place them in a jar in class, or in their trays to reflect upon throughout the year.

### **Ideas for music:**

Psalm 25 ([https://www.youtube.com/watch?v=-9ZpEuUhSVc&list=RD-9ZpEuUhSVc&start\\_radio=1&rv=-9ZpEuUhSVc&t=1](https://www.youtube.com/watch?v=-9ZpEuUhSVc&list=RD-9ZpEuUhSVc&start_radio=1&rv=-9ZpEuUhSVc&t=1))

Mark 10 Mission: My lighthouse, Open the eyes of my heart

Shine, Jesus shine

Be not afraid

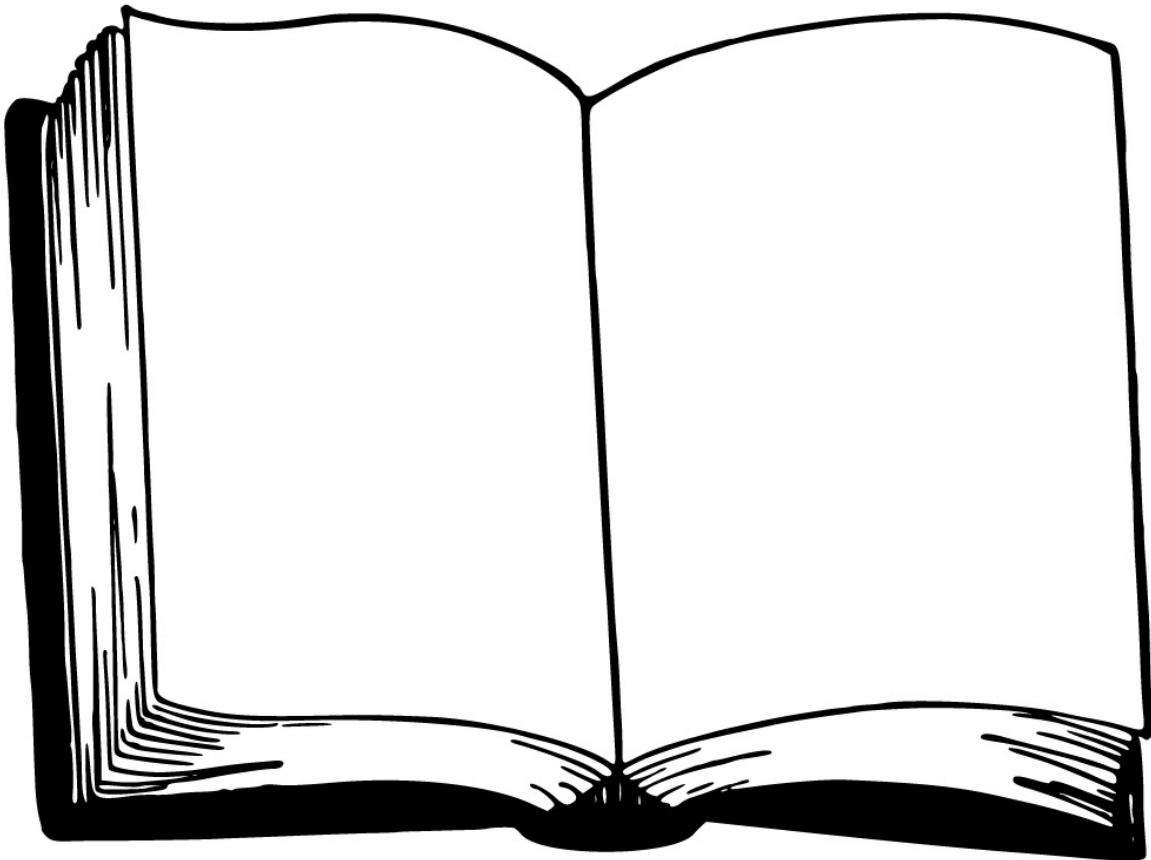
Father I place into Your hands



## Acts of Worship

Show me your ways, LORD,  
teach me your paths.

**Psalm 25:4**



# Acts of Worship

## **Virtue: Love of learning**

I am a lifelong learner

I am excited and enthusiastic to learn

## **Gathering together**

Focal point: Green cloth, display the 'Our Father Prayer', crucifix

### **Introduction:**

Who inspires you? Who do you look to help you get better at things? (e.g. teachers, sports coaches, parents etc Show images of famous inspirational people below). What qualities make them inspirational? What virtues do they demonstrate?

This week we are thinking about Jesus as an inspirational teacher. Jesus taught His disciples and His followers using stories to help them understand important messages.

## **Word: Matthew 5:1-12**

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup> and he began to teach them.

## **The Beatitudes**

He said:

- <sup>3</sup> "Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.
- <sup>4</sup> Blessed are those who mourn,  
for they will be comforted.
- <sup>5</sup> Blessed are the meek,  
for they will inherit the earth.
- <sup>6</sup> Blessed are those who hunger and thirst for righteousness,  
for they will be filled.
- <sup>7</sup> Blessed are the merciful,  
for they will be shown mercy.
- <sup>8</sup> Blessed are the pure in heart,  
for they will see God.
- <sup>9</sup> Blessed are the peacemakers,  
for they will be called children of God.
- <sup>10</sup> Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.

## **Response to/reflection on the Word**

Play reflective music.

What makes Jesus a good teacher?

How do we know that people wanted to listen to Him? (crowds followed Him)

## Acts of Worship

How did He explain God's will to people in a way they could understand? (parables, stories, plain language etc)

What messages can we take from His teaching in today's reading?

*Christ Jesus, help us to listen to Your message and follow Your example. Amen.*

### **Going forth**

Pick one of the 'blesseds' from the reading and ask the children to focus on trying to be that for this week. E.g. Ask the children to try to be peacemakers this week. Ask them to give each other the sign of peace to show this before they leave.

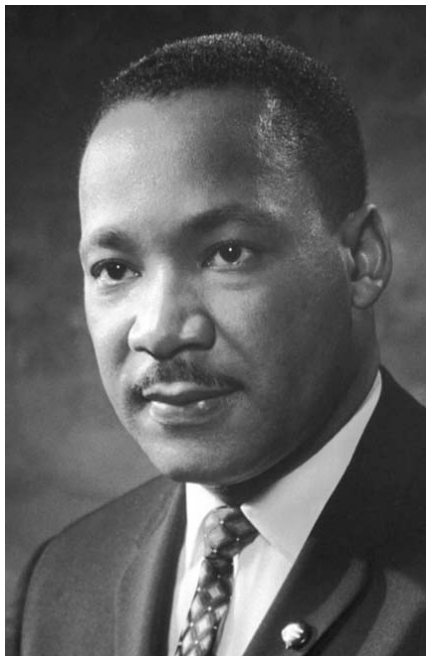
Alternatively, each child could receive one of the bookmarks below.

### **Ideas for music:**

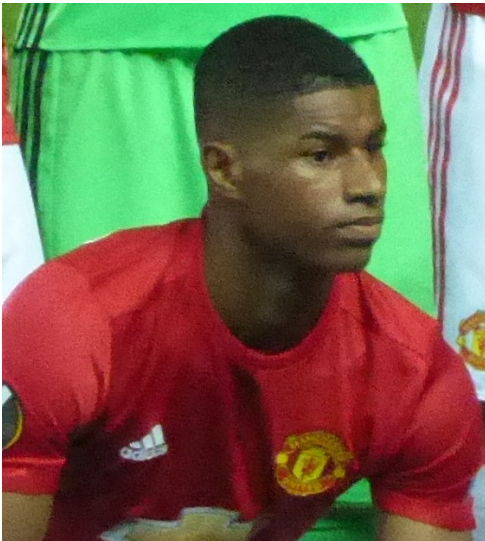
Mark 10 Mission: Here I am to worship, My lighthouse, Open the eyes of my heart  
Peace, perfect peace

<https://sjbrown58.wordpress.com/2011/01/11/song-choices-to-accompany-jesus%E2%80%99-sermon-on-the-mount/>

Fischy Music: May you find peace, God beside



## Acts of Worship





## Acts of Worship

<p>The poor in spirit are blessed, for the kingdom of heaven is theirs.</p> 	<p>Those who mourn are blessed, for they will be comforted.</p> 	<p>The gentle are blessed, for they will inherit the earth.</p> 	<p>Those who hunger and thirst for righteousness are blessed, for they will be filled.</p> 
<p>The merciful are blessed, for they will be shown mercy.</p> 	<p>The pure in heart are blessed, for they will see God.</p> 	<p>The peacemakers are blessed, for they will be called sons of God.</p> 	<p>Those who are persecuted for righteousness are blessed, for the kingdom of heaven is theirs.</p> 

# Acts of Worship

## **Virtue: Love of learning**

I am a lifelong learner

I am excited and enthusiastic to learn

### **Gathering together**

Focal point: Green cloth, examples of books, exercise books, pens/pencils etc, plant or wheatsheaf (link to parable).

### **Introduction:**

Think about the goals you set during the first Virtue act of worship. How will you achieve them? What do you need to do as a learner to help yourself?

They need to look after themselves (sleep, rest, eat well, exercise, mindfulness etc). Link to other virtues such as resilience, perseverance, hope etc Talk to the children about them having responsibility for their own learning too.

### **Word: Matthew 13:1-8**

That same day Jesus left the house and went to the lakeside, where he sat down to teach. 2 The crowd that gathered around him was so large that he got into a boat and sat in it, while the crowd stood on the shore. 3 He used parables to tell them many things.

“Once there was a man who went out to sow grain. 4 As he scattered the seed in the field, some of it fell along the path, and the birds came and ate it up. 5 Some of it fell on rocky ground, where there was little soil. The seeds soon sprouted, because the soil wasn't deep. 6 But when the sun came up, it burned the young plants; and because the roots had not grown deep enough, the plants soon dried up. 7 Some of the seed fell among thorn bushes, which grew up and choked the plants. 8 But some seeds fell in good soil, and the plants bore grain: some had one hundred grains, others sixty, and others thirty.”

### **Response to/reflection on the Word**

What happened to the seeds that fell on rocky ground? What happened to those that fell on only a little soil? Which seeds grew well? What is the message that Jesus is teaching us here?

What do we need to do to bear fruit? How can we 'grow' well?

Talk to the children about them listening to God's word, following in Jesus' footsteps but also having responsibility for their own growth and learning.

*Thank you God for giving us seeds of knowledge to help us learn. Help us and guide us as learners to embrace new knowledge, seek Your truth and reach our potential. Amen.*

### **Going forth**

Everybody to learn one new thing this week. Leader could give an example of one thing he/she would like to learn.

### **Ideas for music:**

Let there be love shared among us

Spirit of the living God (Michael Iverson) – could adapt the verses

# Acts of Worship

This little light of mine

## Image Attribution:

Photo of Mother Theresa by Kingkongphoto & www.celebrity-photos.com from Laurel Maryland, USA  
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## Acts of Worship

**NB:**

**One of these worships could directly link to harvest if your school is holding a Harvest Mass/collection.**

**Virtue: Responsible Citizenship**

*I show love for my neighbour through my actions*

Gathering together

Focal point:

Circle of friends candle holder

Prepared 'love' words

Introduction

Today we are going to talk about 'love'. Ask the children to think about someone they love. We love our families, our friends, we love God.

Explain to the children that in the Bible the Greek word for love can be translated in four different ways. Show the cards, explaining each:

Eros – romantic love, like we see when a couple gets married

Philia – love of your friends

Storge – love of parents for their children/ family

Agape – God's love of mankind

Agape defines God's immeasurable, incomparable love for humankind. It is the divine love that comes from God. Agape love is perfect, unconditional, sacrificial, and pure. This is the kind of love that we are asked to have for our neighbours.

Today we are going to listen to the Bible, where Jesus gives us a special commandment, to love each other.

Word:

John 15:12-17

My commandment is this: love one another, just as I love you. The greatest love you can have for your friends is to give your life for them. And you are my friends if you do what I command you. I do not call you servants any longer, because servants do not know what their master is doing. Instead, I call you friends, because I have told you everything I heard from my Father. You did not choose me; I chose you and appointed you to go and bear much fruit, the kind of fruit that endures. And so the Father will give you whatever you ask of him in my name. This, then, is what I command you: love one another.



## Acts of Worship

### Response to/reflection on the Word

Jesus is asking us in this reading to love each other as God loves us.

This is about showing each other kindness and patience. It is about forgiving each other's mistakes and sharing what we have.

A definition of love must start with God. Love that is genuine comes from God because "God is love" (1 John 4:16).

### Reflection:

How do I show love for my neighbour?

How do I serve others?

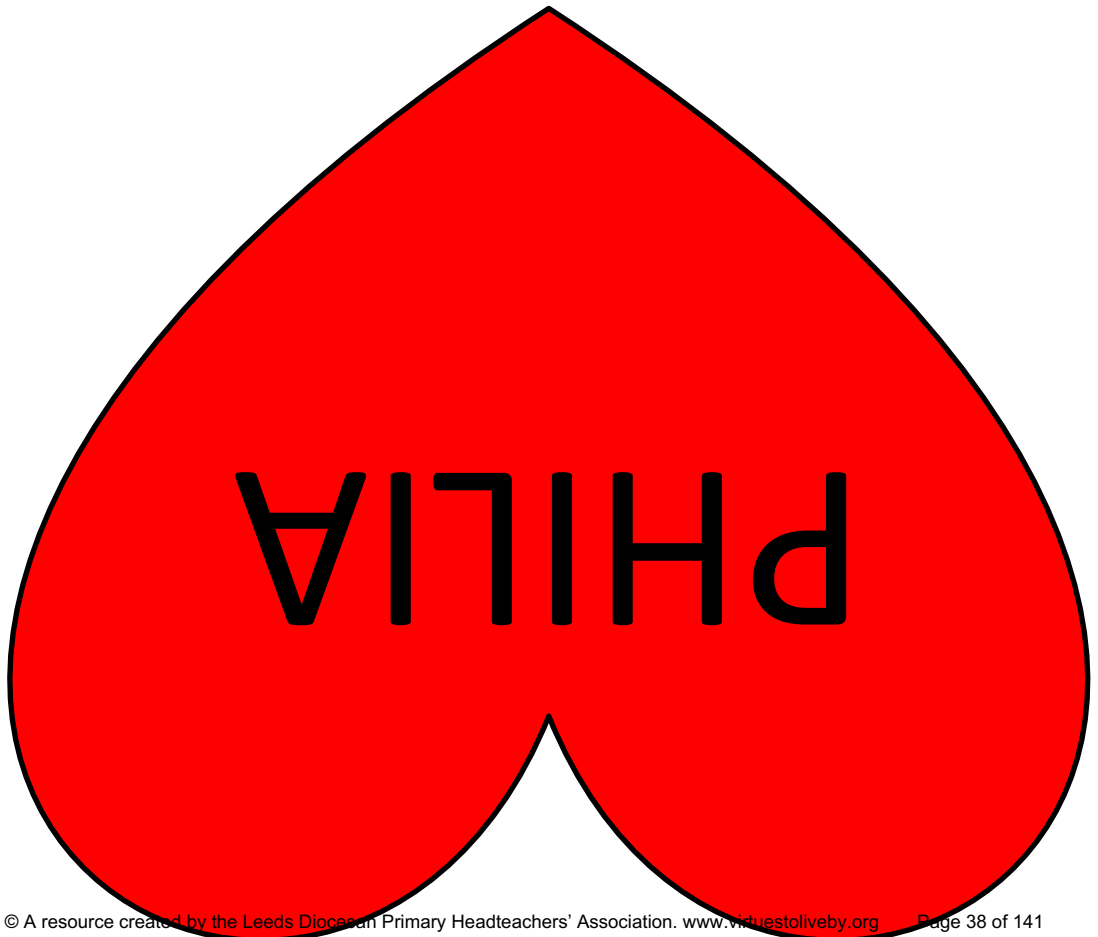
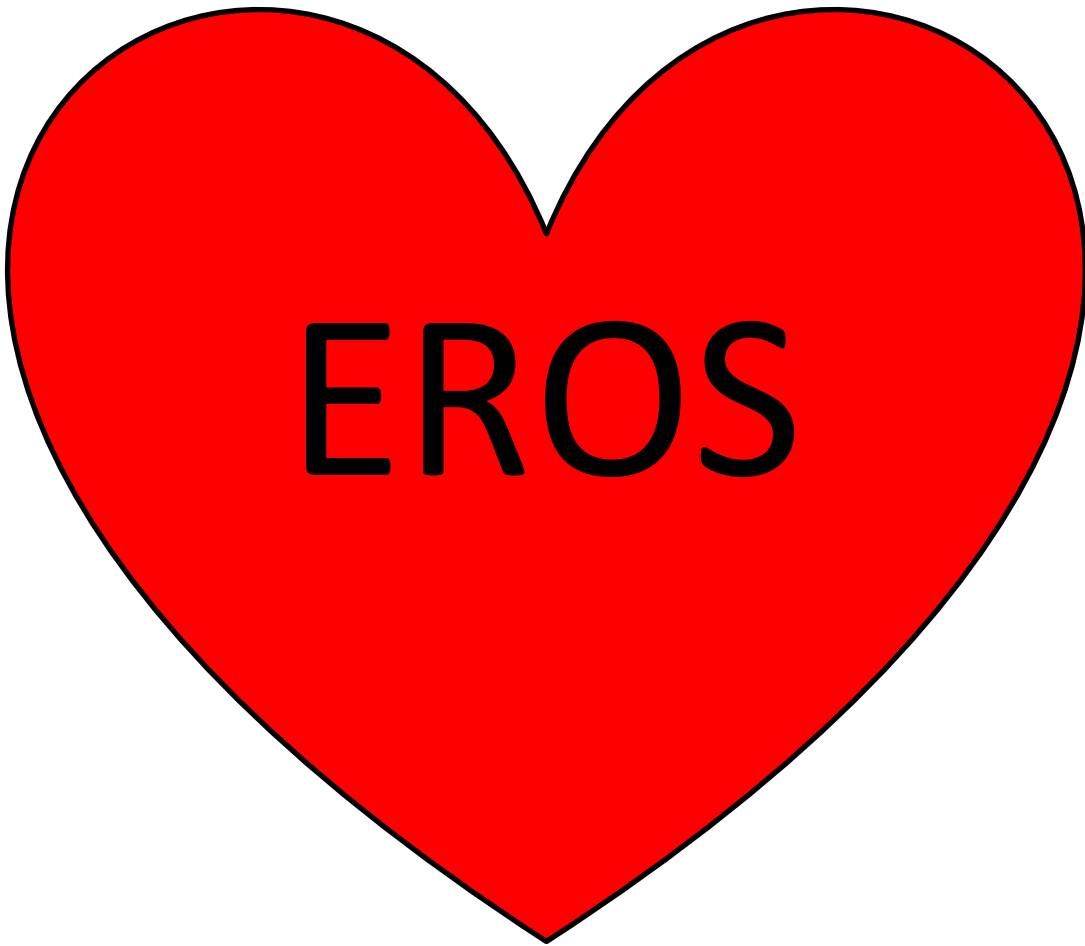
### Going forth

How can you show love to others today? What other virtues can you demonstrate that show your love?

### Ideas for music:

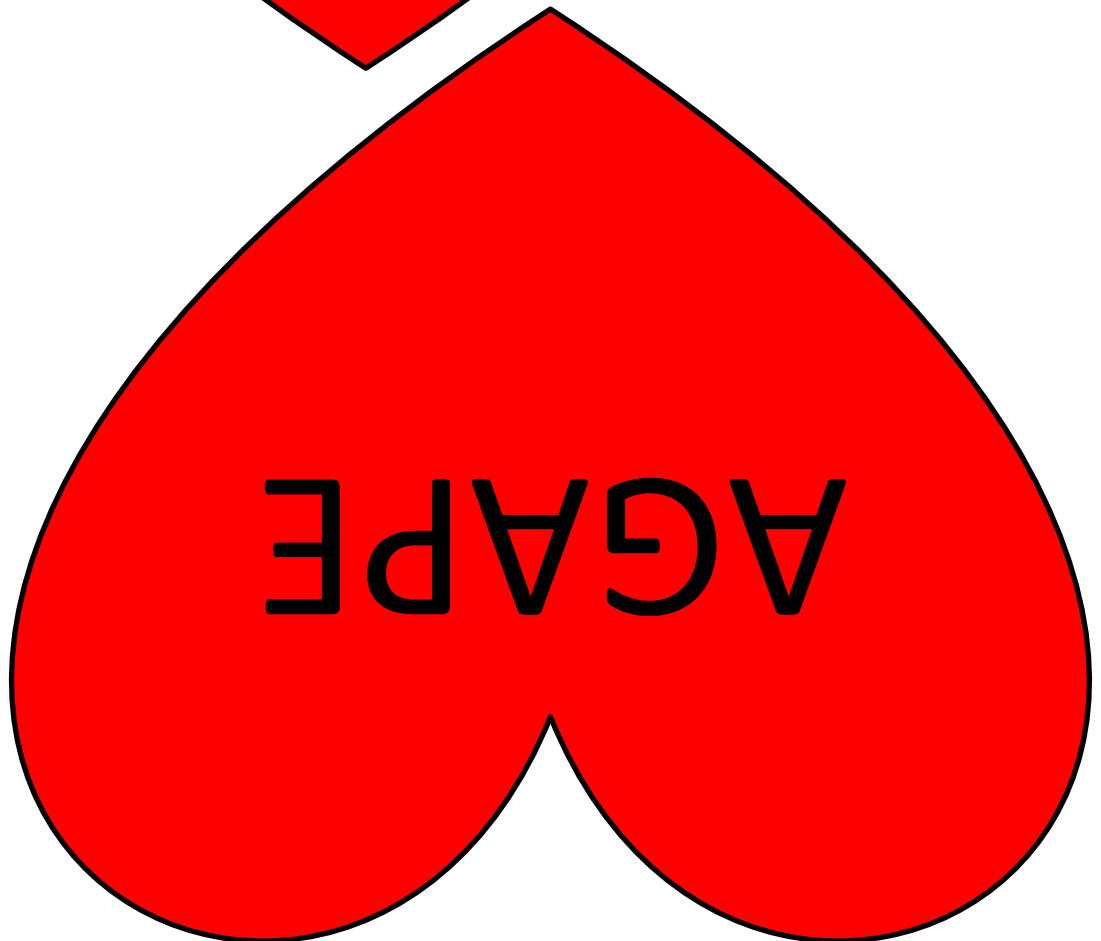
'Let there be love shared among us'

'Bind us together'





STORGE



AGAPE

# Acts of Worship

## **Virtue: Responsible Citizenship**

*I show love for my neighbour through my actions*

### Gathering together

Focal point:

Circle of friends candle holder

Cross/crucifix

Liturgical cloth

Basket of paper hearts to write on at the end

Have PPT of St Teresa ready to view, or the quotes printed out to show the children.

Discuss what St T says about how we should treat others. How does this relate to the discussion about love from the previous week? She shows great 'agape' love – love and care for others and encourages others to do the same.

Today we are going to listen to what St Paul says about love, how without it, we are nothing.

### Word:

1 Corinthians 13:1-13

I may be able to speak the languages of human beings and even of angels, but if I have no love, my speech is no more than a noisy gong or a clanging bell. I may have the gift of inspired preaching; I may have all knowledge and understand all secrets; I may have all the faith needed to move mountains—but if I have no love, I am nothing. I may give away everything I have, and even give up my body to be burned—but if I have no love, this does me no good.

Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; and its faith, hope, and patience never fail.

Love is eternal. There are inspired messages, but they are temporary; there are gifts of speaking in strange tongues, but they will cease; there is knowledge, but it will pass. For our gifts of knowledge and of inspired messages are only partial; but when what is perfect comes, then what is partial will disappear.

Meanwhile these three remain: faith, hope, and love; and the greatest of these is love.

## Acts of Worship

### Response to/reflection on the Word

Think about what St Paul said about love. He says it is 'eternal', It is 'patient and kind', it 'never gives up'.

St Teresa tells us that love has no meaning if it is not shared. It has to be put into action.

How can you put your love into action this week? What small things can you do with love?

### Going forth

Ask the children to take a heart out of the basket as they leave and draw or write one thing they will try to do this week to show love to their neighbour.

### Ideas for music:

'Oh Lord all the world belongs to you'

'When I needed a neighbour were you there?'

'We are one in the spirit'

# Acts of Worship

## Virtue: Responsible Citizenship

*I show love for my neighbour through my actions*

### Gathering together

Focal point:

Circle of friends candle holder

Cross/crucifix

Liturgical cloth

### Introduction

Have PPT about the Pope ready to view, or the quotes printed out to show the children.

Discuss what Pope Francis says about how we should treat others. What does being a 'responsible citizen' mean? A citizen is a member of a community. Being a responsible citizen means you want to play your part within your school, workplace or neighbourhood. You are committed to finding ways to help your community, seeing each person in your community as your neighbour. You put your faith and love for others into actions.

How does this relate to the discussion about love from the previous week?

Today we are going to listen to how Jesus asks us to treat others.

### Word:

Matthew 5:1-12

Read the remaining parts of the PPT that has the words of Jesus followed by an explanation for the children – you could ask a child or another adult to help you read the different parts.

### Response to/reflection on the Word

What does these sayings of Jesus mean for us as responsible citizens? Jesus asks us to be humble and kind, He asks us to reach out to others to comfort them, to work for justice in our world, to be merciful, to search for what is good and to be peacemakers. All fo these actions show our love for others. Play gentle music.

Ask the children to reflect on just one of these. How can they be peacemakers? How can they show gentleness? How can they show kindness? How can they work for justice?

## Acts of Worship

### Going forth

Think back to the slide where Pope Francis says:

*'To live as true children of God means to love our neighbour and to be close to those who are lonely and in difficulty.'*

How can we be children of God this week? Ask children to try to do one thing this week to be a good neighbour.

### Ideas for music:

'Jesus says love everybody'

'The love I have for you'

'We are the Church'

'A new commandment'

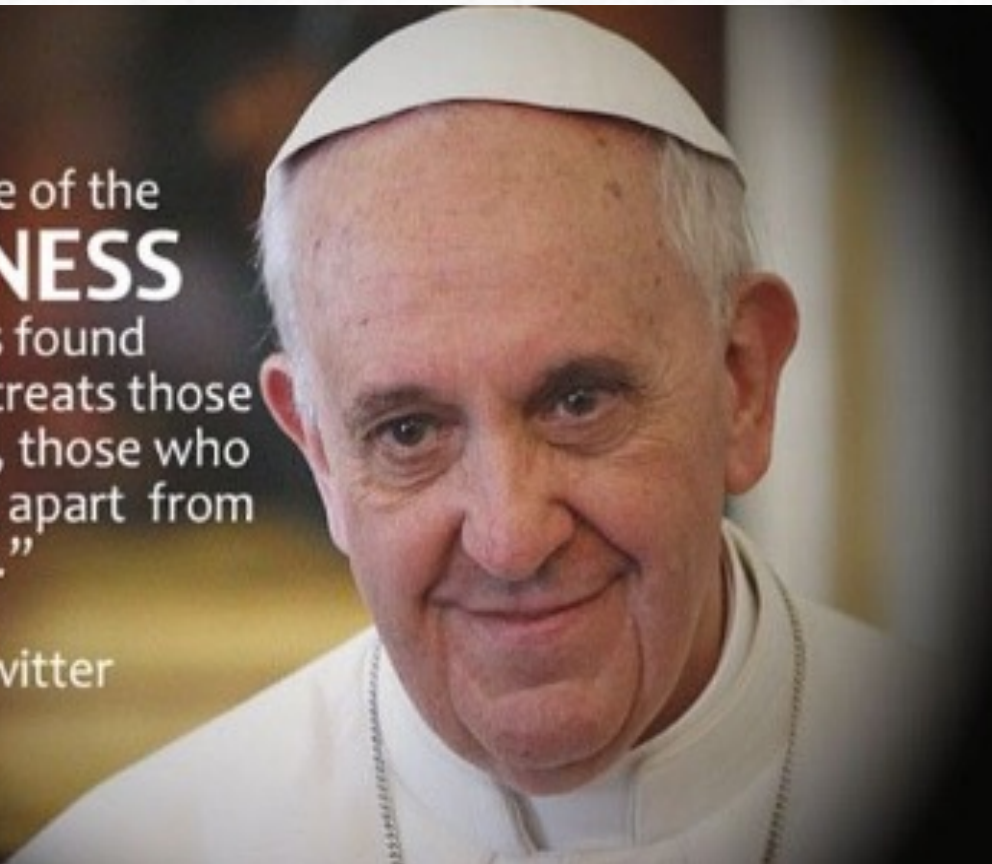
# Pope Francis





What does Pope  
Francis say about  
being a responsible  
citizen?

“The measure of the  
**GREATNESS**  
of a society is found  
in the way it treats those  
most in need, those who  
have nothing apart from  
their poverty.”  
Pope Francis  
July 25, via Twitter





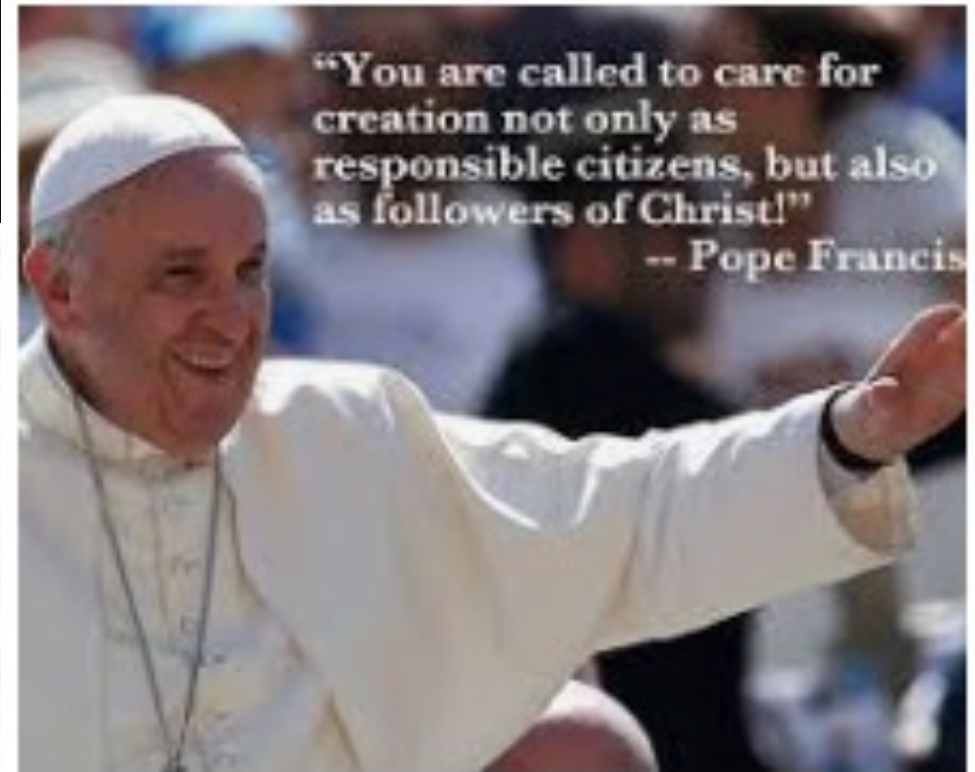
To live as true children of God means to love our neighbour and to be close to those who are lonely and in difficulty.





People in every nation enhance the social dimension of their lives by acting as committed and responsible citizens.

— *Pope Francis* —





# The Beatitudes





In Matthew's Gospel, Jesus spoke to His disciples on the Sermon on the Mount. He spoke about what the Kingdom should be like.

Blessed are the poor in spirit,  
for theirs is the kingdom of  
heaven



*You will be blessed when you  
have an open and generous  
heart,  
When you share what you have  
with other people.  
God will be very close with you.*



Blessed are they who mourn,  
for they will be comforted

*You will be blessed when you reach out to those who grieve, When you make friends with those who are sad and lonely. God will be there to comfort you.*



Blessed are the meek, for they  
will inherit the land.

*You will be blessed when you are gentle.*

*When you treat others with kindness and patience.*

*God will give you all you need.*



Blessed are they who hunger  
and thirst for righteousness,  
for they will be satisfied.

*You will be blessed when you  
work for justice.*

*When you respect and stand up  
for the rights of others.*

*God will give you life to the full.*



Blessed are the merciful, for they will be shown mercy.

*You will be blessed when you  
forgive others and don't hold  
grudges.*

*You will find God ready to  
forgive you.*



Blessed are the pure of heart,  
for they will see God.

*You will be blessed when you  
desire what is good.  
When you always search for  
what is good, you will find God  
in all around you.*



Blessed are the peacemakers,  
for they will be called children  
of God.

*You will be blessed when you are a peacemaker.*

*When you try not to let a quarrel even begin or are the first to say sorry, you will be known as children of God.*



Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

*You will be blessed when you  
are made fun of for doing what  
God wants.*

*When people laugh at you for  
living in God's way,  
Know that you are very close to  
God.*



# St Teresa of Calcutta



Mother Teresa, also known as Saint Teresa of Calcutta, was an Albanian-Indian Catholic nun who, in 1950, founded the Missionaries of Charity. She is known for how she served others and encouraged others to do the same.



What does St Teresa of Calcutta say about love?



A LIFE NOT LIVED FOR OTHERS  
IS NOT A LIFE.  
~ MOTHER TERESA



**“At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by “I was hungry, and you gave me something to eat, I was naked and you clothed me. I was homeless, and you took me in.”**

**- Mother Teresa**



**“Go out into the world  
today and love the  
people you meet. Let your  
presence light new light in  
the hearts of people.”**

*~ Mother Teresa*



**LOVE HAS NO MEANING  
IF IT ISN'T SHARED.  
LOVE HAS TO BE  
PUT INTO  
ACTION.**

*mother teresa*



# Acts of Worship

## **Autumn 2**

### **Virtue: Prayer**

Statement to Live By: I grow in friendship with God through prayer

### **Definition**

You spend time with God, listening to God, resting in his presence. You tell God that you love him, that you cherish his tenderness, his closeness in every situation, and his love that protects you. You grow in a loving friendship with God. Your prayer comes from the heart; it is a sign of warm love for God.

### **Gathering together**

**Focal point:** Green cloth, candle, Bible, book of prayers

### **Focus:** What is Prayer

Talk to the children about what prayer is and it's the importance. When we pray we are developing our relationship with God by listening to Him and talking to Him

### **Word: Luke 11: 1-4**

One day Jesus was praying in a certain place. When he had finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." Jesus said to them, "When you pray, say this:

'Father:

May your holy name be honoured;  
may your Kingdom come.

Give us day by day the food we need.

Forgive us our sins,

for we forgive everyone who does us wrong.

And do not bring us to hard testing.'"

The Gospel of the Lord

Thanks be to God

### **Response to/Reflection on the Word**

Prayer is so important that Jesus taught us all how to pray and gave us the special prayer, 'The Our Father'. In this prayer we are reminded to honour God and to forgive each other.

## Acts of Worship

### **Going Forth**

As we pray the 'Our Father' together let us ask God to help us this week to forgive each other.

Make a promise to say this prayer each day.

### **Ideas for music:**

The Our Father (sung)

# Acts of Worship

## **Autumn 2**

### **Virtue: Prayer**

Statement to Live By: I grow in friendship with God through prayer

### **Definition**

You spend time with God, listening to God, resting in his presence. You tell God that you love him, that you cherish his tenderness, his closeness in every situation, and his love that protects you. You grow in a loving friendship with God. Your prayer comes from the heart; it is a sign of warm love for God.

### **Gathering together**

**Focal point:** Green cloth, candle, Bible, book of prayers

**Focus:** How we pray.

We talk to God in our prayers and then he is very close to us as well.

### **Word: Gospel of St Matthew**

One day, Jesus said,  
'When you say your prayers,  
don't worry so much about the things you want,  
remember that you have a Father in Heaven  
who knows all about the things you need.

When you say your prayers,  
promise him to try and do what he wants  
and he will give you everything you need as well.'

The Gospel of the Lord  
Thanks be to God

### **Response to/Reflection on the Word**

Jesus reminds us when we pray to God we should not just focus on the things we want.

## Acts of Worship

Introduce Pope Francis' 'Five Finger Prayer' ([see link to Google Images](#)).  
Explain the importance of praying for different groups of people and thanking God for the many blessings in our lives.

### **Going forth**

Give the children a copy of Pope Francis' 'Five Finger Prayer' and ask them to use it to say a prayer each day for the different groups of people.

### **Ideas for music:**

Father I Place into Your Hands

A New Commandment

Here I Am Lord



# Acts of Worship

## Autumn 2

### Virtue: Prayer

Statement to Live By: I grow in friendship with God through prayer

### Definition

You spend time with God, listening to God, resting in his presence. You tell God that you love him, that you cherish his tenderness, his closeness in every situation, and his love that protects you. You grow in a loving friendship with God. Your prayer comes from the heart; it is a sign of warm love for God.

### Gathering together

Focal point: Green cloth, candle, Bible, book of prayers

Focus: When we Pray.

Prayer enables us to develop our friendship with Jesus. We spend time with and talk to our friends each day; we should do this with Jesus by praying to him each day. When we pray we listen to and talk to Jesus and we grow in a loving friendship with Him.

### Word: A Reading from The Book of Kings

A long, long time ago,  
there was a priest called Eli.  
He was very old and was going blind.  
But a young boy called Samuel looked after him.  
One night when Samuel was in bed,  
He heard someone calling his name,  
'Samuel! Samuel!'  
So he got up and went to Eli and said,  
'Here I am, what do you want?'  
But Eli said,  
'I didn't call you!  
Go back to bed'  
So Samuel went and lay down again.

This happened a second and third time.  
When it happened a third time,

## Acts of Worship

Eli said,  
'Next time you must say,  
"Yes, Lord I am listening."

And it did happen again,  
for God came and stood beside Samuel  
and called his name,  
and Samuel said,  
'Yes Lord, I'm listening.'  
Then God spoke to Samuel,  
and told him what he was going to do.

After that God was always very close to Samuel  
and when the boy grew up,  
he always listened to what God told him.

The Word of the Lord  
Thanks be to God

### **Response to/Reflection on the Word**

When we open our hearts to God, He speaks to us. When we listen to God, He guides us in our everyday lives.

### **Going forth**

Make time each day to pray to God; to listen to what he speaks to us.

### **Ideas for music:**

My God Loves Me  
Father I Place into Your Hands

# Acts of Worship

## Virtue: Generosity

### **Virtue to live by:**

I am generous.

I think of others and notice when they need help.

### **Gathering together**

Focal point: Green

Physical examples or images of 'valuables', e.g. iphone, car, house etc also images of famous people, e.g. Marcus Rashford (footballer), Charli d'Amelio (influencer), Taylor Swift (singer)

### **Introduction:**

What is important to us? Discuss some of the images/items on display. What do they 'hold dear' to their hearts? Who do they want to be like? What do they spend their time on? Today we are thinking about our treasures.

### **Word:**

"Do not store up treasures for yourself on earth... But store up treasures for yourselves in heaven... For where your treasure is, there will your heart be also." (Matthew 6:19-21)

### **Response to/reflection on the Word**

What are our treasures? (refer to the images on display) What do we value? What should we value? We should invest in putting God first, in people, in worship, in putting others before ourselves. If we spend our time thinking about material values, can we spend enough time with God and each other? Looking after each other? (refer to previous worship linked to the Beatitudes). We should give of ourselves to others, treasure God's word. Everything we have is a gift from God. What are we thankful for? Being thankful helps us to be generous to others. When we are grateful for what we have, we can share wholeheartedly. What do we treasure that we can share?

*Heavenly Father, help us to value the spent with You and with each other. Help us to think about what is really important in life and give ourselves generously. Amen.*

### **Going forth**

Give each child a picture of a treasure box (below). Children write or draw to show what their treasure is, what they can give to others.

# Acts of Worship

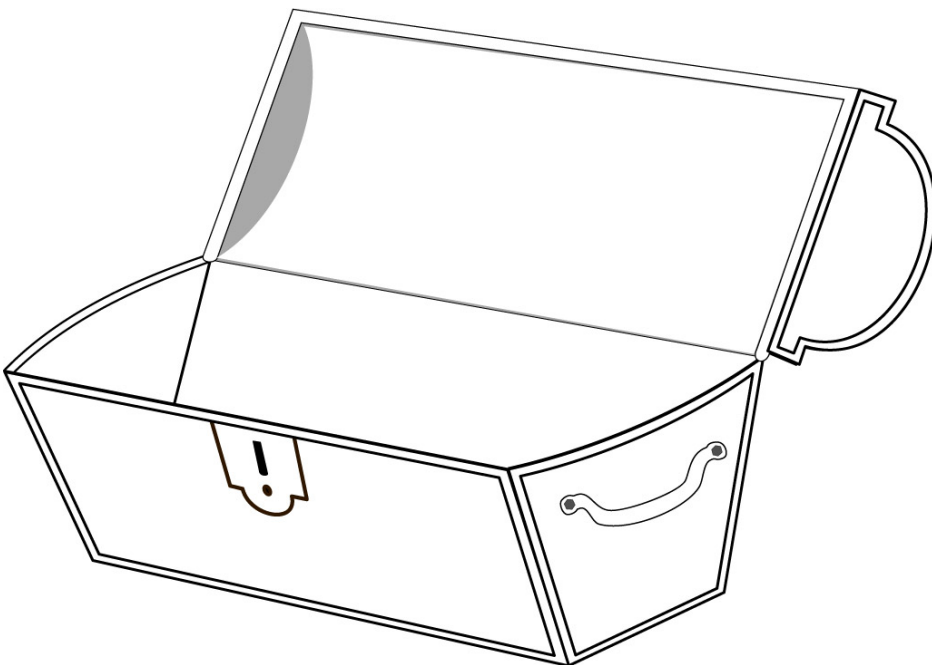
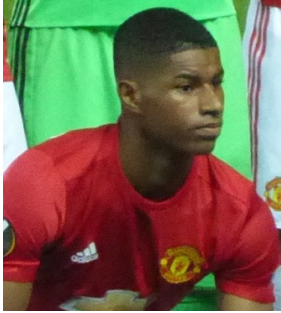
## Ideas for music:

Seek ye first

Sing of the Lord's goodness

A new commandment

Count your blessings



# Acts of Worship

## Virtue: Generosity

### **Virtue to live by:**

I am generous.

I think of others and notice when they need help.

### **Gathering together**

**Focal point:** Green (if still in ordinary time, purple with Advent wreath if in Advent), Christmas presents, Christmas decorations etc

### **Introduction:**

Explain 're-gifting' to the children. Have they ever given a gift that they didn't want themselves to someone else? What does this tell the person that we have given it to? Do we value the person that we are giving the unwanted gift to? Have we thought about them carefully? Are we giving what we don't really want or need? Something 'spare'? In today's Gospel reading, Jesus tells us about an old lady who gives everything she has to God, not just what she has 'spare'.

### **Word: Luke 21:1-4**

Jesus looked around and saw rich people dropping their gifts in the Temple treasury, 2 and he also saw a very poor widow dropping in two little copper coins. 3 He said, "I tell you that this poor widow put in more than all the others. 4 For the others offered their gifts from what they had to spare of their riches; but she, poor as she is, gave all she had to live on."

### **Response to/reflection on the Word**

In this story, the old widow actually gave very little in terms of money, certainly not as much as some of the other people. Why then, did Jesus say her gift was more valuable? Because she gave all that she had. What is Jesus' message in this story? Jesus isn't expecting you to hand over all of your pocket money! But what He is asking us to do, is give generously. Whatever it is we have to give, let us give with our whole hearts.

### **Going forth**

Sometimes giving can be hard, it can take a lot from us. What can you give to the person you find it hardest to give to?

### **Ideas for music:**

Amazing Grace

God forgave my sin



## Acts of Worship

This little light of mine  
Servant King (last verse)  
Make me a channel of your peace  
"Give a Little Bit" by Supertramp

# Acts of Worship

## Virtue: Generosity

### **Virtue to live by:**

I am generous.

I think of others and notice when they need help.

### **Gathering together**

Focal point: Purple cloth, Advent wreath, Christmas presents, Christmas decorations etc

**Introduction:** What time of year is it? (Hopefully Advent will be the response, but also Christmas!)

At Christmas, we all go out and buy lots of presents for each other. How do you feel if you give a present to someone but they don't give one back? They would be off my Christmas list the next year! In today's reading, Jesus asks us to give freely. What do you think that might mean?

### **Word:**

"Freely you have received, freely give." (Matthew 10:8)

### **Response to/reflection on the Word**

When Jesus tells us to give freely, He asks us to give generously, without expectation of anything in return, just as He did. When He died for us on the cross, when He healed people, when He taught them, He did all this without asking anything in return. How can we follow this example? We give to others, we should give with a generous heart, not because we want something in return. Unlike us, God does not expect gifts back. He loves us no matter what. How does this make you feel? God loved us so much, He gave us Jesus, Jesus loved us so much, He gave us Himself on the cross – what can YOU give each other?

### **Going forth**

Give the children the present drawing. Ask them to think of their gift to someone – could it be their time, their love, their patience? Ask the children for their ideas. None of these 'gifts' should cost any money! Remind the children that they should give without asking for anything in return. Put the drawings in a gift box for display in class to remind them of what they can give to others.

## Acts of Worship

### Ideas for music:

God forgave my sin

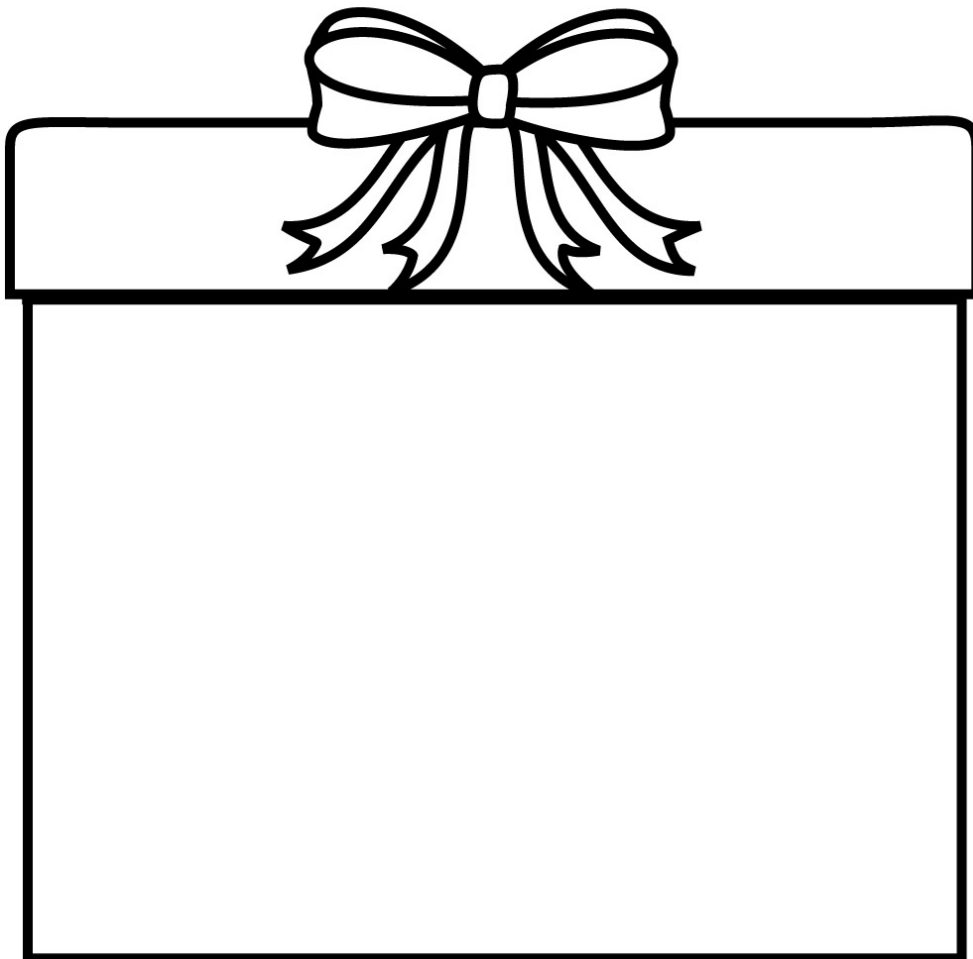
Jesus says love everybody

Rejoice, rejoice the Lord is coming

Rejoice in the Lord always

My lighthouse, Rend Collective

Fischy Music 'God's Christmas light'



# Acts of Worship

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**Our Virtue to Live by:**

# Love of learning

**I am a lifelong learner.**

**I am excited and enthusiastic to learn.**

*"Let the wise hear and increase in learning, and the one who understands obtain guidance." Proverbs 1:5*

Our Virtue to Live by:

**Citizenship**  
**I am a good citizen.**  
**I show love for my neighbour**  
**through my actions.**

*"Do not forget to do good and to help one another, because these are the sacrifices that please God."* Hebrews 13:14, 16

**Our Virtue to Live by:**



# **Prayer**

## **I grow in friendship with God through prayer.**

*"Then you will call on me and come and pray to me, and I will listen to you."* Jeremiah, 29:12

Our Virtue to Live by:

# Generosity

I am generous.

I think of others and notice when  
they need help.

*"You should give what you have decided to give, not grudgingly or because you are made to, for God loves a cheerful giver." 2 Corinthians 9:7*



# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue 1 (Autumn 1): Love of Learning:

I am a lifelong learner

I am excited and enthusiastic to learn

### PSHCE:

Play an active role as a member of society.

### Knowledge:

To know that my school is place of learning and that my teachers want me to enjoy what I learn.

### Skills:

Learning requires a range of skills and I can learn through playing, exploring, reading and thinking.

### Attitudes:

I can learn in a way that inspires and excites me, and others around me.

### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Learn something new – In pairs, ask a friend to tell you something about themselves or something they have learned recently. Try to make it something new that you don't already know. Share your new knowledge.

### Step 2. Round

Puppet demonstrates attending their first day at school, puppet appears shy and confused to start with but learns new facts and becomes excited, happy and engaged. How are we like this puppet 'friend' when we are at school?

### Trigger statement:

I am learning new things every single day.

### **Step 3. Open Forum**

Two puppets, one covers its face – looking sad. “I find learning hard.” Second puppet joins the interaction, “I sometimes do but I find it fun too and it’s good to be challenged.” “You can ask your teachers to help too.”

### **Step 4. Celebration**

The teacher asks if anybody has noticed any of the children being a good learner and why. Give out certificates for children who have been actively learning.

### **Step 5. Ending Ritual**

#### **We love learning song (to the tune of Frere Jacques)**

We love learning,  
We love learning,  
This is why,  
This is why,  
It shows us lots of new things  
it shows us lots of new things  
Every day  
Every day

#### **Resources:**

Speaking puppet

2 Open forum speaking puppets.

## CIRCLE TIME: YEAR 1/2

### Virtue 1 (Autumn 1): Love of Learning:

I am a lifelong learner

I am excited and enthusiastic to learn

#### PSHCE:

Play an active role as a member of society.

#### Knowledge:

To know that my school is place of learning and that my teachers want me to enjoy what I learn.

#### Skills:

Learning requires a range of skills and I can learn through playing, exploring, reading and thinking.

#### Attitudes:

I can learn in a way that inspires and excites me, and others around me.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

Write (or draw) a fact that you have learned recently or found interesting. Opportunity for cross-curricular learning; using non-fiction books. Put all the facts into a box or bowl in the middle. Pull out a fact at a time and try to guess whose fact it was!

#### Step 2. Round

Class teacher to send a Chinese whisper around the circle (This could be a fact or something interesting that has been recently learned)... discuss whether the learning was passed on or did it get in a muddle! Listening is one way we learn, how many other ways can we think of that we learn? Encourage children to discuss in talk partners (using books, the internet, trying new ideas for ourselves, listening to others etc.)

**Trigger statement:**

We can all learn something new each day.

**Step 3. Open Forum**

Have the following qualities printed out on sheets;

Perseverance, Exploration, Connecting

In talk partners, ask children to put these qualities of a learner in order;

- i) Perseverance - keeping on going when things are hard
- ii) Exploration - trying new ideas
- iii) Connection - making links with what I already know

Which do you think is the most important and why? Which is the least important and why?

*(Talk partners).*

**Step 4. Celebration**

Dance and sing this celebratory song;

<https://www.youtube.com/watch?v=QO6der8d4L4>

Think about children in the class who have demonstrated perseverance, exploration and connecting in their learning.

**Step 5. Ending Ritual**

On a heart-shaped cut out, write one or two words that show what you most love about learning something new. Hang these as a display as children enter the classroom – in a doorway or on a prominent display.

**Resources:**

Heart shaped card templates

## CIRCLE TIME: YEAR 3/4

### Virtue 1 (Autumn 1): Love of Learning:

I am a lifelong learner

I am excited and enthusiastic to learn

#### PSHCE:

Play an active role as a member of society.

#### Knowledge:

To know that my school is place of learning and that my teachers want me to enjoy what I learn.

#### Skills:

Learning requires a range of skills and I can learn through playing, exploring, reading and thinking.

#### Attitudes:

I can learn in a way that inspires and excites me, and others around me.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

Play "Pictionary" in pairs. Ask children to draw their favourite subject for a friend to guess... e.g. maths; numbers, a dice etc. Ask children to say why they chose that subject and what pictures represented it e.g. Science; because I like learning about how my muscles move. P.E. because I like learning new ball skills.

#### Step 2. Round

Lead discussion, celebrating all the different things we can learn and that we all enjoy different things.

#### Trigger statement:

When you are an adult you're too old to learn. Discuss.



### **Step 3. Open Forum**

Give the children a variety of images e.g. a toddler taking first steps, a car with an L-plate, a piano teacher sat beside a pupil, a teacher standing beside a whiteboard, showing a friend how to ride a bike. Also include some more scenes that could be interpreted openly... two people walking alongside each other, two animals looking at the same bowl of food!

Ask children what learning could be happening here?  
Children feedback ideas to the class.

### **Step 4. Celebration**

Listen to the song:

<https://www.youtube.com/watch?v=QO6der8d4L4>

Write your own rhyming couplet that portrays how or why you like to learn. Put all the couplets together to make a class learning song.

### **Step 5. Ending Ritual**

I love learning because ...

Ask children to write an end to this sentence stem or to respond artistically by painting or sketching themselves engaged in their learning.

### **Resources:**

Photographs of 'learning'.

## CIRCLE TIME: YEARS 5/6

### Virtue 1 (Autumn 1): Love of Learning:

I am a lifelong learner

I am excited and enthusiastic to learn

#### PSHCE:

Play an active role as a member of society.

#### Knowledge:

To know that my school is place of learning and that my teachers want me to enjoy what I learn and that they will help me to be challenged and achieve.

#### Skills:

Learning requires a range of skills and I can learn through playing, exploring, reading and thinking.

#### Attitudes:

I can learn in a way that inspires and excites me, and others around me.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

Charades – in small groups:

Ask children to act out the following 'learning' scenarios. Other pupils in the group to guess what learning is happening here.

- i) A toddler taking their first steps
- ii) A learner driver,
- iii) Learning to play an instrument.
- iv) A science lesson.
- v) Learning to ride a bike
- vi) Football skills session
- vii) Younger children learning to share
- viii) Learning to use a knife and fork
- ix) Learning to count

## **Step 2. Round:**

Listen to the following story;

Imagine you had servants who would do everything for you. They would wash and dress you and give you breakfast, they would bring you anything you wanted and provide you with everything but you were not allowed to learn to do anything for yourself or follow any interests or skills.

How long would you enjoy this for?

What do you think it means to have a love of learning?

What do you love to learn about?

Who do you love to learn with or from?

## **Trigger statement:**

“Give a man a fish and you feed him for a day, teach him how to fish and you feed him for a lifetime.”

Encourage discussion about the benefits of life-long learning.

## **Step 3. Open Forum**

Set up small group debates in which two teams argue for or against one of the following statements;

Learning languages is more important than learning to play a musical instrument.

When I finish school I won't need to learn any more.

Learning is my job not my teacher's.

## **Step 4. Celebration**

Write a prayer that celebrates all the learning you have done today, this week and this year.

## **Step 5. Ending Ritual**

Say five things you have learned to do that you couldn't do a year ago!

Say five things that you would like to learn in the coming year.

# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue 1 (Autumn 1):Citizenship

I am a good citizen.

### PSHCE:

Play an active role as a member of society.

### Knowledge:

To know that being a citizen means being part of a community. I know that I am a valued member of my class and my school community.

### Skills:

I can talk about the aspects of my community.

### Attitudes:

I value myself and the other members of my community.

### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

#### "Train Game"

A child is chosen from the circle to be the engine. The engine stands up and begins to chug around the inside of the circle. He/she calls the names of two children to be the next carriages. The first carriages call another two names to join the train. This continues until all the children are chugging around the circle.

### Step 2. Round

Teacher talks to puppet and s/he says s/he has noticed that s/he looks happy today. Puppet tells teacher that s/he feels happy because s/he is at his/her favourite school where everyone looks after him/her and cares about him/her. Teacher asks puppet to think about other places where s/he feels safe and where people care about him/her.

### Trigger statement:

People care about me at...

### Step 3. Open Forum

Introduce a new puppet to the children and have an item of school uniform on her e.g. a school jumper or tie. Puppet tells the teacher that it is his/her first day at (add own school name) and s/he doesn't know anyone, s/he feels very scared and that s/he doesn't belong here.

Puppet asks the children if they could help him/her to feel part of (add own school name).

#### **Step 4. Celebration**

Is there anyone you would like to say thank you to for helping you to feel that you belong to (your school name). Nominate 3 children and give each one a cheer and a sticker.

#### **Step 5. Ending Ritual**

Sing:

It's me that builds community

It's me, it's me, it's me that builds community

It's me, it's me, it's me that builds community

It's me, it's me, it's me that builds community

It's me that builds community

Extra verses

It's you ...

It's love...

It's Jesus...

#### **Resources:**

Speaking puppet

Open forum puppet

Puppet with familiar school clothes



# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue 1 (Autumn 1): Citizenship Circle Time 2

**I am a good citizen.**

**I show love for my neighbour through my actions.**

### **PSHCE:**

Play an active role as a member of society.

### **Knowledge:**

To know that being a citizen means being part of a community. I know that I am a valued member of my class and my school community. I know ways I can actively make a positive difference in my community.

### **Skills:**

I can talk about the aspects of my community that are unique. I can explore and celebrate differences within my community.

### **Attitudes:**

I value myself and the other members of my community. I feel happy to play my part in the school community and the wider community.

### **Circle Time Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### **Skills - Thinking, Looking, Listening, Speaking, Concentrating**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### **Step 1. Game**

'Bag of sweets' game.

Teacher tells the class to imagine they all have a wonderful bag of sweets on their knees. Think of what they have, e.g. is it smarties, jelly babies etc.

"Now you are going to share it with the person next to you."

1. Everyone can then stand up and offer sweets to others, remembering to say thank you. OR
2. Choose certain children to stand up and offer sweets to others.

### **Step 2. Round**

Puppet is looking really glad. S/he tells the children that s/he's feeling really glad because his/her friend and s/he have been playing together and they've had such a wonderful time..."We really love each other," says puppet.

Teacher: What have you each been doing that has made you feel like you love each other?

Puppet: We've, been taking turns, we've been sharing and I just love it when we all get along together.

[The following round is aimed at our youngest children. Some of them will be able to identify actions which express love but even for adults love is an extremely complex concept so we need to start simply and with where children are at.]

**Trigger statement:**

I love it when...

**Step 3. Open Forum**

Puppet: Mmmmm I'm really stuck I want to do something to show my friend that I love her/him. I wonder what I could do? I wonder if you would help me? I could make a picture for her/him...would you help me?

[Lay a large piece of paper in the middle of the circle. Place some large felts around the paper. Let children come out randomly to help puppet create a picture with the children.]

I wonder what s/he might feel when s/he gets my picture?

**Step 4. Celebration**

Ask the children to look around the circle. Remind the children about the focus of their circle time. Is there anybody in the circle who the children would like to nominate or say thank you to for showing love to them this week?

**Step 5. Ending Ritual**

Pass a smile, a thumbs up or a wave around the circle.

**Resources:**

Speaking puppet  
Open forum puppet  
Large sheet of paper  
Felts

# CIRCLE TIME: KEY STAGE ONE

## Virtue 1 (Autumn 1): Citizenship Circle Time

I am a good citizen.

### PSHCE:

Play an active role as a member of society.

### Knowledge:

To know that being a citizen means being part of a community. I know that I am a valued member of my class and my school community. I know ways I can actively make a positive difference in my community.

### Skills:

I can talk about the aspects of my community that are unique. I can explore and celebrate differences within my community.

### Attitudes:

I value myself and the other members of my community. I feel happy to play my part in the school community and the wider community.

### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Put on some lively music and ask children to dance in the middle of the circle if for e.g. they have blue eyes, go to swimming lessons. Choose a few things that children may belong to.

### Step 2. Round

Discuss with the children the things we all do in school. Encourage children to think of people in our school and what they do and why they do it. Ask the children if they can think of one thing that they do to support the school as a community.

### Trigger statement:

I help ...

### Step 3. Open Forum

Puppet says she is quite shocked because she saw that one of the dinner time supervisors was very upset because some children had thrown water all over the toilet floor and had not

tidied up their classroom at the end of dinner time. Puppet says the dinner supervisor was very upset. Ask the children what they could do to help the dinner supervisor.  
Children respond

#### **Step 4. Celebration**

Ask the children to nominate children who they have noticed trying to support the midday supervisors at lunchtime. Ask the children to be specific about what actions they have noticed the children taking.

#### **Step 5. Ending Ritual**

Ask children to pass a pat on the shoulder around the circle and say well done.

#### **Resources:**

Lively music

Speaking object

Open Forum Puppet

# CIRCLE TIME: KEY STAGE ONE

## Virtue 1 (Autumn 1): Citizenship Circle Time

I am a good citizen.

I show love for my neighbour through my actions.

### PSHCE:

Play an active role as a member of society.

### Knowledge:

To know that being a citizen means being part of a community. I know that I am a valued member of my class and my school community. I know ways I can actively make a positive difference in my community.

### Skills:

I can talk about the aspects of my community that are unique. I can explore and celebrate differences within my community.

### Attitudes:

I value myself and the other members of my community. I feel happy to play my part in the school community and the wider community.

### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Play Twinkle, Twinkle music in the background

Twinkle, Twinkle: This is like fruit salad, but is adapted for very young children. Go round the circle, calling the first child 'Twinkle, Twinkle' and the next 'Little Star'; the third is 'Twinkle, Twinkle', the fourth 'Little Star' and so on round the circle. You then say, 'All the Twinkle, Twinkles stand up and run round and find a new seat.' Then ask all the Little Stars to stand up, run round and find a new seat. You should then have the children sitting next to people who are not their best friends.



## **Step 2. Round**

Discuss with the children how you show love and help towards others. Try to be very specific about what the children might see or hear if you were showing love or help towards another. Next, ask them to close their eyes or look down. Can the children visualise a time when they were showing love or help towards another. Next, ask them to share what they did.

### **Trigger statement:**

I showed love/help by...

## **Step 3. Open Forum**

Puppet: I'm feeling really sad...I don't know how to do my letters...they just keep going all over the place...I don't know what to do and I just feel like giving up...

Teacher: How could we help puppet if she was in our class?

## **Step 4. Celebration**

Ask the children if they would like to nominate or thank someone who has shown them love or help. Do ask the children to be specific in terms of the actions that demonstrated love or help.

## **Step 5. Ending Ritual**

The children pass a handshake around the circle and say thank you for being in circle time.

### **Resources:**

'Twinkle, Twinkle' music

Speaking object

Puppet

## CIRCLE TIME: YEAR 3/4

### Virtue 1 (Autumn 1): Citizenship

I am a good citizen.

I show love for my neighbour through my actions.

#### PSHCE:

Play an active role as a member of society.

#### Knowledge:

To know that being a citizen means being part of a community. I know that I am a valued member of my class and my school community. I know ways I can actively make a positive difference in my community.

#### Skills:

I can talk about the aspects of my community that are unique. I can explore and celebrate differences within my community.

#### Attitudes:

I value myself and the other members of my community. I feel happy to play my part in the school community and the wider community.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

Starcatcher (*101 Games for Social Skills, Jenny Mosley and Helen Sonnet*)

Tell the children that they are lights floating in the night sky. Choose one child to be the Starcatcher. The Starcatcher stands in the centre and the lights move around them. You will say "Lights to star bright. 1, 2, 3, 4, 5." The lights have to get into groups of 5. They form stars by putting their left hands together in the centre of a circle and stretching out their right arms like the rays of a star. On the number 5, the Starcatcher tries to catch any spare lights that are floating about by touching them on the shoulder. The Starcatcher may do this only during a second count to 5. Any lights that are caught become Starcatchers as well, and the game continues. The Star catchers work together to try to corner spare lights and the stars work together by trying to distract the Star catchers.

## **Step 2. Round**

Discuss with the children the various communities to which they belong, eg home, school, parish, town, brownies, beavers, cubs, clubs etc. Talk about how people in communities work together and help each other. What does belonging mean to the children and how does it feel to belong?

### **Trigger statement:**

When I belong I feel ...

## **Step 3. Open Forum**

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

### **Teacher in role:**

I need help because I'm new...I don't really feel like I fit in...The other day some children were making fun of the way I speak...I know I speak a bit differently to everyone else but I don't know how to fit in and I really hate feeling on the outside all the time...

**The children respond** "Would it help if I?" or

"Would it help if you?" or

"Would it help if we?"

[As soon as you think your class are ready children in class can request help from their peer group]

## **Plan, do and review (The teacher can be included here!)**

## **Step 4. Celebration**

Suggest to the children that they look around the circle. Is there anyone that they would like to offer a special mention or thanks to, perhaps because that person always tries to include people whether they are close friends or not.

## **Step 5. Ending Ritual**

Pass a bunch of keys around the circle as quietly as possible, encouraging the group to work together to achieve the aim.

### **Resources:**

Bunch of keys

## CIRCLE TIME: YEARS 5/6

### Virtue 1 (Autumn 1): Citizenship

I am a good citizen.

I show love for my neighbour through my actions.

#### PSHCE:

Play an active role as a member of society.

#### Knowledge:

To know that being a citizen means being part of a community. I know that I am a valued member of my class and my school community. I know ways I can actively make a positive difference in my community.

#### Skills:

I can talk about the aspects of my community that are unique. I can explore and celebrate differences within my community.

#### Attitudes:

I value myself and the other members of my community. I feel happy to play my part in the school community and the wider community.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

Lawyer

The Lawyer stands in the centre, says to the players, "Starting now, you must not answer when I speak to you, the person on your left must answer for you. You must not nod, or smile, or respond to me in any way. Do you understand?" The players almost invariably answer, and they would be out... The Lawyer starts again, asking each person questions and putting them out if they answer. To progress to the next rule and make it more sophisticated, no one may answer 'Yes' or 'No'... New rules may be added as you go along.

#### Step 2. Round:

Discuss with the children about places where we have a feeling of belonging.

Discuss with the children how rules are there to help people feel safe and secure in a group or community.

**Trigger statement:**

I feel a sense of belonging when...

I think ...is a valuable school rule.

**Step 3. Open Forum**

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

**Teacher in role:**

I need help because I try very hard to follow the class rules like keeping the cloakroom tidy and working quietly when asked to, but I am getting fed up of some people in the class who just do not follow the class rules. I sometimes wonder why I bother.

The children respond: "Would it help if I?" or

"Would it help if you?" or

"Would it help if we?"

[As soon as you think your class are ready children in class can request help from their peer group]

**Plan, do and review (The teacher can be included here!)****Step 4. Celebration**

Ask the children to look round the circle. Is there anyone they have noticed trying to keep a particular rule? Can the children say what they have noticed being specific about what they have either seen, heard or noticed? How is this the same as being a good citizen?

**Step 5. Ending Ritual**

Pass the sign for respect around the circle.



# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue 3 (Autumn 2): Prayer

I grow in friendship with God through prayer

### Knowledge:

To know that my school is a place of prayer and that there are different kinds of prayer.

### Skills:

Praying requires a range of skills and I can pray with my body and special objects, by listening, speaking and resting.

### Attitudes:

When I pray it helps me think of God, other people and it gives me hope.

### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Find the Kinds of Prayer

Puppet is watching the game.

The children are given a card – blank on one side. The children do not look at the word/symbol on the card until the game starts. On the words “ready, steady go” the children move about the space to find others with the same word/symbol card until they are in four groups – all sit together in a circle. You could extend the game by asking the children to say something to someone with the same word/symbol card, e.g. “thank you for ...” “well done ...” “Please can I ...”, “I’m sorry for ...” The four words/symbols are “thank you” (symbol – thank you emoji) “praise” (symbol – praise emoji), “asking” (symbol – asking emoji), “sorry” (symbol – sorry emoji).

### Step 2. Round

The kinds of prayer cards are placed in front of the children face up on the floor.

Puppet has enjoyed playing the game and goes round the circle, looking at the children and their cards, points out some of the words and names of the children, e.g., Poppy, Scarlet and Bede – have the “thank you” card. Peter, Imran and Mia have the “praise” card etc.

**Trigger statement:**

(Dear) God thank you for ....  
God you are wonderful because ...  
God please can you help ...  
God I am sorry ...

**Step 3. Open Forum**

Puppet: "I'm a bit puzzled ... I don't know how to pray, I don't know what to do, can you help me? Teacher asks the children to respond.

Puppet is so pleased they want to ask for more help and shows the children a tray with some things to help them pray: on the tray is a song book/A4 sheet of music, holding cross, a card with the word listen with emoji symbol

Teacher asks the children to say why they help us pray?

Teacher asks the children "what other things can help us pray?" Children respond.

**Step 4. Celebration**

Gather the children around. Create a quiet, reflective atmosphere and play some quiet music. Light a candle. Ask them to breathe in and out. Next, ask the children to imagine a beautiful garden in their minds. Really paint a picture for them, mentioning smells, sounds, textures, light, temperature etc. Imagine they meet Jesus in the garden. Walk with Jesus and I wonder if you just want to hold his hand or do you want to say thank you to him, or ask him something, or say sorry for something? Remind them that this is a special place that they can visit again and again. Finally, using a triangle/bell softly beat/ring three times, telling the children that on the third beat/ring they will return to the classroom.

Teacher reminds children how good it is to relax and be still at certain times of the day. It is good to pray with each other.

**Step 5. Ending Ritual**

Sing chorus to "Oh, oh, oh how good is the Lord"

**Resources:**

Sets of 4 Cards with kinds of prayer and emojis

Puppet

Prayer objects

Song book / A4 music sheet / CD

Card with word "Listen" and a listen emoji

# CIRCLE TIME: YEAR: 1/2

## Virtue 3 (Autumn 2): Prayer

### I grow in friendship with God through prayer

#### Knowledge:

To know that my school is a place of prayer and that there are different kinds of prayer.

#### Skills:

Praying requires a range of skills and I can pray with my body and special objects, by listening, speaking and resting.

#### Attitudes:

When I pray it helps me think of God, other people and it gives me hope.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

Each child chooses an alliterative adjective to place after their name. Explain that the description should be positive; for example, Fiona friendly, Karl kind, Mary marvellous, Wayne wonderful. Ask for volunteers to begin the game, so that the more confident children show the others what to do. Each child is then asked to introduce themselves with a symbolic gesture. For example, John joyful might open his arms and jump with joy. The other children say the child's name in the same tone of voice and copy their gesture.

(Make sure all children are able to think of a suitable word; if they are stuck ask the other children for suggestions.)

#### Step 2. Round

Puppet says that they've met 4 jelly babies who are named after different kinds of prayer. They can remember their names but unfortunately can't remember the kind of prayer they are. "Can you help me work it out?"

Puppet shows them the 4 jelly babies:

Peter, Suzy, Andy and Thea. Can you think of the kind of prayer each of them. Have cards, each one with a kind of prayer on if pupils find it too difficult to think of a type of prayer that matches the name.

(Peter **Praise**, Suzy **Sorry**, Andy **Ask**, Thea **Thanks**)

**Trigger statement:**

My favourite kind of prayer is ....

**Step 3. Open Forum**

Puppet is so pleased that they can remember the kinds of prayer each jelly baby is they want to ask for more help and shows the children a tray with some things to help them pray: on the tray is a song book/A4 sheet of music, holding cross, a card with the word listen with emoji symbol

Teacher asks the children to say why they help us pray?

Teacher asks the children "what other things can help us pray?" Children respond.

**Step 4. Celebration**

Gather the children around. Create a quiet, reflective atmosphere and play some quiet music. Light a candle. Ask them to breathe in and out. Next, ask the children to imagine a beautiful garden in their minds. Really paint a picture for them, mentioning smells, sounds, textures, light, temperature etc. Imagine they meet Jesus in the garden. Walk with Jesus and I wonder if you just want to hold his hand or do you want to say thank you to him, or ask him something, or say sorry for something? Remind them that this is a special place that they can visit again and again. Finally, using a triangle/bell softly beat/ring three times, telling the children that on the third beat/ring they will return to the classroom.

Teacher reminds children how good it is to relax and be still at certain times of the day.

It is good to pray with each other.

**Step 5. Ending Ritual**

Sing chorus to "Oh, oh, oh how good is the Lord"

**Resources:**

A5 size picture of the 4 jelly babies

A5 size paper each with a kind of prayer on

Puppet

Prayer objects

Song book / A4 music sheet / CD

Card with word "Listen" and a listen emoji

## CIRCLE TIME: YEAR: 3/4

### Virtue 3 (Autumn 2): Prayer:

I grow in friendship with God through prayer

#### Knowledge:

To know that my school is a place of prayer and that there are different kinds of prayer and different ways of praying.

#### Skills:

Praying requires a range of skills and I can pray with my body and special objects, by listening, speaking and resting.

#### Attitudes:

When I pray it helps me think of God, other people and it gives me hope.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

##### On the Beach.

What to do – Children sit in a circle. Children close their eyes and imagine they are walking on a beach which is made up of really soft golden sand. Can they feel the sand under their feet and between their toes? Imagine what they feel like.....It is warm and sunny. Think of the sun on your face.....Imagine its warmth. Now think of it on your back, feel the heat as you walk along.... You can see the blue sea, twinkling and glittering in the sunlight... Imagine that you are walking down the beach to the water's edge. You are near the sea now. You can feel the breeze from it gently wafting over your body. Can you taste the salt in the air? You can hear the waves rolling in and then the wave trickling back out again. You look down and see a beautiful sea shell sticking out of the sand. Pick it up and look at it carefully. Feel it, is it smooth or rough? You put it in your bag and walk back up the beach. You feel warm, relaxed and happy as you go. The beach scene is going to fade away gradually but no one can take away your special shell and the special time you've had. Tuck that special thought into your memory box. You can get it out in your mind if you ever need to cheer yourself up. Now I want to open your eyes and smile at as many people as possible. (adapted from *More Quality Circle Time* - Jenny Mosley).



## **Step 2. Round**

The teacher discusses with the children what they felt during the guided meditation. Did they like the meditation, why? Did they wonder about anything? What helped them to be still and concentrate? What helped them to listen?

### **Trigger statement:**

I can be still and listen ...

## **Step 3 Open Forum**

The teacher places different objects or artefacts that could be used to help us pray (holding crosses, a selection of beads e.g. rosary beads, prayer cards, bible story books, bibles, candle, something to represent music). The teacher in role tells pupils that they are really finding it difficult at the moment to concentrate when they are praying. Invite the pupils to respond "Would it help if you?" etc.

Invite selected pupils to choose an object from the centre of the circle and say why it helps them pray.

## **Step 4. Celebration**

The teacher says they have 4 jelly babies that I've named after different kinds of prayer. These are their names but can you think of which kind of prayer they are. "Can you help me work it out?" The teacher shows the children the 4 jelly babies:

Peter, Suzy, Andy, Thea. Can you think of the kind of prayer each of them. Jelly babies can be given out (optional).

(Peter **Praise**, Suzy **Sorry**, Andy **Ask**, Thea **Thanks**.)

## **Step 5. Ending Ritual**

Ask the children to close their eyes. Is there anyone or anything they would like to pray for?

## CIRCLE TIME: YEARS: 5/6

### Virtue 3 (Autumn 2): Prayer:

#### I grow in friendship with God through prayer

##### **Knowledge:**

To know that my school is a place of prayer and that there are different kinds of prayer and different ways of praying.

##### **Skills:**

Praying requires a range of skills and I can pray with my body and special objects, by listening, speaking and resting.

##### **Attitudes:**

When I pray it helps me think of God, other people and it gives me hope.

##### **Circle Time Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

##### **Skills - Thinking, Looking, Listening, Speaking, Concentrating**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

##### **Step 1. Game**

The teacher has a cloth bag or a nicely decorated box in which s/he has put different objects or artefacts that the teacher associates with prayer. It will contain the usual things that you find on a prayer space or in a liturgy box but can contain other creative things and things personal to the teacher. Once all the objects are placed together in a space – on a tray or a cloth – ask pupils to look carefully at the objects for ten seconds and then the teacher covers them with a cloth. Ask the children to make a list (on paper) of all the objects they can remember (either individually or pairs).

##### **Step 2. Round**

The teacher uncovers the objects and either asks the children what idea links all these objects together or tells the children all the chosen objects have something to do with prayer. The teacher then asks the children

'What links each object to prayer?' and 'How does this object help us to pray?'

##### **Trigger statement:**

What helps me to pray is ...

### Step 3 Open Forum

Our virtue to live by statement is 'I grow in friendship with God through prayer'. The Church says that prayer is "*turning the heart and mind to God*". In trios, first ask the children to discuss the meaning of this statement and then how what they describe can help them grow in friendship with God. Trios feedback their ideas. The teacher scribes their ideas down – their responses can be displayed on or near the prayer space or table later.

### Step 4. Celebration

Use a guided meditation with reflective instrumental music that focuses on being in the presence of Jesus. There is one you could adapt at Ave Maria Press <https://www.avemariapress.com/engagingfaith/guided-meditation-jesus-calms-sea>

### Step 5: Ending Ritual

Let's think of the different types of prayer, the Church tells us there are 5 types of prayer. Can you name them? (**Petition** – *asking* something for yourself; **Intercession** – *asking* for someone else; **Thanksgiving; Praise; Blessing/Adoration** – recognising God and I'm not God.

Quietly gather: The teacher says 'Let us pray' and invites the children to say what type of prayer they want to say and to say it 'I ask that ... I thank God for ... I praise God because ...

#### Resources

Prayer artefacts / objects both recognisable and personal

A guided meditation where Jesus is present – best using a bible story

*You Cat* see section on prayer

# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue 4 (Autumn 2): Generosity

I am generous.

I think of others and notice when they need help.

### PSHCE:

Play an active role as a member of society.

### Knowledge:

To know that generosity is giving and sharing freely with others.

### Skills:

Express their feelings and consider the feelings of others.

### Attitudes:

Generosity is giving because you want to, not with the idea of receiving a reward or gift in return. It is an opportunity to give and share just for the joy of giving.

### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Play 'Pass the parcel' with a gift box filled with objects (sweets, stickers, toys). If the music stops, ask the child to open the box, select an object and choose a friend to give their object to.

Explain that this was a chance to show generosity with others by sharing. We can also be generous with our time, words and actions, not only objects.

### Step 2. Round

Pass an object around the circle and ask the children to share what their favourite toy is, either in school or at home (i.e. bike, scooter, Barbie, cars, dinosaurs etc.).

Ask them to imagine how they would feel about sharing this toy with a friend.

Children listen carefully to the words of affirmation (they may wish to close their eyes);

I am generous. I try my best to look for opportunities to give and to share.

### Trigger statement:

I will be generous with...

### **Step 3. Open Forum**

Show a wrapped gift and ask the children to imagine that they have received an exciting new toy for their birthday. Show the puppet and explain that he/she would like to play with your new toy. How do you feel? What will you do?

Children respond. Discuss ideas.

### **Step 4. Celebration**

Ask the children to nominate members of the class who they have seen being generous and sharing with others. How do we feel when someone shares with us?

### **Step 5. Ending Ritual**

Sing 'Love is Something, if You Give it Away (Magic Penny)'

How will we 'give away' our love this week?

#### **Resources:**

Gift box with objects

Passing object

Speaking puppet



## CIRCLE TIME: YEAR: 1/2

### Virtue 4 (Autumn 2): Generosity

I am generous.

I think of others and notice when they need help.

#### PSHCE:

Play an active role as members of society.

#### Knowledge:

To know that generosity is giving and sharing freely with others.

#### Skills:

Express their feelings and consider the feelings of others.

#### Attitudes:

Generosity is giving because you want to, not with the idea of receiving a reward or gift in return. It is an opportunity to give and share just for the joy of giving.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

Play 'Pass the parcel' with a gift box filled with objects (sweets, stickers, toys). If the music stops, ask the child to open the box, select an object and choose a friend to give their object to.

Explain that this was a chance to show generosity with others by sharing. What else can we be generous with? (Our time, words, thoughts and actions.)

#### Step 2. Round

Show the treasure box. What is your treasure? You might share an idea of your most special possession. Pass a soft toy around the circle and ask the children to share their most treasured possession, such as a toy, item of jewellery, device etc.

Ask them to imagine how they would feel about sharing this item with someone. Would it be easy to share this with others?

**Trigger statement:** I can be generous when...

### **Step 3. Open Forum**

Sharing is not always easy. When do you find it most difficult to share? When do you feel like sharing? What helps you to be generous?

Children discuss ideas in talk partners.

### **Step 4. Celebration**

On a template of a gift, ask the children to write/ draw something that they will share in school or at home this week. Ask the children to place their offering in the gift box and place on your prayer table or a special area in your classroom.

### **Step 5. Ending Ritual**

Read 'The Smartest Giant in Town'. Who showed generosity in the story? How did they show generosity? How did it make others feel?

#### **Resources:**

Treasure box (real object or image)

Gift box template sheets

'The Smartest Giant in Town' by Julia Donaldson

## CIRCLE TIME: YEAR: 3/4

### Virtue 4 (Autumn 2): Generosity:

I am generous.

I think of others and notice when they need help.

#### PSHCE:

Play an active role as members of society.

#### Knowledge:

To know that generosity is giving and sharing freely with others.

#### Skills:

Express their feelings and consider the feelings of others.

#### Attitudes:

Generosity is giving because you want to, not with the idea of receiving a reward or gift in return. It is an opportunity to give and share just for the joy of giving.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person. We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

In a larger space, such as the playground or hall, play 'Scarecrow Tig'.

When back in class, discuss the different elements of the game - avoiding being caught but also looking out for friends who have been caught and turned into scarecrows. We had to think about protecting ourselves, but also being generous by saving others.

What does it mean to be 'generous'?

#### Step 2. Round

Explain that true generosity means giving and sharing freely, without expecting something in return. It is giving just for the joy of giving. Can they share an example of something they have shared in the past, but that they found difficult to share?

Listen carefully to the words of affirmation and repeat them together;

I am generous. I seek opportunities to give and to share. I give freely, fully and joyfully.

#### Trigger statement:

Giving freely, fully and joyfully means...

### **Step 3. Open Forum**

In groups, give children different scenarios and ask them to discuss;

What would generosity look like if...

- A friend comes over to play when you have a new toy?
- Someone who has broken your things in the past wants to borrow your favourite toy?
- Your teacher asks you to do a job for him/her at playtime, but you really want to play outside?
- You find out that a child in your local area doesn't have enough food or clothes?
- Your friend's birthday is coming up and you wonder what to get them?

Children discuss in groups and then feedback ideas to the class.

### **Step 4. Celebration**

Introduce the 'gift wish box'. Each child is given a paper heart and invited to write a gift or gifts that they wish to give to others, for example, their time to help someone, an act of service or a toy that they are willing to share for the day.

When everyone has added their gifts to the box, invite the children to take a heart from the box and enjoy sharing their gifts with each other.

### **Step 5. Ending Ritual**

Make a class list of ways you can be generous with:

- your time and energy,
- your words and thoughts,
- your actions,
- your belongings.

This could be displayed in your RE area or in a class big book.

## CIRCLE TIME: YEARS: 5/6

### Virtue 4 (Autumn 2): Generosity:

I am generous.

I think of others and notice when they need help.

#### PSHCE:

Play an active role as members of society.

#### Knowledge:

To know that generosity is giving and sharing freely with others.

#### Skills:

Express their feelings and consider the feelings of others.

#### Attitudes:

Generosity is giving because you want to, not with the idea of receiving a reward or gift in return. It is an opportunity to give and share just for the joy of giving.

#### Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch, we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

In a large space, such as the playground or hall, play 'Scarecrow Tig'.

Discuss the different elements of the game - avoiding being caught but also looking out for friends who have been caught and turned into scarecrows. We had to think about protecting ourselves, but also being generous by rescuing others.

What does it mean to be 'generous'? Can they think of any other games which involve us being generous to others?

#### Step 2. Round

What is your most treasured possession? (You might share an idea of your most special possession.) Ask the children to discuss their most treasured possession with their group, such as a toy, item of jewellery, photograph, device etc. Why is it important to them?

Ask them to imagine how they would feel about sharing this item with someone. Would it be easy to share this with others? Why/why not?

Without generosity, people would refuse to share their belongings, their time and their friendship. When we give freely, our spirit grows stronger.

**Trigger statement:**

To share yourself means...

**Step 3. Open Forum**

There is a famous Chinese Proverb, 'The more one gives, the more one has.'

How can this be true?

Split the class in half and hold a debate. Each group has five minutes to discuss their ideas and then present their argument to the rest of the class.

**Step 4. Celebration**

Draw/ write about three of your favourite things. Are these things to share or things to keep only for your own use? Explain that this decision is up to them, but can be a difficult decision to make. Which one of their favourite things would you willing to share?

**Step 5. Ending Ritual**

Giving freely involves making sacrifices. Jesus made the ultimate sacrifice when he died on the cross.

What are we willing to sacrifice for others?



## Virtues to Live by

# I love learning

**when**

I want to learn new things.

I am excited and enthusiastic to learn.

I enjoy learning .

I am open minded .

I give time to my learning.

I always search for the truth.

I know what I want to achieve.

## Virtues to Live by

# I am a good citizen

when

I show love for my neighbour through my actions.

I am part of my community.

I make a positive difference.

I look for opportunities to serve others.

I am proactive.

I play my part to look after the environment.

## Virtues to Live by

# I am prayerful

when

I spend time with God.

I listen to God.

I rest in His presence.

I tell God I love Him.

I grow in friendship with God.

I pray from the heart.

## Virtues to Live by

# I am generous

when

I notice when someone needs help.

I think of others before myself.

I give freely without need of reward.

I give more than what is expected.

I am willing to make sacrifices for others.

## Virtues to Live by

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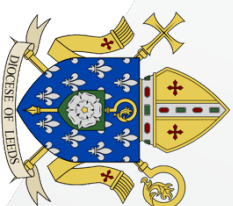
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# Love of Learning



PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_



## Virtues to Live by

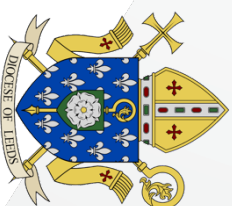
is presented with this certificate in recognition of living out the virtue of

# Citizenship



PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

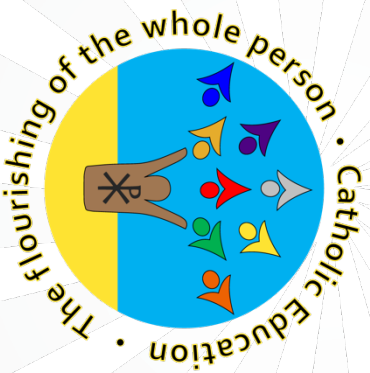




## Virtues to Live by

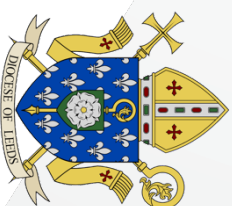
is presented with this certificate in recognition of living out the virtue of

# Prayer



PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_



## Virtues to Live by

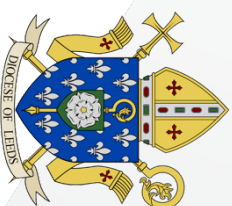
is presented with this certificate in recognition of living out the virtue of

# Generosity



PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_



# Christian Meditation

## **Virtue to Live By: Love of Learning**

I want to learn new things. I am excited and enthusiastic to learn. I enjoy learning. I am open minded. I give time to my learning. I always search for the truth. I know what I want to achieve.

*"Let the wise hear and increase in learning, and the one who understands obtain guidance."* (Proverbs 1:5).

### **Setting the Scene/Focal point on floor or low table:**

Green cloth for Ordinary time, candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing e.g. Philip Chapman

[https://www.youtube.com/channel/UC9Fz-N\\_zG59lahvE4NWKbrw/playlists?view=58](https://www.youtube.com/channel/UC9Fz-N_zG59lahvE4NWKbrw/playlists?view=58)

**Gathering together** – children enter to calm meditative music and sit in a horseshoe around the focal point.

### **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

### **Love of Learning Meditation**

God's gifts are very special and as humans we desire to know, to grow, to develop, to search for meaning and purpose. Of all of God's creation, we have within us a desire to learn. It allows us to be open to the works of the Holy Spirit and the gift of knowledge.

Through learning, and learning from mistakes, helps us grow. God's world is exciting and filled wonderful miracles creating awe and wonder within us to know more.

We are often inspired by a good teacher, by role models to become enthusiastic and self-motivated learners instilling a lifelong passion to learn.

Take this time to feel safe and loved in the presence of the Lord.

Imagine standing in a green field. It is a warm day; the sky is blue with a single fluffy white cloud floating by. Feel the warm sun on your back. Begin to walk through the field and notice the tall trees moving in the warm breeze, birds singing and beautiful flowers swaying in the grass.

You see someone sitting under the tree just ahead of you. As you walk closer, you recognise that it is Jesus. He sees you and calls you by your name... you walk closer...Jesus smiles at you. He pats the ground for you to sit down. Jesus asks you how it feels to start a new school year... to begin a new journey of learning.

Think about this. As you inhale, think "love" ...and as you exhale think learning"

Think about the start of the new school year and all of the exciting learning that lies ahead of you. What is it you want to learn more about? What do you love to learn?...

To love to learn is to have a sense of possibility, be excited about learning and all of the with possibilities. Learning helps us to persevere, even when the learning can be tricky. Despite challenges and frustrations, new learning can be fresh, interesting, and exciting.

Tell Jesus how you feel about this new school year and what you want to learn...

# Christian Meditation

Having a love of learning can create endless opportunities and help us to flourish. What makes you passionate about learning? Is it the endless possibilities that lie ahead? Does your love of learning help you to use the special gifts and talents God has given you?

Jesus looks and smiles at you as you tell him how excited you are to learn new things. Jesus says, *“Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”* Philippians 4:9  
Reach out and give Jesus a hug... and know that He wants you to understand that you are very special to Him. It’s time to leave Jesus. Say goodbye...get up and begin to walk away... stop, turn and wave goodbye once more... knowing that Jesus will be with you every step of the way in your learning journey. Through your love of learning and following in Jesus footsteps can give you so many opportunities to grow as a person.

And now, slowly begin to come back into the room. Be aware of your breathing and of your body. Bring your consciousness back in to the room as you breathing in and concentrating on the word love and as you breathe out, concentrate on learning. Take a few breaths, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

## **Closing prayer**

Dear Lord,

We are thankful for the opportunity to learn new things and for our wonderful school and teachers. As we start this new school year, let us all be grateful and inspired to further develop our love of learning. With Jesus as our guide, we thank you for every opportunity to learn more and more each day. Amen.

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## **Virtue to Live By: Responsible Citizenship**

I show love for my neighbour through my actions. I am part of my community. I make a positive difference. I look for opportunities to serve others. I am proactive. I play my part to look after the environment.

*"Do not forget to do good and to help one another, because these are the sacrifices that please God."  
(Hebrews 13:14; 16).*

### **Setting the Scene/Focal point on floor or low table:**

Green cloth for Ordinary time, candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing e.g. Philip Chapman

[https://www.youtube.com/channel/UC9Fz-N\\_zG59lahvE4NWKbrw/playlists?view=58](https://www.youtube.com/channel/UC9Fz-N_zG59lahvE4NWKbrw/playlists?view=58)

**Gathering together** – children enter to calm meditative music and sit in a horseshoe around the focal point.

### **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

### **Responsible Citizenship meditation**

We come together in meditation as members of our school community. We look to God to help us be responsible citizens within our school, our neighbourhood and within God's wider world. Let us take this time to be with God and focus on the importance of being responsible citizens, committed to finding ways to make a positive difference within our communities, seeing each person as our neighbour. Our neighbours are brothers and sisters across the world, who are all children of God...just like us. As God's children we have the responsibility to help each other and look after God's world. Especially in harvest we think of our neighbours and how we can help others in need.

### **Let us focus on this...take a deep breath...inhale and exhale...**

Imagine you are in a crowd and as you approach the front of the group you see Jesus and he smiles at you and invites you to sit next to him.

Jesus begins to tell the crowd a story... the Good Samaritan.

'A man was walking home from work late at night. It was a dangerous place, and sadly the man was attacked by robbers, who seriously hurt him and stole his wallet. They ran off and left the poor man lying on the ground in serious need of help.

A parishioner passed by, saw the man and hurried on to his church. Another person passed, looked at the beaten man and hurried on because he didn't want to be involved.

A little while later an ex-prisoner came by, he saw the man and knew he must do something. He washed and bandaged the man's wounds and took him to a nearby hospital to be cared for.'

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Jesus now turns to you and asks, "Which of these people was a good neighbour? Who was a responsible citizen?" Take time to think about this...

Jesus holds your hand saying, "*Blessed are the meek, for they will inherit the earth.*" In what ways can you be gentle and kind to people around me. How can I show love and concern for others, remembering we are all children of God.

"*Blessed are those who hunger and thirst for righteousness, for they will be filled.*" What can you do to make the world a fairer place?...

Spend a moment with Jesus and tell him what you will do to be a responsible citizen. How will you be a good neighbour in school? with your family? and in our wider communities?... We have been blessed with a special job to carry out God's work for the common good of society. This is a privilege... let us really focus on this in the coming weeks.

It is time to leave Jesus...give him a hug and say goodbye...as you walk away think about what God wants you to do. Jesus says, "*Do not forget to do good and to help one another, because these are the sacrifices that please God.*" (Hebrews 13:14; 16)

Think of how you can make a positive difference in our community and look for opportunities to serve others. It is time to leave Jesus but know that Jesus remains with you.

And now, slowly begin to come back into the room. Be aware of your breathing and of your body. Bring your consciousness back in to the room. As you are breathing in concentrate on the word responsible and as you breathe out, concentrate on the word citizen. Take a few breaths, repeating this, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

### Closing prayer

Dear Lord,

Thank you for my time with Jesus in meditation. We are thankful for the opportunity to make a difference in our communities and be responsible citizens. Help us to be good neighbours and work together for the common good in acts of service and charity. Let us put our faith into action, contribute to and serve others. During Harvest, let us especially use this time to look after God's creation, make a positive difference to our community and put solidarity into action. Let us be inspired to be responsible citizens. With Jesus as our guide, we thank you for every opportunity to serve God more and more each day. Amen.



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## **Virtue to Live By: Prayer**

I spend time with God. I listen to God. I rest in His presence. I tell God I love Him. I grow in friendship with God. I pray from the heart.

*"Then you will call on me and come and pray to me, and I will listen to you." Jeremiah, 29:12*

### **Setting the Scene/Focal point on floor or low table:**

Green cloth for Ordinary time, candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects linked to All Souls/Saints/Remembrance to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing e.g., Christian Meditation Prayer music

<https://www.youtube.com/watch?v=BriCF4tCgEY>

**Gathering together** – children enter to calm meditative music and sit in a horseshoe around the focal point.

### **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

### **Prayer Meditation**

As we come together to meditate, we focus on the virtue of prayer. We pray for many different reasons using many different forms of prayer. We share our needs with God in prayer, we thank God in prayer, we praise God in prayer, we ask for God's mercy in prayer, we ask God to help others in prayer.

When we talk to our friends and share our needs with each other, our friendships grow, and we become closer. Talking to God in prayer also brings us closer to God. Saints pray to Jesus all the time and have a very strong friendship with Him. Saints' friendships with Jesus helps them share Jesus with others. Like Saints, we can also put our trust in God in prayer.

### **Let us focus on this...take a deep breath...inhale and exhale...**

Let's now spend some time with Jesus. You are standing at the Sea of Galilee. The water is clear blue with the gentle wave lapping onto the shore. The sand is golden and soft and warm beneath your feet. There is not a cloud in the sky. It is a beautiful day with the gentle breeze from the sea keeping you cool. Close your eyes... breathe in the sea air...exhale and relax...

Take a walk along the beach, wiggle your toes as you walk, feeling the warm sand between them. The cool water laps ashore covering your feet, keeping them cool. You see some people sitting on the beach just ahead of you. Jesus is with the crowd of people. Go and join them. Sit down next to Jesus and listen to His teaching. Jesus is speaking about asking God for something... and it will be given into you.

Jesus turns and smiles at you calling you by name... spend some time with Jesus, talking quietly about your prayers...Thank Jesus for being your friend and for listening to you.

As you inhale, think "pray" ...and as you exhale think Amen."

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Jesus looks and smiles at you and says, *"Devote yourselves to prayer, being watchful and thankful."*  
Colossians 4:2

Reach out and give Jesus a hug... and know that He wants you to understand that you are very special to Him. It's time to leave Jesus. Say goodbye...get up and begin to walk away... stop, turn and wave goodbye once more... knowing that Jesus will be with you every step of the way and by praying will keep you close to Him.

And now, slowly begin to come back into the room. Be aware of your breathing and of your body. Bring your consciousness back in to the room as you are breathing in and concentrating on the word pray and as you breathe out, concentrate on the word Amen. Take a few breaths, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

### **Closing prayer**

Dear Lord,

Thank you for giving us Jesus as our friend. We have someone special to talk to in prayer whenever we need to. Help us to know that praying brings us closer to God and we will trust Him with our thoughts and needs. Like the Saints, may we please Jesus by praying whenever we can for those who needs God's help the most and to thank God for everything He has given us.

With Jesus as our guide, we thank you for every opportunity to pray more and more each day. Amen.

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## **Virtue to Live By: Generosity**

You notice when someone needs help. You think of others before yourself. You give freely without need of reward. You give more than what is expected. You are willing to make sacrifices for others.

*"You should give what you have decided to give, not grudgingly or because you are made to, for God loves a cheerful giver." (2 Corinthians 9:7).*

### **Setting the Scene/Focal point on floor or low table:**

Purple cloth for Advent time, candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, advent wreath, objects to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing e.g. Advent music

<https://www.youtube.com/watch?v=kDACqnjNIRI>

<https://www.youtube.com/watch?v=rug1hoMASQc>

**Gathering together** – children enter to calm meditative music and sit in a horseshoe around the focal point.

### **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

### **Generosity meditation**

As a Catholic community we try to be generous with our time, gifts and talents. When we are generous, we are helping others because we know there is enough for everyone. We are not afraid of giving what we have as generosity teaches us not to be selfish. Jesus asks us all to give of ourselves.

**Let us focus on how we can be generous in sharing our gifts, talents, time and spirit bringing us closer to God... Take a deep breath...inhale and exhale...**

Imagine you are with Jesus' disciples at the temple. The temple is cool inside, keeping you shaded from the blazing sun outside. The walls and floor are made of light coloured marble. Feel the coolness of the marble on your legs as you sit with the disciples. The pillars of the temple are made of marble and decorated with gold.

Lots of people are entering the temple, it is the time of Passover. They have come to celebrate this great feast.

You quietly watch people throwing coins into the collection boxes as they enter the temple. Judas and Matthew are sitting next to you and begin to quarrel about how much money people are giving. Matthew, a former tax collector, sees a man dressed in fine clothes and

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comments that he is wealthy and should have given much more money. You look at Jesus to see if he agrees with Matthew, but Jesus is watching a woman walking towards the treasury box. The coins she throws in barely make a sound as they drop into the box. Jesus turns to you and says, "She's a poor widow." Matthew says, "She gave two mites, a penny."

You watch the woman turn and begin to walk away...

Jesus says, "This woman has given more than everyone else who threw money into the treasury... All of them gave more money, but they have more to give...she gave all she had to live on. She gave more to God than all the rich people."

You watch the woman walk away and disappear into the crowd. Jesus turns to you and says, "That was a very courageous and generous thing to do. Her faith and trust in God have grown by being generous."

Think about what this means... Jesus asks you, "What can you do to help others?"

Jesus watches you and smiles as he can see you are thinking and willing to give of your time, gifts and talents to help your family, friends, and neighbours.

Spend a moment talking to Jesus and tell him how you will show generosity in the coming weeks. Tell Jesus how you will help others willingly and selflessly...

It is time to leave Jesus...he is pleased with you. He can see that you will give cheerfully and without expectation of reward. Give Jesus a hug and say goodbye...as you walk away think about how you will be generous in time and spirit. Jesus calls to you saying, "*Freely you have received, freely give.*" (Matthew 10:8)

With Jesus' guidance think of how you can live this virtue of generosity to make a positive difference. It is time to leave Jesus but know that Jesus remains with you and will teach you how to give of yourself to help others.

And now, slowly begin to come back into the room. Be aware of your breathing and of your body. Bring your consciousness back in to the room. As you are breathing in concentrate on the word generosity and as you breathe out, concentrate on the word giving. Take a few breaths, repeating this... opening your eyes, slowly move your fingers and toes and relax. Take a few deep breaths and listen to this prayer.

### **Closing prayer**

Dear Lord,

Thank you for my time with Jesus. I know you want me to be generous with my time, gifts, talents and spirit. We are thankful for the opportunities to help others. We pray to you to teach us how to do so selflessly, without expectation of reward. As we make our Advent promises, let us be guided by the virtue of generosity using this time to share what we have to help those who are less fortunate than us. Let us be inspired by Jesus to live the virtue of generosity. We thank you for giving us such a wonderful role model in Christ Jesus as we try each day to be more like Him. Amen.