

“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”

Autumn Term

Teachers should explore one virtue with their class for approximately 3 weeks

Autumn 1:

1. **Respect / Courtesy** – school rules, class missions, new school year
2. **Thankfulness** – harvest

Autumn 2:

3. **Hope** – remembrance, holy souls
4. **Patience** – Advent

"Virtues to Live by"

Before You Begin – An overview for teachers

Respect and Courtesy Definitions and Biblical Sources

Respect

"So in everything, do to others what you would have them do to you."

Matthew 7:12

Definition

You treat others people as you would like to be treated.

You treat people with courtesy and kindness not because of who they are or what they have done, but because, like you, they have a God-given dignity. You respect yourself so that you have the confidence to be yourself and not give in to things you know are wrong or not to give in to those who want you to do things you don't want to do. You show respect for creation through your care for nature.

Biblical sources

"Show proper respect to everyone." (1 Peter 2:17)

"Don't do anything from selfish ambition or from a cheap desire to boast, but be humble toward one another, always considering others better than yourselves." (Philippians 2:3)

"Respect your father and mother" is the first commandment that has a promise added: "so that all may go well with you, and you may live a long time in the land." (Ephesians 6:2-3)

"In all things you yourself must be an example of good behaviour." (Titus 2:7)

"Love one another warmly as Christians, and be eager to show respect for one another." (Romans 12:10)

"Be kind and honest and you will live a long life; others will respect you and treat you fairly." (Proverbs 21:21)

Courtesy

*"Do not speak evil of anyone, but be peaceful and friendly,
and always show a gentle attitude towards everyone."*

(Titus 3:2)

Definition

You are pleasant and polite and have good manners. When you are pleasant and polite it makes people feel valued and respected. You say 'Please', 'Thank you', 'Your welcome', 'Sorry'. You know they are ways that let people know you appreciate them and care about them – courtesy is a way of showing your love.

Biblical sources

"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you." (Ephesians 4:29)

"Your speech should always be pleasant." (Colossians 4:6)

"A gentle answer quietens anger, but a harsh one stirs it up." (Proverbs 15:1)

Catholic sources

"Pope Francis has often suggested three little words to families, to make daily life more beautiful. The first word: "please" is not just a matter of good education— says the Pope—but a sign of concern for others, a way that we can express our care and our love for our parents and siblings. Even Jesus knocks at our door, asking permission and patiently waiting for us to open. The second word is "thank you," God help us if we do not learn to be grateful, to say thank you, to recognize the good that we do for each other in the family. How many times do you say "thank you" to Mum and Dad for all that they give you? Finally, the third word is "sorry." The Pope knows that this word is hard to say; but he reminds us that it is necessary, if we want to stop evil with good. Maybe that's why Jesus wanted to recall forgiving in the Our Father. Remember? "Forgive us our trespasses as we forgive those who trespass against us." (Pope Francis Family Catechism 10)

Why Practice Respect and Courtesy?

Being respectful and courteous helps people feel valued and appreciated. All people of every culture and race, age and sex should be respected. Rules in our schools and faith help to guide us to respect each other in what we do and say. When we respect ourselves and our world we are fulfilling our role of stewardship in God's world.

How do we Practice Respect and Courtesy?

A good way to practice respect and courtesy is to think about how you would like to be treated and then treat others that way. You treat others' space and their belongings with respect. You listen to what they are saying without interrupting. You speak with kind, quiet, polite words to others. Your behaviour shows that you are considerate of others feelings. It is expressing your opinion as an opinion, respectful of the fact that there is more than one point of view.

Key Words:

Polite, manners, gracious, self-control, dignity

Ephesians 6:1-4

Children, it is your Christian duty to obey your parents, for this is the right thing to do. ¹

"Respect your father and mother" is the first commandment that has a promise added: ²

"so that all may go well with you, and you may live a long time in the land."

Parents, do not treat your children in such a way as to make them angry. Instead, raise them with Christian discipline and instruction.

Nehemiah 2:1-8

1 One day four months later, when Emperor Artaxerxes was dining, I took the wine to him. He had never seen me look sad before, ² so he asked, "Why are you looking so sad? You aren't sick, so it must be that you're unhappy." I was startled ³ and answered, "May Your Majesty live forever! How can I keep from

looking sad when the city where my ancestors are buried is in ruins and its gates have been destroyed by fire?" 4 The emperor asked, "What is it that you want?" I prayed to the God of Heaven, 5 and then I said to the emperor, "If Your Majesty is pleased with me and is willing to grant my request, let me go to the land of Judah, to the city where my ancestors are buried, so that I can rebuild the city." 6 The emperor, with the empress sitting at his side, approved my request. He asked me how long I would be gone and when I would return, and I told him. 7 Then I asked him to grant me the favor of giving me letters to the governors of West-of-Euphrates Province, instructing them to let me travel to Judah. 8 I asked also for a letter to Asaph, keeper of the royal forests, instructing him to supply me with timber for the gates of the fort that guards the Temple, for the city walls, and for the house I was to live in. The emperor gave me all I asked for, because God was with me.

Romans 13:1-7

1 Everyone must obey state authorities, because no authority exists without God's permission, and the existing authorities have been put there by God. 2 Whoever opposes the existing authority opposes what God has ordered; and anyone who does so will bring judgment on himself. 3 For rulers are not to be feared by those who do good, but by those who do evil. Would you like to be unafraid of those in authority? Then do what is good, and they will praise you, 4 because they are God's servants working for your own good. But if you do evil, then be afraid of them, because their power to punish is real. They are God's servants and carry out God's punishment on those who do evil. 5 For this reason you must obey the authorities - not just because of God's punishment, but also as a matter of conscience. 6 That is also why you pay taxes, because the authorities are working for God when they fulfill their duties. 7 Pay, then, what you owe them; pay them your personal and property taxes, and show respect and honor for them all.

Signs you are Respectful and Courteous:

I respect myself and know I deserve respect from others

I treat everyone how I would like to be treated

I use good manners

I respect and follow school and classroom rules

I speak politely to everyone

I listen to others

I praise others for their good conduct

I respect and look after my own and other people's belongings

Other ideas:

Posters

Remember your manners

How to be respectful to others

Role Play:

Situations where you need to be courteous eg on the phone, eating a meal, opening a door, giving up your seat for someone etc.

Reflection Questions:

When do you and your friends show courtesy and respect for each other at home and in school?

How do you feel when someone is not courteous or respectful to you?

How do people react when you forget to be respectful?

Quotes:

'No one can make you feel inferior without your consent.' Eleanor Roosevelt

'Respect is treating your body with the same care you would give any other valuable and irreplaceable objects.' Cherie Carter Scott

'Most smiles are started with another smile.' Anonymous

'Of all the things you wear, your expression is the most important.' Janet Lane

'Politeness is to do and say the kindest things in the kindest way.' Anonymous

"Virtues to Live by"

Before You Begin – An overview for teachers

Thankfulness Definition and Biblical Sources

Thankfulness

"Give thanks to the LORD, for he is good; his love endures forever."

(Psalm 106:1)

Definition

You show you are grateful for all that you have.

You are grateful for all the people you know and all the things that happen around you each day. You grow in wonder about the world and see the world and your life as a gift from God. You accept the gifts you have and use your gifts to benefit others. Being thankful helps you to be generous to others.

Biblical sources

"Be thankful." (Colossians 3:15)

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

"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds." (Psalm 9:1)

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

"For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer." (1 Timothy 4:4-5)

"Rejoice always, pray continually, and give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18)

Catholic Source

Obedience to God's commandments should flow from a personal relationship with the Father and from a place of gratitude for the good things he has done in one's life.

"The Christian life is above all the grateful response to a generous Father."

"Gratitude is a characteristic trait of the heart visited by the Holy Spirit; to obey God we must first remember his benefits."

"Whoever does not let those benefits fall into oblivion, is oriented towards good virtue and to every work of justice," Pope Francis said, quoting St. Basil.

Francis asked Catholics to perform a small exercise, asking themselves, in the silence of their hearts, "How much has God done for me? How many beautiful things has God done for me?"

Christians must exercise their memories to remember “how generous is our Heavenly Father!” he continued, criticizing Christians who focus only on following “duties,” while reporting that they do not have a personal relationship with God, “our Father.” Pope Francis

Why Practice Thankfulness?

When you open your heart by giving thanks to God our creator, you create more space for more good things to come. When you look for all the blessings in your life you begin to feel more grateful and thankful for all the wonderful gifts we are given daily. We begin to see more beauty in the world. Thankfulness often leads to optimism. Often when you expect the best, you often find it.

How do we Practice Thankfulness?

A good way to practice thankfulness is by taking time to notice the beauty around you and within yourself. Appreciate the little things in life – water to drink, a flower in the garden or along the roadside, the sunrise and sunset, the trees moving in the breeze etc. Count your blessings every day, especially when you are facing difficulties. We can learn something new in every situation and we should be grateful for all opportunities to learn and grow. Live in the present moment and live it to the full - try not to think too much about the past and future. Try not to compare your life with others – be grateful for all you have.

Key Words:

Thankyou, grateful, appreciate, content, delighted , pleased, satisfied.

1 Peter 1:3-12

Let us give thanks to the God and Father of our Lord Jesus Christ! Because of his great mercy he gave us new life by raising Jesus Christ from death. This fills us with a living hope, and so we look forward to possessing the rich blessings that God keeps for his people. He keeps them for you in heaven, where they cannot decay or spoil or fade away.

They are for you, who through faith are kept safe by God's power for the salvation which is ready to be revealed at the end of time.

Be glad about this, even though it may now be necessary for you to be sad for a while because of the many kinds of trials you suffer.

Their purpose is to prove that your faith is genuine. Even gold, which can be destroyed, is tested by fire; and so your faith, which is much more precious than gold, must also be tested, so that it may endure.

Then you will receive praise and glory and honor on the Day when Jesus Christ is revealed.

You love him, although you have not seen him, and you believe in him, although you do not now see him. So you rejoice with a great and glorious joy which words cannot express, because you are receiving the salvation of your souls, which is the purpose of your faith in him.

It was concerning this salvation that the prophets made careful search and investigation, and they prophesied about this gift which God would give you.

They tried to find out when the time would be and how it would come. This was the time to which Christ's Spirit in them was pointing, in predicting the sufferings that Christ would have to endure and the glory that would follow.

God revealed to these prophets that their work was not for their own benefit, but for yours, as they spoke about those things which you have now heard from the messengers who announced the Good News by the power of the Holy Spirit sent from heaven. These are things which even the angels would like to understand.

A Prayer of Thanksgiving - Psalm 138

I thank you, Lord, with all my heart;
I sing praise to you before the gods.
I face your holy Temple,
bow down, and praise your name
because of your constant love and faithfulness,
because you have shown that your name and your commands are supreme. ^[b]
You answered me when I called to you;
with your strength you strengthened me.

All the kings in the world will praise you, Lord,
because they have heard your promises.
They will sing about what you have done
and about your great glory.
Even though you are so high above,
you care for the lowly,
and the proud cannot hide from you.

When I am surrounded by troubles,
you keep me safe.
You oppose my angry enemies
and save me by your power.
You will do everything you have promised;
Lord, your love is eternal.
Complete the work that you have begun.

Signs you are Thankfulness:

I can say thank you to God
I take time to appreciate the awe and wonder in God's creation
I show God I am thankful to Him by cherishing the gifts of His creation
I am thankful for all the gifts in me and around me
I count my blessings every day and remember to praise God for them
I know that all I have is a gift from God

Other ideas:

Gratitude Circle – Children clasp their hands in front of them and form a basket shape. Child says, 'In my gratitude basket I have eg. my brother, my puppy.'

Poster – draw a poster / collage of things & people for which you are thankful

Reflection Questions:

Who would you like to thank? How would you like to thank them?

What things in your life are you most thankful for?

When is it hardest for you to be thankful?

Think of a difficult time in your life and think about what lesson or virtue you learned from it.

Quotes:

"This is a wonderful day. I've never seen this one before." Maya Angelou

"In ordinary life, we hardly realise that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." Dietrich Bonhoeffer

"No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude." Alfred North Whitehead

'Normal day, let me be aware of the treasure you are.' Mary Jean Iron

'We receive more than we can ever give.' Sir Thomas More

'Every morning, when we wake up, we have twenty-four brand new hours to live. What a precious gift!' Thich Nhat Han

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." A.A. Milne

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Before You Begin – An overview for teachers

Hope Definition and Biblical Sources

Hope

"Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40:31

Definition

You know that when life gets hard you don't give up but carry on hoping that things will get better. You dream of a better world or something better that will come in the future. You live for something greater than yourself. Your hope drives out selfishness and boredom and encourages you to engage with your community and do good works. You trust that God is at work moving the world towards what is good.

Biblical sources

"Oh, that I might have my request, that God would grant what I hope for..." (Job 6:8)

"Let us hold fast to the confession of our hope without wavering, for he who promised is faithful." (Hebrews 10:23)

"being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6)

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

"For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently." (Romans 8:24-25)

"Let your hope keep you joyful, be patient in your troubles, and pray at all times." (Romans 12:12)

"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead." (1 Peter 3)

"but set Christ apart as Lord in your hearts, being ready always to give account of the hope within you..." (1 Peter 3:15)

"But we do not want you to be uninformed, brothers and sisters, about those who have died, that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again ... through Jesus, God will bring with him those who have fallen asleep.... Therefore encourage one another with these words." (1 Thessalonians 4:13-14, 18)

Church teaching

"The virtue of hope responds to the aspiration to happiness which God has placed in the heart of everyone; it takes up the hopes that inspire our activities and purifies them so as to order them to the Kingdom of heaven; it keeps man from discouragement; it sustains us during times of abandonment; it

opens up our heart in expectation of eternal beatitude. Buoyed up by hope, we are preserved from selfishness and led to the happiness that flows from charity." (para.1818, CCC)

By hope we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. (para. 118 CCC)

"Christian hope lends great energy to commitment in the social field, because it generates confidence in the possibility of building a better world, even if there will never exist "a paradise of earth." (The Social Doctrine of the Church, 579)

Catholic sources

"The only reason for the importance we give to the field of education is the hope for a new humanity, for another possible world." (Pope Francis)

"Hope is not a spiritual consolation, a distraction from the serious tasks that require our attention, but a dynamic force liberating us from all determinism and every obstacle in order to build a community of men and women finally free from the usual chains of selfishness, inaction and injustice." (Pope Francis)

"Live, love, believe, and with God's grace, never despair." (Pope Francis)

Why Practice Hope?

When you are hopeful, you know that God will change all things for good. We know that God will give us the strength to make changes in our world. We know that through our relationship with God we will be given new ways to live and the energy to grow and spread God's Kingdom here on earth.

How do we Practice Hope?

You practice hopefulness when you dream about how things could be better in our world. When you show belief in mankind even when we are disappointed by the actions of others and ourselves. We keep God's vision of the Kingdom of God at the heart of our own visions for the future. We speak positively to others.

Key Words:

Expectation, confidence, goal, promise, dream.

Signs you are Hopeful:

- I believe and trust that God will not give up on me
- I am positive about the future
- I don't give up on myself
- I have hopes and dreams that we can all work for a better world
- I pray to God placing my life in his hands
- I know God has a plan for me

Other ideas:

Our Hopes and Dreams wall – children draw their own hope for the future.

God's Promises – children look up bible verses of God's Promises and illustrate them

Reflection Questions:

Who helps to make you feel hopeful?

What are you hopeful for?

When is it hardest for you to be hopeful?

Think of a time when your hope for something was realised – how did you feel?

Quotes:

It's always something, to know you've done the most you could. But, don't leave off hoping, or it's of no use doing anything. Hope, hope to the last! (Nicholas Nickleby, Charles Dickens)

"Despite everything, life is full of beauty and meaning." (Etty Hillesum)

"It's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything I still believe that people are really good at heart." (Anne Frank)

"I have a dream ..." (Martin Luther King)

"We must accept finite disappointment, but we must never lose infinite hope." (Martin Luther King)

"Christians remain people of hope even amidst recurrent disappointments." (Al Kresta)

"Virtues to Live by"

Before You Begin – An overview for teachers

Patience Definition and Biblical Sources

Patience

"Be patient and wait for the Lord to act, don't be worried about those who prosper or those who succeed in their evil plans. Don't give in to worry or anger; it only leads to trouble."

(Psalm 37:7-8)

Definition

You are able to wait without complaining because you know that some things take time. You are calm and trusting. You know that waiting is sometimes painful or hard to do but you trust that later on something good will happen. You have enough self-control to wait and tolerate something because you know that you can't control the way someone is acting or what is happening.

Biblical sources

"Rejoice in hope, be patient in your troubles, and pray at all times." (Romans 12:12)

"With all humility and gentleness, with patience, bearing with one another in love." (Ephesians 4:2)

"Love is patient and kind" (1 Corinthians 13:4)

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." (Isaiah 40:31)

"Now be patient, brothers and sisters, until the Lord's coming. Think of the farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains and the spring rains. You too have to be patient; do not lose heart, because the Lord's coming will be soon." (James 5:7-8)

"As for those in the good soil, they are those who, hearing the word, hold to it with an honest and good heart, and bear fruit with patience." (Luke 8:15)

"And Abraham, having patiently waited, obtained the promise." (Hebrews 6:15)

Catholic sources

"When you are on the journey, many things happen that are not always good. For me, the attitude of parents when a child is born sick or disabled says a lot about patience as a virtue on the journey. "But thank God that [our child] is alive!" [They might say.] These are people with patience. And they bear the life of that child with love, even to the end. And it is not easy care for a disabled or sick child year after year after year... but the joy of having that child gives them the strength to go forward. And this is patience, not resignation – that is, it is the virtue that comes when one is on the journey." Pope Francis

“When things don’t go our way, we complain. But, step back for a moment, think about the patience of God the Father, embrace patience, as Jesus did. Patience is a beautiful virtue. Let us ask the Lord for it.”
Pope Francis

Why Practice Patience?

When you are patient you can wait without complaining. Often when we are aiming to achieve a goal we need to be patient with ourselves and others to fulfil our hopes and dreams. When we are patient with others we work with God to build them up and give them confidence to keep going. When you are patient with yourself you build your capacity to grow in love and knowledge of God.

How do we Practice Patience?

You practice patience when you can wait calmly and accept things that you cannot control, knowing all things are in God’s hands. You are calm with others. You rely on God to give you the strength to be patient with yourself and others. You try to understand other points of view and will listen attentively to others.

Key Words:

Fortitude, endurance, tolerance, self-control, calmness, even temper, long-suffering

Signs you are Patient:

I can wait.

I use strategies to keep myself calm.

I can do something now that will help me in the future.

I can accept things I cannot change with humour and grace.

I am patient with myself when I make mistakes.

I am patient with others when they mistakes.

Other ideas:

Plant seeds – discuss and practice patience whilst the plant is growing.

Art project eg mosaic – working with others, listening to others ideas, time for preparation (highlight all the times you have needed patience to get to the end goal of a beautiful mosaic).

Reflection Questions:

Is there someone you find it hard to be patient with – how could you practice patience this week?

What would help you be more patient with others?

When is it hardest for you to be patient?

How do you need to be patient with yourself today?

When are others patient with you? How do you feel when they are patient?

Think of a time when you were patient with yourself and succeeded in achieving a goal– how did you feel?

Quotes:

"God is with those who are patient and persevere." (Islam, Qur'an 2:153)

"Be patient with everyone, but above all be patient with yourself. I mean, do not be disheartened by your faults, but instantly set about remedying them – every day begin the task anew." (St. Francis de Sales)

"Patience and diligence, like faith, remove mountains." William Penn

"Patience may be defined as that quality of life which makes suffering creative; and impatience as that whereby suffering becomes a destructive force." Robert Llewelyn

"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:

RESPECT AND COURTESY

Respect:

I am respectful. I treat others as I would like to be treated.

Courtesy:

I show courtesy to everyone as we are all made in God's image and likeness.

Blessing

The Creator has graced each one of us with a God given dignity let us give glory to God:

I thank you for the wonder of my being

We gather together to pray for ourselves – children of God beloved of the Father let us give glory to God:

I thank you for the wonder of my being

We gather together with Jesus our brother. Through Him the whole human race recovers the dignity of the image of God let us give glory to God:

I thank you for the wonder of my being

We gather together with the Holy Spirit, our inspiration and guide let us give glory to God:

I thank you for the wonder of my being

OPENING PRAYER:

God our Father, help each one of us to recognise and celebrate the uniqueness of every person we meet: each child, each colleague each parent, each person I encounter

Inspire each one of us, to develop understanding, tolerance and compassion for the pupils in our care.

May we support them in understanding their uniqueness as made in the image and likeness of God

May we support each other and all adults, whatever our roles and experiences, and may we always remain positive, enthusiastic and realistic in our work.

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:

God said, 'Let us make man in our own image, in the likeness of ourselves, and let them be master of the fish in the sea, the birds of heaven, the cattle, all the wild beasts and all the reptiles that crawl upon the earth.

God created man in the image of himself,
in the image of God he created him, male and female he created them

Genesis 1:26-27

REFLECTION

The Dignity of the Human Person

"We believe each person possesses a basic dignity that comes from God, not from any human quality or accomplishment, not from race or gender, age or economic status." (The Common Good) 1996

LIVING OUR VIRTUE

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

- Recognise everyone is made in the image of God
- Recognise everyone has the ability to be courteous and respectful
- Be receptive to the wisdom of others.
- Believe that, with encouragement, they will discern the situations that call for respect and courtesy.
- Recognise that courteousness is a way of showing your love.
- Recognise that, through prayer, God will give us the grace and strength to be respectful and courteous.

- Accept that there will be times it will be difficult to show respect and courteousness.
- Learn to be courteous and respectful even when it is difficult.

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, may we reflect your image and likeness in our daily living so that those we encounter see and hear Christ. We ask this through Christ Our Lord. **Amen**

VIRTUE TO LIVE BY

I am respectful.

I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

“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:

THANKFULNESS

Thankfulness:

I am grateful for all I have and praise God for all he has given me.

Blessing

God who gave us Creation to play in,
with rolling landscapes of delight,
with wonders of earth, sea and sky
and endless discoveries of beauty and wonder:

Give thanks to the Lord, give thanks

God who made us in infinite diversity,
with all the vivid colours of our differences,
all the mystery of our unknowns
to be explored and celebrated:

Give thanks to the Lord, give thanks

We worship you.

God who is Holy Spirit

The dance and song in all creation:

Give thanks to the Lord, give thanks

OPENING PRAYER:

God our Father, help each one of us to be thankful for the gift of your creation. Help us to be thankful for our own gifts, our loved ones and those we encounter in our work and on life's journey.

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:

Now on the way to Jerusalem he travelled along the border between Samaria and Galilee. As he entered one of the villages, ten lepers came to meet him. They stood some way off and called to him, 'Jesus! Master! Take pity on us.' When he saw them he said, 'Go and show yourselves to the priests'. Now as they were going away they were cleansed. Finding himself cured, one of them turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. The man was a Samaritan. This made Jesus say, 'Were not all ten made clean? The other nine, where are they? It seems that no one has come back to give praise to God, except this foreigner.' And he said to the man, 'Stand up and go on your way. Your faith has saved you.'

LK 17:11-19

REFLECTION

To be able to offer thanks, to be able to praise the Lord for what He has done for us: this is important!

We can ask ourselves: Are we capable of saying "Thank you"? How many times do we say "Thank you" in our family, our community, and in the Church? How many times do we say "Thank you" to those who help us, to those close to us, to those who accompany us through life?

Often we take everything for granted! This also happens with God. It is easy to approach the Lord to ask for something, but to return and give thanks... This is why Jesus so emphasizes the failure of the nine ungrateful lepers: "Were not ten made clean? But the other nine, where are they? Was no one found to return and give praise to give praise to God except this foreigner?"

LIVING OUR VIRTUE

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

- Recognise everyone is made in the image of God
- Recognise everyone has the capacity to be thankful
- Be receptive to the wisdom of others.
- Believe that, with encouragement, they will recognise when they should be thankful.
- Recognise that being thankful is a way of showing your love.
- Recognise that, through prayer, God will give us the grace and strength to be grateful.
- Learn to be thankful even when it is difficult.

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, let us go forth together and in everything let us be thankful. We ask this through Christ Our Lord. **Amen**

VIRTUE TO LIVE BY

Thankfulness

I am grateful for all I have and praise God for all he has given me.

“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 2:

HOPE

Hope:

I trust that God’s love has no end and that He is at work in my life and in the world.

BLESSING

May the God of hope fill you with all joy and peace as you trust in him
Our hope is in the Lord, alleluia.

Jesus died and rose again to new life and it will be the same for those who put their hope in Jesus
Our hope is in the Lord, alleluia.

May your hope be overflowing by the power of the Holy Spirit
Our hope is in the Lord, alleluia.

OPENING PRAYER:

God our Father,

Increase our confidence in You so that our hope renews our strength to work at making the world a better place

We ask this through Christ our Lord.
Amen.

READING:

We wait in hope for the Lord;

He is our help and our shield.

In him our hearts rejoice,

For we trust in his holy name.

May your unfailing love rest upon us, O LORD, even as we put our hope in you.

Psalm 33:20-21

or

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshipped him; but some doubted. The Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matt 28:16-20

REFLECTION

"Hope is not a spiritual consolation, a distraction from the serious tasks that require our attention, but a dynamic force liberating us from all determinism and every obstacle in order to build a community of men and women finally free from the usual chains of selfishness, inaction and injustice." (Pope Francis)

LIVING OUR VIRTUE

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

- Recognise that, hope is rooted in prayer.
- Recognise that when they face difficulties they should have hope that things will get better.
- Recognise that hope of better things prompts us to take action to improve our community.
- Recognise we all hope for eternal life with God.
- We all live for something greater than our ourselves.

- Have hopes and dreams that the world can be a better place for everyone.
- Recognise that hope drives us to take action.

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 inspire us with hope as we place all our trust in you. We ask this through Christ Our Lord.

Amen

VIRTUE TO LIVE BY

I trust that God's love has no end and that He is at work in my life and in the world.

"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:

PATIENCE

Patience:

I can wait.

I have self-control and act calmly even when things are difficult.

Blessing

May the God of all patience grant you stillness

May the God of all stillness grant you courage

May the God of all courage grant you patience

OPENING PRAYER:

God our Father,

Help us to learn patience from Jesus, your Son, who saw You at work in all creation. We ask this through the power of Your Holy Spirit. Amen

READING:

Be always humble and gentle, and patient too, putting up with one another's failings in a spirit of love.

Ephesians 4

REFLECTION

"Be patient with everyone, but above all be patient with yourself. I mean, do not be disheartened by your faults, but instantly set about remedying them – every day begin the task anew."

St. Francis de Sales

LIVING OUR VIRTUE

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

- Be patient and to wait calmly.
- Recognise patience is an exercise in self-control.
- Understand patience will reap long term benefits.
- Accept being patient involves tolerating some unease as we wait.
- Recognise we need patience as we wait the coming of the Lord.
- Recognise that, God gives us the strength to be patient.
- Learn to be patient.

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, may we reflect your image and likeness in our daily living so that those we encounter see and hear Christ. We ask this through Christ Our Lord. **Amen**

VIRTUE TO LIVE BY

I can wait.

I have self-control and act calmly even when things are difficult.

Acts of Worship

Virtue: Respect / Courtesy

Virtue to live by:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

Week 1

Gathering together

Focal point:

Green cloth

Candle

Bible

Pictures of children doing different activities in school – playing, talking, working together etc.

Leader:

We gather together today in the name of the Father....

Today, as we start a new school year, we will be thinking about how we treat each other in school, at home and in our communities.

Jesus came to show us how to live together, respecting one another as brothers and sisters in God's family.

The Word of the Lord

Matthew 7: 12 Good News Translation (GNT)

In the reading we are going to listen to Jesus is teaching us about the Golden Rule for how we should try to live every day.

A reading from the Holy Gospel according to Matthew

Glory to you O Christ.

So in everything, do to others what you would have them do to you.

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

Response / Reflection on the Word

Acts of Worship

We are going to think about the Gospel reading we have just heard and what this means to us as we start a new school year.

Let us think about how we are going to work and play together respectfully and with courtesy.

We will be working together in class – think about how we could share all our equipment fairly, and look out for others in our class to make sure they have all they need.

We will be playing together – think about how, in class and in the playground, we could let others have a turn first.

Could you say, “Would you like a turn?”

We could share our toys and games to make sure everyone has a good playtime.

We will be helping others – when we see an adult or child needs help we could offer our hands and hearts by saying, “Can I help you?”

We will be looking after our school building – if we see some litter or belongings on the floor, we could pick it up and not leave it for someone else to do.

Give children time to pray silently, or pray with them. Alternatively, there are some prayer examples below:

Let us pray.

We pray for our school community, that we as we start a new school year, we remember every day the Golden Rule, ‘We treat others as we would like to be treated.’

Lord hear us.

Lord graciously hear us.

We pray that we share fairly with others in our classrooms, playground and homes.

Lord hear us.

Lord graciously hear us.

Acts of Worship

We pray that we speak to everyone respectfully, being polite and helpful to all.
Lord hear us.

Lord graciously hear us.

Father, help us to show the love you show us every day through our words and actions. We make this prayer through Christ our Lord, Amen.

Going forth

This week within our school and home family, we are going to try to find ways to think of others before ourselves.

Ideas for music:

On this school your blessing Lord

A new commandment

Acts of Worship

Week 2

Virtue: Respect / Courtesy

Virtue to live by:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

Gathering together

Focal point:

Green cloth

Candle

Bible

Pictures of children and adults of different cultures, ages etc.

Lighting the candle is a sign that we come together with Jesus. Let's just pause for a moment to remind ourselves that Jesus is with us as we pray.....

Today we are going to think about how we are all created by God and are all part of God's family.

Sit in a relaxed position...

Put your hands in a cup-like position in your lap or let them rest loosely on your knees...

Now let your eyelids close very gently if that is comfortable for you or gaze at the candle...

I want you to become aware of your breathing...

Notice the breath as it enters through your nostrils or mouth when you breathe in and notice the breath as it leaves your body...

Every time you breathe in just say to yourself, 'IN'...

Every time you breathe out say to yourself, 'OUT'...

If your mind wanders just bring it back gently to notice your breathing... IN and OUT....

Remember that as you breathe in it is God's life and love that enters. We breathe out anything that worries us or makes us feel anxious.

(Pause for a couple of minutes)

Word of God

Acts of Worship

The reading we are now going to listen to is taken from the first book of the Bible. It is called the book of Genesis, which means book of beginnings because it is the first book in the Bible and tells us about the beginning of the world. In it we are told that God made us all just to be like God. If we're all made to be like God then we must treat each other with love and respect.

Reader:

A reading from the Book of Genesis.

*God created man and woman.
God created them to be like God.
They could know and love God.
They could know and love one another.
God blessed them.*

The word of the Lord.

Thanks be to God.

(Based on Genesis 1:26. God's Story 2. p. 10)

Response / Reflection on the Word:

God created me to be like God.
God created you to be like God.
God created everyone to be like God.

God blesses me.
God blesses you.
God blesses everyone.

Just say these lines quietly to yourself and see how it makes you feel.

God created me to be like God.
God blesses me.

How will you show others today that you know God created them just as he created you?

(You may want to take some responses from the children).

Let us pray

Acts of Worship

We are all special because God love us and created us.

We turn to God our Father now to give thanks for making each one of us special and ask God to hear our prayers.

We pray that we use words and actions that show we see God in others and ourselves .

Help us to speak words politely, showing we value everyone.

Lord, hear us

Lord, graciously hear us.

We give thanks for our uniqueness. Help us to treat everybody we meet as children of God.

Lord, hear us

Lord, graciously hear us.

We give thanks that we can share God's life and love. Help us today to show God's loves to others and in that way help them to come to know God.

Lord, hear us

Lord, graciously hear us.

Going Forth

I want you to try to remember all day that each person in this school, each person in the whole world is made by God and is special. Try to treat everyone you meet today as a special person.

Let us now end our time of prayer together by praising God who made us all to be like God as we say:

All:

Glory be to the Father

And to the Son

And to the Holy Spirit

As it was in the beginning

Is now and ever shall be

World without end, Amen.

Suggested hymns /songs:

I'm special to Jesus – John Froud

Acts of Worship

Week 3

Virtue: Respect / Courtesy

Virtue to live by:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

Gathering together

Focal point:

Green cloth

Candle

Bible

Picture of Jesus calling Matthew the tax collector

Lighting the candle is a sign that we come together with Jesus. Let's just pause for a moment to remind ourselves that Jesus is with us as we pray.....

Today we are going to be thinking about how important it is to show respect for everyone – no matter who they are. We believe that everyone is a child of God and we were all made by God to be like God. Because of this and because God's life is within each one of us we have to treat other people the same way we would treat Jesus.

If Jesus walked into the room now and spent the day in your class how would you treat him? What would you do?

The Word of God:

St. Luke, one of the 4 gospel writers, wrote lots of stories in his gospel about how Jesus loved and respected people that others thought were no good and therefore treated them badly. The gospel calls them 'outcasts' or sinners. Here is one of these stories about a man called Levi.

A reading from the holy Gospel according to Luke (5: 27-32)

Glory to you, O Lord.

Levi was a tax collector. Tax collectors were not liked by the people. As well as taking taxes for the Romans, they would take extra money from the people

Acts of Worship

and keep it for themselves. The only friends they had were other tax collectors, who also cheated the people.

One day Jesus was passing by and he saw Levi sitting in his office. Jesus said to him, "Follow me." Levi got up, left everything and followed Jesus. He gave a big feast in his house for Jesus. He invited his friends – the other tax collectors. He also invited some other people who weren't usually invited to dinner. They were outcasts. Respectable people wouldn't have anything to do with them.

Some important people complained to Jesus' friends. "Why does Jesus eat with people like this?" they asked. Jesus answered them, "I am here for people who need me."

Levi became one of the Twelve friends of Jesus. His name was changed to Matthew.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Response / Reflection

One of the messages of this story is that, like Jesus, we should respect and treat all people with dignity.

Treating people with respect and courtesy means that they will feel valued and of worth.

Think quietly now of someone in your class or in school that you find it hard to like and don't always treat very well.

Picture that person in your mind and remember that, like you that person is loved and special to God..... Pray for that person and ask God to help you to treat them with respect and courtesy today and in the future.....

Let us pray

We pray that we can see God in those we find hard to like and love.

Lord hear us.

Lord graciously hear us.

We pray that our words and actions include all people.

Lord hear us.

Acts of Worship

Lord graciously hear us.

Lord, help us to live our lives as you would want by being caring, loving, and respectful to others and to follow in Jesus' footsteps by treating others as I would like to be treated. Amen.

Going Forth:

Today we will try to treat everyone with love and respect especially those who we find hard to love.

Suggested Hymns:

Lord let your love shine through me

Acts of Worship

Week 4

Virtue: Respect / Courtesy

Virtue to live by:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

Gathering together

Focal point:

Green cloth

Candle

Bible

Road signs / picture of path dividing – alternate routes (symbolising choice of how you may behave)

School Rules

Quiet music on entrance.

Lighting the candle is a sign that we come together with Jesus. Let's just pause for a moment to remind ourselves that Jesus is with us as we pray.....

Today we are going to be thinking about how rules help us to guide us as we make choices every day.

They help us to behave in a respectful and courteous way.

Word of God

A long time before Jesus was born God's people spent a long time in the desert. They were led by a man called Moses who was very close to God. Moses was worried that God's people didn't always treat each other and God's world respectfully.

One day Moses and God's people, the Israelites camped near a mountain called Mount Sinai. Moses climbed the mountain and prayed that God would teach them rules or laws that would bind them together – unite them – as a people. When Moses returned to the people he told them the rules God had given him. Let's listen to that story. It is found in one of the first 5 books of the bible called the Book of Exodus:

Acts of Worship

A reading from the Book of Exodus

These are the rules God gave the People to help them to live together in love and peace.

Moses climbed Mount Sinai. He remained on the mountain for a very long time, praying and talking with God. Then he returned to God's people and told them God's Laws, the Ten Commandments.

I am the Lord your God.
Love, serve and praise me.

Keep my name holy.
Keep my day holy.

Love and obey your parents
and those who have charge of you.

Do not kill, do not be angry or bad tempered;
respect and care for yourself and other people.

Do not steal, or cheat or want things
that do not belong to you.

Tell the truth and speak kindly of others.

Do all you can to care for others
and make them happy.

Do all you can to care for other
people's belongings.

The word of the Lord.
Thanks be to God.

Response to/reflection on the Word

God gave the people of God rules so that they could live together in love – the kind of love God shows us every day.

Acts of Worship

The response to our prayer is:
Thank you God our Father.

R/Thank you God our Father.

For the gift of your rules that help us to live together in love and peace

R/

For the gift of our class community

R/

For the gift of our school community

R/

For the gift of school and classroom rules

R/

Going Forth:

Today we will try follow God's rules showing by being respectful and courteous to all we meet.

Suggested hymns / music:

Will you let me be your servant

Bind us together Lord

Lord let your love shine through me

Acts of Worship

Virtue: Thankfulness

Virtue to live by:

I am grateful for all I have and praise God for all he has given me.

Week 1: theme – gifts and talents

Gathering together

Focal point:

Green fabric

Objects which you can talk about which refer to own gifts and talents

Word

Matthew 5:14-16

“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Alternatively, you can use:

Matthew 25:14-30

The Parable of the Bags of Gold

“Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. To one he gave five bags of gold, to another two bags, and to another one bag,[a] each according to his ability. Then he went on his journey. The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who had received one bag went off, dug a hole in the ground and hid his master’s money.

“After a long time the master of those servants returned and settled accounts with them. The man who had received five bags of gold brought the other five. ‘Master,’ he said, ‘you entrusted me with five bags of gold. See, I have gained five more.’ “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’ “The man with two bags of gold also came. ‘Master,’ he said, ‘you entrusted me with two bags of gold; see, I have gained two more.’

“His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

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“Then the man who had received one bag of gold came. ‘Master,’ he said, ‘I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you.’” His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest.

“So take the bag of gold from him and give it to the one who has ten bags. For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.’”

Youtube videos of the Parable of the Talents:

<https://www.youtube.com/watch?v=UblAZDPu3Pg> or

Response to/reflection on the Word

Ask the children - What is a gift? What is a talent? All gifts/talents come from God.

Say to the children... “Stand up if you would like to thank God for your gift of....” (e.g. football, being a mathematician, dance, music etc) Keep repeating the instruction using a variety of gifts and talents until everyone has stood up. Celebrate all of our gifts and talents.

Going forth

How can they use their talents as gift for God and others? How can we let our own light shine for others?

Ideas for music:

This little light of mine

Share the light of Jesus

O, o, o, how good is the Lord?

Thank you Jesus

Gather, Gather in the light of his flame (Boyce and Stanley)

Acts of Worship

Virtue: Thankfulness

Virtue to live by:

I am grateful for all I have and praise God for all he has given me.

Week 2: theme – giving thanks

Gathering together

Focal point:

Green fabric

Word

Luke 17:11-19 - Jesus Heals Ten Men With Leprosy

Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy[a] met him. They stood at a distance and called out in a loud voice, "Jesus, Master, have pity on us!" When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed.

One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan. Jesus asked, "Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well."

Response to / Reflection on the Word

Saying 'thank-you' is very easy to do but very easy to forget. This story from Jesus' life and shows how people responded to him. In this case it is a Samaritan who thanks Jesus. The disciples are surprised because, for them, the Samaritan people did not have a 'true' or 'real' faith and yet only the Samaritan shows the right response to the gift of health that Jesus has given. *Do we always remember to say thank you? Do we always remember to say thank you to God?*

How does it feel if people forget to say thank you? How does it feel to be thanked? Valued?

Going forth

Say 'Thank you' to other people and say 'Thank you' to God for this school day

Acts of Worship

Virtue: Thankfulness

Virtue to live by:

I am grateful for all I have and praise God for all he has given me.

Week 3: theme – thanking God for His world

Gathering together

Focal point:

Green fabric

Globe

Word

Genesis 1 The Story of Creation

In the beginning, when God created the universe, the earth was formless and desolate. The raging ocean that covered everything was engulfed in total darkness, and the Spirit of God was moving over the water. Then God commanded, "Let there be light"—and light appeared. God was pleased with what he saw. Then he separated the light from the darkness, and he named the light "Day" and the darkness "Night." Evening passed and morning came—that was the first day. Then God commanded, "Let there be a dome to divide the water and to keep it in two separate places"—and it was done. So God made a dome, and it separated the water under it from the water above it. He named the dome "Sky." Evening passed and morning came—that was the second day. Then God commanded, "Let the water below the sky come together in one place, so that the land will appear"—and it was done. He named the land "Earth," and the water which had come together he named "Sea." And God was pleased with what he saw. Then he commanded, "Let the earth produce all kinds of plants, those that bear grain and those that bear fruit"—and it was done. So the earth produced all kinds of plants, and God was pleased with what he saw. Evening passed and morning came—that was the third day. Then God commanded, "Let lights appear in the sky to separate day from night and to show the time when days, years, and religious festivals[c] begin; they will shine in the sky to give light to the earth"—and it was done. So God made the two larger lights, the sun to rule over the day and the moon to rule over the night; he also made the stars. He placed the lights in the sky to shine on the earth, to rule over the day and the night, and to separate light from darkness. And God was pleased with what he saw. Evening passed and morning came—that was the fourth day. Then God commanded, "Let the water be filled with many kinds of living beings, and let the air be filled with birds." So God created the great sea monsters, all kinds of creatures that live

Acts of Worship

in the water, and all kinds of birds. And God was pleased with what he saw. He blessed them all and told the creatures that live in the water to reproduce and to fill the sea, and he told the birds to increase in number. Evening passed and morning came—that was the fifth day. Then God commanded, “Let the earth produce all kinds of animal life: domestic and wild, large and small”—and it was done. So God made them all, and he was pleased with what he saw. Then God said, “And now we will make human beings; they will be like us and resemble us. They will have power over the fish, the birds, and all animals, domestic and wild, large and small.”

..... God looked at everything he had made, and he was very pleased. Evening passed and morning came—that was the sixth day.

(You could use the Godly Play creation story – example on Youtube:

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

Response to / Reflection on the Word

Display images of nature, e.g. giraffe, jellyfish, flowers. Discuss diversity of God’s world.

What can we be thankful to God for? (Take suggestions)

Alternatively, could play: For the beauty of the earth by John Rutter

(<https://www.youtube.com/watch?v=xlBkpAm3fhw>)

Ask the children to think about the images and the words – what could they be thankful for?

Going forth:

Give each child a leaf shaped piece of paper – each child to write or draw something on that they are thankful for. Older children could write a thank you prayer.

Music ideas;

If I were a butterfly

Autumn days

Think of a world without any flowers

Count your blessings

This could be extended by linking to ‘Laudato Si’ and Cafod -

<https://www.youtube.com/watch?v=KOgF2Kgel6k> and the idea of stewardship.

Acts of Worship

Virtue: Thankfulness

Virtue to live by:

I am grateful for all I have and praise God for all he has given me.

Week 4: theme – stewardship

Gathering together

Focal point:

Green fabric

Junk modelling/plastics

Use Image of plastics in the sea

Word:

Genesis 1:28-31

God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so. God saw all that he had made, and it was very good.

Response to the word

Show images/ plastics etc and discuss how we are polluting our world. God gave us this beautiful planet and asked us to look after it. Are we doing a good job?

Refer back to 'Laudato Si' – One God, One World. Show Cafod video:

<https://www.youtube.com/watch?v=KOgF2Kgel6k>

After watching the film, allow some time for children to reflect on the following question: *What can I do, to look after this beautiful world?*

Going forth:

Give the children a mission to try and do ONE thing this week to look after the world, e.g. turning off lights, recycling etc.

Ideas for music:

I am the Earth (<https://www.youtube.com/watch?v=TNtmqStVRoo>)

Wonderful World – Louis Armstrong.

Acts of Worship

Autumn 2

Virtue: Hope

Virtue to live by:

I trust that God's love has no end and that He is at work in my life and in the world.

Week 1- theme – Feast of All Saints

Gathering together

Focal point:

Red cloth

Images of saints/ statue of own school saint

Crucifix

Word

Matthew 5:1-12 The Beatitudes

Introduction to the Sermon on the Mount

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

He said:

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

Blessed are those who mourn,
for they will be comforted.

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

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

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

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

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

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Acts of Worship

Response to / Reflection on the Word

Read each Beatitude again slowly, asking the children to reflect on how they could live this – e.g. *How could they be a peacemaker? How could they help those who are persecuted?*

Could look at Pope Benedict's address: "I hope that among those of you listening today there are some of the future saints of the 21st century. What God wants most of all for each one of you is that you should become holy. He loves you much more than you could ever begin to imagine and He wants the very best for you. "

*How do we become saints and live the beatitudes? How do we become holy?
Through holiness we become saints.*

Going forth

Give the children the mission of choosing one Beatitude and trying to fulfil that during the week.

Ideas for music:

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

Peace perfect peace

Be not afraid

Seek ye first

Lord of all hopefulness

Father I place into your hands

Acts of Worship

Virtue: Hope

Virtue to live by:

I trust that God's love has no end and that He is at work in my life and in the world.

Week 2- theme – Remembrance

Gathering together

Focal point:

Purple cloth

Poppies

Crucifix

Book – 'Where the poppies now grow' or 'Flo of the Somme' by Hilary Robinson

Word

Matthew 28:20

"I will be with you always, to the end of the age."

Response to / Reflection on the Word:

We remember our loved ones, those who we have lost, those who have given their lives in war. We remember that they are with God in the eternal joy of heaven.

Pray the 'Eternal Rest'

Going forth:

Bring in a photo of a loved one who has died, or someone who is special to them who is no longer with them to contribute to a remembrance wall (display)

Music ideas:

If tomorrow never comes, Ronan Keating

He will raise you up on eagle's wings

<https://www.youtube.com/watch?v=UzeHY43kRLA>

You Call me to be yours <https://www.youtube.com/watch?v=UzeHY43kRLA>

Green Fields of France, Davey Arthur

Jesus remember me

Alternatively, you could watch the animation:

https://www.youtube.com/watch?v=pv_ub7Be7oA

Acts of Worship

Virtue: Hope

Virtue to live by:

I trust that God's love has no end and that He is at work in my life and in the world.

Week 3- theme – hope in Jesus

Gathering together

Focal point:

Green cloth (can still keep it purple for remembrance in November)

Objects representing light

Children to walk into the room when it is in darkness, enter to a Taize – Jesus remember me.

Have the room in darkness. Share the objects of light – how did they feel coming into a dark room? Light one candle – what do we think about when we see this? God is with us, brings us light, lights our path. A representative to come up from each class to light their class candle.

Word:

Luke 18:35-43

Jesus Heals a Blind Beggar

As Jesus was coming near Jericho, there was a blind man sitting by the road, begging. When he heard the crowd passing by, he asked, "What is this?" "Jesus of Nazareth is passing by," they told him. He cried out, "Jesus! Son of David! Have mercy on me!" The people in front scolded him and told him to be quiet. But he shouted even more loudly, "Son of David! Have mercy on me!" So Jesus stopped and ordered the blind man to be brought to him. When he came near, Jesus asked him, ⁴¹ "What do you want me to do for you?" "Sir," he answered, "I want to see again." Jesus said to him, "Then see! Your faith has made you well." At once he was able to see, and he followed Jesus, giving thanks to God. When the crowd saw it, they all praised God.

Response to / Reflection on the Word:

During the reading, the blind man had hope in Jesus, he was confident that Jesus could and would heal him. Despite people telling him not to shout out, the Blind man had faith. Even though he couldn't see Jesus, he had faith – we cannot see Him either, but we have faith and hope in Jesus.

Acts of Worship

Are there times when we find life difficult, when we find it hard to see? What gives us hope?

We pray together:

Heavenly Father, help us to have hope, trust that You will always be with us, especially when we feel that we are in darkness. Shine a light to guide our path. Amen.

Going forth:

Mission – each day say a special prayer for someone they would like to pray for (refer back to the remembrance wall)

Music ideas:

Lay your hands gently upon us

Shine Jesus shine

Christ be our light

This little light of mine

I would light a candle

Sing it in the valleys

Lighting the candle

Acts of Worship

Week 4 – theme – Christ the King

Virtue to live by:

I trust that God's love has no end and that He is at work in my life and in the world.

Gathering together

Focal point:

Gold cloth

Crucifix

Gold crown

Word

Luke 23:35-43 Good News Translation (GNT)

The people stood there watching while the Jewish leaders made fun of him: "He saved others; let him save himself if he is the Messiah whom God has chosen!" The soldiers also made fun of him: they came up to him and offered him cheap wine, and said, "Save yourself if you are the king of the Jews!" Above him were written these words: "This is the King of the Jews." One of the criminals hanging there hurled insults at him: "Aren't you the Messiah? Save yourself and us!" The other one, however, rebuked him, saying, "Don't you fear God? You received the same sentence he did. Ours, however, is only right, because we are getting what we deserve for what we did; but he has done no wrong." And he said to Jesus, "Remember me, Jesus, when you come as King!" Jesus said to him, "I promise you that today you will be in Paradise with me."

Response to / Reflection on the Word

Play 'Jesus remember me' during the reflection – ask children to reflect upon the thief who still had hope that he could be with Jesus in heaven.

How did he have hope even when he was on the cross? How did Jesus give him hope?

Did Jesus look like a king at this time? Did he live in a palace? What sort of king was he really?

Going forth

Mission – Give someone a second chance this week, a fresh start.

Ideas for music:

Christ is our king let the whole world rejoice

Acts of Worship

Majesty, worship his majesty
Our God reigns
Jesus remember me
The servant king

Acts of Worship

Virtue: Patience

Virtue to live by:

I can wait. I have self-control and act calmly even when things are difficult.

Week 1 – theme – Being ready

Gathering together

Focal point:

Purple cloth

Clock/timer

Advent wreath

Word

Matthew 24:36-44 No One Knows the Day and Hour

“No one knows, however, when that day and hour will come—neither the angels in heaven nor the Son; the Father alone knows. The coming of the Son of Man will be like what happened in the time of Noah. In the days before the flood people ate and drank, men and women married, up to the very day Noah went into the boat; yet they did not realize what was happening until the flood came and swept them all away. That is how it will be when the Son of Man comes. At that time two men will be working in a field: one will be taken away, the other will be left behind. Two women will be at a mill grinding meal: one will be taken away, the other will be left behind. Watch out, then, because you do not know what day your Lord will come. If the owner of a house knew the time when the thief would come, you can be sure that he would stay awake and not let the thief break into his house. So then, you also must always be ready, because the Son of Man will come at an hour when you are not expecting him.

Response to / Reflection on the Word

Play gentle music as children reflect... How can we be ready and prepare ourselves for Jesus, the light of the world? What virtue do we need to see in ourselves at this time? Patience.

Going forth

Discuss Advent promises – each child to make an advent promise. Discuss the advent calendar – something to do each day so that we are ready and on time. Display in the worship space to refer to throughout Advent.

Ideas for music:

Stay awake, be ready

Awake, awake the Lord is coming

Acts of Worship

Virtue: Patience

Virtue to live by:

I can wait. I have self-control and act calmly even when things are difficult.

Week 2 – theme – change

Gathering together

Focal point:

Purple cloth

Sand

Stone

Advent wreath

Word

Matthew 3:1-12

The Preaching of John the Baptist

At that time John the Baptist came to the desert of Judea and started preaching. "Turn away from your sins," he said, "because the Kingdom of heaven is near!" John was the man the prophet Isaiah was talking about when he said,

"Someone is shouting in the desert,
'Prepare a road for the Lord;
make a straight path for him to travel!'"

John's clothes were made of camel's hair; he wore a leather belt around his waist, and his food was locusts and wild honey. People came to him from Jerusalem, from the whole province of Judea, and from all over the country near the Jordan River. They confessed their sins, and he baptized them in the Jordan.

When John saw many Pharisees and Sadducees coming to him to be baptized, he said to them, "You snakes—who told you that you could escape from the punishment God is about to send? Do those things that will show that you have turned from your sins. And don't think you can escape punishment by saying that Abraham is your ancestor. I tell you that God can take these rocks and make descendants for Abraham! The ax is ready to cut down the trees at the roots; every tree that does not bear good fruit will be cut down and thrown in the fire. I baptize you with water to show that you have repented, but the one who will come after me will baptize you with the Holy Spirit and fire. He is much greater than I am; and I am not good enough even to carry his sandals.

Acts of Worship

He has his winnowing shovel with him to thresh out all the grain. He will gather his wheat into his barn, but he will burn the chaff in a fire that never goes out.”

Response to / Reflection on the Word

Focus on focal point symbols of the stone and sand – where has the sand come from? How long do you think it would take this stone to become sand? Some things take a long time to change, whereas some things can change quickly. What things do we need to change? Are they quick easy changes, or do we need to show patience as the change will take time?

Going forth

Can you identify one thing you need to change in order to be ready for Jesus' coming? Be that change this coming week.

Ideas for music:

Soon and very soon we are going to see the king
Holy is His name
Patience, Take That
Be still for the presence of the Lord
O come o come Emmanuel

Acts of Worship

Virtue: Patience

Virtue to live by:

I can wait. I have self-control and act calmly even when things are difficult.

Week 3 – theme – seeing the joy in patience

Gathering together

Focal point:

Purple cloth

Advent wreath

Word

Romans 12:12

Let your hope keep you joyful, be patient in your troubles, and pray at all times.

Response to / Reflection on the Word

Talk how we appreciate the here and now, we wait with joy and hope. Link to the previous act of worship and the changes we are making – rejoice in the changes that we have already made, through our advent promises.

Going forth

Encourage the children to continue to work on their changes/promises.

Ideas for music:

Rejoice, rejoice the Lord is coming

Rejoice in the Lord always

Sing it in the valleys

You shall go out with joy

My lighthouse, Rend Collective

Our Virtue to Live by:

Respect and Courtesy

I am respectful.

I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

"So in everything, do to others what you would have them do to you." Matthew 7:12

Our Virtue to Live by:

Thankfulness

I am grateful for all I have and
praise God for all he has given
me.

"Give thanks to the LORD, for he is good; his love endures forever."

Psalm 106:1

Our Virtue to Live by:

Hope

**I trust that God's love has no end
and that He is at work in my life
and in the world.**

*"Those who hope in the LORD will renew their strength. They will
soar on wings like eagles; they will run and not grow weary, they
will walk and not be faint." Isaiah 40:31*

Our Virtue to Live by:

Patience

I am able to wait because some things take time. I trust in God and wait calmly and with self-control.

"Be patient and wait for the Lord to act, don't be worried about those who prosper or those who succeed in their evil plans. Don't give in to worry or anger; it only leads to trouble." Psalm 37:7-8

CIRCLE TIME: YEAR: FOUNDATION STAGE

Virtue 1 (Autumn 1): Respect / Courtesy:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

PSHCE:

Play an active role as a member of society.

Knowledge:

To know the school and classroom rules and how they help them to treat everyone with respect and courtesy.

Skills:

Communicate and co-operate with others to contribute to the life of the class and the school.

Attitudes:

Appreciate the need for rules and respect the rules that have been made.

Statements for Assessment:

I know what the school and classroom rules are.

I try to follow our rules.

I can tell you why we have rules.

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

'Simon Says'

The teacher plays the traditional game of Simon Says with the following adaptation:

When Simon tells the children to break a class or school rule e.g. Simon says 'shout out, don't put your hand up,' children shout "Oh no Simon!" When Simon tells the children to do something that is following a school rule, the children mime the action.

Step 2. Round

Puppet tells the children that she's not sure how to greet new friends. Puppet models greeting rudely and then models showing good manners, Can the children help? Ask the children how the puppet would feel in each situation, Practise greeting and saying good morning.

Trigger statement:

You could... make sure you say please and thank you.

Step 3. Open Forum

Introduce 2 puppets to the children. Puppet 1 tells the children that s/he really wants the hopper that Class 2 plays with at playtime. Puppet 2 tells Puppet 1 that that they are not allowed to do this because it's not their turn on Mondays. Puppet 1 says rules are silly and that s/he is going to take the hopper when no-one is looking. Puppet 2 asks the children to help explain why they need to take things in turn.

Children respond.

Step 4. Celebration

The teacher asks if anybody has noticed any of the children saying good morning, please thank you.

Step 5. Ending Ritual

Singing the Please and Thank you song to the tune of Freres Jacques.

The Please & Thank you Song (to the tune of Frere Jacques)

Please and thank you

Please and thank you

We must say

We must say

When we ask for something

When we ask for something

Every day

Every day

Resources:

Speaking puppet

2 Open forum speaking puppets.

CIRCLE TIME: YEARS: 1/2

Virtue 1 (Autumn 1): Respect / Courtesy:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

PSHCE:

Play an active role as members of society.

Knowledge:

To know the school and classroom rules and how they help them to treat everyone with respect and courtesy.

Skills:

Communicate and co-operate with others to contribute to the life of the class and the school.

Attitudes:

Appreciate the need for rules and respect the rules that have been made.

Statements for Assessment:

I know our classroom and school rules and how they help us.

I know how rules are important and help us 'get on' together.

I can tell you how I follow our rules

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

One child has to leave the circle and not look at the rest of the class. The teacher or a child chooses a child to say one of the rules we try to keep in class. The other child has to guess who said the rule. Swap roles 2 or 3 times. Alternatively, one child can hide under a blanket in the middle of the circle while one child sitting in the circle says the rule.

Step 2. Round

Teacher leads a brief discussion on classroom rules and what they are and why we have them.

Trigger statement:

Rules help us to..... follow the virtues of respect and courtesy by showing good manners.

Step 3. Open Forum

Introduce two puppets to the children by name. eg Rosie and Harry

Tell the children that Rosie wants to talk to them.

Rosie says "Harry hedgehog is making me feel very sad. He shouts out, he takes things without asking, he never says please and thank you. He won't share anything with me. I don't think he knows how to show respect and be courteous."

Teacher "Do you think Harry should be doing these things?"

Children respond.

What can we do to help Harry?

Encourage children to remind each other of the class rules.

(Talk partners).

Step 4. Celebration

Ask 2 or 3 children to mention someone they know has kept a classroom rule and what it was.

Everyone gives that child a clap.

Step 5. Ending Ritual

Share a courteous smile; shake hands with respect with the person next to you.

(saying Peace be with you)

CIRCLE TIME: YEARS: 3/4

Virtue 1 (Autumn 1): Respect / Courtesy:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

PSHCE:

Play an active role as members of society.

Knowledge:

Understand why school rules are made and the consequences of breaking them. **Respect** and **Courtesy** allow our school to be a more orderly environment where everyone feels valued.

Skills:

Take part in making and changing rules.

Attitudes:

Consider how you would like to be treated by others (including belongings/school property) and treat others in this same way. Use good manners and express yourself politely even when you are upset.

Statements for Assessment:

I know why school rules are made and what happens if we break them.

I can help to make a school rule for our classroom.

I live our school and class rules every day.

I show respect and courtesy by being polite and using good manners towards everyone.

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

Who was the trickster? (To the tune of who stole the cookie from the cookie jar)

This game encourages children to concentrate, listen carefully and take turns.

The children sit in a circle. They clap to the rhythm of the first two lines and continue to do this each time they are repeated. Use names of children in the circle.

Class: Who was the trickster awake last night?

Roaming the house 'til morning light/

Teacher: (Child A's name) was the trickster ready to strike.

Child A: Oh no, no, I shake my head, I was tucked up asleep in bed.

Class: Then who was the trickster awake last night?

Roaming the house 'til morning light/

Child A: (Child B's name) was the trickster ready to strike.

Child B: Oh no, no, I shake my head

I was tucked up safe in bed.

Class : Then who was the trickster etc etc

Step 2. Round

Discuss with the children the class and school rules. Talk about the different rules and discuss the reasons why we have those rules, eg only one person speaking at once so that we can all hear what they have to say etc. We have rules to keep us safe, to help us do our work, to be aware of the needs of other people. Children to give examples of different kinds of rules.

Trigger statement:

We have rules to... follow the virtues of respect and courtesy by showing good manners. We will treat others as we want to be treated. We speak politely to everyone.

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 sometimes people

Do not want to play my game – this makes me feel really cross and angry and I sometimes break the school rules by hitting out and shouting.

Talking partners to gain ideas – giving the following sentence stems.

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

"Would it help if you?" or

"Would it help if we?"

Children feedback ideas to the class

[As soon as you think your class are ready children in class can request help from their peer group using their own scenarios about a time when they have not shown respect and courtesy]

Step 4. Celebration

Ask the children to look around the circle. Is there anyone they would like to say thank you to or to offer a special mention perhaps for being a friend or supporting them?

Step 5. Ending Ritual

The children stand in a circle. They walk across the circle to another child and say "Good morning/afternoon" – shaking hands and then stand in the place of the child they have greeted. The child who has been greeted then repeats this sequence with another child until all the children in the circle have been greeted.

CIRCLE TIME: YEARS: 5/6

Virtue 1 (Autumn 1): Respect / Courtesy:

I am respectful. I treat others as I would like to be treated.

I show courtesy to everyone as we are all made in God's image and likeness.

PSHCE:

Play an active role as members of society.

Knowledge:

Understand why school rules are made and the consequences of breaking them, relate this to simple knowledge about the law and understand that rules and laws are designed to protect. Christians believe that we are all made in God's Image and likeness and all deserve Respect and Courtesy

Skills:

Take part in making and changing rules. Make informed decisions. Work as part of a group.

Attitudes:

Appreciate home, school and community values and practice the virtues of Respect and Courtesy

Statements for Assessment:

I know the school and classroom rules.

I can talk about rules and why rules are important.

I appreciate people's need for fairness, respect and order.

I understand that we are all made in God's Image and likeness and deserve to be treated with dignity.

I understand how I would like to be treated and will try to treat others in the same way.

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 Rule of the Game

One child leaves the room briefly while the others decide on a rule for the game, such as they have to put their hand on their right hip when they answer, or they have to speak in a low voice. Once a rule is decided the child is invited back in. They ask the children questions that have to be answered according to the rule. They continue until the rule is guessed. The game

is repeated with a different rule and child. [It is a good idea to thought shower ideas for rules before the game starts, so that children have an idea of what to look for. Set a time limit to keep the game moving.]

Step 2. Round

Trigger statement:

[Before you do this Circle Time make sure the classroom rules are available for children to see]

I think a useful rule is...because

Step 3. Open Forum

Teacher in role:

I need help because I just don't get why everyone goes on about rules so much...and why does it matter so much if rules get broken...it doesn't bother me if a rule gets broken so why do people go on so much about them?

[This is a real issue for children and adults. If rules have not been discussed, agreed and debated they can feel like impositions and some children will have difficulty following them because they quite literally do not mean anything. A useful analogy is with traffic. You could take children out to watch the traffic and ask them what rules are being followed [or broken!] and what would the impact be if they weren't followed? This may also be a useful time to review classroom rules]

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

"Would it help if you?" or

"Would it help if we?"

How did that make you feel? I felt ,,,,,

[As soon as you think your class are ready, children can request help from their peer group using their own scenarios about when they find it difficult to show respect and courtesy, or when someone has not shown respect of courtesy to them.)

Step 4. Celebration

Begin by asking children to vote on a classroom rule that they think is really important. Next, ask the children to look around the circle. Is there anyone they would like to nominate or say thank you to for keeping that rule? Do ask children to be specific about the actions that they have noticed.

Step 5. Ending Ritual

Play RESPECT by Aretha Franklin

Make a shield showing 4 ways in which we can treat each other with Respect and Courtesy.

CIRCLE TIME: YEAR: FOUNDATION STAGE

Virtue 2 – Autumn – Thankfulness:

I am grateful for all that I have and I praise God for all He has given me.

PSHCE:

4a. Develop effective and satisfying relationships.

Knowledge:

Know that beauty and wonder exist in the world. Know that we should be thankful for everything that God has given us. To know that we all have gifts and talents that we need to share with others.

Skills:

Be able to experience beauty and wonder in what you see, hear, taste, smell and touch.

Attitudes:

Appreciate that beauty and wonder can be discovered in the world through our senses. Remember to be thankful for all we have and to share our gifts and talents with others.

Statements for Assessment:

I can tell you some beautiful things I can see, hear, smell, taste or touch.

I try to appreciate all the wonderful things I can see, hear, taste, smell and touch.

I know how to use my senses.

I know how and when to say thank you.

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

'Send the Rain'

The children sit in a circle. The teacher wiggles his/her fingers. S/he says s/he is making rain. S/he passes the mime to the child next to him/her. That child passes it on to the next, and so on around the circle. When all the children are wiggling their fingers, the teacher changes the action to thunder – slapping his/her knees – or wind – waving his/her arms. The teacher sends various movements around the circle in quick succession and ends by bringing out the sun – hands mime a circle.

Step 2. Round

Puppet tells teacher that s/he has had a lovely day today because she has been outside, smelt the grass, listened to the birds and seen a lovely flower. She/he says it makes him/her feel thankful because s/he knows that God has made this world a beautiful place. S/he asks teacher if he/she has ever been thankful for anything. (Teacher model something from nature that they have used their senses to appreciate.

Talking partners – children tell a friend something they have seen , heard, smelt , tasted and touched that they are thankful for – from God's Creation.

Step 3. Open Forum

Trigger statement:

I am Thankful for

Children stand in a circle and each person clasp their hands together in front of them – arms straight- forming a 'Thankfulness basket' each person can speak or pass – to pass they wave their basket to the next person in the circle or just say pass.

In my Thankfulness basket I have –e.g. For the leaves that grow on the trees, my mum, my dad.

Step 4. Celebration

A round of applause for all the beautiful and amazing things in the world around us.

Step 5. Ending Ritual

Everywhere around me

https://www.youtube.com/watch?v=2Od_qFJ2g5o

CIRCLE TIME: YEARS: 1/2

Virtue 2 – Autumn – Thankfulness:

I am grateful for all that I have and I praise God for all He has given me.

PSHCE:

Develop effective and satisfying relationships.

Knowledge:

Understanding that certain words make the world a better place e.g please, thank you, sorry.

Skills:

Be able to experience beauty and wonder in what you see, hear, taste, smell and touch.

Be thankful for God's gifts and show appreciation for his creation and our gifts and talents.

Attitudes:

Be thankful for the simple things in life (God's Creation)

Sharing what we can with those who are less fortunate than ourselves, (Harvest- CAFOD).

Statements for Assessment:

I can say thank you when someone shares with me.

I can recognise the simple things in life that God has created.

I can thank God for the gifts and talents he has given 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

Living Legends

(This game provides a positive focus for each child as part of the whole.)

Each child chooses an alliterative adjective to preface their name. Explain that the description should be positive; for example, friendly Fiona, kind Karl, marvellous Mary, wonderful Wayne. 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, joyful John 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

I was alone in the classroom the other day and began to stare out of the window. After looking outside for a short time I was amazed at all the beautiful and wonderful things that were there. I don't usually take very

much notice of what is around me because I'm busy doing things. What do you think I saw that was so amazing that I usually take for granted?

Trigger statement:

I think you saw.....It is amazing because.....

Step 3. Open Forum

Puppet says s/he was listening to sounds all around the other day. S/He was surprised at how many sounds he could hear that he didn't usually take any notice of or listen very carefully to. I wonder what sounds we can hear in the world around us if we listen very carefully now?

Children respond

Step 4. Celebration

Let's give a big round of applause for noticing so many beautiful and wonderful things in the world around us.

Step 5. Ending Ritual

Sing a hymn - Everywhere around me - https://www.youtube.com/watch?v=2Od_qFJ2g50

All things Bright and Beautiful

One of your own that is about Harvest . thanking God for Creation

Cauliflowers Fluffy – see You Tube link below.

<https://www.bing.com/videos/search?q=cauliflowers+fluffy+song&view=detail&mid=7079A9D46B70985459CF7079A9D46B70985459CF&FORM=VIRE>

CIRCLE TIME: YEARS: 3/4

Virtue 2 – Autumn – Thankfulness:

I am grateful for all that I have and I praise God for all He has given me.

PSHCE:

Develop effective relationships within the school, parish, local community and the wider world.

Knowledge:

Being thankful about the things you have and the people you care about.

Show your appreciation when someone does something kind for you.

Be open to the wonder and beauty in the world.

Skills:

Be able to experience beauty and wonder in what you see, hear, taste, smell and touch.

Be thankful for God's gifts and show appreciation for his creation and our gifts and talents.

To recognise that we have responsibility to take care of God's creation and share God's gifts fairly.

Attitudes:

Be thankful for the simple things in life (God's Creation). Focus on the good things in your life and count your blessing often.

Sharing what we can with those who are less fortunate than ourselves, (Harvest- CAFOD).

Statements for Assessment:

To be Thankful for God's Creation and to take care of the things that God has given us.

I know that recognising the beauty and wonder in the world around me effects others as well as myself.

To respect the world around me I must be awake and aware!

To show thankfulness and generosity around Harvest Time.

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

"Guided Meditation" – 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 tiny pebbles. They hear the pebbles scrunching under their feet with each step they take. (Shake a rain stick to make appropriate sound). Can they feel the tiny pebbles 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 (Shake the rain stick to stimulate walking on the pebbles).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 (Tip the rain stick slowly to make this sound.) Breathe in and out to the rhythm of the waves. You feel warm and relaxed. Think of a gentle thought that makes you feel; warm inside, like

stroking a cat, cuddling someone you love, watching a happy television programme.....The beach scene is going to fade away gradually but no one can take away your special thought.

Prayer – Say a Glory Be to the Father – thanking God for his wonderful creation. Now I want to open your eyes and smile at as many people as possible.

Step 2. Round

The teacher discusses with the children what they felt during the meditation, the wonder and beauty in the sea, in my special thought, in the sounds.

Trigger statement:

I see awe and wonder in.....

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:

Some of the children in my class seem to be able to see the beauty and wonder in the most ordinary things, things that we see every day. I've often heard other children say about a butterfly or snail they have seen, "Wow, look at that! Isn't it incredible". I just can't seem to see the beauty in the ordinary things around us. I'd really like to wake up to the wonder and beauty of it all. Can you help me...

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]

Step 4. Celebration

Would anybody like to nominate someone who has shown thankfulness in something ordinary in the last few days.

Step 5. Ending Ritual

Pass a 'thumbs up' sign around the circle and say, "I think you're wonderful!!"

OR

Sing a hymn - Everywhere around me - https://www.youtube.com/watch?v=2Od_qFJ2g50

All things Bright and Beautiful

One of your own that is about Harvest . thanking God about Creation

Cauliflowers Fluffy – see You Tube link below.

<https://www.bing.com/videos/search?q=cauliflowers+fluffy+song&view=detail&mid=7079A9D46B70985459CF7079A9D46B70985459CF&FORM=VIRE>

CIRCLE TIME: YEARS: 5/6

Virtue 2 – Autumn – Thankfulness:

I am thankful I for all that I have and I praise God for all He has given me.

PSHCE:

Develop effective and satisfying relationships.

Knowledge:

Being thankful about the things you have and the people you care about.

Show your appreciation when someone does something kind for you.

Be open to the wonder and beauty in the world.

Skills:

Be able to experience beauty and wonder in what you see, hear, taste, smell and touch.

Be thankful for God's gifts and show appreciation for his creation and our gifts and talents.

To recognise that we have responsibility to take care of God's creation and share God's gifts fairly

Attitudes:

Be thankful for the simple things in life (God's Creation). Focus on the good things in your life and count your blessing often.

Sharing what we can with those who are less fortunate than ourselves, (Harvest- CAFOD).

Statements for Assessment:

I know that the world is full of amazing and wonderful things.

I know that I must develop an effective, caring relationship with the planet.

I am able to see things from different points of view.

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.

"Guided Meditation" – 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 tiny pebbles. They hear the pebbles scrunching under their feet with each step they take. (Shake a rain stick to make appropriate sound). Can they feel the tiny pebbles 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 (Shake the rain stick to stimulate walking on the pebbles). 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 (Tip the rain stick slowly to make this sound.) Breathe in and out to the rhythm of the waves. You feel warm and relaxed. Think of a gentle thought that makes you feel; warm inside, like stroking a cat, cuddling someone you love, watching a happy television programme.....The beach scene is going to fade away gradually but no one can take away your special thought.

Prayer – Say a Glory Be to the Father – thanking God for his wonderful creation. Now I want to open your eyes and smile at as many people as possible.

Step 2. Round

The teacher discusses with the children what they felt during the meditation, the wonder and beauty in the sea, in my special thought, in the sounds.

Trigger statement:

I see awe and wonder in.....

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:

Some of the children in my class seem to be able to see the beauty and wonder in the most ordinary things, things that we see every day. I've often heard other children say about a butterfly or snail they have seen, "Wow, look at that! Isn't it incredible". I just can't seem to see the beauty in the ordinary things around us. I'd really like to wake up to the wonder and beauty of it all. Can you help me...

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

"Would it help if you?" or

"Would it help if we?"

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

Step 4. Celebration

Some people say and do things for us that make us feel really good. Is there anybody in our circle who has made you feel really warm and good inside – and would you like to thank them?

Step 5. Ending Ritual

Send a ripple

The children sit in an inward facing circle. The teacher wriggles her/his ten fingers, explaining that she/he is making it rain, and passes it on to the child next to her. That child passes it on to the next child and so on around the circle. When all the children are wriggling their fingers, the teacher changes the action to thunder slapping knees- or wind waving arms. The teacher sends various movements around the circle in quick succession and ends by bringing out the sun – hands mime a circle. Shout "Alleluia"

OR

Sing a hymn - Everywhere around me - https://www.youtube.com/watch?v=2Od_qFJ2g5o

All things Bright and Beautiful

One of your own that is about Harvest . thanking God about Creation

Cauliflowers Fluffy – see You Tube link below.

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

CIRCLE TIME: YEAR: Foundation Stage

Virtue 3 – Autumn 2 – Hope:

I trust that God’s love has no end and that He is at work in my life and in the world.

PSHCE:

Make the most of our abilities.

Knowledge:

I know that it is right to have hope, I trust in God and believe he is at work in the world,
I know that I must not give up and I must have hope even when things are difficult
I try not to give up.

Skills:

Recognise what they can help other people and should hope that others help them.
Don’t give up when things are difficult.

Attitudes:

Value their ability to help others.
Be willing to keep trying when learning new things.

Statements for Assessment:

I know I can try again.
I know it is alright to make mistakes.
I can tell you some things I am good at.
I have hope in God and trust He will help 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

Pass a handshake around – saying I hope you’re happy today.

Step 2. Round

Teacher asks puppet today to think about something which s/he has found hard to do or learn. Puppet tells teacher that s/he really had to work at being able to catch a ball.
Teacher asks children to think of something they have learnt to do that was not easy.

Trigger statement:

I found it hard to...but now I can

Step 3. Open Forum

Have a puppet with a pencil, carrying a tissue.

Teacher asks puppet why s/he needs a tissue when s/he is learning to write her name. Puppet tells teacher that s/he really wants to learn how to write her name but it seems to be taking her/him a very long time. S/he says that s/he needs her/his tissue because s/he gets so upset when s/he sees everyone else writing their name and s/he can't.

Teacher tells puppet not to worry. S/he asks the children to help.

Children give ideas

Step 4. Celebration

Show the children a happy and sad face. Ask them to choose how they felt when they finally got something right that they had been struggling with. Show your face.

Now think of someone in the circle who helped you to achieve – and everyone show them a happy face.

Step 5. Ending Ritual

Sing He's got the whole World in his hands. – see link below.

https://www.youtube.com/watch?v=hXrqnfcW_Y8

CIRCLE TIME: YEARS: 1 & 2

Virtue 3 – Autumn 2 – Hope:

I trust that God's love has no end and that He is at work in my life and in the world.

PSHCE:

1b. Make the most of our abilities.

Knowledge:

Know that it is right to Trust in God.

Skills:

To keep going in times of difficult and not to give up hope.

To have trust in our Heavenly Father.

Attitudes:

Be willing to persevere and overcome difficulties.

To have hope that God is helping us in our daily lives and that he has a plan for each of us.

Statements for Assessment:

I know I can make mistakes.

I keep trying and do not give up and have hope in God.

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

Musical freeze

You can only move when the music (or drum) is played; when the music stops you freeze, and you take it in turns to call out how you should move – for example wearily, or chirpily.

Step 2. Round

This round uses paired talk- facing their partners. Demonstrate listening skills with a child for children to see:

- Eye contact
- Still bodies
- Waiting until the person has finished talking

The teacher then asks the children to think of one thing they have found difficult and to share this with their partner in the circle. Can their partner help them to think of something that might help?

Step 3. Open Forum

Ask the children what they think is the difference between the meanings of the words 'wish' and 'hope'. You may like to read out the dictionary definitions. ('Wish' means to feel or express a strong desire or hope for something that cannot or probably will not happen; 'hope' means to want something to happen or be the case.) It seems that a wish is something that we can't really influence, although we would like it to come true. Hope, on the other hand, suggests a greater chance of something actually happening.

Talking partners – I hope to be better at How can I make this happen.

Trigger statement:

I hope to be better at How can I make this happen

Step 4. Celebration

Ask the children to look around the circle. Is there anyone who shows a lot of hope? Someone who goes back to things time and again, someone who doesn't give up? It may be someone who shows patience on the playground. Do encourage children to be specific about the actions they have noticed rather than just saying, "I've noticed Tanya is full of hope when....".

Step 5. Ending Ritual

Sing a hymn

'We are marching in the light of God' (see link below)

<https://www.bing.com/videos/search?q=we+are+marching+in+the+light+of+god+youtube&view=detail&mid=47FB04EC3C028D21F4EA47FB04EC3C028D21F4EA&FORM=VIRE>

'Father, I place into Your hands' (Mission Praise)

CIRCLE TIME: YEARS: 3/4

Virtue 3 – Autumn 2 – Hope:

I trust that God's love has no end and that He is at work in my life and in the world.

PSHCE:

Make the most of our abilities.

Knowledge:

Know how their strengths can help a group perform a task. Hope in God together

Skills:

Set personal goals and not give up hope.

Attitudes:

Value opportunities for new experiences, even if they are difficult.

Know God Loves us and have Trust in God.

Statements for Assessment:

I know I can make mistakes.

I keep trying and do not give up and have hope in God.

I appreciate new experiences, even if they are difficult and use my strengths to keep me going.

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. Reflection

Show the children the piece of dead wood.

In winter, the ground can look dead and dark, like this piece of wood. The snow comes and the ground becomes hard and cold. Then, suddenly, up pops a beautiful flower - the snowdrop! It helps us to realize that no matter how dark and bad things become, there is still hope in the darkness.

Step 2. Round.

Pass a dish of water – each child with a pebble – say out loud (or in their heads) what are their hopes for the future

Step 3. Open Forum

What are your hopes for the future?

What are your hopes for this year?

Let's make the decision always to try hard, but also to be good and honest people as we work towards our dreams.

Trigger statement:

This week I am going to...

Step 4. Celebration

Ask the children to look around the circle. Is there anyone they would like to nominate someone who has shown Trust.

Step 5. Ending Ritual

Sing a hymn

'We are marching in the light of God' (see link below)

<https://www.bing.com/videos/search?q=we+are+marching+in+the+light+of+god+youtube&view=detail&mid=47FB04EC3C028D21F4EA47FB04EC3C028D21F4EA&FORM=VIRE>

'Father, I place into Your hands' (Mission Praise)

CIRCLE TIME: YEARS: 5 & 6

Virtue 3 – Autumn 2 – Hope:

I trust that God's love has no end and that He is at work in my life and in the world.

PSHCE:

Make the most of our abilities.

Knowledge:

Know that it is right to Trust in God.

Hope in God together

Skills:

Set personal goals and not give up hope.

Attitudes:

Value opportunities for new experiences, even if they are difficult.

Know God Loves us and have Trust in God.

Statements for Assessment:

I know I can make mistakes.

I keep trying and do not give up and have hope in God.

I appreciate new experiences, even if they are difficult and use my strengths to keep me going.

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. Reflection

Show the children the piece of dead wood.

In winter, the ground can look dead and dark, like this piece of wood. The snow comes and the ground becomes hard and cold. Then, suddenly, up pops a beautiful flower - the snowdrop! It helps us to realize that no matter how dark and bad things become, there is still hope in the darkness.

Step 2. Round.

Pass a dish of water – each child with a pebble – say out loud (or in their heads) what are their hopes for the future

Step 3. Open Forum

What are your hopes for the future?

What are your hopes for this year?

Let's make the decision always to try hard, but also to be good and honest people as we work towards our dreams.

Trigger statement:

This week I am going to...

Step 4. Celebration

Ask the children to look around the circle. Is there anyone they would like to nominate someone who has given them hope. Eg – I nominate Jack because he gave me hope when he helped me with my spellings.

Step 5. Ending Ritual

Sing a hymn

'We are marching in the light of God' (see link below)

<https://www.bing.com/videos/search?q=we+are+marching+in+the+light+of+god+youtube&view=detail&mid=47FB04EC3C028D21F4EA47FB04EC3C028D21F4EA&FORM=VIRE>

'Father, I place into Your hands' (Mission Praise)

CIRCLE TIME: YEAR: Foundation Stage

Virtue 4 – Autumn 2 – Patience:

I can wait. I have self-control and can act calmly even when things are difficult.

PSHCE:

Learn to respect the differences between people.

Knowledge:

Know that patience is waiting calmly.

We must be gently and show self-control when we are not getting our own way.

Skills:

Show self-control and react calmly when things are difficult.

When we make mistakes stay calm and know that in time things will be all right

Attitudes:

Develop self-control when dealing with others with friends and within the family.

Practice Patience when they wait without complaining.

Statements for Assessment:

I can wait patiently.

I can show self-control.

I can treat other with gentleness even during disagreements.

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 about being Patient and Waiting your turn.

Children stand up in a circle, one child has the holding cross and to walk across the circle give the cross, sit down and then child with the cross chooses another child to give the cross and sit down etc. Games stops when all children are sitting down.

Step 2. Round

Discuss what 'self-control' means. Do they have any ideas?

Explore with the children how they have to think before reacting because sometimes what they want to do is not the right thing to do. Have their teachers or parents ever asked them to count to ten before responding to what someone else has done or said?

That is because it is important to think before we react. Just taking ten seconds can help us think about how we are feeling and thinking, calm ourselves, if necessary, then we can control how we respond. In talk

partners ask the children to discuss what strategies they use when they are feeling impatient and which help them to maintain self-control.

Trigger statement: I will show self-control by

Step 3. Open Forum

The teacher talks to puppet about what he is excited about.. Puppet says he can't wait for Christmas. He is thinking about it all the time. The teacher tells puppet what she has noticed he is not concentrating, not being kind to his friends and is not showing self-control.

Children use talk partners to give ideas to the puppet of how he can develop patience and self-control. The children share ideas with the rest of the class.

Step 4. Celebration

Nominate someone in class who demonstrates self-control.

Step 5. Ending Ritual

High Five each other for all the brilliant ideas

CIRCLE TIME: YEARS: 1 & 2

Virtue 4 – Autumn 2 – Patience:

I can wait. I have self-control and can act calmly even when things are difficult.

PSHCE:

Learn to respect the differences between people.

Knowledge:

Know that patience is waiting calmly.

We must be gently and show self-control when we are not getting our own way.

Skills:

Show self-control and react calmly when things are difficult.

When we make mistakes stay calm and know that in time things will be all right

Attitudes:

Develop self-control when dealing with others at school, with friends and within the family. People practice Patience when they wait without complaining.

Statements for Assessment:

I can wait patiently.

I can show self-control.

I can treat other with gentleness even during disagreements.

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 about being Patient and Waiting your turn.

Children stand up in a circle, one child has the holding cross and to walk across the circle give the cross, sit down and then child with the cross chooses another child to give the cross and sit down etc. Games stops when all children are sitting down.

Step 2. Round

Discuss what 'self-control' means. Do they have any ideas?

Explore with the children how they have to think before reacting because sometimes what they want to do is not the right thing to do. Have their teachers or parents ever asked them to count to ten before responding to what someone else has done or said?

That is because it is important to think before we react. Just taking ten seconds can help us think about how we are feeling and thinking, calm ourselves, if necessary, then we can control how we respond. In talk

partners ask the children to discuss what strategies they use when they are feeling impatient and which help them to maintain self-control.

Trigger statement: I need patience when...I will show self-control by

Step 3. Open Forum

The teacher talks to puppet about what he is excited about.. Puppet says he can't wait for Christmas. He is thinking about it all the time. The teacher tells puppet what she has noticed he is not concentrating, not being kind to his friends and is not showing self-control.

Children use talk partners to give ideas to the puppet of how he can develop patience and self-control. The children share ideas with the rest of the class.

Step 4. Celebration

Nominate someone in class who demonstrates self-control and patience.

Step 5. Ending Ritual

High Five each other for all the brilliant ideas

CIRCLE TIME: YEARS: 3 & 4

Virtue 4 – Autumn 2 – Patience:

I can wait. I have self-control and can act calmly even when things are difficult.

PSHCE:

Learn to respect the differences between people.

Knowledge:

Know that patience is quiet hope, trust, and expecting things to turn out all right.

Patience is doing something now so that it will later bear fruit. Patience is a commitment to the future.

Skills:

Demonstrate patience, acceptance and respect for others. Show self-control and react calmly when things are difficult.

Attitudes:

Consider their developing self-control when dealing with responsibilities at school, with friends and within the family. People practice Patience they wait without complaining.

Statements for Assessment:

I appreciate that I have a responsibility to show patience with others, at home, in school and in the wider community.

I can wait patiently.

I can show self-control.

I can treat other with gentleness even during disagreements.

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 pairs, children study the appearance of their partners, then turn back to back and slightly alter their appearance, e.g. push up sleeve, roll down sock, unbutton cardigan. They then face each other again and try to guess what change has been made.

Step 2. Round

Discuss what 'self-control' means. Do they have any ideas?

Explore with the children how they have to think before reacting because sometimes what they want to do is not the right thing to do. Have their teachers or parents ever asked them to count to ten before responding to what someone else has done or said?

That is because it is important to think before we react. Just taking ten seconds can help us think about how we are feeling and thinking, calm ourselves, if necessary, then we can control how we respond. In talk

partners ask the children to discuss what strategies they use when they are feeling impatient and which help them to maintain self-control.

Trigger statement: I need patience when...I will show self-control by

Step 3. Open Forum

Ask children to close their eyes and imagine the Nativity – who had patience – explain how you know this.

Step 4. Celebration

Nominate someone in class who demonstrates self-control and patience.

Step 5. Ending Ritual

When is He coming O Redeemer

<https://www.youtube.com/watch?v=hzOlsC6gw48>

CIRCLE TIME: YEARS: 5&6

Virtue 4 – Autumn 2 – Patience:

I have self-control and can wait calmly even when things are difficult.

PSHCE:

Learn to respect the differences between people.

Knowledge:

Know that patience is quiet hope, trust, and expecting things to turn out all right.

Patience is doing something now so that it will later bear fruit. Patience is a commitment to the future.

Skills:

Demonstrate patience, acceptance and respect for others. Show self-control and react calmly when things are difficult.

Attitudes:

Consider their developing self-control when dealing with responsibilities at school, with friends and within the family. People practice Patience, they wait without complaining.

Statements for Assessment:

I appreciate that I have a responsibility to show patience with others, at home, in school and in the wider community.

I can wait patiently.

I can show self-control.

I can treat other with gentleness even during disagreements.

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 pairs, children study the appearance of their partners, then turn back to back and slightly alter their appearance, e.g. push up sleeve, roll down sock, unbutton cardigan. They then face each other again and try to guess what change has been made.

Step 2. Round

Discuss what 'self-control' means. Do they have any ideas?

Explore with the children how they have to think before reacting because sometimes what they want to do is not the right thing to do. Have their teachers or parents ever asked them to count to ten before responding to what someone else has done or said?

That is because it is important to think before we react. Just taking ten seconds can help us think about how we are feeling and thinking, calm ourselves, if necessary, then we can control how we respond. In talk

partners ask the children to discuss what strategies they use when they are feeling impatient and which help them to maintain self-control.

Trigger statement: I need patience when...I will show self-control by

Step 3. Open Forum

Ask children to close their eyes and imagine the Nativity – who had patience – explain how you know this.

Step 4. Celebration

Nominate someone in class who demonstrates self-control and patience.

Step 5. Ending Ritual

Play Take That – Patience

<https://www.bing.com/videos/search?q=patience+take+that&&view=detail&mid=598CB7EB31A1CC8B69A3598CB7EB31A1CC8B69A3&&FORM=VRDGAR>

I am respectful and courteous

when

I respect myself and know I deserve respect from others.

I treat everyone how I would like to be treated.

I use good manners.

I respect and follow school and classroom rules.

I speak politely to everyone.

I listen to others.

I praise others for their good conduct.

I respect and look after my own and other people's belongings.

Virtues to Live by

I am thankful

when

I can say thank you to God.

I take time to appreciate the awe and wonder in God's creation.

I show God I am thankful to Him by cherishing the gifts of His creation.

I am thankful for all the gifts in me and around me.

I count my blessings every day and remember to praise God for them.

I know that all I have is a gift from God.

Virtues to Live by

I am hopeful

when

I believe and trust that God will not give up on me.

I am positive about the future.

I don't give up on myself.

I have hopes and dreams that we can all work for a better world.

I pray to God placing my life in his hands.

I know God has a plan for me.

Virtues to Live by

I am patient

when

I can wait.

I use strategies to keep myself calm.

I can do something now that will help me in the future.

I can accept things I cannot change with humour and grace.

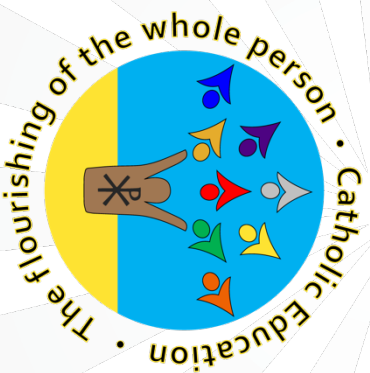
I am patient with myself when I make mistakes.

I am patient with others when they make mistakes.

Virtues to Live by

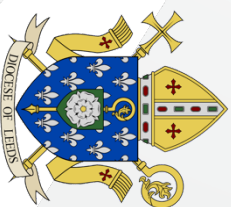
is presented with this certificate in recognition of living out the virtues of

Respect and Courtesy



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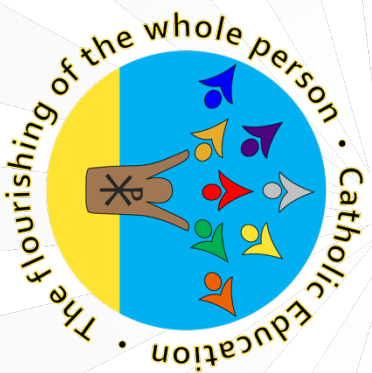
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Virtues to Live by

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

Thankfulness



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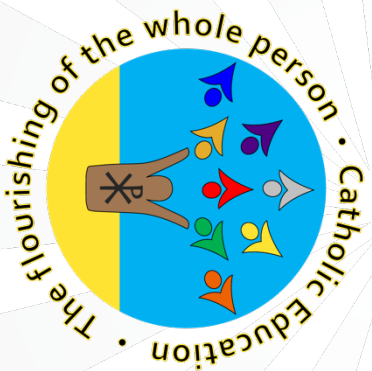
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Virtues to Live by

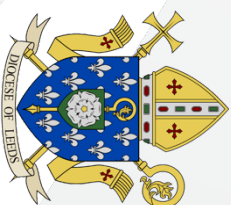
is presented with this certificate in recognition of living out the virtue of

Hope



PRESENTED BY: _____

DATE: _____



Virtues to Live by

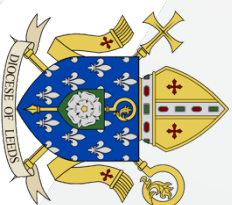
is presented with this certificate in recognition of living out the virtue of

Patience



PRESENTED BY: _____

DATE: _____



Christian Meditation

Virtue to Live By: Respect & Courtesy

Sings you are Respectful and Courteous:

I respect myself and know I deserve respect from others. I treat everyone how I would like to be treated.

I use good manners. I respect and follow school and classroom rules. I speak politely to everyone. I listen to others I praise others for their good conduct.

I respect and look after my own and other people's belongings.

Respect - *"So in everything, do to others what you would have them do to you."* (Matthew 7:12)

"Show proper respect to everyone." (1 Peter 2:17)

Courtesy - *"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you."* (Ephesians 4:29)

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.

[Catholic Mediation Music](#)

[Instrumental Hymns for meditation](#)

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.

Respect & Courtesy Meditation

With your eyes closed, imagine the feeling of a gentle breeze and the sun upon your face, the grass beneath your feet...allow your imagination to conjure images of you being in this special place. Allow the music to relax you even more, absorb yourself in the experience. In this special place, we are one with God, we feel safe and love in the presence of the Lord.

With every breath we take we feel closer to Him. We know that He loves us and wants us to be closer to Him.

As we begin our time in meditation, take a moment to think about the summer...what were some of your favourite memories? ...why was the summer special? ... have you changed over the summer? ...

At the start this new school year, you may be feeling excited, or nervous, glad or unsure. There are always questions and excitement and uncertainty as a new school year begins. New teachers, new friends, new routines.

The beginning of the new school year is an opportunity for change... what are some of the things you would like to do different this year compared to last year? ... What actions can you take to make your wishes to make changes become a reality for you?...

We can turn to Jesus to help us. He gave us the special virtues of respect and courtesy to help us treat other people how we would like to be treated...to treat people kindness, respect and courtesy.

Let us go to Jesus to listen to what he has to say to us...

Christian Meditation

Jesus has just come down the mountain with his disciples, who God chose to be his special followers. They must feel very privileged, don't you think? ...Look! They're being greeted by a large crowd... many people are waiting for Jesus to heal them... others are waiting to hear his teachings...Jesus is making his way to a small hill with his apostles.

Jesus sees you and waves for you to follow him. You make your way to him, and he holds your hand. Everyone is happy to see you. You, Jesus and his disciples make your way to a shady tree to sit under. It is a very hot day... you are seated with the twelve disciples at the feet of Jesus. John sits next to you and smiles. He reaches out and shakes your hand to welcome you.

Jesus begins to speak, "Love one another as I have loved you."

He continues to tell you that you are chosen by God, as special people. We are made in His image to be kind to all we meet and especially to those people who maybe find it difficult fitting in, who need our love and respect more.

Jesus continues, "Do not judge others.... or you will be judged. Treat others as you would like them to treat you...give and it will be given unto you...show respect to others. We are all different, as God has made us all different but all in His image."

Think about this for a moment...we show respect for creation and God's world, and we must show respect and courtesy for each other. Being pleasant, polite and kind makes people feel valued and respected.

Pope Francis teaches us that by using three beautiful words, **please, thank you** and **sorry** is one way and an important way to show our concern for others, a way to express our love and care; a way to recognise the good that we do for each other in our family, friends and others we meet.

Jesus wants us to respect ourselves so that we have the confidence to be ourselves and not give in to the things that are wrong or not to give in to those who want us to do things we know we shouldn't do. If we do something wrong, we should say sorry to show we will do good and to let people know we care and appreciate them.

Think about this. As you inhale, think "respect" ...and as you exhale think "courtesy".

Think about the start of the new school year and all the new ventures that lie ahead of you. What is it you will do to show respect and courtesy to all you meet? ...

Jesus finishes his teaching... he turns to you and asks you, "**Do you believe that we are friends?... Does a friend help another friend when in need?**" ... You nod silently... Jesus continues to look at you..." Then do you believe that I, your friend, will help you when you come to me? ...Will you promise to come to me when you need help being respectful, being kind and showing courtesy to others when it is tricky?"

I will give you some quiet time to respond to Jesus.

It is time to leave Jesus... say good-bye to Jesus and to the disciples... turn and leave them...open your eyes and come back into the room.

To show respect and courtesy is so important in our school community. Let us remember Jesus' teachings today and start this school year as we mean to, to show respect to all we meet, to be kind and courteous, to say please, thank you and sorry, and to have a sense of possibility to help us to flourish.

Christian Meditation

Let us finish our time together in prayer.

Closing prayer

Dear Lord,

We are thankful for the opportunity to learn new things and for our wonderful school, all the teachers and adults who help us, our friends, our families and our parish community.

As we start this new school year, let us all show respect and courtesy with all whom we meet.

Please help us to be respectful of others even though sometimes we may disagree with them.

Help us to be polite and courteous and live our lives in a way that we may be a good example of Jesus Christ.

With Jesus as our guide, we thank you for every opportunity to be a better person more and more each day. Amen.

Christian Meditation

Virtue to Live By: Thankfulness

Signs you show thankfulness:

I can say thank you to God. I take time to appreciate the awe and wonder in God's creation.

I show God I am thankful to Him by cherishing the gifts of His creation.

I am thankful for all the gifts in me and around me.

I count my blessings every day and remember to praise God for them.

I know that all I have is a gift from God.

"Give thanks to the LORD, for he is good; his love endures forever." (Psalm 106:1)

"Be thankful." (Colossians 3:15)

"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds." (Psalm 9:1)

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 thankfulness and harvest.

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

[Catholic Meditation Music](#)

[Instrumental Hymns & Peaceful Music](#)

[Catholic Meditation Music- Reflection](#)

Gathering – 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.

Thankfulness meditation

We come together in meditation as members of our school community. We look to God to help us be thankful for our school, our parish, our families and friends and God's wider world.

Let us take this time to be with God and focus on the importance of being thankful, to be grateful for all that we have and to be grateful for all the people we know and all the things that happen around us each day. Let us continue to grow in wonder about the world and see the world and our life as a gift from God. Let us use the virtue of thankfulness to benefit others. Being thankful helps you to be generous to others. Especially in harvest we think of how we can help others in need.

When you open your heart by giving thanks to God our creator, you create more space for more good things to come. When you look for all the blessings in your life you begin to feel more grateful and thankful for all the wonderful gifts we are given daily. We begin to see more beauty in the world. Thankfulness often leads to optimism. Often when you expect the best, you often find it.

Christian Meditation

To practice thankfulness, you need to take time to notice the beauty around you and within yourself. Appreciate the little things in life – water to drink, a flower in the garden or along the roadside, the sunrise and sunset, the trees moving in the breeze etc. Count your blessings every day, especially when you are facing difficulties. We can learn something new in every situation and we should be grateful for all opportunities to learn and grow.

Live in the present moment and live it to the full - try not to think too much about the past and future. Try not to compare your life with others – be grateful for all you have.

God has given us so much and what we already have is more than we need.

God walks beside us every day, looking after our needs. Spend a moment thinking about this... think of all the gifts God the Father has given us... all the wonderful things God has given you...

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

Let us go to Jesus and spend some time with him being thankful for everything we have.

You are standing in a field full of golden corn. It is a warm autumn day. Look around you and see the beauty of this place... notice the sky is blue, feel the warm sun on your head and shoulders, begin to walk through the field. The corn brushes against your legs and gently tickles. Listen to the birds tweeting, singing a wonderful autumn song... flowers swaying in the distance, all different shades of pink, yellow and mauve...so many beautiful colours. Stretch out your hand and gently stroke the golden corn. You are enjoying all of God's gifts that surround you. Isn't God wonderful to create such beauty for us to enjoy?

The birds in the trees are calling out to each other, walk towards them. Here you see a group of people sitting in the cool shade of the branches. As you walk closer, you notice it is Jesus with his disciples. Jesus sees you and calls your name and beckons you to join them. Jesus smiles at you. He pats the ground next to him and invites you to sit next to him. It feels good to be with Jesus, doesn't it?... to be wanted by him...Jesus places his arm around you and points to the birds, the flowers, the golden corn...," Isn't nature beautiful? How loving is our Father to give us such wonderful gifts. God gives us everything we need and more."

Spend some quiet time with Jesus thinking of all the things God has given you that you are thankful for...

Think of the people we love and that love us. Tell Jesus how thankful you are for your family and friends, your teachers, your school. What else are you thankful for in your life?...

Jesus holds your hand and say to you," Thank you for coming to me, for following me, for appreciating God's great kingdom. Love your family and friends...they are special to me too. Be thankful for everything God has given you. Help me and take good care of God's world, this world of awe and beauty... and help your neighbour wherever you can."

Nod to Jesus and hold his hand and smile as you make this promise to be thankful for everything you have and take care of God's world.

Christian Meditation

It is time to leave Jesus...give him a hug and say goodbye...as you walk away Jesus calls out to you by name and says, "Give thanks to the Lord, for he is good, his love endures forever. "(Psalm 106:1)

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 thankfulness and as you breathe out, concentrate on the word grateful. 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 our time with Jesus. We are thankful for everything God has given us.... our family, our school and parish, our friends, our brothers and sisters all around the world and God's wonderful world. Help us to live the virtue of thankfulness by being grateful for what we have and sharing what we can with those more in need.

Let us look after God's wonderful creations and work together for the common good, especially during the season of harvest. May we use this time to make our promise to God to be show thankfulness through acts of service and charity. Let us put our faith into action. Let us especially use this time to make a positive difference in our communities.

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

Christian Meditation

Virtue to Live By: Hope

Sings you are Hopeful:

I believe and trust that God will not give up on me. I am positive about the future.

I don't give up on myself. I have hopes and dreams that we can all work for a better world.

I pray to God placing my life in his hands. I know God has a plan for me.

"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit." (Romans 15:13)

"Let your hope keep you joyful, be patient in your troubles, and pray at all times." (Romans 12:12)

"but set Christ apart as Lord in your hearts, being ready always to give account of the hope within you..." (1 Peter 3:15)

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 of Hope i.e., symbols of Remembrance, All Souls.

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

[Alone with God Music for Prayer and Meditation](#)

[Catholic Meditation Music](#)

[Instrumental Hymns for meditation](#)

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.

Hope Meditation

With your eyes closed, allow the music to relax you even more, absorb yourself in the experience.

In this special place, we are one with God, we feel safe and love in the presence of the Lord.

With every breath we take we feel closer to Him. We know that He loves us and wants us to be closer to Him. God gives us hope, a virtue which we are going to concentrate on in our meditation.

Hope opens our heart to aspirations and leads to happiness that flows from doing good.

As we begin our time in meditation, sit quietly and think of the word hope. Take a moment to think about hope can help us build a better world, how our God of hope can fill us with joy and peace as we trust in him and be filled with hope of the Holy Spirit.

The beginning of a new half term is an opportunity for hope of what is to come. What is it you are hopeful for?... Have there ever been times where you have felt hopeless and lacking in hope?...

What did you do?...

As Christians we are a people of hope. God promised us, His people, that He would send His son Jesus to save us all. We waited in hope for Jesus to come and God kept his promise. God keeps his promises so we must try and always keep our hope alive in our hearts.

Christian Meditation

God wants us to be children of hope because He loves us. We can turn to Jesus to help us have hope. Let us go to Jesus to listen to what he has to say to us...take a deep breath and relax.

You are in a field just outside of town...Jesus is there, and people are gathering around him. They are sitting in the shade of a tree finding relief from the hot sun. Feel the heat on your arms and on the back of your neck as you walk closer to Jesus. He turns and sees you and quietly calls you by your name and beckons you to sit next to him.

Go and listen to his teaching today. It will help you enjoy and understand our Father's gift of hope that he has given to us. Walk over to Jesus and hug him and sit with the disciples.

Jesus says, "Hoping in God will never lead us into despair, because He has a plan for all of us who look to Him. He has a future that is full of hope."

Think about this for a moment...We may sometimes be faced with difficulties and need hope to understand why certain things happen which can be tricky. We need hope for the future and pray to God to let us not lose hope. A wonderful result of hope is given by the Holy Spirit of God. He gives us the power to hope and that is a demonstration of God's love for us. Hope given by him works together to give us confidence, joy, peace, power and love. That is a true gift!

Jesus finishes his teaching... he turns to you and asks you, **"Do you have hope in God?... As a child of God, can you share your hope and be hopeful for others?"** ... You nod silently... Jesus continues to look at you..." Then do you believe that I, your friend, will also give you hope when you come to me and pray to me? ...Will you promise to come to me when you need help being hopeful?"

Think about this. As you inhale, think **"hope"** ...and as you exhale think **"Jesus"**.

Think about the coming of advent and the hope of the Lord and the start of a new church year. How can you show hope to others and be hopeful in your own life?

I will give you some quiet time to respond to Jesus.

It is time to leave Jesus... say good-bye to Jesus and to the disciples... turn and leave them...open your eyes and come back into the room.

To have hope is so important as Christians and children of God. Let us remember Jesus' teachings today and as we travel towards advent let us have hope and believe and trust that God will not give up on us. With hope we are positive about the future.

Be strong, and let your heart take courage, all you who wait for the Lord! (Psalm 31:24)

We don't give up on ourselves. We have hopes and dreams that we can all work for a better world. We know God has a plan for us.

Let us finish our time together in prayer.

Closing prayer

Dear God,

May you fill us with hope and with joy and peace as we trust in you. May we be overflowed with hope by the power of the Holy Spirit.

We are your humble servants, and we pray for hope. We need hope for a better future.

We need hope for love and kindness. We need your light Lord, in every way. We pray to be filled with your light.

Help us to walk in your light and live a life in faith and glory.

In your name we pray, Amen.

Christian Meditation

Virtue to Live By: Patience

Sings you are patient:

I can wait. I use strategies to keep myself calm.

I can do something now that will help me in the future.

I can accept things I cannot change with humour and grace.

I am patient with myself when I make mistakes. I am patient with others when they mistakes.

"Be patient and wait for the Lord to act, don't be worried about those who prosper or those who succeed in their evil plans. Don't give in to worry or anger; it only leads to trouble." (Psalm 37:7-8)

"Rejoice in hope, be patient in your troubles, and pray at all times." (Romans 12:12)

"With all humility and gentleness, with patience, bearing with one another in love." (Ephesians 4:2)

"Love is patient and kind" (1 Corinthians 13:4)

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

Purple cloth for Advent, 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 of Patience i.e., symbols of Advent – wreath, advent promises etc.

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

[Advent Instrumental Hymns](#)

[Alone with God Music for Prayer and Meditation](#)

[Catholic Meditation Music](#)

[Instrumental Hymns for meditation](#)

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.

Patience Meditation

With your eyes closed, allow the music to relax you even more, absorb yourself in the experience.

In this special place, we are one with God, we feel safe and love in the presence of the Lord.

With every breath we take we feel closer to Him. We know that He loves us and wants us to be closer to Him.

As we are now in the season of Advent, it is a time of waiting when we need patience. The virtue of patience can sometimes be tricky when we are excited and waiting for something good to happen, but worth the wait especially waiting for the birth of Jesus. We need patience when waiting, a virtue which can be difficult to practice if we are feel upset or angry or cannot wait for something important and exciting to happen. We need the gifts of the Holy Spirit to help us learn to be more patient. Being patient can help us develop our relationship with God. Mary showed great patience, deep faith, and trusted God when an angel told her she was going to have a baby, the saviour of the world.

As we begin our time in meditation, sit quietly, and think of the virtue patience. Take a moment to think how being patient can help you in all different situations in school and at home. Being patient

Christian Meditation

with yourself and with others can help you build a stronger relationship with God, as we know the waiting will bring great rewards and prevent us from becoming upset or angry with ourselves and

others. God promised us, His people, that He would send His son Jesus to save us all. We wait with patience for Jesus to come and God kept his promise.

Let us go to Mary's house and be with her when angel Gabriel visited Mary to tell she was going to have a baby. Take a deep breath and relax.

You are outside Mary's house in Nazareth, a town in Galilee. It is early morning, and the sun is beginning to rise a beautiful shade of orange. You can hear a quiet tweeting of birds awaking in the trees. Turn towards Mary's house and see the door is ajar. Mary is waiting for you, enter her house. Mary is kneeling and praying...she opens her eyes and smiles at you, calls you by your name and says... "Come and pray with me."

Go and sit next to Mary. It feels good to be with her. She has such a gentle smile and kind eyes.

A bright light fills the room...it is a beautiful angel! Mary smiles at the angel. Feel the warmth from the glow of the angel.

The angel speaks to Mary, "Greetings, you who are highly favoured! The Lord is with you. "

Mary smiles at the angel. The angel turns to you and says hello. Feel your heart pound...listen... the angel is giving Mary an important message.

"Do not be afraid, Mary; you have found favour with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end."

Mary smiles at the angel and says, "I am the Lord's servant. May your word to me be fulfilled."

Then Mary turns to you and holds your hand and says, "We must be patient for the coming of the Lord. We have an important job to do."

You nod in response... and then turn to look at the place where the angel was standing and has now gone. Mary smiles at you and gives you a hug. She tells you to be patient with God and the saviour will come.

It is time to leave Mary...give Mary a hug and say goodbye. Wave god bye and go through the door and when you are ready open your eyes and come back into the room.

Let us reflect for a few moments. In Mary we see God's patience. Think how you can be more patient. We can develop patience by seeking to do God's will and accepting His timing, trusting that He will fulfil all of His promises to us. As we learn to be patient in small things, we prepare ourselves to face larger trials with patience.

We may sometimes be faced with difficulties and need patience to understand why certain things take time to happen. We need to be patient with ourselves first. For example, when we are learning something new, like a new sport, or learning to play a musical instrument or new learning in class, it can take time to become better at it. Staying calm, persevering, and having patience with ourselves will help us to not give up and succeed. When we practice being patient with ourselves, it helps us to be patient with others as we have a greater understanding of why things take time. The outcome will be better when it does happen, and it will be the plan God has for us.

Sometimes we wish for things to happen and to happen now. But God helps us learn to be patient and gives us what is right for us. He will not let anything pass us by that is not meant for us.

Christian Meditation

In advent remember, "You also must be patient. Keep your hopes high, for the day of the Lord's coming is near." (James 5:8)

Think about this. As you inhale, think "**patience**" ...and as you exhale think "**wait**".

We do not give up on ourselves. We have hopes and dreams and being patient and waiting and working hard will help us to be stronger and more patient with each other.

Let us finish our time together in prayer.

Closing prayer

O Holy Spirit,

Please help us to use your gifts to be more patient with ourselves, with others, and with things in our lives. Help us to be more conscious of you working through us and help us to become closer to God through prayer and practising the virtue of patience in our daily lives.

Let us be more like Mary, full of patience, love and with a strong faith.

There are times when our lack of patience keeps us from becoming the kind of people God wants us to be. Guide our thoughts to you and using the gift of patience in our lives each day. May we become more patient, as Mary was and know that by being patient we will achieve great things.

We need your light Lord, in every way. We pray to be filled with your light., Amen.