

# “Virtues to Live by”



## SPRING



A RESOURCE CREATED BY  
THE LEEDS DIOCESAN PRIMARY  
HEADTEACHERS' ASSOCIATION

# “Virtues to Live by”

## Guiding Principles

To ensure children and young people are given opportunities to:

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

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Friendship

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

(Proverbs 1:5)

#### **Definition**

Friendships are made by people who want to be themselves with each other, so friends listen to each other and share their time and feelings. You love your friend for the person they are not for what you can get from your friend. You always want the best for your friend and do not treat them badly but as a person whom you love.

#### **Biblical sources:**

“A friend is a friend at all times.” (Proverbs 17:17)

“There are friends who lead one to ruin, others are closer than a brother.” (Proverbs 18:24)

“The sweetness of friendship comforts the soul” (Proverbs 27:9)

“When Job’s three friends ... heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathise with him and comfort him.” (Job 2:11)

“Two are better than one, because they have a good return for their labour. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.” (Ecclesiastes 4:9-10)

“Love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends.” (John 15: 12-13) “Do to others as you would have them do to you.” (Luke 6:31)

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.” (Colossians 3:12-14)

#### **Why do we practice Friendship?**

Jesus calls his followers his friends (John 15:15) because, Jesus says, ‘I have told you everything I have heard from my Father.’ Jesus says this because with his friends he can be himself, he can share his hopes, dreams and fears; he feels at home with his friends. Friendship only makes sense in the context of love and love only exists in being shared. So, when something good or bad happens, it feels good to share these experiences with someone else who understands me as I am. Friendship enables people to be themselves with each other and so to love and to be loved in return. Friendship is a means, a schooling, through which we learn to love others.

## **How do we practice friendship?**

Being friendly makes it easier for others to be friends with us. If we smile and greet one another with genuine warmth then people will know that we are friendly. If we like ourselves enough then we will feel that we have something worthwhile to share with others.

We need to be friendly and genuinely interested in the other person, but we also need to spend time with them, sharing a pastime or do something together. We need to listen to our friends and show our love for them by being there for them in all the ups and downs of life's journey.

### **Key Words:**

**Friend, Friendly, Friendliness, Love, Be Myself,**

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

I am friendly

I treat others as I want to be treated

I show an interest in others

I ask people about themselves

I say kind and loving words

I show my friends love

I share my time and things with others

I help my friend when they are in need

I do little things for others that make them happy

I forgive my friend

### **Reflection Questions:**

Am I a good friend?

When and how do I give time to others?

Am I attentive to the needs of my friends?

Do I reflect on my friendships, are they all good for me?

### **Quotes:**

"The first thing, you see, is how the love involved in friendship ought to be gratuitous. I mean, the reason you have a friend, or love one, ought not to be so that he can do something for you; if that's why you love him, so that he can get you some money, or some temporal advantage, then you aren't really loving him, but the thing he gets for you. A friend is to be loved freely, for his own sake, not for the sake of something else." (St. Augustine, Sermon 385)

"There is no greater consolation than the unfeigned loyalty and mutual affection of good and true friends." (St. Augustine, City of God 19.8)

"When we are weighed down by poverty and grief makes us sad, when bodily pain makes us restless and exile despondent, or when any grievance afflicts us; if there be good people at hand who understand the



art of rejoicing with the joyful and weeping with the sorrowful, who know how to speak a cheerful word and uplift us with their conversation, then we shall nearly always find the rough made smoother, the burden lightened, and our troubles overcome." (St. Augustine, Letter 130)

"There is nothing on this earth more to be prized than true friendship." (St. Thomas Aquinas)

"Without friends even the most agreeable pursuits become tedious." (St. Thomas Aquinas)

### **Other sources**

"What is a friend? A single soul dwelling in two bodies." (Aristotle)

"The next best thing to being wise oneself, is to live in a circle of those who are." (C. S. Lewis)

"A friend may be waiting behind a stranger's face." (Maya Angelou)

"Friendship is always a sweet responsibility, never an opportunity." (Kahlil Gibran)

"In friendship or in love, the two side by side raise hands together to find what one cannot reach alone."  
(Kahlil Gibran)

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Love of Neighbour - Compassion

*“You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is: You shall love your neighbour as yourself.” (Matthew 22:37-39)*

#### **Definition**

LOVE OF NEIGHBOUR – you do not think only about yourself but are ready to help meet the needs of other people. You understand that anyone who is in need, whoever they are or wherever they live, is your neighbour and in need of your compassion and care. Jesus asks you to love everyone which is sometimes not easy, but if you practise love when it is easy to do, you will become, with God’s help, able to love even when it is difficult and when you are not loved in return.

#### **Biblical sources:**

“But wanting to justify himself, he asked Jesus, ‘And who is my neighbour?’ Jesus replied, ‘A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while travelling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him; and when I come back, I will repay you whatever more you spend.’ Which of these three, do you think, was a neighbour to the man who fell into the hands of the robbers?’ He said, ‘The one who took pity on him.’ Jesus said to him, ‘Go and do likewise.’” (Luke 10:29-37 from The Parable of the Good Samaritan)

“When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things. By this time it was late in the day, so his disciples came to him. “This is a remote place,” they said, “and it’s already very late. Send the people away so that they can go to the surrounding countryside and villages and buy themselves something to eat.” But he answered, “You give them something to eat.” (from the Feeding of the 5000, Mark 6:30-44)

“Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” (Matthew 25: 34-41 from the Parable of the Final Judgement)

## Why do we practice love for our neighbour?

Together with our love of God, love of our neighbour is the greatest commandment; it is central to Jesus' mission. To love is the innate vocation of every human being – there is no alternative to love; it is the permanent, supreme and fundamental virtue that gives life its meaning and purpose. Love is not simply a noun – a thing - nor is it simply a feeling, it is active and only exists in being shared and given away freely. Love is the ultimate gift from God and is, in turn, our gift to each other: 'we love because God first loved us (1 John 4:19).

## How do we practice love of our neighbour?

You can do all kinds of thoughtful things to show love. Sharing your time, your things, your skills and talents in the service of others is also a way to show love for your neighbour. But the supreme way to show love for your neighbour is to recognise that love "is always patient and kind; it is never jealous; love is never boastful or conceited it is never rude or selfish; it does not take offence, and it is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. Love does not come to an end." (1 Corinthians 13:4-8)

### Key Words:

*Love, neighbour, compassion*

### Signs that you Love your Neighbour:

I treat others as I want to be treated

I say kind and loving things

I share my things with others

I do little things for others that make them happy

I show affection

I notice when someone needs my help

I show I care by listening to others

I help people and animals in need

### Reflection Questions:

Am I ever too busy to show love?

How do I show my love?

Am I attentive to the needs of those around me?

Who is my neighbour?

### Quotes:

"Love is the fundamental and innate vocation of every human being". (FC, 11; CCC, 2393)

"Love is the virtue by which we love God above all else and our neighbour as ourselves." (CCC, 1822)

"Personal behaviour is fully human when it is born of love, manifests love and is ordered to love. This truth also applies in the social sphere; Christians must be deeply convinced witnesses of this, and they are to

show by their lives how love is the only force (cf. 1 Cor 12:31-14:1) that can lead to personal and social perfection, allowing society to make progress towards the good." (The Social Doctrine of the Church, 580)

"Christian charity truly extends to all, without distinction of race, creed, or social condition: it looks for neither gain nor gratitude. For as God loved us with an unselfish love, so also the faithful should in their charity care for the human person himself, loving him with the same affection with which God sought out man. Just as Christ, then, went about all the towns and villages, curing every kind of disease and infirmity as a sign that the kingdom of God had come (cf. Matt. 9:35ff; Acts 10:38), so also the Church, through her children, is one with men of every condition, but especially with the poor and the afflicted. For them, she gladly spends and is spent (cf. 2 Cor. 12:15), sharing in their joys and sorrows, knowing of their longings and problems, suffering with them in death's anxieties. To those in quest of peace, she wishes to answer in fraternal dialogue, bearing them the peace and the light of the Gospel." (Decree on the Missionary Activity of the Church [Ad Gentes], 12)

### **Catholic sources**

"Love is the free self-giving of the heart" (YouCat 402)

"Not all of us can do great things. But we can do small things with great love." (St. Teresa of Calcutta)

"Spread love everywhere you go. Let no one ever come to you without leaving happier." (St. Teresa of Calcutta)

"Let us always meet each other with a smile, for a smile is the beginning of love." (St. Teresa of Calcutta)

"Only the simple appeal of the commandment of love – constant, humble and unpretentious, free of vanity but firm in its conviction and dedication to others – can save us." (Pope Francis)

"The power of love is a service that resurrects what is destroyed, no matter how much it is so. Its unattainable and unquestionable source is God's loving fatherhood and motherhood." (Pope Francis)

### **Other sources**

"Love is the only force capable of transforming an enemy into a friend." (Martin Luther King)

"In friendship or in love, the two side by side raise hands together to find what one cannot reach alone." (Kahlil Gibran)

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Self-control

*“But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility and self-control.” (Galatians 5:22-23)*

#### Definition

SELF CONTROL – helps you get things done because you are focused on what you need to do and are organised. Sometimes emotions and worries can get in the way and stop you from choosing to do something. Self-control helps you control your thoughts and emotions so that they do not overwhelm you. You don't lose control of yourself when you are hurt or angry but decide how you are going to talk and what you are going to do.

#### Biblical sources:

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (2 Timothy 1:7)

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.” (2 Peter 1:3-8)

“Like a city whose walls are broken through is a person who lacks self-control.” (Proverbs 25:28)

“Better a patient man than a warrior, a man who controls his temper than one who takes a city.” (Proverbs 16:32)

“But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control.” (Galatians 5:22-23)

#### Why do we practice self control?

Self-control gives each one of us the freedom to decide how to act. Growing in self-control helps us to keep intrusive thoughts and our emotions in check so that they do not overwhelm us. Having self-control allows us to think about what we should do before we act. Having self-control also helps us focus on what we need to do because we do not get distracted from the task at hand.

#### How do we practice self-control?

We learn self-control by thinking about how we act, thinking about how we feel and then choosing what we are going to say and how we are going to act. We learn that we always have a choice. We can yell and ‘fly off the handle’, we can hit out at someone and say hurtful things to ourselves and others. Or we can choose to feel our anger, resentment or jealousy, but use a self-controlled quiet voice to tell someone you have these feelings and why?

Establishing routines is a good way of growing in self-control. You could use self-help strategies to help you stop expressing your anger in a negative way.

**Key Words:**

Self-control, emotions

**Signs that you have Self-control:**

I speak and act calmly even when I am hurt or angry

I think before I act

I can choose my words and actions carefully

I keep my Lent promises

**Reflection Questions:**

Do I sometimes let my emotions overwhelm me?

Do I give myself thinking time?

Do I always speak and act in a measured and calm way?

Am I focused on what needs to be done?

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Reflection

#### Definition

You take time to think about what you have done to learn about what went well and what you could have done differently or better: you think carefully about your actions to see how you can become a better person.

#### Biblical sources:

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” (Romans 2:2)

“Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye?” (Matthew 7:4)

“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (Joshua 1:8)

“Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves that Jesus Christ is in you?” (2 Corinthians 13:5)

“The Lord is my light and my help.” (Psalm 26:1)

“Let us examine our ways and test them, and let us return to the Lord.” (Lamentations 3:40)

#### Why do we practice reflection?

Taking time to reflect enlarges our vision: it enables us to see ourselves, others and the world as God sees. Reflection is a source of spiritual growth and is closely allied to wisdom and prayer. Reflecting enables us to appreciate our gifts, achievements and good choices and can show us the importance of gratitude.

#### How do we practice reflection?

Giving space simply to be quiet and still so that we can focus on something that asks for our attention whether a feeling, decision, a text or story from scripture is a way to learn the power of reflection. Thinking about what we have done or not done or about our work and what we have achieved or how we can make it better is a way to grow in our capacity to reflect.

#### Key Words:

Reflect, reflection, think,

**Signs that you have the capacity of Reflection:**

I can sit quietly and think

I can be still

I can reflect on the beauty of God's world and creation

I can reflect on my achievements and what I have done well

I can reflect on the good choices I have made

I reflect to see myself as God sees me.

**Reflection Questions:**

When was the last time you took some time to reflect on what is important?

What's the connection between reflection and gratitude?

In what ways does reflection enlarge your vision?



## “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)*

**Spring Term:**

**FRIENDSHIP**

## **Blessing**

O God our Father,  
We bring to you this day all our friendships.  
We ask for your blessings on them, knowing that you are doing better things that we can desire or pray for.  
Through our Lord, Jesus Christ. **Amen**

## **OPENING PRAYER:**

God our Father, you created us to live in friendship with others.  
You reveal to us through your holy word how we should live in friendship with others and the challenges and rewards of true friendship.  
Help us to make friendships that are rooted in love and truth.  
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:**

Perfume and incense bring joy to the heart,  
and the pleasantness of a friend  
springs from their heartfelt advice.

*Proverbs 27:9*

## **REFLECTION**

*There are many levels of friendship in life. We should be friendly and welcoming to all but there are also deeper closer friendships we make during our lives.*

*Having good friends is a beautiful gift – just like the beauty of perfume in a room. It makes you smile when you are part of it or when you see it in others.*

***Can you think of a friendship you have that makes you feel that way?***

*When we are in a true friendship with someone there is real joy and confidence in knowing there is a shared love and care for each other.*

***Think of a special time you have had with a friend recently. Thank God now for that conversation or meeting together, no matter how brief.***

*Being a good friend also means that you will need to be truthful with the other. This can be hard at times as we don't want to hurt feelings but if our friend seeks advice, we need to give it truthfully and bravely, always desiring what is best for them. We also need to be able to hear and receive advice too.*

*We make good friendships by being willing to give of ourselves. Our time, energy and resources – our very life.*

***How do you give of yourself to your friends?***

***How do your friends give to you?***

*We listen to each other's joys and sorrows.*

*We share a meal or go for a coffee together.*

*We help each other in times of trouble.*

*We celebrate together at different times in our lives.*

*We forgive each other when we get things wrong.*

*The scriptures are full of stories of friendship.*

*Our story starts with God's friendship with us at the very beginning. God created us for friendship with him. He still wants that friendship now. He is always waiting for us, available to us, loving us, and providing us with all we need.*

*But the ultimate friendship is that which Jesus offers each one of us today, just as he did 2 thousand years ago with His disciples. Jesus laid down his life for us, His friends, so that if we believe in Him, we can share in eternal life with Him in heaven.*

***Friends talk and listen to each other. What would you like to share with Jesus, our friend, in this very moment?***

## **LIVING OUR VIRTUE**

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

- Be friendly
- Treat others as they want to be treated
- Show an interest in others
- Say kind and loving words
- Show love to their friends

- Share their time and things with others
- Help a friend when they are in need
- Do little things for others that make them happy
- Forgive their friend

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

### **CONCLUDING PRAYER**

God our Father, Help us to learn how to be good friends. Give us the graces we need to choose friends wisely, to give our love generously and to seek your guidance before giving advice.

Help us to be friendly to all we meet, spreading the perfume of your love wherever we go.

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

### **VIRTUE TO LIVE BY**

**I am friendly and show my friends love.**

**I want the best for my friends.**

## “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)*

### Spring Term:

LOVE OF NEIGHBOUR / COMPASSION

## **Blessing**

God our Father, you are the source of all love and compassion. Bless us with your graces this day so that our hard hearts will be softened and we will see the needs of others and have a willingness to act with generosity and kindness.  
We make this prayer through Christ our Lord. **Amen**

## **OPENING PRAYER:**

God our Father, you give each one of us many opportunities every day to love our neighbour.

We are sorry that sometimes we close our eyes and our hearts only thinking of our own needs and desires.

Help us to realise the truth that it is in giving that we receive – that through loving others we expand our hearts to receive more of your perfect love.

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:**

And now a lawyer stood up and, to test him, asked, 'Master, **what must I do to inherit eternal life?**'

He said to him, 'What is written in the Law? What is your reading of it?' He replied, 'You must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself.' Jesus said to him, 'You have answered right, do this and life is yours.'

But the man was anxious to justify himself and said to Jesus,  
**'And who is my neighbour?'**

In answer Jesus said, 'A man was once on his way down from Jerusalem to Jericho and fell into the hands of bandits; they stripped him, beat him and then made off, leaving him half dead.'

Now a priest happened to be travelling down the same road, but when he saw the man, he passed by on the other side. In the same way a Levite who came to the place saw him, and passed by on the other side. But a Samaritan traveller who came on him was moved with compassion when he saw him.

He went up to him and bandaged his wounds, pouring oil and wine on them. He then lifted him onto his own mount and took him to an inn and looked after him.

Next day, he took out two denarii and handed them to the innkeeper and said, "Look after him, and on my way back I will make good any extra expense you have."

Which of these three, do you think, proved himself a neighbour to the man who fell into the bandits' hands?' He replied, 'The one who showed pity towards him.' Jesus said to him, **'Go, and do the same yourself.'**

*Luke 10:25-37*

## **REFLECTION**

*We have most probably heard this story many times but it is good to reflect on how we can all be like the three travellers on the road of life.*

*We can be like the priest or Levite by crossing the road and walking by when we think:*



*I am busy doing something important and good at the moment – I haven't got time to change my plans.*

*I can't help, I haven't got much money or resources myself, I need to keep it just in case I need it.*

*I find it hard to deal with people in pain, in hospital, homeless, I will leave it to someone who finds it easier.*

*They are from a different culture, country, religion, group – they aren't like me. I feel uncomfortable. Let someone like them help.*

*There are times though that we are like the Good Samaritan. We offer help to someone in need by:*

*Visiting a sick friend, neighbour or relative. We give generously to foodbanks, Disaster appeals, charity fundraisers. We give our time to be with someone who needs help at school, at home or in our locality. We don't walk by or turn our eyes from someone who is suffering, needs our love, our time or our resources.*

*We too want to inherit eternal life. We ask God to help us to be compassionate, good neighbours by following Jesus' command,*

***'Go, and do the same yourself.'***

## **LIVING OUR VIRTUE**

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

- I treat others as I want to be treated
- I say kind and loving things
- I share my things with others
- I do little things for others that make them happy
- I show affection
- I notice when someone needs my help
- I show I care by listening to others

- I help people and animals in need

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, give us compassion that we may show your face to those we meet. Give us a generous heart that we may share the gifts you have given us. Above all give us love that we may bring joy into the lives of those around us. We ask this through Christ Our Lord. **Amen**

### **VIRTUE TO LIVE BY**

**I know that loving my neighbour means loving EVERYONE.**

**I show my compassion when I am patient, understanding and loving to my neighbour.**

## **“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)*

**Spring Term:**

### **SELF CONTROL**

## **Blessing**

May God the Father bless us,  
May Christ take care of us  
And the Holy Spirit enlighten us  
All the days of our life.  
**Amen.**

## **OPENING PRAYER:**

God our Father, you are always with us to help and to guide us.  
We are sorry for the times we have let our emotions and desires take control which has resulted in causing pain to others or ourselves. Please forgive us. We ask for the grace to increase in the virtue of self-control in all areas of our lives.

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:**

You, however, must teach what is appropriate to sound doctrine. Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can urge the younger women to love their husbands and children, to be self-controlled and pure.

Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech.

For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Saviour, Jesus Christ.

*Titus 2: 1-7,11-13*

## **REFLECTION**

*We spend a lot of time in school teaching children how to control their emotions and desires as they grow.*

*We show them how to express their emotions in a safe but sensitive way – learning to control their anger or fears of new things.*

*We show them how to control their desires by learning to share resources, talking and listening time in class, etc.*

*As their role models, we too have to keep increasing in this virtue.*

*When we are tired or feeling frustrated after explaining something several times, we have to control our emotions and ensure we stay calm and speak words that encourage.*

*In our work and private lives, we constantly have to work of developing our self- control.*

*Do I talk too much or give my opinion too freely, not always using kind words about others or their views?*

*Do I allow myself to get easily distracted from my work so that the job doesn't get done well?*

*Do I eat or drink more than I need or should?*

*Let us take a moment to ask God to reveal to us in our hearts one specific way we can improve and grow in the virtue of self-control.*

## LIVING OUR VIRTUE

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

- Speak and act calmly even when they are hurt or angry
- Think before they act
- Choose their words and actions carefully
- Keep their Lenten promises

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

## CONCLUDING PRAYER

Come Lord Jesus and fill our hearts with your Spirit, that we may have self-control when temptation comes our way today.

May your Holy Spirit strengthen and enlighten us when we need to say no to something that isn't good for us or others. Help us to control our words and actions especially in difficult situations.

May we turn to you in our moments of weakness and know you are always with us wanting to help us grow more holy every day. **Amen.**

**VIRTUE TO LIVE BY**

**I have self-control**

**I speak and act calmly**

## **“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)*

**Spring Term:**

### **REFLECTION**

## **Blessing**

May the Lord bless you and keep you;  
the Lord make his face shine on you  
and be gracious to you;  
the Lord turn his face toward you  
and give you peace.

*Numbers 6:24-26*

## **OPENING PRAYER:**

God our Father, you created us with the ability to think and reflect on what we hear, see and experience in our world and on our own actions, thoughts and words.

We ask that you teach us how to use this gift wisely and regularly so that we can grow into the person you created us to be – a child of God, with a unique purpose in this world.

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

## **READING:**

*Romans 12:2*

Do not model your behaviour on the contemporary world, but let the renewing of your minds transform you, so that you may discern for yourselves what is the will of God – what is good and acceptable and mature.

## **REFLECTION**

*We live in a fast-paced world where doing seems to be more important than being.*



*The media and the ways of the world often make us feel that this is the only way to be and that we should all share the values of the world.*

*But Scripture tells us that we shouldn't use the fashions and patterns of the world to be the way we model our behaviour and life style.*

*We need to take time to renew our minds – to reflect on how we are living, what we value and hold dear. Are we living in a way that reflects what we believe is right and good. Are we following the example of Christ?*

*When was the last time you took a little time to reflect on your life?*

*Perhaps you could build in 10 minutes a day to just sit quietly and ask God to help you reflect on your day and show you His will for your life. He will help us to grow and become a better person tomorrow.*

*Maybe you could build in a quiet time of reflection with your class where you all reflect on something that has happened during the week and decide how we might respond better next time. Perhaps you could find a scripture reading / parable that might help show the good way for that scenario.*

*This is one way we can grow in maturity. We will be transformed. We won't keep doing the same thing again and again.*

## **LIVING OUR VIRTUE**

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

- Sit quietly and think
- Be still
- Reflect on the beauty of God's world and creation
- Reflect on their achievements and what they have done well
- Reflect on the good choices they have made

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, as we reflect on our daily lives, show us the way to live better lives. In the quiet of our hearts, show us your way for our lives. Transform us so that we can be a light in the world - a people of integrity, truth and love.

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

### **VIRTUE TO LIVE BY**

**I take time to think about the beauty and goodness in myself, others and God's world.**

**I reflect to see myself as God sees me.**

# Acts of Worship

## **Virtue: FRIENDSHIP**

I am friendly and show my friends love.

I want the best for my friends.

### **Week 1**

#### **Gathering together**

Focal point: Bible, cross, candle etc

A small selection of toys

White/ gold cloth (Christmas season)

#### **Introduction:**

Play the introduction/opening scene of Toy Story:

[https://www.google.com/search?q=toy+story+opening+credits&rlz=1C1DIMC\\_enGB876GB876&oq=toy+story+opening+credits&aqs=chrome..69i57j0i13i512j0i22i30i8.11239j0j15&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:e17b056c,vid:RvO2Eg-rUG8](https://www.google.com/search?q=toy+story+opening+credits&rlz=1C1DIMC_enGB876GB876&oq=toy+story+opening+credits&aqs=chrome..69i57j0i13i512j0i22i30i8.11239j0j15&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:e17b056c,vid:RvO2Eg-rUG8)

What is a good friend? Ask the children for responses. What do they value in a friend? How does having friends make you feel?

Today we are going to talk about what St Paul tells us about what it means to be friends with each other, and how we should treat each other.

#### **Word**

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”  
(Colossians 3:12-14)

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

Which virtues does St Paul talk about? (Take responses). These are all important virtues – how can we show them towards each other?

St Paul tells us that the virtue of love binds all the other virtues together. As we start a new year, how can we show love towards others?

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

*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 family as we start a new year. May we all show love towards one another following the example of Jesus.

Lord hear us

**Lord Graciously hear us.**

## Acts of Worship

We pray that we treat each other as true friends, clothing ourselves with virtue.

Lord hear us

**Lord Graciously hear us.**

We pray that we use words and actions that show that we God in each other and ourselves.

Lord hear us

**Lord Graciously hear us.**

We offer all of these prayers to God as we say 'Our Father...'

### **Going forth**

This week, try to offer friendship to a person you don't usually play with. Show them kindness, gentleness and compassion.

### **Ideas for music:**

A new commandment

Jesus says love everybody

We are the Church

# Acts of Worship

## **Virtue: FRIENDSHIP**

I am friendly and show my friends love.

I want the best for my friends.

## **Week 2**

### **Gathering together**

Focal point: Bible, cross, candle etc

Green cloth (back to ordinary time)

### **Word: John 13:34-35**

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

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

Play reflective music.

This is a great commandment from Jesus. What do you think He means when he says ‘love one another’? How could we show love towards each other? What could we DO? How does it feel when someone shows that they care about us?

### **Going forth**

This week, can the children show that they are a good friend to others by showing love towards each other?

### **Ideas for music:**

A new commandment

Jesus says love everybody

We are the Church

# Acts of Worship

## **Virtue: FRIENDSHIP**

I am friendly and show my friends love.

I want the best for my friends.

### **Week 3**

#### **Gathering together**

Focal point: Bible, cross, candle etc

Green cloth

Picture of Jesus and Peter

#### **Word: John 21:15- 15**

So when they had eaten breakfast, Jesus said to Simon Peter, "Simon, son of Jonah, do you love Me more than these?"

He said to Him, "Yes, Lord; You know that I love You."

He said to him, "Feed My lambs."

He said to him again a second time, "Simon, son of Jonah, do you love Me?"

He said to Him, "Yes, Lord; You know that I [e]love You."

He said to him, "Tend My sheep."

He said to him the third time, "Simon, son of Jonah, do you love Me?" Peter was grieved because He said to him the third time, "Do you love Me?"

And he said to Him, "Lord, You know all things; You know that I love You."

Jesus said to him, "Feed My sheep".

The Gospel of the Lord.

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

Peter loved Jesus. He left everything and followed Him, Peter had promised Jesus that he would always love Him and never betray Him, but he did. He denied he even knew Jesus. However Jesus forgave him and Jesus gave Peter a special job. Even though Peter made a terrible mistake Jesus forgave him because he loved His friend. God's love is unconditional. He loves us no matter what we do. This example of friendship is perfect.

Play reflective music:

Do you forgive others when they make mistakes?

Do you love each other no matter what?

Link back to first act of worship and virtues St Paul lists – if we are good friends we will show these to one another, just like the perfect example Jesus gives us.

#### **Going forth**

Jesus gives us an example of true friendship. This week, try to copy this friendship by being patient with one another and forgiving each other when we make mistakes.

#### **Ideas for music:**

A new commandment

Jesus says love everybody

We are the Church

The love I have for you

What a friend we have in Jesus

Love is his word

## Acts of Worship

**Virtue: Love of Neighbour/Compassion**

Virtue statement:

*I know that loving my neighbour means loving EVERYONE.*

*I show my compassion when I am patient, understanding and loving to my neighbour.*

**Week 1 – theme – Compassion is a gift from God**

Gathering together

Focal point:

Green cloth (Ordinary time)

A golden envelope – the word 'COMPASSION' written on the front. Pictures of an ear, image of the Sacred Heart of Jesus, children hugging and laughing.

Key word cards: Friendship, hope, love, patience, listening, tenderhearted, understanding, comfort

Friendship bracelet

Candle

Word: Ephesians 4:32

***Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.***

Response to/reflection on the Word

How can we cheer someone up when they are upset? What do we do? How do we react if someone loses their temper or is angry? How do you show you care if someone is troubled? How can you comfort someone who is sad? What does tenderhearted mean?

Discuss which words might be in the envelope as the ingredients for a recipe to show someone compassion. How is compassion shown in the pictures? Why is important to listen and to understand how someone is feeling?

Play some reflective music. What does compassion mean to us? Devise a recipe together to make a compassion cake. Refer to the key word cards.

# Acts of Worship

Going forth

Ideas for music:

I Give You My Heart (This is my desire) by Reuben Morgan Mark 10 Mission

<https://youtu.be/SicogPtT64l>

You got a friend in me, Toy Story



# Acts of Worship

## **Virtue: Love of Neighbour/Compassion**

Virtue statement:

*I know that loving my neighbour means loving EVERYONE.*

*I show my compassion when I am patient, understanding and loving to my neighbour.*

## **Week 2 – theme – Growth in compassion**

### Gathering together

Focal point:

Green cloth (Ordinary time)

Image of a flourishing tree/plant or an actual plant

Candle

### Word:

The Parable of the Good Samaritan Luke 10:25-37

<sup>25</sup> And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” <sup>26</sup> He said to him, “What is written in the law? How do you read?” <sup>27</sup> And he answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself.” <sup>28</sup> And he said to him, “You have answered right; do this, and you will live.”

<sup>29</sup> But he, desiring to justify himself, said to Jesus, “And who is my neighbour?” <sup>30</sup> Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. <sup>31</sup> Now by chance a priest was going down that road; and when he saw him he passed by on the other side. <sup>32</sup> So likewise a Levite, when he came to the place and saw him, passed by on the other side. <sup>33</sup> But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, <sup>34</sup> and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. <sup>35</sup> And the next day he took out two denarii<sup>[a]</sup> and gave them to the innkeeper, saying, ‘Take care of him; and whatever more you spend, I will repay you when I come back.’ <sup>36</sup> Which of these three, do you think, proved neighbour to the man who fell among the robbers?” <sup>37</sup> He said, “The one who showed mercy on him.” And Jesus said to him, “Go and do likewise.”

## Acts of Worship

### Response to/reflection on the Word

What choice did the Good Samaritan make? Why did he show compassion? Why didn't he ignore the helpless man and carry on like the Levite did? Is there a difference between pity and compassion? God appoints you as neighbour through a call to show compassion. If you accept the call, then you love your neighbour and will earn a blessing and have an opportunity to love.

Play reflective music

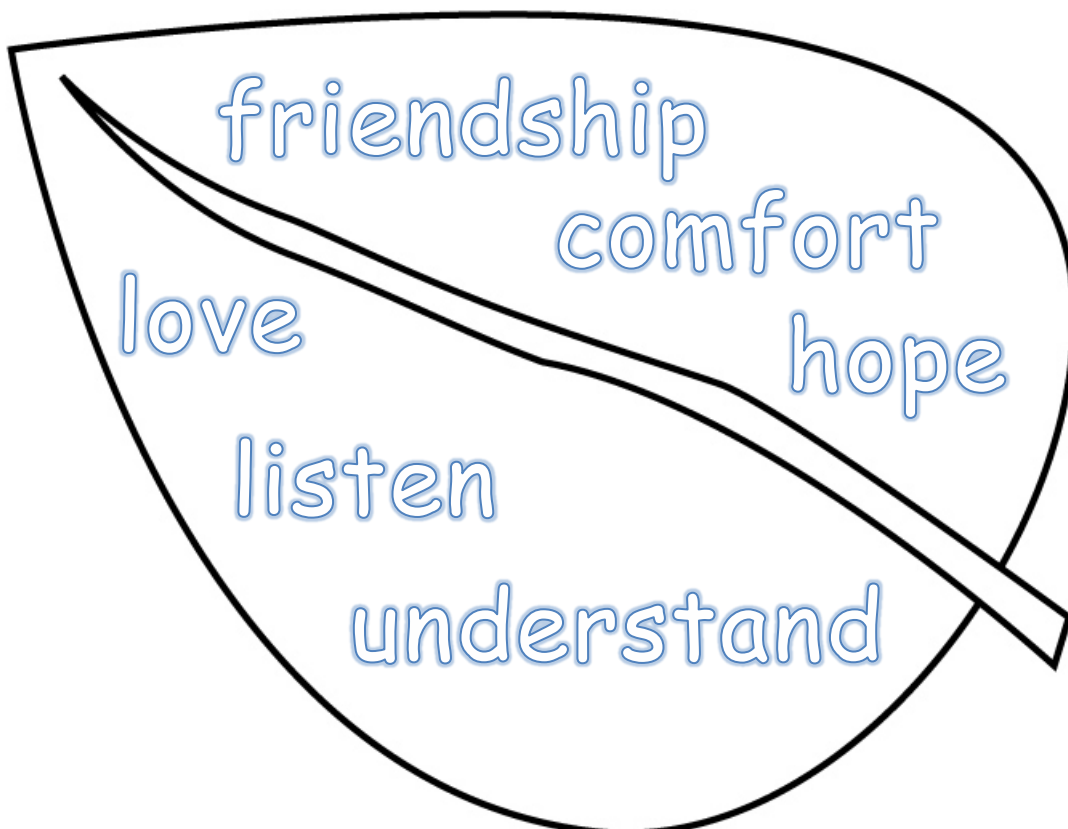
Whilst the music is playing, ask the children to colour in the words that show the choices the Good Samaritan made which showed compassion towards the helpless man .

### Going forth

Ask the children to place their completed leaf on the focal point table at the front of the classroom or onto a tree to show how we can grow in compassion.

### Ideas for music:

- 'I'll stand by you' The Pretenders
- 'Anytime you need a friend' Mariah Carey
- 'Fix you' Coldplay



# Acts of Worship

## **Virtue: Love of Neighbour/Compassion**

Virtue statement:

*I know that loving my neighbour means loving EVERYONE.*

*I show my compassion when I am patient, understanding and loving to my neighbour.*

## **Week 3 – theme – Living our compassion**

### Gathering together

Focal point:

Green cloth (Ordinary time)

Green plant

Candle

Word:

Matthew 22:34-40

<sup>34</sup> Hearing that Jesus had silenced the Sadducees, the Pharisees got together. <sup>35</sup> One of them, an expert in the law, tested him with this question: <sup>36</sup> “Teacher, which is the greatest commandment in the Law?”

<sup>37</sup> Jesus replied: ““Love the Lord your God with all your heart and with all your soul and with all your mind.’<sup>[c]</sup> <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: ‘Love your neighbour as yourself.’<sup>[d]</sup> <sup>40</sup> All the Law and the Prophets hang on these two commandments.”

### Response to/reflection on the Word

What does Jesus want us to do? How can we love ourselves? What do we do if we feel angry or sad? How can we help others who are feeling this way? What can we do to grow in compassion? If you feel alone on the playground, what would you want your friend to do? If you feel angry about something that isn't fair, what would you want your friend to do? If you feel worried, what would you do? How can you make someone feel better who is worried? Listen to a new commandment.

## Acts of Worship

<https://youtu.be/yy7W8avIXIY>

### Going forth

Ask the children to think about how we can live out our compassion towards others in the coming week.

Say together:

Loving God,

You walk alongside us and speak to us through the scriptures.

Your Son, Jesus Christ, listens to our hopes and fears and shows us how to live for one another.

Send us the Holy Spirit to open our hearts and minds, to help understand and help those in need so that we may be your witness throughout the world.

Amen

### Ideas for music:

'A new commandment'

'Follow me'

'Be not afraid'

'Lord of all hopefulness'

# Acts of Worship

**Virtue:** Self-control

**Virtue to live by:** Self-Control

Jesus helps me when I'm tempted.

**Week 1**

**Gathering together**

Focal point: Bible, cross, candle etc

Purple cloth (Season of Lent)

**Introduction:**

What is temptation?

What things are we tempted by? When you are tempted by something, how do you deal with it?

**Word: Matthew 4:1-11**

In today's Gospel reading, we learn how Jesus faced temptation but did not sin.

Then the Spirit led Jesus into the desert to be tempted by the devil. Jesus ate nothing for 40 days and nights. After this, he was very hungry. The devil came to Jesus to tempt him. The devil said, "If you are the Son of God, tell these rocks to become bread."

Jesus answered, "It is written in the Scriptures, 'A person does not live only by eating bread. But a person lives by everything the Lord says.'"

Then the devil led Jesus to the holy city of Jerusalem. He put Jesus on a very high place of the Temple. The devil said, "If you are the Son of God, jump off. It is written in the Scriptures,

'He has put his angels in charge of you.

They will catch you with their hands.

And you will not hit your foot on a rock.'

Jesus answered him, "It also says in the Scriptures, 'Do not test the Lord your God.'"

Then the devil led Jesus to the top of a very high mountain. He showed Jesus all the kingdoms of the world and all the great things that are in those kingdoms. The devil said, "If you will bow down and worship me, I will give you all these things."

Jesus said to the devil, "Go away from me, Satan! It is written in the Scriptures, 'You must worship the Lord your God. Serve only him!'"

So the devil left Jesus. And then some angels came to Jesus and helped him.

The Gospel of the Lord

## Acts of Worship

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

After His baptism, Jesus went to the wilderness for 40 days. While He was there, Satan came to tempt Him. Jesus showed self-control. Satan offered Him control over the whole world, but Jesus knew that God's kingdom would eventually be the only kingdom. Jesus is the perfect expression of all the fruits of the Spirit, including self-control. Jesus is kindness, goodness, love, and patience. We can look to Jesus and pray to become more like Him in every way, including self-control.

Discuss with the children that Lent is a time when we try hard to have more self-control so that we can prepare for Easter. Talk about Lenten Promises and supporting events in school for The Good Shepherd appeal.

Let us pray.

Dear Lord Jesus

Thank you for the example you have given to us about how to resist giving into temptation.

We ask that you will help us when we are tempted to do the right thing; to love, serve, and obey you.

Amen

### **Going Forth**

This week, try to resist the temptation to do/have something that you know is wrong.

### **Ideas for music:**

Give me Self-control, Sovereign Grace Music (YouTube)

# Acts of Worship

**Virtue:** Self-control

**Virtue to live by:** Self-Control

**Because I trust God, I can use self-control.**

**Week 2**

**Gathering together**

Focal point: Bible, cross, candle etc

Purple cloth (Season of Lent)

**Introduction**

What does 'self-control' mean? How can show self-control in our own lives at home and in school? Why is it important that we are able to show self-control?

**Word: 2 Timothy 1:7**

"For God gave us a spirit not of fear but of power and love and self-control."

**Response to/Reflection on the Word**

With the Holy Spirit inside of us, we are able to possess self-control and demonstrate the fruits of the Spirit. As a result, we can live in a way that is honourable to God.

Give the children some scenarios of where self-control would be needed in school life. Discuss what would happen if self-control was not used.

Ask the children to think about a time when they had a choice as to how to react when someone did something to them that they didn't like.

What happened? How did you react? Would you do something different now?

Let us pray

Dear Lord Jesus

Help us to show self-control in our own lives and in the life of our school.

Help us to think before we act.

Amen

**Going forth**

This week, think or count to 10 before you react to a situation. That way you will show self-control and make the right choice.

## Acts of Worship

### **Ideas for music:**

In Control, Hillsong Worship (YouTube)



# Acts of Worship

**Virtue: Self-control**

**Virtue to live by: Self-Control**

**I can use self-control even when it's hard.**

**Week 3**

**Gathering together**

Focal point: Bible, cross, candle etc

Purple cloth (Season of Lent)

**Word: 2 Peter 1: 5-7**

Do your best to add goodness to your faith; to your goodness add knowledge; to your knowledge add self-control; to your self-control add endurance; to your endurance add godliness; to your godliness add affection; and to your affection add love.

**Response to/Reflection on the Word**

St Peter explains that we can build on our faith each day so that we become more like Jesus and live our lives by following Jesus' teachings.

Remind the children of the importance of Lent and that it is a time for us to give up things that distract us and fast from things so that we can make more room in our lives for others.

Let us pray

Dear Lord Jesus

Help us to take things one step at a time and do the little things, which make a difference to others, well.

Give us strength and self-control as we journey through Lent.

Amen

**Going forth**

This week make an extra effort to keep your Lenten Promises and do an act of kindness for someone at home or in school.

**Ideas for music:**

Father I Place into your Hands

# Acts of Worship

## **Virtue: Reflection**

### **Virtue statement:**

'I take time to think about the beauty and goodness in myself, others and God's world.'

'I reflect to see myself as God sees me.'

### **Week 1 – theme – Reflection – Jesus will show us the way**

#### **Gathering together**

Focal point:

Purple cloth (Lent)

Crucifix

Candle

Hand held mirror.

#### **Begin by saying the Act of Contrition**

Oh my God,

Because You are so good,

I am very sorry that I have sinned against you,

And by the help of Your Grace,

I will not sin again.

#### **Word:**

'The Lord is my light and my help' (Psalm 26:1)

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

Look at the candle. Be still. Watch the flame. Think about how the light stops the darkness just like the morning sunshine chases away the darkness of night. What is our main source of light in the world? Why did God give us the sun? What does sunlight give us? The sun helps things to grow. The light helps us to see in the darkness. This reading helps us to see that Jesus is like the sun. He is the light of the world? He helps us to grow and will shed light in our dark times.

How can we grow closer to God in Lent? How can Jesus help us to grow?

We can ask Jesus for help as we think about how we may have moved away from the light of His love. There are times when we turn away from this light and make the wrong choices.

## Acts of Worship

Have you told a lie? Hurt someone's feelings? Not tried your best? Been disrespectful?

Think of that person you hurt. Think of their beauty and goodness. Think of showing your goodness to make things right again. Say sorry in your heart.

Play reflective music to help the children think deeply about examining their conscience.

We need Jesus's help to illuminate the way and help to show the right path.

In the circle, pass around the mirror. Reflect on your own goodness and beauty.

Reflect on how God sees you and loves you.

### **Going forth**

Ask the children to spend time being still. Spend moments appreciating the beauty of God's world. Spend time in deep thought, finding God's beauty, love and goodness in others.

### **Ideas for music:**

Mark 10 Mission - Have my heart

<https://youtu.be/tjWl4iT2twg>

# Acts of Worship

## **Virtue: Reflection**

### **Virtue statement:**

'I take time to think about the beauty and goodness in myself, others and God's world.'

'I reflect to see myself as God sees me.'

## **Week 2– theme – Reflection – Jesus helps us to show our goodness**

### **Gathering together**

#### **Focal point:**

Purple cloth (Lent)

Crucifix

Candle

Hand held mirror.

### **Begin by saying the Act of Contrition**

Oh my God,

Because You are so good,

I am very sorry that I have sinned against You,

And by the help of Your Grace,

I will not sin again.

### **Word (2 Corinthians 13:5)**

"Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves that Jesus Christ is in you?"

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

This reading tells us that we must reflect on who we are. Last week we thought about how we sometimes make the wrong choices and say sorry to God for moving away from His love. This week we will reflect on how we need to appreciate that Jesus works through us in goodness to help us to choose the right path.

How do we know if we are 'in the faith?'

How often do we pray? When are we tested? When are we tempted? When was Jesus tested? Who tests us? If we feel our strength and patience are tested, who do we turn to? Do we pray for help from God?

Reflect on how we can talk to God and trust in him.

Play quiet reflective music

Look at the light in the candle.

## Acts of Worship

Pause. Ask the children to think about a time when they have found strength, patience and goodness when they were in a difficult situation.

Pause.

It is hard to Trust in God sometimes, but we must remember that God's love will work within and through us.

Pause.

Think of a time when you showed goodness towards someone. Imagine this goodness is the light of the Lord shining from you.

Say together:

Lord God,

Thank you for loving me.

Help me to think deeply about how your goodness is used through my words and my actions.

Amen.

### **Going forth**

Look in the mirror. Look at the person who is loved by God. See yourself through God's eyes. He loves you. Think about the ways in which you share this love you have inside for others. All children to take a template of a small mirror to draw themselves in the detailed beauty as seen through God's eyes. The shape of their face, freckles, etc. Display on a wall as 'I reflect God's love'.

### **Ideas for music:**

'Be still for the presence of the Lord'

'Come back to me'

Sung version of 'Our Father'

'Lord Jesus Christ, you have come to us'

'Father I have sinned' <https://www.youtube.com/watch?v=vq8JNLwX5sM>

### **Further resources:**

'Man in the mirror' Michael Jackson

# Acts of Worship

## Virtue: Reflection

### **Virtue statement:**

'I take time to think about the beauty and goodness in myself, others and God's world.'

'I reflect to see myself as God sees me.'

## **Week 3 – theme – How we can become a better person and grow in God's love.**

### **Gathering together**

#### **Focal point:**

- Purple cloth
- Crucifix
- Candle

### **Begin by saying the Act of Contrition**

Oh my God,  
Because You are so good,  
I am very sorry that I have sinned against you,  
And by the help of Your Grace,  
I will not sin again.

### **Word (Lamentations 3:40)**

"Let us examine our ways and test them, and let us return to the Lord."

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

This reading tells us that we must reflect on our actions. This is hard sometimes. We sometimes follow the wrong path but we should reflect and make things right with God. When we do this we return to the Lord.

### **Examination of Conscience**

*Play reflective music and read these questions to the children.*

- *Do I pay attention and listen to God's word when I am in Collective Worship and at Mass?*
- *Do I say my prayers every day and put Christ at the centre of everything I do?*
- *Have I always used kind words?*
- *Do I always use my manners and say "Please and Thank You" to people?*
- *Do I do what I am asked to do at home and at school?*

## Acts of Worship

- *Have I started fights with my brothers and sisters at home or have I shared and taken turns patiently?*
- *Have I stood up for other people?*
- *Have I controlled my temper when I have been angry?*
- *Have I forgiven people when they have hurt me?*
- *Have I said sorry for things I have done wrong?*
- *Have I played fair and followed the rules?*
- *Have I let others join in and looked out for people who are alone?*

*By reflecting on and examining our actions we give ourselves the opportunity to grow in God's love. Take the time to reflect on your good choices and your bad choices. Remember, you can always return to the Lord.*

Say together:

Dear Lord,

Please give me the strength and courage to reflect on what I have done and what have I have failed to do. Help me to reflect and grow in your love  
Amen.

### **Going forth**

How can you reflect and use this an opportunity for growth? All children to take a template of a leaf back to class and reflect on their Lenten promise. They will illustrate this leaf and this can make a whole school display.

### **Ideas for music:**

- 'Be still for the presence of the Lord'
- 'Come back to me'
- Sung version of 'Our Father'
- 'Lord Jesus Christ, you have come to us'
- 'Forgiven' – Mary Mary
- 'Father I have sinned'
- <https://www.youtube.com/watch?v=vq8JNLwX5sM>
- 'Sorry seems to be the hardest word' – Elton John

### **Further resources:**

- 'Pray as you go' app has information about praying the 'Examen'
- Meditation resourcess

Our Virtue to Live by:

# Friendship

**I am friendly and show my friends love.**

**I want the best for my friends.**

*"Two are better than one, because they have a good return for their labour. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."*

Ecclesiastes 4:9-10



Our Virtue to Live by:

# Love of Neighbour

I know that loving my neighbour means  
loving EVERYONE.

I show my compassion when I am patient,  
understanding and loving to my neighbour.

*You shall love the Lord your God with all your heart and with all your soul and  
with all your mind. This is the great and first commandment. And a second is:*

*You shall love your neighbour as yourself.” Matthew 22:37-39*

Our Virtue to Live by:

# Self-control

I have self-control.

I speak and act calmly.

*"But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control." Galatians 5:22-23*

**Our Virtue to Live by:**

# Reflection

**I take time to think about the beauty  
and goodness in myself, others and  
God's world.**

**I reflect to see myself as God sees me.**

*"What then shall we say to these things? If God is for us, who can be  
against us?"* Romans 8:31

# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue 1 (Spring): Friendship:

**I am friendly and show my friends love.**

**I want the best for my friends.**

### **PSHCE:**

Play an active role as a member of society.

### **Knowledge:**

I know that I can be a good friend. I know the qualities that make a good friend. I know that I have a lot to offer and that I can build friendships even with those who are different to me.

### **Skills:**

I know practical ways to be a good friend.

### **Attitudes:**

I always look out for those to whom I can be a good friend.

### **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 the pebble [or alternative item]'

In a whole class circle, ask children to hold onto the pebble and say something about the friend they are sat next to. Encourage children to think of positive friendship characteristics.

### **Step 2. Round**

Puppet demonstrates playing nicely with a friend, and playing less nicely. Ask children what they notice. Which friendly words are used? Which kind of actions? Relate back to the Autumn virtues of citizenship and generosity.

### **Trigger statement:**

A new child joins our class... to begin with they have no friends.

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

Read the following story / scenario:

"A child comes in from playtime saying, "You're not my best friend any more". Another child reassures them, "I don't have a best friend, I have lots of friends."

Children respond.

### **Step 4. Celebration**

The teacher asks if anybody has noticed any of the children being a good friend and why. Give out friendship nominations.

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

Read 'The Bucket Filler' Story (by Carol McCloud) or other friendship related story.

Play the Song and encourage children to join in as we they wish.

<https://www.youtube.com/watch?v=CrP-dqhzAAo>

### **Resources:**

Speaking puppet

Have you filled a bucket today? Book by Carol McCloud

# CIRCLE TIME: YEAR 1/2

## Virtue 1 (Spring): Friendship:

**I am friendly and show my friends love.**

**I want the best for my friends.**

### **PSHCE:**

Play an active role as a member of society.

### **Knowledge:**

I know that I can be a good friend. I know the qualities that make a good friend. I know that I have a lot to offer and that I can build friendships even with those who are different to me.

### **Skills:**

I know practical ways to be a good friend.

### **Attitudes:**

I always look out for those to whom I can be a good friend.

### **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**

Sitting in a circle, roll a ball across to another child, as you do, say their name and a friendship quality that they show.

### **Step 2. Round**

Teacher leads a brief discussion; asking children what qualities they think make a good friend.

### **Trigger statement:**

What does a good friend do?

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

In talk partners, ask children to role play being a good friend or a bad friend (their choice). Allow several pairs to show their scenario and the rest of the class to guess whether they are being good friends or not. Use thumbs, thumbs down. Invite further discussion about how you know.

*(Talk partners).*

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

At the beginning of the week give each child a secret friend – to look out for and be friendly to for the week.

Questions to consider; What was hard about it? What was easy about it? How did it feel to be friendlier?

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

At the end of the friendly week reveal yourself by making a card or something special for that person.

# CIRCLE TIME: YEAR 3/4

## Virtue 1 (Spring): Friendship:

**I am friendly and show my friends love.**

**I want the best for my friends.**

### **PSHCE:**

Play an active role as a member of society.

### **Knowledge:**

I know that I can be a good friend. I know the qualities that make a good friend. I know that I have a lot to offer and that I can build friendships even with those who are different to me.

### **Skills:**

I know practical ways to be a good friend.

### **Attitudes:**

I always look out for those to whom I can be a good friend.

### **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**

Either as a whole class or groups, ask children to describe the friendship qualities of the child on their right.

### **Step 2. Round**

Discuss with the children the most important qualities of a friend. Ask children to consider how this applies to themselves; I can be a good friend by...

### **Trigger statement:**

One of your friends looks like he/she has been crying... discuss.

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

Give the children a variety of images. [These could be a purchased resources e.g. Methodist Modern Art Collection Postcard Booklet or photos from within school.] Do any of them show friendship? What stands out to you?

Children feedback ideas to the class



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

Create some positive affirmation posters to display around school.

I am friendly.

I smile and greet people.

I show an interest in others.

I like myself and know that my friendship is worth a lot.

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

Play trust games; such as guiding a blindfolded person around the classroom or sitting circle.

#### **Resources:**

Methodist Modern Art Collection Postcard Booklet (£4.99)

Card for poster.

# CIRCLE TIME: YEAR 5/6

## Virtue 1 (Spring): Friendship:

**I am friendly and show my friends love.**

**I want the best for my friends.**

### **PSHCE:**

Play an active role as a member of society.

### **Knowledge:**

I know that I can be a good friend. I know the qualities that make a good friend. I know that I have a lot to offer and that I can build friendships even with those who are different to me.

### **Skills:**

I know practical ways to be a good friend.

### **Attitudes:**

I always look out for those to whom I can be a good friend.

### **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**

Take a class list of names, give each pupil a name randomly and ask them to write one or more friendship qualities that they feel describes the person written on their slip of paper. Take it the person and either read or give it to them.

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

Explain to the children that we are going to play a game that explores all the friendliness within the room. Friendship fruit salad:

“Stand up if you ...smiled at someone today, you’ve have greeted someone you didn’t know, you have got to know someone new, you have shown an interest in someone else, shown care when a friend needs you, have been friendly to people who look or act differently, you like yourself and realise you have a lot to offer.”

If you do this activity part way through the day, then reflect on how there is a lot of time left in the day to carry out lots more acts of friendship.

**Trigger statement:**

What would friendliness look like if you walk past someone who looks strange or acts differently.

**Step 3. Open Forum**

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

The most important friendship quality is....

It is always easier to be friendly than not.

It is good to be friends with everyone.

Everyone should have a best friend.

**Step 4. Celebration**

Create your own word cloud / Wordle including as many qualities of friendship as you can. This could be done digitally or artistically (e.g. fill in the outline of a friend with words that describe the friendship).

**Step 5. Ending Ritual**

Look at the following affirmations;

I am friendly.

I smile and greet people.

I show an interest in others.

I like myself and know that my friendship is worth a lot.

Create your own friendship affirmation.

## CIRCLE TIME: FOUNDATION STAGE

### Virtue 2 (Spring): Love of Neighbour:

I know that loving my neighbour means loving EVERYONE.

I show my compassion when I am patient, understanding and loving to my neighbour.

#### **PSHCE:**

Play an active role as members of society.

#### **Knowledge:**

To know that we can show love and compassion to those around us.

#### **Skills:**

Express their feelings and consider the feelings of others.

#### **Attitudes:**

Our love for others comes from our love for 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**

Play 'Pass the smile' in which you choose a child to begin by smiling at the person beside them. Each person smiles at the next and we continue to pass the smile around the circle. How did that make us feel? It is very easy to make your neighbour feel happy and loved by simply sharing a smile.

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

Ask the children to stand up/ sit down for various scenarios (e.g. likes football, has a sister, walked to school this morning etc.) Explain that we are all different – we look different, we like different things, and our lives are different, but we have one thing in common; we are all neighbours and we are all loved by God.

Pass an object around the circle and ask the children to share something they will do to be a good neighbour.

**Trigger statement:**

I will be a good neighbour by...

**Step 3. Open Forum**

Show the puppet. Explain that he feels sad today because nobody would play with him. How could we help him? What could he do?

Children respond. Discuss ideas.

**Step 4. Celebration**

In class, have a 'neighbour of the day' lanyard and choose a child who has shown kindness and compassion to others throughout the day.

**Step 5. Ending Ritual**

Listen to 'The Golden Rule' song. (<https://www.youtube.com/watch?v=YCNEf6l4eXo>)

How will we show love to our neighbours this week?

**Resources:**

Passing object

Puppet

## CIRCLE TIME: YEAR 1/2

### Virtue 2 (Spring): Love of Neighbour:

**I know that loving my neighbour means loving EVERYONE.**

**I show my compassion when I am patient, understanding and loving to my neighbour.**

#### **PSHCE:**

Play an active role as members of society.

#### **Knowledge:**

To know that we can show love and compassion to those around us.

#### **Skills:**

Express their feelings and consider the feelings of others.

#### **Attitudes:**

Our love for others comes from our love for God. God has given us our neighbour as a means for us to show our love for him.

#### **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**

Show the building blocks. What is a neighbour? Who are our neighbours? Explain that it isn't just the people who live next door to you, but also the other people in our town, city, country and throughout the whole world!

Hand out the building blocks and ask each child to add their block to the foundation blocks in the middle of the circle to create the walls of a building. How can we show love and compassion to others in our school and home community?

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

Show the building blocks again. When we all worked together, we made a strong structure. If we stand strong with and show love to our neighbours, we can create a strong and happy neighbourhood. Pass a building block around the circle and invite the children to share their ideas of how they will show love and compassion to others.

**Trigger statement:** I show love for my neighbour when...

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

It isn't always easy to show love for our neighbours. What can make it harder for you to show love to your neighbour? How can we try to overcome these barriers?

Children discuss ideas in talk partners.

### **Step 4. Celebration**

On a template of a home, ask the children to write/ draw how they will show compassion and love for their neighbours in school or at home this week. Ask the children to place their offering on your prayer table or a special area in your classroom.

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

Listen to 'One Kind Word' song by Andy and the Odd Socks

(<https://www.youtube.com/watch?v=lpZ3u5Z6pOg>).

Which kind word could they share with their neighbours this week?

### **Resources:**

Building blocks

Home templates

## CIRCLE TIME: YEAR 3/4

### Virtue 2 (Spring): Love of Neighbour:

**I know that loving my neighbour means loving EVERYONE.**

**I show my compassion when I am patient, understanding and loving to my neighbour.**

#### **PSHCE:**

Play an active role as members of society.

#### **Knowledge:**

To know that we can show love and compassion to our neighbours.

#### **Skills:**

Express their feelings and consider the feelings of others.

#### **Attitudes:**

The true definition of love is to sacrifice for the good of others. To truly love God is to love what he loves; to love God is to love his children too. God has given us our neighbour as a means for us to show our love for him.

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

We listen to each other.

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

We may say pass.

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

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

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

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

In a larger space, such as the playground or hall, stand in a circle. Children pass a ball around the circle, saying the name of the person beside them, their neighbour, as they pass them the ball. Repeat again, but this time invite the children to say something they like or to pay a compliment to their neighbour as they pass them the ball. How did this make us feel?

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

Jesus asked us to be good neighbours and to love our neighbour as ourselves. Jesus tried to show us how to do this. Can we think of any examples of times when Jesus was a good neighbour, showed compassion to others? What about any parables Jesus told us with a similar message? The cross reminds us that Jesus died for us. Pass a holding cross (or similar) around the circle and invite the children to share a way in which they will try to follow Jesus' example and show compassion for their neighbours.

#### **Trigger statement:**

I try to show compassion when...



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

Show the extract of scripture below:

Jesus answered, "Love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the greatest and the most important commandment. The second most important commandment is like it: 'Love your neighbour as you love yourself.' The whole Law of Moses and the teachings of the prophets depend on these two commandments."  
(Matthew 22: 37-40)

Jesus asked us to love our neighbour as we love ourselves. Is it always easy to do this? What can make this difficult?

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

### **Step 4. Celebration**

Look at the 'Love Your Neighbour' charity webpage. Watch the video to find out about their mission to 'transform the nation together'. How can we help to transform our community by showing love for our neighbours?

Each child is given a paper home template and invited to write an idea of something they might do to show love and compassion for their neighbours.

Add the homes to your RE display or prayer table.

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

Look at how the 'Love Your Neighbour' charity prioritise the 3 Cs – crisis, cause and care.

How could we do the same in our school and parish community?

Ask them to quietly reflect on this while playing 'All You Need is Love' (or another suitable song).

## CIRCLE TIME: YEAR 5/6

### Virtue 2 (Spring): Love of Neighbour:

**I know that loving my neighbour means loving EVERYONE.**

**I show my compassion when I am patient, understanding and loving to my neighbour.**

#### **PSHCE:**

Play an active role as members of society.

#### **Knowledge:**

To know that we can show love and compassion to our neighbours.

#### **Skills:**

Express their feelings and consider the feelings of others.

#### **Attitudes:**

The true definition of love is to sacrifice for the good of others. Our love for others comes from our love for God. To truly love God is to love what he loves; to love God is to love his children too. God has given us our neighbour as a means for us to show our love for him.

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

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

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

In a larger space, such as the playground or hall, stand in a circle.

Children pass a ball around the circle, saying the name of the person beside them, their neighbour, as they pass them the ball. Repeat again, but this time invite the children to say something they like about or to pay a compliment to their neighbour as they pass them the ball. How did this make us feel? How could we be more like this in our day to day lives?

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

Ask the children to reflect on a time when someone has been a good neighbour to them. Invite them to share what happened and how it made them feel.

Jesus asked us to be good neighbours and to love our neighbour as ourselves. Jesus tried to show us how to do this. Can we think of any examples of times when Jesus was a good neighbour, showed compassion to others? What about any parables Jesus told us with a similar message? The cross reminds us that Jesus died for us. Pass a holding cross (or similar) around the circle and invite the

children to share a way in which they will try to follow Jesus' example and show compassion for their neighbours.

**Trigger statement:**

I try to show compassion when...

**Step 3. Open Forum**

Show the extract of scripture below:

Jesus answered, "Love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the greatest and the most important commandment. The second most important commandment is like it: 'Love your neighbour as you love yourself.' The whole Law of Moses and the teachings of the prophets depend on these two commandments."  
(Matthew 22: 37-40)

Quick recap on the ten commandments. Do they agree that this is the second most important commandment after loving God? Why/ why not?

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

**Step 4. Celebration**

Look at the 'Love Your Neighbour' charity webpage. Watch the video to find out about their mission to 'transform the nation together'. How can we help to transform our community by showing love for our neighbours?

The children will create posters to display around school and local area, giving ideas of ways that we can all show love and compassion to our neighbours.

**Step 5. Ending Ritual**

Look at how the 'Love Your Neighbour' charity prioritise the 3 Cs – crisis, cause and care.

<https://www.loveyourneighbour.uk/who-we-are/about-us>

Split the class into three groups and give each group one of the above areas to focus on.

Invite them to write a prayer that could be displayed or used during class collective worship time.

# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue 3 (Spring): Self-control

### PSHCE:

I can control my actions to make things fair for everyone.

### Knowledge:

I know that self-control means choosing how I respond. I know that I am in charge of my words and actions. I can talk about some strategies for helping with my self-control.

### Skills:

I can show some practical ways to demonstrate my self-control.

### Attitudes:

I think before I react and choose how to respond.

### 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 wants the cake?'

Place a cupcake (or chocolate / biscuit etc) in the middle of the circle. Ask children to look but not to touch it.

After a minute ask the children who wanted to eat the cake? On a scale of 1-10 how hard was it to just look and not eat it.

### Step 2. Round

Ask children to close their eyes and whisk away the cake from sight. Pretend that a cheeky toddler came in and couldn't stop themselves from eating the cake. Use language to describe that a young child can't always control their wants but as we get older we learn **self control**. Model using the language of *patience* and *self control*. Ask children to share ideas about how they can control their actions (e.g. count to ten, sit on your hands, ask a friend to help, find a distraction.)

### Trigger statement:

It is your birthday tomorrow and you know where all your presents have been hidden...

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

Read the following story / scenario:

"Several children are at a party, there are only a few cakes left on the plate. You really want a cake. You reach forward and take a cake even though there won't be enough for everyone..."

Children respond.

### **Step 4. Celebration**

At the beginning I asked you to use your self-control to not eat the special cake. You all did that really well, so now I will invite you to take a treat each. Sometimes being patient and using our self-control leads to even better results!

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

Galatians 5. 22 "The fruit of the Spirit is self-control"

God will help us practise our self-control, even when it feels very hard!

### **Resources:**

Cupcake (one + small treat for the whole class)

# CIRCLE TIME: YEAR 1/2

## Virtue 3 (Spring): Self-control

### **PSHCE:**

I can practise self-control to make a fair community for everyone.

### **Knowledge:**

I know that self-control means choosing how I respond. I know that I am responsible for my own words and actions. I can suggest some strategies that help develop my self-control.

### **Skills:**

I know some ways in which I already practise self-control and some new strategies.

### **Attitudes:**

I think before I react and choose how to respond.

### **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**

Ask for one or two volunteers, give them a sugared donut. Explain that they can eat the donut but they are not allowed to lick their lips at all.

Afterwards ask the children to describe whether it was hard to eat the donut without licking their lips, how did they stop themselves?

### **Step 2. Round**

Teacher leads a brief discussion; asking children to think about why it is important that we learn to control our actions.

### **Trigger statement:**

I can say or do whatever I like and it doesn't matter....

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

In small groups of two or three, ask children to role play the following situation, first without using self-control and secondly with using self-control. You can either read out or print the following situations and then ask children to come up with their own examples too.

- (i) "You are walking down a corridor and both reach a door at the same time, who will go through first?"

- (ii) "You notice that there are only a few pieces of fruit left in the snack bowl but there are lots of hungry children who haven't had snack yet. What would you do?"
- (iii) "You are playing a board game and the other players are taking a long time, the dice is near you, what will you do?"

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

At the beginning of the session a child completed a difficult task, they had to use their self-control not to lick their lips! Well done!

Think of something you have done this week where you have had to use your self-control.

Questions to consider; What was hard about it? What was easy about it? How does it feel to use your self control?

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

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. **Galatians 5. 22-23**

Why do you think self-control is listed here? How we can we practise each of these qualities? Let's ask God to help us now.

#### **Resources:**

Donuts (cut into as many pieces as volunteers!)

# CIRCLE TIME: YEAR 3/4

## Virtue 3 (Spring): Self-control

### **PSHCE:**

I can practise self-control to make a fair community for everyone.

### **Knowledge:**

I know that self-control means choosing how I respond. I know that I am responsible for my own words and actions. I can suggest some strategies that help develop my self-control.

### **Skills:**

I know some ways in which I already practise self-control and some new strategies.

### **Attitudes:**

I think before I react and choose how to respond.

### **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 groups or pairs play a game of giant Jenga or a similar balancing game using dominoes or classroom resources. Pupils either have to take it in turns to remove or add an item to the balanced pile!

Explain that pupils have been using their physical self-control to carefully think about and gently touch each piece – we use our mental and emotional self-control on a regular basis too!

### **Step 2. Round**

Lead a discussion about ways we use our self-control every day (e.g. turn taking, sharing, not making personal remarks about people)

### **Trigger statement:**

Imagine you could not control anything you said or did...

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

In talk partners have a debate based on the trigger statement. One person should argue that self-control is not important, one person should argue that it is. If pupils feel able to, they could lead their debate from the front of the classroom and the class can vote for which argument is most convincing.



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

Ask each pupil to nominate an example of self-control that they have witnessed this week; either verbally or ask them to write it on a piece of paper.

I noticed ..... using self-control when.....

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

Gather together all the nominations for self-control that the children have witnessed. Praise those children who have both been noticed and successfully noticed self-control in action!

#### **Resources:**

Giant Jenga blocks or dominoes, or other equipment that can be balanced.

# CIRCLE TIME: YEAR 5/6

## Virtue 3 (Spring): Self-control

### PSHCE:

I can practise self-control to make a fair community for everyone.

### Knowledge:

I know that self-control means choosing how I respond. I know that I am responsible for my own words and actions. I can suggest some strategies that help develop my self-control.

### Skills:

I know some ways in which I already practise self-control and some new strategies.

### Attitudes:

I think before I react and choose how to respond.

### 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 the hall or outside in the playground, have some races (i) running (ii) hopping (iii) balancing a beanbag on your head.

Explain that some people are naturally good at winning races and some people have to train their bodies and minds to be good at winning races.

### Step 2. Round:

Show the picture below (under resources) or another depiction of early athletic games.

St. Paul described the importance of self-control over our minds and bodies and compared it to the Olympic games.

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **1 Corinthians 9.24-27**

### Trigger statement:

Self-control is for the mind what training is for the body.

### Step 3. Open Forum

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

Self-control is more important than generosity.

Self-control is really just patience.

I am the only one who can control myself.

Being self-controlled can help me to do the right thing

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

Think of something you have achieved that you could only do because you used your self-control (waited until Easter to eat your chocolate eggs, finished a difficult project, held back from saying something unkind). Repeat to yourself, "I **can** use self-control before I react and choose how to respond."

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

Make a laurel winners wreath and write the virtue "self-control" or an example of self-control, on each leaf. Wear the laurel crowns throughout the day to remind everyone to practise and celebrate self-control.

#### **Resources:**

Green card, to cut into leaf shapes and staple into crowns to make laurel crowns.

# CIRCLE TIME: FOUNDATION STAGE

## Virtue 3 (Spring): Reflection

### **PSHCE:**

I can recognise when I need space to reflect. I can sit quietly and think about my actions.

### **Knowledge:**

Reflection means the image or understanding that 'bounces back'.

Reflection is taking time to think about our actions.

Reflection can be about our learning, our behaviour, our choices and our observations of the world around us.

### **Skills:**

I use physical ways to be still e.g. listening to music or focusing on a candle or image. I can reflect on my own life and the impact of my choices.

### **Attitudes:**

I am thoughtful and positive about myself, I am positive about the people around me. I see beauty in the world around me.

### **Circle Time Rules:**

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

### **Step 1. Game / Way in**

Take a large mirror and place it in the middle of the circle. Ask children to spend a minute looking at what they can see in the reflection (use a sand timer if some children would benefit from a visual stimulus for the time scale). Ask children to name things that they can see reflected in the mirror. Then hold the mirror up (or provide individual mirrors) and ask children to look at their reflection. What do they see when they look at themselves?

### **Step 2. Round**

#### **Trigger statement:**

"When I look in the mirror, I see myself in a good way."

### **Step 3. Open Forum (Reflection and response)**

Invite children to lie down or sit in a comfortable position. Use the following steps to prepare children for a time of reflection. Play quiet music (optional).

"Make sure you are comfortable and not touching anyone."

"Close your eyes."

"Take a breath in and breathe out slowly"

*When children are settled then read the following short reflection;*

*"Imagine you are sitting or lying in the middle of a beautiful garden. Now, imagine you can smell spring flowers and feel the warm sun on your skin. Now imagine you can hear a little bird singing in a tree nearby. Think about what makes you feel happy. God feels happy when he sees you being peaceful.*

*"Think about what God sees when he looks at you; does He see someone who is kind? Does He see someone who is creative? Does He see someone who is friendly?"*

"Thank you, when you are ready open your eyes and sit up slowly"

"How did it make you feel to reflect in this way?"

Children respond.

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

Draw, paint or collage the beautiful garden that you imagined during our time of reflection. This could be individually or as a class. Display the garden artwork (along with any comments the children made about their experience and understanding of reflection) some special and comment on it throughout the weeks of reflection. Model the language of reflection. Tell the children that we are reflecting by looking closely at the things that are good in the world and in ourselves and can celebrate these just as God does!

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

Draw your heart (or use a heart template) to draw a picture that reflects what your heart looks like e.g. if it is kind, you could draw a picture of you sharing with friends.

#### **Resources:**

Mirror (large) or a class set

Heart template

Quiet music (optional)

# CIRCLE TIME: YEAR 1/2

## Virtue 3 (Spring): Reflection

### PSHCE:

I can recognise when I need space to reflect. I can sit quietly and think about my actions.

### Knowledge:

Reflection means the image or understanding that 'bounces back'.

Reflection is taking time to think about our actions.

Reflection can be about our learning, our behaviour, our choices and our observations of the world around us.

### Skills:

I use physical ways to be still e.g. listening to music or focusing on a candle or image. I can reflect on my own life and the impact of my choices.

### Attitudes:

I am thoughtful and positive about myself, I am positive about the people around me. I see beauty in the world around me.

### Circle Time Rules:

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

### Step 1. Game / Way in

Fill a clear bowl or plain tray with water, ask the children to sit very still. When we sit very still we may be able to see reflections in the water. Ask children to comment on what they can see (e.g. the lights on the ceiling.) Ask children to think about other places that they have seen stillness and reflections e.g. a lake or river, the windows, mirrors, a car door. The common link is stillness.

Explain that when we have still hearts - we can see more clearly what is shown back to us - and the person that we are.

### Step 2. Round

#### Trigger statement:

"When I look in the mirror, I see someone who is special to God."

### Step 3. Open Forum (Reflection and response)

Invite children to lie down or sit in a comfortable position. Use the following steps to prepare children for a time of reflection. Play quiet music (optional).

"Make sure you are comfortable and not touching anyone."

"Close your eyes."

"Take a breath in and breathe out slowly"

*When children are settled then read the following short reflection;*

*"Imagine you are sitting or lying in the middle of a beautiful garden. Now, imagine you can smell spring flowers and feel the warm sun on your skin. Now imagine you can hear a little bird singing in a tree nearby. Think about what makes you feel happy. God feels happy when he sees you being peaceful and spending time with Him.*

*"Think about what God sees when he looks at you; does He see someone who is kind? Does He see someone who is creative? Does He see someone who is friendly?"*

"Thank you, when you are ready open your eyes and sit up slowly"

"How did it make you feel to reflect in this way?"

Children respond.

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

Make and write a congratulations / well done card to yourself (this can be from you or you can imagine it is from God.) Reflect on the things that you are good at and the things you have done well with God's help. These may include things from within your school learning, in your friendships and new skills you may have done for yourself. Draw or write a list of things you have done well, and reflect positively. You might also like to think about if there is anything you would do differently next time.

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

Gather back together in a circle, give children a few minutes to reflect silently on their own strengths and their place in the family of our school. Ask children if they wish to share what they have reflected on.

"When I reflect – I see.... "

#### **Resources:**

Clear bowl or plain tray to fill with water.

Congratulations cards examples and templates.

# CIRCLE TIME: YEAR 3/4

## Virtue 3 (Spring): Reflection

### **PSHCE:**

I can recognise when I need space to reflect. I can sit quietly and think about my actions.

### **Knowledge:**

Reflection means the image or understanding that 'bounces back'.

Reflection is taking time to think about our actions.

Reflection can be about our learning, our behaviour, our choices and our observations of the world around us.

### **Skills:**

I use physical ways to be still e.g. listening to music or focusing on a candle or image. I can reflect on my own life and the impact of my choices.

### **Attitudes:**

I am thoughtful and positive about myself, I am positive about the people around me. I see beauty in the world around me.

### **Circle Time Rules:**

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

### **Step 1. Game / Way in**

If your school has a prayer garden with a pond go at have a look at the reflections and take some photographs. If not, use the pictures /artwork provided below in the resources section.

Ask children to draw the reflection; first show children a picture of some mountains and ask them to draw the reflection or the image that would reflect back if those mountains were stood at the edge of a lake.

### **Step 2. Round**

#### **Trigger statement:**

"Reflection means looking closely and noticing what bounces back"

### **Step 3. Open Forum (Reflection and response)**

Invite children to lie down or sit in a comfortable position. Use the following steps to prepare children for a time of reflection. Play quiet music (optional).



"Make sure you are comfortable and not touching anyone."

"Close your eyes."

"Take a breath in and breathe out slowly"

*When children are settled then read the following short reflection;*

*"Imagine you are sitting on a small beach at the edge of a river. You can smell the fresh leaves and feel the warm sun on your skin. Now imagine that you can hear a bird singing and the gentle lapping of the river as it slowly passes where you are sat. Imagine the reflections of the trees and clouds above. As you look closer into the river you see your own reflection too. Think about the things you have done today, some of them will have been good and go on to bless others, some of them will have been less good and you would not choose to them again. You have the God given gift of reflection and you always have a choice about what to be proud of and what to ask God's help to improve upon."*

"Thank you, when you are ready open your eyes and sit up slowly"

"How did it make you feel to reflect in this way?"

Children respond.

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

Create artwork based on reflections, using the ideas in the pictures below or your own research. Could children create a reflection of a heart, what colours would it be? What would those colours or images drawn represent? Kindness? Generosity? Celebrate the children's artwork by displaying it somewhere and asking children to reflect on it throughout the weeks of the virtue focus.

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

**In small groups or as a class sit or stand around the mirror.** Take it in turns to step forward and look into the mirror, saying what you see about yourself e.g. I see someone who is kind. I see someone who is a good friend. I see someone who is working on being more patient.

#### **Resources:**

Large mirror (or class set of individual mirrors).

Art work or photographs that show reflections. Possible suggested links;

<https://fineartamerica.com/art/paintings/reflections>

<https://www.jacksonsart.com/blog/2016/08/05/art-reflection-competition-winners-announced/>

<https://artuk.org/discover/stories/reflections-on-the-mirror-in-art>

# CIRCLE TIME: YEAR 5/6

## Virtue 3 (Spring): Reflection

### PSHCE:

I can recognise when I need space to reflect. I can sit quietly and think about my actions.

### Knowledge:

Reflection means the image or understanding that 'bounces back'.

Reflection is taking time to think about our actions.

Reflection can be about our learning, our behaviour, our choices and our observations of the world around us.

### Skills:

I use physical ways to be still e.g. listening to music or focusing on a candle or image. I can reflect on my own life and the impact of my choices.

### Attitudes:

I am thoughtful and positive about myself. I am positive about the people around me. I see beauty in the world around me.

### Circle Time Rules:

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

### Step 1. Game / Way in

We are going to experience a moment of reflection together but individually now.

Invite children to sit in a comfortable position. Use the following steps to prepare children for a time of reflection. Play quiet music (optional).

"Take a breath in and breathe out slowly"

*When children are settled then read the following short reflection;*

*"Imagine you are sitting on a small beach at the edge of a river. You can smell the fresh leaves and feel the warm sun on your skin. Now imagine that you can hear a bird singing and the gentle lapping of the river as it slowly passes where you are sat. Imagine the reflections of the trees and clouds above. As you look closer into the river you see your own reflection too. Think about the things you have done today, some of them will have been good and go on to bless others, some of them will have been less good and you would not choose to them again. You have the God given gift of reflection and you always have a choice about what to be proud of and what to ask God's help to improve upon."*

"Thank you, when you are ready open your eyes and sit up slowly."

## Step 2. Round

### Trigger statement:

"Reflection means looking closely and noticing what bounces back"

## Step 3. Open Forum

Listen to the chorus from, "Man in the Mirror." (Michael Jackson) and put up on the smartboard / print out the lyrics for children to consider;

*I'm starting with the man in the mirror  
I'm asking him to change his ways  
And no message could have been any clearer  
If you wanna make the world a better place  
Take a look at yourself and then make a change*

Ask children in pairs or small groups to consider these questions;

Who is the person in the mirror?  
What kind of ways might he need to change?  
If you were the person in the mirror, what would you see?  
What would you want to change?  
What would you see that brings a smile to your face?  
What would God see when he looks at you?

## Step 4. Celebration

Write your own reflective lyrics; either as a separate poem or as the next verse after this chorus. Use the lyrics to comment on your own reflections about yourself, your learning or your understanding about the natural world.

## Step 5. Ending Ritual

Using a small circle of tinfoil, or silver backed paper, make a pocket-sized mirror with a border of words. Words of affirmation and resolve to reflect on the choices you make and the person you can become.

### Resources:

Tinfoil  
Interactive whiteboard

## Virtues to Live by

# I am a good friend

when

I am friendly.

I treat others as I want to be treated.

I show an interest in others.

I ask people about themselves.

I say kind and loving words.

I show my friends love.

I share my time and things with others.

I help my friend when they are in need.

I do little things for others that make them happy.

I forgive my friend.

## Virtues to Live by

# I love my neighbour

## when

I treat others as I want to be treated.

I say kind and loving things.

I share my things with others.

I do little things for others that make them happy.

I show affection.

I notice when someone needs my help.

I show I care by listening to others.

I help people and animals in need.

## Virtues to Live by

# I show self-control

**when**

I speak and act calmly even when I am hurt or angry.

I think before I act.

I can choose my words and actions carefully.

I keep my Lent promises.

## Virtues to Live by

# I show reflection

when

I can sit quietly and think.

I can be still.

I can reflect on the beauty of God's world and creation.

I can reflect on my achievements and what I have done well.

I can reflect on the good choices I have made.

## Virtues to Live by

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

# Friendship



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

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



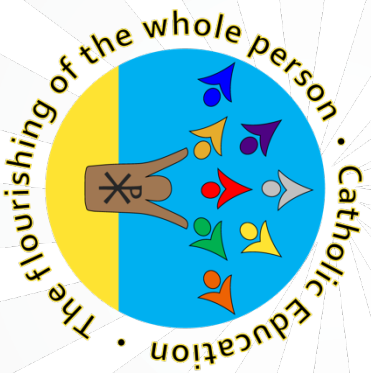


## Virtues to Live by

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

# Love of Neighbour



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

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



## Virtues to Live by

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

# Self-control



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

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

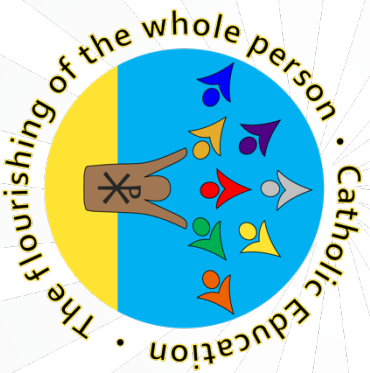


## Virtues to Live by

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

# Reflection



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

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



# Christian Meditation

## **Virtue to Live By: Friendship**

I am friendly and show my friends love.

I want the best for my friends.

*"As the Father has loved me, so I have loved you." (John 15: 7).*

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

White cloth for Epiphany (6<sup>th</sup> Jan) and Baptism of the Lord (8<sup>th</sup> Jan), Green cloth Ordinary time (15<sup>th</sup> Jan), candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme.

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

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

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

[https://www.youtubenocookie.com/embed/VU9QubwLg4Y?playlist=VU9QubwLg4Y&autoplay=1&iv\\_load\\_policy=3&loop=1&modestbranding=1&start=301](https://www.youtubenocookie.com/embed/VU9QubwLg4Y?playlist=VU9QubwLg4Y&autoplay=1&iv_load_policy=3&loop=1&modestbranding=1&start=301)

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

### **Stillness exercise**

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

### **Friendship meditation**

We share this time together in meditation as members of our school community and most importantly as friends with one another and as friends of Jesus. Just as the disciples were friends of Jesus, so are we. When we spend time with Jesus in prayer and meditation it brings us closer to him and deepens our friendship.

Friends talk to each other often, sharing good news, laughter, thoughts and feelings.

Think about yourself and your friends. How often do you talk? How long have you been friends?

How often do you see your friends? Do you miss them when you don't see them often? This is a bit like our friendship with Jesus. We don't see him, but we know he is always there for us, by our side and we can talk to him whenever we want. Talking to Jesus and praying to him helps keep our friendship with him strong. It also helps us share Jesus with others

Good friends share special times together. Let us now share this special time with our friend Jesus.

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

It is a beautiful day... the sky is blue, not a cloud in the sky, the sun is shining. You are standing bare foot on the shore of the Sea of Galilee. Feel the warm sand between your toes. Listen to the sea quietly lapping against the shore. Take a deep breath and inhale the smell of the sea. The water is sparkling blue, you hear a distant bird call, all is calm and feels relaxed... breathe in the fresh sea air.

# Christian Meditation

You look along the shoreline... in the distance you see a crowd of people sitting together on the sand. They are having breakfast together. There is a charcoal gently burning and they are eating fish that they have caught in their boats. As you get closer to the crowd you realise it is Jesus' disciples. They are listening to some one talking... it is Jesus. Run to him!  
Go and join them...when you reach Jesus quietly sit down... and listen to what he is teaching.

Jesus is talking about how to be a good friend.

Jesus says, *"As the Father has loved me, so I have loved you; abide in my love. This is my commandment, that you love one another as I have loved you. I have called you friends, because I have made known to you everything that I have heard from my Father."* (John 15:9- 15)

Jesus looks across at you. He calls you by your name and invites you over to Him. He looks at you and tells you how much you matter. He tells you, you are his friend and he will always be there for you. He knows what is important to you in your heart and with your friendships.

There are so many things that you love about your friends, let your mind wander, thinking about the fun times you have had...and even the not so fun times...think of what you like about your friends. Think about how your friends have helped you be a better person. Spend some time telling Jesus what your friends mean to you.

Take a moment to say a quiet prayer, asking Jesus to bless you and your friends...listen to his reassuring words of kindness and wisdom.

Tell Jesus you are grateful for the friends He has given you and that He is always your friend...  
Ask Jesus to bless you and your friends...

It is time to leave Jesus...say goodbye... Jesus hugs you goodbye...It is hard to say goodbye to such a good friend. Tell Jesus you will talk to Him soon. Slowly get up and walk away... turn and wave goodbye to Jesus. He is smiling at you... as you walk away know that Jesus is always there for you.

When you are ready, open your eyes and come back into the room. Bring your consciousness back to the word friendship. As you breathe in, concentrate on the word friendship... and as you breathe out, concentrate on friendship...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

Take a few deep breaths and listen to this prayer.

## Closing prayer

Dear Jesus,

Thank you for my time with you in meditation.

Jesus, thank you for being my friend. I want our friendship to grow stronger. I will come to you with my thoughts and needs. I will trust you. Let me share you with others every day. I love you Jesus.

Guide us in being good friends with one another. Let us be inspired by you to be good friends.

Amen.

# Christian Meditation

## **Virtue to Live By: Love of Neighbour & Compassion**

*"Love your neighbour as yourself.' There is no commandment greater than this." Mark 12:31*

*"Be kind and compassionate to one another, forgiving each other, just as Christ God forgave you."  
2 Corinthians 1:3-4*

### **Virtue to live by Statement**

*I know that loving my neighbour means loving EVERYONE.*

*I show my compassion when I am patient, understanding and loving to my neighbour.*

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

Green cloth 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.

<https://www.youtube.com/watch?v=pW8r1JzsuPk>

<https://www.youtube.com/watch?v=xoguumq8VvY>

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

### **Stillness exercise**

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

### **Love of Neighbour meditation**

We share this time together in meditation friends and neighbours. Who is our neighbour you might think?" Jesus teaches us that a true neighbour has nothing to do with closeness. Our neighbour is anyone who crosses our path in life. As disciples of Jesus, everyone we meet should see the love of Christ in us, so that He can be glorified through us.

We hear in the Bible, "A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another." John 13:34-35. This is one of the greatest commandments.

Now let us go and be with Jesus to learn more about how we can love our neighbours as we love ourselves and show compassion for others. We are called to love God with all of our heart, soul, mind, and strength. We are to love one another and grow in love that puts others first.

When we spend time with Jesus in meditation it brings us closer to Him and deepens our love for Him.

## Christian Meditation

Listening to Jesus and learning from his parables helps keep our love strong. It also helps us share Jesus with others. As friends together, neighbours together, let us share this special time in meditation and prayer with Jesus.

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

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

Imagine you are walking down a dusty road. It is daybreak, the sky is a wondrous warm shade of pink on the horizon. There are beautiful hues of yellow and blue beginning to appear. The sun is slowly rising, and it is not too hot. You know it is going to be a wonderful day and you want to make the most of every minute that God has given us.

Feel the warm sun on your shoulders, take a deep breath in and relax, allowing your shoulders to drop and allow your breathing to slow down...inhale slowly...and exhale slowly...

Begin to walk down the dusty road and listen to the tweeting of morning birds as they awaken in their nests in the trees that line the side of the road.

As you continue to walk, people begin to awaken and start their day. Just ahead you see a group of people gathering next to a tree. As you walk closer, you recognise that it is Jesus. You also begin to recognise Jesus disciples are the people sitting with him. Go and join Jesus and his disciples... he sees you and calls for you to join them.

He calls you by your name... you walk closer...Jesus smiles at you. He pats the ground for you to sit down. Jesus is talking to his disciples about being a good neighbour and is telling them the story of the Good Samaritan.

Jesus says that a man was once travelling from Jerusalem to Jericho when he was attacked by thieves who stole his clothes and wounded him, leaving him half-dead. A Jewish priest came past, but although he saw the man, he passed by on the other side of the road.

Then a Levite, a member of a different tribe, came past and looked at the poor man, but he, too, walked on by on the other side of the road.

But then a Samaritan passed, and when he saw the man in need of help, he had compassion and he went to him and bound up his wounds with oil and wine. Then he put the man on his horse and led him to an inn, where he looked after the man.

The next day, the Samaritan must leave the inn, but he gives the innkeeper two pence and asks him to look after the wounded man. He also says that if the innkeeper needs to spend more money on looking after the man, the Samaritan will repay him when he returns.

Jesus asks you and his disciples which of these was the true neighbour of the man who was attacked by thieves? You answer it is the man who showed mercy and helped him in his time of need. Jesus smiles and tells you to follow the Samaritan's example and help others and show love of neighbour.

Spend some time with the disciples in quiet prayer, to Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

## Christian Meditation

'Dear Lord, you have said that to truly love you then I must also love my neighbour, which can be difficult sometimes. Yet in overcoming those difficulties it is possible to see the miracle that you love someone like me. Teach us to love, Lord, as you have loved us that this world might be a better place and we will seek to help our neighbours and those in greater need than ourselves.'

Spend a moment telling Jesus what you are going to do to be a good neighbour and put others before yourself...

Jesus is pleased with you; he is smiling and reaches out his hand to you to say good bye. It is time to leave Jesus...say goodbye... Jesus gives you a hug goodbye...

It is hard to say goodbye to such a good friend. Tell Jesus you will talk to Him soon. Slowly get up and walk away... turn and wave goodbye to Jesus. He is smiling at you... as you walk away know that Jesus is always there for you.

When you are ready, open your eyes and come back into the room. Bring your consciousness back to the words love of neighbour. As you breathe in, concentrate on the word love... and as you breathe out, concentrate on neighbour...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

This story of the good Samaritan shows us that a true neighbour has nothing to do with closeness. A "good Samaritan" is someone who goes above and beyond to help someone in their time of need. But the time of need isn't always a dramatic one. Someone's time of need may be when they need to experience patience, compassion, or gentleness.

Jesus lived a life of love and service for his neighbours.

Following the example of Jesus means that we can never just walk by when we see those in need. This is a big challenge because it is not always as simple as helping individuals. We have the responsibility to help build a society that looks after all the poor, marginalised and disadvantaged. This is a journey we embark on for life.

Take a few deep breaths and listen to this prayer.

### **Closing prayer**

Dear Jesus,  
All I am, and all I have,  
I offer, Lord, to you.  
I offer you these hands,  
that you might use them  
in and through my daily work.  
I offer you these feet,  
that you might lead them  
to someone who needs my help.



## Christian Meditation

I offer you these shoulders  
if you should them  
to help lighten another's load.  
I offer you this voice  
that you might use it  
to speak up for those in need.  
All I am, and all I have,  
I offer, Lord, to you. Amen.

# Christian Meditation

## Virtue to Live By: Self-control

### Statements to live by

I have self-control.

I speak and act calmly.

*"But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility and self – control." Galatians 5:22-23*

*"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."  
2 Timothy 1:7)*

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

Purple cloth Lent, 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.

<https://www.youtube.com/watch?v=pW8r1JzsuPk>

<https://www.youtube.com/watch?v=xoguomq8VvY>

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

### Stillness exercise

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

### Self-Control meditation

We share this time together in meditation Jesus. Today we are going to learn about self-control because some behaviours can get us into trouble and can cause us or others to get hurt. We also need to develop self-control to train our minds to make good choices, resist temptation and help us grow to be a better person. We can all be tempted to make wrong choices and lose self-control, but we all need to understand that temptation isn't something we grow out of once we reach adulthood, but we must constantly rely on God to help us overcome temptation and use more self-control. God wants us to use self-control not just to avoid harm, but in a way that can help us to do good things for our families, friends, communities and ourselves.

Meditation helps us to focus our mind and practice self-control.

Let us must take a moment to breathe deeply, inhaling and exhaling, relaxing our body and focusing our mind. Spend a moment thinking about when you were tempted to do the wrong thing, made a bad choice and did not use self-control. How did that make you feel? Sad...annoyed with yourself...lonely...upset...

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Maybe you can think of a time where you were tempted and were strong and used self-control. How good did that make you feel? Happy...proud...elated...in control of yourself...thankful...

We know there are things in the world that tempt us to make poor choices and at time Jesus was tempted to do things to prove he was the Son of God...but instead, Jesus chose to worship and love God...let us take a moment to reflect on this fruit of the Holy Spirit.

Today's we will learn that Jesus faced temptation but did not sin but used self-control. Our story is from the book of Matthew, the first book in the New Testament.

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

Take this time to feel safe and loved in the presence of the Lord. Take a deep breath and imagine you are with Jesus on this journey.

We know that Jesus was baptised in the River Jordan by John the Baptist. We learned that The Holy Spirit descended on Jesus in the form of a dove, and God spoke from heaven saying, "This is my Son, whom I love; with Him I am well pleased."

Immediately after all this happened, God sent Jesus into the wilderness where he fasted for 40 days going without food in order to spend time praying and thinking about God.

Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was very hungry. Can you imagine how hungry you would be?... imagine how Jesus must have felt.

The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'"

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God and serve him only.'"

Then the devil left him, and angels came and attended him.

Do you think Jesus was tempted during the time he spent in the wilderness? If you were in Jesus' place, what would you have done?

Instead of giving into the temptation to turn the stones into bread, Jesus remembered what God's Word says. Way back in the Old Testament book of Deuteronomy we can read about how the Israelites were wandering in the desert and they were really concerned about what they were going to eat. In fact, they cared more about food than their God who provided it! We need God more than we need anything else in the world because it's God Himself who sustains us. That's what Jesus remembered when Satan tempted Him, and knowing this truth allowed Jesus to resist temptation. Jesus faced temptation but did not sin.

Did you know that this was not the only time that Jesus was tempted? Three years later Jesus was on the cross. People passed by him and shouted up to him, "Save yourself! If you are really the Son of God, you could come down from that cross!" Jesus certainly could have saved himself because He truly was

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(and is) God. Jesus didn't deserve to die on the cross. Jesus faced temptation but did not sin. He gave His life for us. Jesus was and is our perfect role model. He died for our sins and we must now help ourselves too, resisting temptation and using self-control to be a stronger and better person, making the right choices.

Listening to this story about Jesus and learning from his experiences helps us to be practice discipline, keep our promises and be closer to God.

During Lent, we make our Lenten promises and using self-control will enable us to achieve this and make us a stronger person. We can use the Gifts of the Holy Spirit to help us use self – control.

Spend a moment telling Jesus how you are going to use self-control...

Now let us pray: O Holy Spirit, please help us to use your gifts to help us develop our self-control. Help us to be conscious of you working through us and to draw closer to God. Help us to think before we speak and think before we act in order to process and make the right decisions.

We ask this through Christ our Lord. Amen.

When you are ready, bring your consciousness back into the room, thinking of the words self and control. As you breathe in, concentrate on the word self... and as you breathe out, concentrate on control...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up. This story Jesus resisting temptation and using self-control shows us how strong Jesus was and we can be the same.

Following the example of Jesus, as a perfect role model, helps us to be a better person, making good choices to help others and ourselves. It can be challenging but we are all strong enough and determined to do use self-control and be a good person.

Let us finish our time together with a prayer:

Almighty Father, in this world filled with goodness, evil, pleasure, leisure, and temptations, our wish is to have the fruit of Your Spirit evident in our daily life. Grant us Father we pray, a spirit of self-control. May we face all issues in life with calmness and control. We ask this in Your name. Amen.

# Christian Meditation

## **Virtue to Live By: Reflection**

### Statements to live by

I take time to think about the beauty and goodness in myself, others and God's world.

I reflect to see myself as God sees me.

*"Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves that Jesus Christ is in you?" (2 Corinthians 13:5)*

*"If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing." (1 Corinthians 13:3)*

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

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

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

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

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

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

### **Stillness exercise**

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

### **Reflection meditation**

We come together in meditation as members of our school community. We look to God to help us practice the virtue of reflection. Let us take this time to be with God and focus on the importance of being reflective and living in the light of Christ. It is important to take time to think about how we can be more Christ like and think about what you have done to learn about what went well and what you could have done differently or better. Let us give time to think carefully about your actions to see how you can become a better person.

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

Have you ever sat outside on a bright sunny day and used a mirror to reflect the sun's light? Let's use this torch and the mirror to reflect the light onto you. As you see, as the light shines, onto a mirror the I hold up my mirror and I can reflect the light to shine on you. I am not the light; I am just letting my mirror reflect the light to shine on you. Like the moon reflects the

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light of the sun back to a dark world, we too reflect the light of Christ to a world of people in darkness.

Imagine yourself floating gently with the current in a lake, perfectly still, perfectly serene. The calmness of the water carries you, the more peaceful you become... let that peace deepen and deepen, until it fills you completely. Imagine that there is a beautiful, peaceful, shining light, shining right above the top of your head. In your mind you see it, it is incredibly beautiful, incredibly peaceful.

The light fills you mind and body, you know the light in your heart as it warms you. The light moves across your face, down your neck and shoulders. From there, it passes down your arms to your hands and fingertips. You feel so peaceful and relaxed. The light moves down your legs to your feet. It feels soothing and relaxing. Your whole body is filled with this wonderful, relaxing, healing light, it feels so good. You recognise this light to the light of Jesus.

In the Gospel of John, Jesus is called "the true light, which gives light to everyone" (John 1:9). Throughout the New Testament, the followers of Jesus are called to be lights in the darkness. So, what does it mean to shine? How can we use the virtue of reflection to be more like Jesus in the way in which we live our lives.

When we make choices in our daily lives, may our actions and words reflect the light of Jesus so that we are more Christ like. Let us take time to reflect on our behaviours, how we speak to each other, how we interact and decisions we make. Think of a time where maybe you haven't made the right decision or may have not said the right thing. What could you do to put this right? What would Jesus do?...

Spend a moment reflecting on what you can do to shine your light like Jesus. Jesus said, "Let your light shine before others" (Matthew 5:16a). He explained that no one lights a lamp just to hide it under a basket. A lamp is meant to be placed on a stand to give light to everything around it. Be reflective and know you are called to be a light to the people around you.

When Jesus said, "Let your light shine before others," that wasn't the whole sentence. He went on to give the reason why it's important to shine: "so that they may see your good works and give glory to your Father who is in heaven" (Matthew 5:16b). Our goal should never be to bring recognition to ourselves, but to bring glory to God. We should use reflection to learn how we can become more loving and compassionate, to put things right we may have done wrong and to celebrate the good things we do. Reflection is a matter of heart and knowing what the best thing to do is and doing it.

The Holy Spirit lifts us up, carries us forward and brings us deep joy and happiness.

As we go forward from this meditation, let us remember how important it is to take time for reflection, to think about what we have done, what went well and what we could have done differently and know that, "The Lord is my light and my help." (Psalm 26:1).

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

### **Closing prayer**

Dear Lord

Thank you for our time with you in meditation. We are thankful for the opportunity to be reflective and to become better people. Help us to do and say the right thing, shining our light in doing God's work with everyone we meet. May we always reflect the light of Jesus. Help us to keep our faces turned toward you and help us to keep anything from coming between us and you. Amen.