

# “Virtues to Live by”



## SUMMER



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

### CONFIDENCE

*“Let us be confident, then, and say: “The Lord is my helper, I will not be afraid. What can anyone do to me?”*

(Hebrews 13:6)

#### Definition

**Confidence** - You can do things without fears or doubts stopping you. When you are confident in someone, you can trust and rely on them. If you trust in God, you have confidence that God loves you and watches over you. Confidence brings peace of mind. Confidence is being certain and feeling assurance.

#### Virtue to Live by

I am able to do things without fear or doubt

I place my trust in God and know that He gives me strength

#### Biblical Sources

##### Confidence

The source of Christian confidence is not in himself or herself but in God Himself (Jeremiah 9:23–24). The goal of the Christian life is not selfish ambition, but the glory of God (Philippians 2:3; 1 Corinthians 10:31). As Christians, we are asked trust in God (Proverbs 3:5–6). He is our confidence, our rock, our refuge (Psalm 18:2).

“The Lord will keep you safe” (Proverbs 3:26)

“So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings.” (Matthew 6:34)

“Let us be confident, then, and say: “The Lord is my helper, I will not be afraid. What can anyone do to me?” (Hebrews 13:6)

#### **Why Practise Confidence?**

When you have confidence, you are open to new opportunities to learn. Without confidence, fears and doubts will hold you back. You will over analyse your actions and you will miss a lot because you are afraid of making mistakes, as if somehow mistakes mean you are not worthwhile.

Without confidence you may feel confused or afraid of what might happen to you. Even if you know how to do something, your worries can make you feel uncertain. When you feel like this, you can't give things your best and you do not work as well. God brought us into the world not to show how perfect we are, but to learn how to perfect ourselves step by step.

Confidence means that instead of being suspicious with others, you trust them unless you have a good reason not to. With confidence in God you will learn that everything that happens to you will work out for the best if you learn from it.

### **How do you Practise Confidence?**

We practise confidence by knowing we are worthwhile, whether we win or lose, succeed or fail. We never see ourselves as the finished article, we see ourselves as learners and we welcome new experiences. We are optimistic and we don't let our fears control us. We are reflective and but don't criticise ourselves too harshly when things don't go to plan. We try to grow and learn from our mistakes. We place our trust in God, knowing that he will forgive us and help us to change.

We also have confidence in others and trust them to do what they say will do. Confidence in life means that we trust that all things work together for the common good.

### **Key Words:**

Confidence, faith, trust in God, positive

### **Signs you are Confident:**

- I think positively
- I am willing to try new things
- I believe in myself
- I know I am worthwhile whether I succeed or fail
- I trust that God will support me
- I keep going even when I find things difficult

### **Other ideas:**

Stories for younger children

Stories –Giraffe's Can't Dance

Arthur the Worried Penguin

### **Reflection Questions:**

Let us reflect on how Confidence helps us to do God's work?

When do you feel nervous or worried, what will you do to practise the virtue of confidence?

What helps me to learn from my mistakes?

I am thankful for the gift of confidence it helps me to achieve my goals and work with others.

There are so many opportunities to be confident. Today, I plan to take advantage of them.



# "Virtues to Live by"

## Before You Begin – An overview for teachers

### Trust

*"The Lord delights in people who are trustworthy."*

(Proverbs 12:22)

#### Definitions

#### **Trust –**

Trust is having faith. It is relying and believing in someone or something. It is having confidence that the right thing will come about without trying to control it or make it happen, just as you trust the sun to rise in the morning without having to do a single thing.

Trusting others is believing that people will do what they say without having to get them to do it. Trusting yourself is having faith in your own capacity to learn and grow.

Trust doesn't mean to expect life to be easy all the time; sometimes it is hard to trust.

Trust is being sure, deep down that there is some gift or learning in everything life brings, and that God's love is always with you. When you trust, you know that you are never alone.

If you are **trustworthy** you can be relied upon by others. You will keep your word and if you have committed to something you will do your best to see it through and complete it: you are reliable and determined.

#### Virtue to Live by

I place my trust in God and others can place their trust in me

#### Biblical Sources

#### Trust

When you vow a vow to the Lord, or an oath to bind yourself to a pledge, you shall not break your pledge, you shall not break your word; you shall do all that proceeds from your mouth." (Numbers 30:2)

"He who goes about as a tale-teller reveals secrets, but he who is trustworthy conceals a matter." (Proverbs 11:13)

"The Lord delights in people who are trustworthy." (Proverbs 12:22)

"A good name is rather to be chosen than great riches." (Proverbs 22:1)

"It is like a man on his way abroad who summoned his servants and entrusted his property to them ...." (Parable of the talents Matthew 25:14-30)

## Why Practise Trust and Trustworthiness?

Without trust you always feel like you have to control things to make them turn out right. Even things you cannot control start to worry you. Trusting others leaves you free to concentrate on those things *you* need to do. You do not waste energy worrying about the things other people are doing. Trusting yourself is an important part of growing. Trust yourself instead of worrying over every mistake, just do your best and trust it to be good enough.

Trusting God allows you to receive and follow guidance to do what is right for you.

Without Trustworthiness agreements and promises don't mean anything. If you are not trustworthy people never know if they can believe or count on you. If you **are** trustworthy, others can trust you because you keep your word. When people are trustworthy, they can be trusted to tell the truth, to do their part, to give their best.

## How do you Practise Trust and Trustworthiness?

Trust comes when you are willing to rely on God, yourself and others. By having basic confidence that things will go right, you help things to work out right.

When you trust fear goes away. Even when we are suffering God means you to believe there is good reason for what is happening, that it can help you to grow stronger or learn something new.

When you are trustworthy you stop and think before making a promise, to be sure it is something you really want to do and that you really can actually do it.

You make promises and you keep them. You make a conscious decision to keep your promise not just to try and to, even when obstacles get in the way. You keep your word, you keep going because it is very important to you to be worthy of the trust of others.

## Key Words:

trust, trustworthiness, faith, confidence, promise

## Signs I am practising trust:

- I believe there is some good in everything that happens
- I look for the gift or lesson in painful experiences
- I know my best is good enough
- I don't nag, worry or try to take control
- I trust others

## Signs I am trustworthy

- I think before I make promises
- I remember my promises and do the things I promised to do
- I keep doing what I promised even when I feel like doing something else.
- I don't let obstacles get in the way of my promises, I don't procrastinate, I finish what I promised to do!

## Other ideas:

Story for younger children

**Reflection Questions:**

Let us reflect on how Trust and Trustworthiness, how can these virtues help us to do God's work?

Do I put my trust in God?

Do I put my trust in others ?

Do I pause before I make promises?

Am I determined to follow through with my promises and persevere when obstacles are in my path?

Am I trustworthy?

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Courage

*“Courage!” Jesus said. “It is I. Do not be afraid!”*

(Matthew 14:27)

#### **Definition**

COURAGE – You do something that needs to be done even when it is hard to do or you are scared to do it. Even though you are afraid, you overcome your fear and do the right thing. You know you can count on God’s help and so you are never alone.

Courage is personal bravery in the face of fear but it doesn’t mean taking unnecessary chances just to look brave. Love can give us courage. It gives us strength and helps us to do the right thing without letting our fears stop us.

#### Virtue to Live by

**I have courage**

**I am willing to try new things**

#### Biblical Sources

“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” (Joshua 1:9)

“Be strong and courageous.” (Deuteronomy 31:6)

“Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!” (Psalm 27:14)

“Then David said to Solomon his son, “Be strong and courageous and do it. Do not be afraid and do not be dismayed, for the Lord God is with you. He will not leave you, until all the work for the service of the house of the Lord is finished.” (1 Chronicles 28:20)

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

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” (Isaiah 41:10)

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” (Psalm 23:4)

#### **Why Practise Courage?**

Courage is the best thing you can have when you are scared or unsure. There are times when you are not sure that you can do something. You might feel alone, facing what seems to be an impossible situation. Courage helps you to do great things.

Without courage everyone would do only what is easy. No one would try new things that seem hard. Everyone would do what everyone else is doing, to avoid standing out- even if they knew it was wrong. Fear would be in charge. We would avoid anything that seemed hard.

### **How do you Practise Courage?**

You do what you know is right even when it difficult or scary. You face your mistakes with courage and learn from them. You remember that you can always ask for help when you need it. You know you can count on God and others to give you strength and support.

You stand for what is right and make wise decisions even when your peers are following a different path. You let courage fill your heart even when you are ridiculed or belittled.

### **Key Words:**

Choice, courage, fear, strength

### **Signs I am practising courage:**

### **Signs I have courage**

- I have the courage to ask for help
- I make the right choices
- I stand up for what is right
- I can reflect on the choices I have made
- I am not afraid to fail

### **Other Sources:**

"Courage is the power of the mind to overcome fear." (Martin Luther King)

"Courage is being scared to death – and saddling up anyway." (John Wayne, actor)

"With courage, you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity." (Keshavan Nair)

### **Reflection Questions:**

- **When have I joined in with others and not shown courage to stand up for what I know is right?**
- **Can I use the virtue of reflection to prepare courage in the future?**
- **How can I encourage others to show courage?**
- **Help me to turn to God in times of fear or when facing difficult choices.**

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Wisdom

*“Be wise in the way you act; make the most of every opportunity. Let your conversation be always full of grace so that you may know how to answer everyone.”*

(Colossians 4:5-6)

#### **Definition**

PRACTICAL WISDOM / GOOD SENSE – You decide, based on what you know, what is the best thing to do. You take time to think about what you must do and ask other people about it. You reflect on what you know and have been told and then decide to do something which you think is best.

#### Virtue to Live by

**I take time to think about what I must do and ask God and others about it.**

**I help others to make the right choices**

#### Biblical Sources

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity” (Ephesians 5:15)

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

“How much better to get wisdom than gold, to get insight rather than silver!” (Proverbs 16:16)

“Where there is trouble, there is pride, but wisdom is found in those who take advice.” (Proverbs 13:10)

#### Why Practise Wisdom

“Practical wisdom is a true characteristic that is bound up with action, accompanied by reason, and concerned with things good and bad for a human being. Practical wisdom is concerned with human things and with those that about which it is possible to deliberate. The person with practical wisdom is skilled in aiming, in accord with calculation, at what is best for a human being in things attainable through action.” (Aristotle)

#### How to Practise Wisdom

Be Open to New Experiences-Wisdom is gained through life experience. To keep growing as an individual, you must be willing to explore unfamiliar and sometimes uncomfortable things.

You show compassion and empathy- you think of others and listen because there is plenty to learn. By putting yourself in other people’s shoes and seeing their point of view, you can become more open-minded and conscientious which can have an impact on your decisions.

You learn from your mistakes as there is no such thing as being absolutely perfect, personal growth will come from this.

You ask for help- Being wise doesn't mean you have all of the answers, but people who are will be able to use the resources around them. Sometimes this means reaching out to other people. There will be many people who will be in the same shoes as you, and by showing them how they too can work on developing wisdom, it simply reinforces what you've learned over time. A wise person has a lot to share and give back to others, and there's no better way than leading by example.

### **Key Words:**

Wise, practical wisdom, good sense, learning

### **Signs I show wisdom**

- **I take time to reflect on my actions**
- **I learn from my experiences**
- **I can decide, based on what I know, what is the best thing to do.**
- **I make the most of my gifts and talents**
- **I can help others make the right choices**

### **Other Sources:**

"Practical wisdom is only to be learned in the school of experience. Precepts and instruction are useful so far as they go, but, without the discipline of real life, they remain of the nature of theory only." (Samuel Smiles)

"The experience gathered from books, though often valuable, is but the nature of learning; whereas the experience gained from actual life is one of the nature of wisdom." (Samuel Smiles)

### **Reflection Questions:**

Do I make considered choices?

Do I speak to God before I make difficult choices?

How can I use my past experiences to guide me and others around me?

Do I seek the experience of others when making choices?

How can I use my gifts and talents?

## **"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)*

### **Summer Term:**

## **CONFIDENCE**



## **Blessing**

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

## **OPENING PRAYER:**

God our Father, you created us and know our every need, concern and worry. You created each of us with some special work to do for you, that no one else can do.

You love us individually as your precious sons and daughters and want us to come to you with every detail of our lives. May our confidence in your fatherly love grow each day.

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:**

Let us be confident, then, and say:  
"The Lord is my helper, I will not be afraid. What can anyone do to me?"  
*Hebrews 13:6*

## **REFLECTION**

*As adults working in a school community, we instinctively know how important it is to build a child's confidence to enable them to flourish fully.*

***Think about how you do this without even thinking every day.***

*You will let them know you are there to help and explain so they can come to you and ask questions.*

*You will give them opportunities to practise new things regularly.  
You will speak encouraging words as they make small or big steps forward.  
You will let them know that if they make mistakes, that it's all part of growing and that's OK.*

***As adults too we need to keep growing in confidence.***

*We are blessed with other people to encourage and guide and teach us but that isn't enough.*

*The Holy Spirit is our teacher and He will encourage and prompt us and sometimes even correct us when we need it, so that we too can grow in confidence.*

*As the children listen to the teacher in the classroom, we too need to practise listening to God in our hearts as we let Him guide us and teach us.*

*He doesn't want us to be afraid of new challenges before us.*

*He wants us to feel safe in His care.*

*He wants us to place our confidence in Him and His ways.*

***Are you lacking in confidence in some way today?***

***Bring that now to your loving Father in the quiet of this moment and ask Him to show you a way forward.***

***Ask Him to help you.***

## **LIVING OUR VIRTUE**

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

- think positively
- be willing to try new things
- believe in themselves
- know they are worthwhile whether they succeed or fail
- trust that God will support them

- keep going even when they find things difficult.

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

## **CONCLUDING PRAYER**

God our Father,

Help us to recognise our need to place our confidence in you and your perfect will for our lives.

May we recognise the gifts and skills you give us and use them confidently for your glory, knowing you are always with us, wanting us to flourish and live without fear.

Help us to encourage one another and to turn to you for your guidance and grace each day.

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

### **VIRTUE TO LIVE BY**

**I am able to do things without fear or doubt.**

**I place my trust in God and know that He gives me strength.**

## **“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)*

### **Summer Term:**

**TRUST**

## Blessing

**May the God**

Of new beginnings lead us forward this day.

**May the God**

Who brought us new life in Christ  
Fill us with the joy of the resurrection this day.

**May the God**

Who lives within us  
Be revealed to everyone we meet this day.

**May the God**

Who comforts and protects us  
Soothe all heartaches and worries this day.

May the God

**Who created** the universe

Renew our spirits with joy and peace this day  
And every day of our lives.

Amen.

## OPENING PRAYER:

God our Father,

You are always faithful and trustworthy. All your promises are true. Help us to imitate your ways and grow as a faithful community of believers who are able to trust and rely on each other to do our part in building the Kingdom of God in our locality.

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:

### The Parable of the Talents

'It is like a man about to go abroad who summoned his servants and entrusted his property to them.

To one he gave five talents, to another two, to a third one, each in proportion to his ability. Then he set out on his journey.

The man who had received the five talents promptly went and traded with them and made five more.

The man who had received two made two more in the same way.

But the man who had received one went off and dug a hole in the ground and hid his master's money.

Now a long time afterwards, the master of those servants came back and went through his accounts with them.

The man who had received the five talents came forward bringing five more. "Sir," he said, "you entrusted me with five talents; here are five more that I have made."

His master said to him, "Well done, good and trustworthy servant; you have shown you are trustworthy in small things; I will trust you with greater; come and join in your master's happiness."

Next the man with the two talents came forward. "Sir," he said, "you entrusted me with two talents; here are two more that I have made."

His master said to him, "Well done, good and trustworthy servant; you have shown you are trustworthy in small things; I will trust you with greater; come and join in your master's happiness."

Last came forward the man who had the single talent. "Sir," said he, "I had heard you were a hard man, reaping where you had not sown and gathering where you had not scattered; so I was afraid, and I went off and hid your talent in the ground. Here it is; it was yours, you have it back."

But his master answered him, "You wicked and lazy servant! So, you knew that I reap where I have not sown and gather where I have not scattered? Well then, you should have deposited my money with the bankers, and on my return, I would have got my money back with interest.

*Matthew 25:14-27*

## REFLECTION

In our homes, workplace and communities we all have tasks others need us to do. Some are part of a paid job, some due to a promise we have made and some as part of a commitment to a relationship.

Like the servants in the parable, others need to be able to trust us to do our part and not be lazy and make excuses.

***How are others relying on you today? At home, in work in your friendships.***

Working hard and being determined to do our very best to complete our tasks and promises demonstrates our trustworthiness.

***Ask God to help you when you are tired and tempted to make excuses for not doing what you should.***

***Know that God is always trustworthy and will never leave you.***

## LIVING OUR VIRTUE

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

- trust God that there is good in the world
- know that they are not alone
- try not to worry about things before they happen
- tell the truth
- know they are worthy of the trust others place in them
- be reliable and determined
- complete all the tasks they promised to do

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

## **CONCLUDING PRAYER**

**Most merciful Jesus,**

I turn to You in my need.

You are worthy of my complete trust.

You are faithful in all things.

I trust You in all things.

I trust in Your perfect plan for my life.

Jesus, I trust You more than I trust myself.

### **VIRTUE TO LIVE BY**

**I place my trust in God and others can place their trust in me.**



## "Virtues to Live by"

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

*(Pope Francis 2013)*

### Summer Term:

**COURAGE**

## **Blessing**

Circle me O God  
Keep protection near and danger far away.  
Circle me O God  
Keep hope within, keep doubt without.  
Circle me O God  
Keep light near and darkness far away.  
Circle me O God  
Keep peace within, keep evil out.  
Circle me O God  
Keep calm within, keep storms without.

## **OPENING PRAYER:**

God our Father,

You call us to build Your kingdom here on earth through love and care of those around us.

We ask for your gift of courage this day so we are able to do and say what is right and good no matter how difficult it may be for us. Help us to be a courageous community, speaking out for the truth and supporting those without a voice.

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:**

### **Jesus walks on the water**

Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

“Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”  
“Come,” he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

Immediately Jesus reached out his hand and caught him.

*Matthew 14: 25-31*

## REFLECTION

There are times in life when it feels like we are being asked to walk on water.

Whatever the task, it just feels too much, too big, overwhelming or even impossible.

Something deep down tells us that we should do it or it needs to be done or said because it is the right thing to do.

We even want to do it – but can easily talk ourselves out of it or put it off to another time.

We need courage!

***Is there something you need courage for today?***

***Ask our Lord now – he calls us to come to Him and He will give us the courage we need to do God’s will.***

And even if our courage fails half way like Peter (as it often does) we just need to call out to Jesus again and He will reach out to us and be with us.

It is hard to step out alone.

*How can we encourage and walk alongside each other when someone is being courageous and doing what needs to be done or said?*

## **LIVING OUR VIRTUE**

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

- have the courage to ask for help.
- make the right choices.
- stand up for what is right.
- reflect on the choices they have made.
- be not afraid to fail

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

## **CONCLUDING PRAYER**

Grant to us the serenity of mind to accept that which cannot be changed; courage to change that which can be changed, and wisdom to know the one from the other, through Jesus Christ our Lord, Amen.

### **VIRTUE TO LIVE BY**

**I have courage.**

**I am willing to try new things.**

## **"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)*

### **Summer Term:**

**WISDOM**

## **Blessing**

Lord, bless this day.

Make it a day in which we grow in the likeness and mind of Jesus your Son. And at the day's end, may we be thankful for encountering you in so many human ways and situations and in other people.

Jesus, help us to follow you more nearly day by day. Amen.

## **OPENING PRAYER:**

God our Father,

You are the source of all wisdom.

Pour out your graces on us today so we can see as you see and know the right choices to make today. Help us to learn from our experiences and those of others so we may work with you to build your Kingdom here today.

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:**

Anyone who is wise or understanding among you should from a good life give evidence of deeds done in the gentleness of wisdom.

But if at heart you have the bitterness of jealousy, or selfish ambition, do not be boastful or hide the truth with lies;

this is not the wisdom that comes from above, but earthly, human and devilish.

Wherever there are jealousy and ambition, there are also disharmony and wickedness of every kind;

whereas the wisdom that comes down from above is essentially something pure; it is also peaceable, kindly and considerate; it is full of mercy and shows itself by doing good; nor is there any trace of partiality or hypocrisy in it.

*James 3: 12-17*

## REFLECTION

There are many sources of advice today – but not all of them are wise. Considering the signs of true wisdom in the reading may help us in our daily walk with God.

***Where do I need wisdom today?***

***Have I got an important decision to make about how I live my life?***

***Tell God in the quiet of your heart where you need guidance in your life now.***

The Bible is full of wisdom and advice about decisions and choices we should make. Perhaps ponder on God's word before making a decision. Ask Him to guide you and show you.

***Are my choices leading to goodness, fairness and are they from a place of mercy and love?***

A wise decision takes time. We rarely need to make an instant decision. Stop – Pray – Reflect and wait for peace about what you should do. Ask a trusted friend or wise colleague for advice.

As we get wiser, we learn from our own actions and those of others. We consider all the options before us, choosing what is the best option for the good of all.

***Ask God to help you be wiser and less reactive and impulsive in your decisions today.***

## LIVING OUR VIRTUE

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

- take time to reflect on their actions
- learn from their experiences

- decide, based on what they know, what is the best thing to do.
- make the most of their gifts and talents
- help others to make the right choices

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

## **CONCLUDING PRAYER**

**Lord, I ask for your help.**

**When I need a calm mind, give me your peace.**

**When I need a clear head, give me your wisdom.**

**When I need to take care, give me your patience.**

**When I need to be inspired, give me your insight.**

**Keep me from being too anxious as I put my trust in your power to guide me.**

**This day and every day.**

**Amen.**

### **VIRTUE TO LIVE BY**

**I take time to think about what I must do and ask God and others about it.**

**I help others to make the right choices.**



# Acts of Worship

## **Virtue: Confidence**

I am able to do things without fear or doubt

I place my trust in God and know that he gives me strength.

### **Week 1 – theme: the confidence to trust God**

#### **Gathering together**

Focal point:

White cloth for Easter tide

Candle, Bible opened at

Risen Lord crucifix

Pictures of the Risen Christ

Gather song/ reflective music on entrance

Confidence, strength, bravery pebbles

#### **Word:**

Joshua 1:9

‘Remember that I have commanded you to be determined and confident. Don’t be afraid or discouraged, for I, the Lord your God, am with you wherever you go.’

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

Do you ever feel afraid or scared of something? How does it make you feel? (physically and emotionally) What does the Lord ask us to do when we are frightened? What two things in the reading does the Lord command us to be? Determined and confident. Be determined using your confidence in God to do something when it isn't easy. Be confident that you can face your worries. God wants us to take comfort in the knowledge that he is with us to fill us with bravery and the power to overcome self-doubt.

Play some reflective music for the children to close their eyes and speak to God.

Ask them to focus their energy on a task they need to do that they know will be difficult. Ask God to give us the confidence to overcome our fears of what might happen to give us strength to not give up.

#### **Going forth**

Hold a pebble of confidence when you feel afraid or worried. Pray to God for the strength and confidence to face troubles or fear

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

Walk with me O my Lord

Titanium David Guetta

This is me Keala Settle

# Acts of Worship

## **Virtue: Confidence**

I am able to do things without fear or doubt

I place my trust in God and know that he gives me strength.

## **Week 2 – Confidence comes from God**

### **Gathering together**

Focal point:

White cloth for Easter tide

Candle, Bible opened at

Risen Lord crucifix

Pictures of the Risen Christ

Gather song/ reflective music on entrance

Confidence, strength, bravery pebbles

### **Word:**

(Jeremiah 9:23–24).

‘The source of Christian confidence is not in himself or herself but in God Himself’

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

What does being confident mean? To have faith in yourself and believe that you can do something. How does it feel when you're not confident? Are you doubting your ability and this makes you worried? Do you tell yourself you can't do something? Or worry what others might think of you? When you doubt yourself, how does this make God feel? God loves us and believes in us. He has confidence in your abilities so you should listen to Him and believe in Him the way that he believes in you. This gives us the confidence to do what God knows is the right path for us. If you don't think you can do something, you are letting God down as He knows you can do it and you must trust that he knows what is right for you.

Play reflective music and ask the children to think of a time when they were afraid. Did God give you the confidence to be brave and face your fear? Tell the children that God has given them a 100% success rate to conquer a difficult situation by using their confidence.

### **Going forth**

Ask the children to think about a time they have needed a confidence pebble last week. Ask them to think of a situation that is coming up this week that they will be worried about.

Remind them that they can pray to God to ask for strength and bravery to make them feel confident to face their fears.

### **Ideas for music:**

Walk with me O my Lord

Titanium David Guetta

This is me Keala Settle

Our God is a great big God.

# Acts of Worship

## **Virtue: Confidence**

I am able to do things without fear or doubt

I place my trust in God and know that he gives me strength.

## **Week 3 – Confidence comes from God**

### **Gathering together**

Focal point:

White cloth for Easter tide

Candle, Bible opened at

Risen Lord crucifix

Pictures of the Risen Christ

Gather song/ reflective music on entrance

Confidence, strength, bravery pebbles

### **Word:**

“The Lord will keep you safe” (Proverbs 3:26)

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

Why does the Lord keep us safe? He loves us and wants us to live life to the full. We know that the Lord gives us confidence so that we will have the courage to try new things in life. Without confidence, fears and doubts and being afraid of making mistakes will hold you back.

How do you feel when you have no confidence? Without confidence you may feel confused or afraid of what might happen to you. Even if you know how to do something, your worries can make you feel uncertain. When you feel like this, you can't give things your best and you do not work as well. God brought us into the world not to show how perfect we are, but to learn how to perfect ourselves step by step.

Confidence means that instead of being suspicious of others, you trust them unless you have a good reason not to. With the confidence you receive from God you will learn that everything that happens to you will work out for the best if you learn from it.

### **Going forth**

Ask the children to think about a time last week when they have needed a confidence pebble. Ask them to think of a situation that is coming up this week that they might be worried about. Remind them that they can pray to God to ask for strength and bravery to bring confidence to face their fears.

### **Ideas for music:**

Father I place into Your hands

The Lord is my Shepherd

Feeling safe Thomas Muglia

# Acts of Worship

## **Virtue: TRUST**

*I place my trust in God and others can place their trust in me*

### Gathering together

Focal point:

Green cloth, candle, crucifix, Bible open at reading

Items or pictures of expensive things, .e.g iPhone, car, large house, food etc

### Introduction

Discuss the items on the focal point. What can the children tell you about them? E.g. they are expensive, people strive to get them. Are these things really important? In today's reading from the Gospel of Matthew, Jesus explains what is really important to us, and how we can trust God to provide for what we need.

### Word:

#### **Matthew 6:25-34**

Don't Worry

"So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. You cannot add any time to your life by worrying about it.

"And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don't work or make clothes for themselves. But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So you can be even more sure that God will clothe you. Don't have so little faith! Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' All the people who don't know God keep trying to get these things. And your Father in heaven knows that you need them. The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you. So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.

*The Gospel of the Lord*

## Acts of Worship

### Response to/reflection on the Word

What message is Jesus giving us in this reading? He is telling us not to worry about things, that they are not important. He is explaining that God is always with us, caring for us and loving us, so we do not need to worry.

It doesn't mean that bad things will never happen, but that the whole of God's creation is good and he can give us strength and help, if we ask Him, especially when we find life difficult.

When we face things that are difficult, or we are worried, like moving on to a new school or new class, or moving house, or perhaps someone we love is ill, we can feel a bit unsure. At these times we can think about the people we trust and turn to them for help. More importantly, we believe that we can trust God and turn to him for help, love and support.

Play reflective music: Refer back to the signs of success for this virtue and remind the children of the statements:

*'I know I am not alone*

*I try not to worry about things before they happen'*

Ask the children to reflect on today's Bible reading... Is there anything in your life that you are unsure of? That worries you? Take a moment to talk to God and place your worry in his hands.

*Heavenly Father,*

*Help me to remember that You will always be with me,*

*That you will never leaving my side.*

*That You love and care for me with a perfect, never ending love.*

*I trust You. Amen.*

### Going forth

Give each class a large smooth stone. Tell the children that they can place it on their worship table or in their worship box. If they are worried about something, they can hold the stone, rub their thumb across the smooth surface and as they pray to God, let their worry go.

### Ideas for music:

Do not be afraid

Be not afraid

Father I place into your hands

Come bring your burdens

How great is our God

Our God is a great big God

Sing it in the valleys

Eagles Wings

## Acts of Worship

Fischy Music: God beside, Written on the palm of God's hand, Bring it all to me, Holding onto the rock

## Acts of Worship

### **Virtue: TRUST**

*I place my trust in God and others can place their trust in me*

#### Gathering together

Focal point:

Green cloth, candle, crucifix, Bible open at Psalm 23

If possible, display Hannah Dunnet's painting and interpretation of the Psalm (below)

Perhaps have a toy sheep if you have one.

#### Word:

Psalm 23

The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name,

he leads me on paths that are right.

Even if I walk

through a very dark valley,

I will not be afraid

because you are with me.

Your rod and your shepherd's staff comfort me.

#### Response to/reflection on the Word

This Psalm describes God like a shepherd, always looking after us, His sheep. He guides us, takes care of us, and protects us. Can you think of a time when you felt unsafe? How did that feel? Can you think of a time when you did feel safe? Who was with you? What helped you feel safe? Who helps keep you safe? These people show us God's love and protection.

This Psalm reminds us that God is always with us, guiding and protecting us. We know we can always trust Him to be with us. If you ever feel sad or alone, or worried, remember that God gives us everything we need, gives us strength, guides our path and comforts us.

#### Going forth

This week, let us remember that God is with us. Remember to take time to thank Him.

## Acts of Worship

### Ideas for music:

The Lord's my shepherd

Do not be afraid

Be not afraid

Father I place into your hands

Come bring your burdens

How great is our God

Our God is a great big God

Sing it in the valleys

Eagles Wings

Fischy Music: God beside, Written on the palm of God's hand, Bring it all to me, Holding onto the rock



# Acts of Worship

## Virtue: TRUST

*I place my trust in God and others can place their trust in me*

### Gathering together

Focal point:

Green cloth, candle, crucifix, Bible open at reading

### Introduction:

What does it mean to be trustworthy? Collect answers from the children. The dictionary says to be trustworthy means someone who is able to be relied upon. Someone who is honest, dependable, ethical, virtuous and makes the right choices. Last week, we thought about how much we can put our trust in God to love us, guide us and protect us. This week, we are going to be reflecting upon how trustworthy WE are.

Tell the story of 'The boy who cried wolf'. (There are several Youtube videos if preferred)

What is this story trying to teach us? Part of being trustworthy is telling the truth. Trust is built gradually and is earned. If we lie and do not tell the truth, trust is broken. Let us hear what God thinks about us being trustworthy.

### Word:

"The Lord delights in people who are trustworthy." (Proverbs 12:22)

### Response to/reflection on the Word

Have you ever lied to someone? Why did you do this? How did it make you feel?

How does it feel if you know that someone you trusted lied to you?

God always tells us the truth. We know we can always depend upon Him. He always keeps his promises (you may link this back to the Lenten promises the children made – did they keep them?) This means that we can trust Him. Can people say the same about us? Do we tell the truth? Do we keep our promises? Can people depend upon us?

### Going forth

This week, we are going to try really hard to always tell the truth. We will try to be honest and reliable so that other people can put their trust in us.

### Ideas for music:

Do not be afraid

## Acts of Worship

Be not afraid

Father I place into your hands

Come bring your burdens

How great is our God

Our God is a great big God

Sing it in the valleys

Eagles Wings

Fischy Music: God beside, Written on the palm of God's hand, Bring it all to me, Holding onto the rock

# Acts of Worship

## Virtue to Live By: Courage

I have courage. I am willing to try new things

### Week 1

#### Gathering together

##### Focal point:

Bible, cross, candle etc

Green cloth (Ordinary Time)

#### Introduction

What is courage?

When do we need to show courage? Who can help us to have courage?

#### Word: Deuteronomy 31:6

In today's reading, we are reminded that Jesus wants us to have courage in our lives and he is always with us.

"Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

The Word of the Lord

#### Response to/Reflection on the Word

Courage is the best thing you can have when you are scared or unsure. There are times when we are not sure if we can do something. This can make us feel alone or worried. When we have courage we can do great things.

To have courage we need help from God and others.

Discuss with the children that without courage we would only do what was easy. No-one would try new things if they seemed hard. Everyone would do what everyone else is doing even if it was wrong.

Let us pray.

Dear Lord Jesus

## Acts of Worship

We ask you to be with us and help us to show courage in our lives. When we are afraid or worried make Yourself known to us and remind us that you will never leave us. Help us to be strong to do the good work You want us to do.

Amen

### **Going Forth**

This week, have the courage to ask for help from God and others.

### **Ideas for music:**

Do Not Be Afraid

Father I Place into Your Hands

# Acts of Worship

## Virtue to Live By: Courage

I have courage. I am willing to try new things

### Week 2

#### Gathering together

##### Focal point:

Bible, cross, candle etc

Green cloth (Ordinary Time)

Show a collage of photographs of people showing courage.

#### Introduction

What does 'courage' mean? How can we show courage in our own lives at home and in school? When we do have courage what are we able to do? How does courage help us to make the right choices?

#### Word: 1 Corinthians 16:13

"Be on your guard; stand firm in the faith; be courageous; be strong."

#### Response to/Reflection on the Word

St Paul's message is very clear that having faith in God enables us to show courage. Courage helps us to make the right choices even when it is difficult.

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

Ask the children to think about a time when they didn't have the courage to make the right choice.

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

Let us pray

Dear Lord Jesus

Help us to show courage in our own lives and in the life of our school.

Help us to make the right choice for ourselves and others.

Amen

#### Going Forth

Think of something that will require courage for us to make the right choice.

Make this your goal for the next few days.

## Acts of Worship

### **Ideas for music:**

Do Not Be Afraid

Father I Place into Your Hands

# Acts of Worship

## Virtue to Live By: Courage

I have courage. I am willing to try new things

### Week 3

#### Gathering together

##### Focal point:

Focal point: Bible, cross, candle etc

Green cloth (Ordinary Time)

##### Introduction

Think of the Virtue of Courage and how it helps us in our daily lives. One of the things we can often be afraid of is to fail when we try something new. Think of a mistake you made and how you felt. How would this be different if you showed courage and trust in God?

##### Word: Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

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

Trying something new can always be difficult and cause us to worry. When we show courage we know that it is okay to make mistakes and we can use our experiences to help us next time.

Let us pray

Dear Lord Jesus

Give us the courage to know that it is okay to make mistakes. Fill us with your strength to know that you are always there to guide and help us.

Amen

##### Going Forth

Have the courage this week to try something new even if it is difficult for you. Maybe you could volunteer for something in class? Or challenge yourself more in lessons? Stand up for what you know is right even if your friends don't.

##### Ideas for music:

Father I Place into your Hands

## Acts of Worship

I Will be with You

The Lord is My Shepherd

Walk with me O My Lord



# Acts of Worship

## **Virtue: Wisdom**

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

I take time to think about what I must do and ask God and others about it.  
I help others to make the right choices.

### **Gathering together**

Focal point:

Green cloth, candle, crucifix, Bible opened at reading.

Picture of, or a toy owl.

### **Introduction:**

Show a picture of an owl. Lots of people say owls are very wise!

Ask the following questions:

Did they know that the positions of an owl's ears (one high, one low) lets it hear everything in three dimensions – up/down, left/right, and near/far?

Did you know that the eyes of an owl gather enough light to function well when no one else can see?

That owls don't chew their food but swallow it whole so they must make wise choices on what to put in their mouths?

Owls listen carefully, watch carefully, and make good choices! Today we are going to listen carefully and think about how we can make wise choices too.

### **Word:**

Ecclesiastics 4:11-19

Whoever loves wisdom, loves life. People who follow the way of wisdom will be filled with happiness. People who obey wisdom make the right choices and if they pay attention to wisdom, they will live safely.

*The Word of the Lord.*

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

What does 'wisdom' mean? Is it just about being clever? Not really! It means thinking about our choices, learning from our past experiences and thinking about how we can get even better! It is about thinking about what is right and what is important. It is thinking about how God wants us to live our lives and putting that into practise.

### **Going forth**

How can we put our virtues into practise this week to make good choices?

## Acts of Worship

### **Ideas for music:**

I the Lord of sea and sky

You are my vision

Eagle's Wings

God knows everything

Fischy music: God knows everything

# Acts of Worship

## **Virtue: Wisdom**

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

I take time to think about what I must do and ask God and others about it.  
I help others to make the right choices.

### **Gathering together**

Focal point:

Green cloth, candle, crucifix, Bible opened at reading.

Could have a collection of materials such as straw, twigs, stones/bricks.

### **Introduction:**

Briefly remind the children of the story of the Three Little Pigs. Discuss the different choices of materials to build their houses. (Show the children the materials, or pictures of them, from the focal point).

Which pig made the best choice? Why? Building our house out of stone/brick, with a good foundation makes it strong and last a long time. In today's reading, Jesus talks about a wise man building a house on rock, let's listen carefully to what He says.

### **Word:**

Matthew 7:24-27

"Everyone who hears these things I say and obeys them is like a wise man. The wise man built his house on rock. It rained hard and the water rose. The winds blew and hit that house. But the house did not fall, because the house was built on rock. But the person who hears the things I teach and does not obey them is like a foolish man. The foolish man built his house on sand. It rained hard, the water rose, and the winds blew and hit that house. And the house fell with a big crash."

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

What is this reading telling us?

It is reminding us to think carefully about what Jesus taught us and about how we use His messages to live our lives in a better way. Jesus is the rock, our foundation upon which we can build our lives, which can help us make the right choices.

Play reflective music:

Do you listen to Jesus' teaching and follow His message?

Do you make sensible choices?

Are we building our house on rock (on Jesus' teachings)?

## Acts of Worship

### **Going forth**

Read the following signs of success for this virtue:

- *I take time to reflect on my actions*
- *I learn from my experiences*
- *I can decide, based on what I know, what is the best thing to do.*

Ask the children to really think about their actions and choices this week. (You might want to refer back to the previous virtue of Reflection)

### **Ideas for music:**

The wise man built his house upon the rock

# Acts of Worship

## Virtue: Wisdom

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

I take time to think about what I must do and ask God and others about it.  
I help others to make the right choices.

### **Gathering together**

Focal point:

Green cloth, candle, crucifix, Bible opened at reading.

*NB: If possible, have a small child hiding under a large box near the front of the focal point. You'll need a large box and to choose someone who can keep really still for 10 minutes!*

### **Word:**

Matthew 5:14-16

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

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

Hide a torch under a box (you will need to leave it on). What is under the box? Take the box off to reveal the torch and bright light.

Show the larger box. What do they think is under there? Show them, revealing the child who springs up, smiling!

Could they see the light under the small box? Could they see the child? No, they were hidden. Jesus is telling us in this reading that we are like a light, our good choices, our good deeds, the way we live our virtues are like lights shining for all to see. We should not hide under a box, but show everyone our light. Just as we follow Jesus' example and He lights the path for us to follow, we can show others, through our actions, how to follow Jesus too.

### **Going forth**

Remind the children of the signs of success:

- *I make the most of my gifts and talents*
- *I can help others make the right choices*

## Acts of Worship

How will you be a guiding light? Can they help others make the right choices this week?

### **Ideas for music:**

Christ be our light.

Our Virtue to Live by:

# Confidence

**I am able to do things without fear or doubt.**

**I place my trust in God and know that God gives me strength.**

*"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" Hebrews 13:6*

Our Virtue to Live by:

# Trust

**I place my trust in God and others  
can place their trust in me.**

*"The Lord delights in people who are trustworthy."* Proverbs 12:22



Our Virtue to Live by:

**Courage**

**I have courage.**

**I am willing to try new things.**

*"Courage!" Jesus said. "It is I. Do not be afraid!"*

Matthew 14:27

Our Virtue to Live by:

# Wisdom

**I take time to think about what I must do and ask God and others about it.**

**I help others to make the right choices.**

*"Be wise in the way you act; make the most of every opportunity. Let your conversation be always full of grace so that you may know how to answer everyone."* Colossians 4:5-6

# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue (Summer term): Confidence:

### PSHCE:

I know my own value and can talk about the things that I am good at. I know that my worth and confidence comes from God. I think positively and I am willing to try new things.

### Knowledge:

I know that I can do things without fears or doubts stopping me.

I know that when you are confident in someone, you can trust and rely on them. If you trust in God you have confidence that God loves you and watches over you. Confidence brings peace of mind.

### Skills:

I can do some things without needing help.

I am confident to share my skills and gifts with others.

I keep going even when I find things difficult.

### Attitudes:

I am able to do things without always asking for help. I know the difference between confidence and pride.

### 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

"Catch some confidence". Choose a large round ball and ask children to roll it across the circle to each other. As they roll it, call out another child's name and something they are good at, e.g. "*Freya is good at cutting out*". The aim of this game is to build children's confidence, so make it easy for them to roll the ball and make sure that everybody is included. You could have two or three smaller circles if this makes it easier for everybody to have a turn.

## **Step 2. Round**

Explain that confidence is that feeling you get when you know you can do something 'all by yourself' or that you are especially good at something. It is different from being proud, although you might also feel proud of your achievements. Confidence comes from practising a skill and knowing that God has given you a special talent for something.

Go around the circle and say something that you are good at or feel confident about.

### **Trigger statement:**

I can be confident without being too proud or boastful.

## **Step 3. Open Forum**

Read the following story / scenario:

Freddie was learning to ride his bike without stabilisers. He had been to the park lots of times and practised on the grass with Auntie Sue holding the back of his saddle. He knew how to put his feet on the pedals and how to steer and brake. Now it was time to have a go for himself. Auntie Sue helped him to get onto his bike and gave him a little push. He started to wobble but looked straight ahead and remembered that he had practised lots and knew what to do. He kept pushing down onto the pedals and he did it all by himself! Was Freddie being confident?

Freddie has got to the end of the grass in the park and has reached the cycle path. Deep down he knows he can do it but also he knows that it might hurt if he falls...

Should he stop or keep going along the harder tarmac cycle path to catch up with Auntie Sue? Children respond.

## **Step 4. Celebration**

Make a confidence cake; ask children to draw a picture of them doing something that they are good at and add it to the bowl. Print out any photographs or photocopy certificates that parents have sent in. Add these to the cake mixture and get the children to mix the bowl and as they do, to describe how being confident makes them feel... happy, excited, calm, secure.

## **Step 5. Ending Ritual**

Ask children if anyone would like to share something they have become more confident to do over the last few weeks.

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" (Hebrews 13:6)

### **Resources:**

Large soft ball (or two or three if you would prefer to do the game in groups)

Empty mixing bowl and wooden spoon

Parents – in advance – ask families to email / upload photographs of the children doing things that they are good at. Or bring in certificates that children have achieved out of school e.g. swimming badges, music or gymnastics certificates.

# CIRCLE TIME: YEAR 1/2

## Virtue (Summer term): Confidence:

### PSHCE:

I know my own value and can talk about the things that I am good at. I know that my worth and confidence comes from God. I think positively and I am willing to try new things.

### Knowledge:

I know that I can do things without fears or doubts stopping me.

I know that when you are confident in someone, you can trust and rely on them. If you trust in God you have confidence that God loves you and watches over you. Confidence brings peace of mind.

### Skills:

I can do some things without needing help.

I am confident to share my skills and gifts with others.

I keep going even when I find things difficult.

### Attitudes:

I am able to do things without always asking for help. I know the difference between confidence and pride.

### 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

Use giant stacking blocks (or smaller blocks, dominoes, or even multilink cubes if you need to) to build a Jenga style tower in the middle of the circle. Ask volunteers to come and add cubes to the already fragile tower. Before they add their blocks, ask each child whether they feel confident or not about their ability to place another block on the tower. Ask them to explain that feeling.

### Step 2. Round

We can be confident in the abilities and talents that God has given us. Some people have a very steady hand (as we have seen today) and some people are brilliant at art or sculpture. Some people are skilled at helping others, writing stories, or running fast! We all have different gifts and we can be confident in them. God gave us these gifts so we can be pleased and use them to help others. Ask children to work in pairs, to ask each other what they feel confident to do. Report back for your friend / talk partner. What is it that they are confident to do for themselves or for others?

### Trigger statement:

I can be confident, not proud, knowing that my talents are from God.

### Step 3. Open Forum

Confidence or pride? *Share the following scenarios with the children and ask them to identify whether they are showing examples of confidence or pride.*

- (i) Jonny has recently learned to tie his own shoelaces. When playing in the playground, he sees that someone younger than him has a shoe-lace that has come undone. *"Hi, I can tie shoe-laces now, would you like me to show you?"* Jonny says. Is he being proud or confident in his abilities?
- (ii) The cycling coaches are coming into school to do a workshop for the Year One and Two classes. *"I can already cycle, I'm very good at it actually. I don't need their help"* said one of the taller year two girls. Is she being too proud or just confident of her abilities?
- (iii) Jenna has a beautiful plait in her, *"I did it all by myself"* she said, *"My Granny showed me how to. She is really good at plaits and she showed me how to be good at it too."* Is she being proud or just confident of her abilities?

### Step 4. Celebration

Make a confidence tower, using the building blocks from the start of the session. Ask each child to decorate a block with a picture of themselves doing something that they are good at. They could write the word confidence or one of the feelings it gives them e.g. calm, happy. Add all the blocks together to build a class tower of confidence. You could also do this by using A5 or block shaped paper and building a 2D tower for a display.

### Step 5. Ending Ritual

As a class, thank God for the different abilities, skills and talents that we have. Remind each other that God has given us these for a reason and ask for his help to always use our gifts well.

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" (Hebrews 13:6)

#### Resources:

Stacking blocks (Jenga or giant Jenga style) or dominoes or multilink cubes.

# CIRCLE TIME: YEAR 3/4

## Virtue (Summer term): Confidence:

### PSHCE:

I know my own value and can talk about the things that I am good at. I know that my worth and confidence comes from God. I think positively and I am willing to try new things.

### Knowledge:

I know that I can do things without fears or doubts stopping me.

I know that when you are confident in someone, you can trust and rely on them. If you trust in God you have confidence that God loves you and watches over you. Confidence brings peace of mind.

### Skills:

I can do some things without needing help.

I am confident to share my skills and gifts with others.

I keep going even when I find things difficult.

### Attitudes:

I am able to do things without always asking for help. I know the difference between confidence and pride.

### 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

First think about whether these physical 'confidence/ trust' games are suitable for your group of pupils. If any children may feel unable to take part because of a physical or emotional barrier then consider asking a volunteer pair to model this or finding an alternative game.

- i) Ask Partner A to stand behind partner B. Partner B will close their eyes and stand with their arms stretched out to the sides. Partner B will slowly lean back into Partner A who will support their weight. Partner B is displaying confidence that Partner A will support them and not let go.
- ii) Ask all the children to stand in a circle and then turn to their left. If all the children sit down at the same time, then everyone should be supported by the knees of the person behind them. Each person is displaying confidence that everyone will join in and that all children will be supported.
- iii) In a circle, holding a parachute loosely, ask for a volunteer to come and sit cross legged in the middle. On the count of three instruct all the children around the edge to step backwards, which will result in the person in middle being raised up. Support children to gently lower the volunteer back down until they are again resting on the floor. The

person in the middle is displaying confidence in their classmates to support them and place them down gently.

### **Step 2. Round**

Confidence is something we can have in other people (as we have experienced in our games today), in ourselves (our talents and abilities) and in God.

Sometimes other people can let us down, sometimes we let ourselves down but God will never let us down.

Can you think of a skill that you would feel confident to share with the class (e.g. juggling, reading out a poem, or playing your recorder). Share your ideas in small groups or pairs. Later in the week, as part of our celebration we will have an opportunity to share these.

#### **Trigger statement:**

I feel confident to \_\_\_\_\_ because \_\_\_\_\_ .

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

Sometimes it is easy to see things that other people are good at, but hard to see things that we are good at ourselves. Remember that it is good to be confident in the things that God has blessed us with and we can develop these gifts to build into hobbies and careers.

How many things can you think of that you are good at?  
How many of these would you like to get even better at?  
Which of these have you spent a long-time practising?

### **Step 4. Celebration**

Hold a "confidence concert" or class talent show, can each person offer something? This could be a big or a small thing; like telling your favourite joke, reading your favourite part of your reading book, playing an instrument or performing a dance that you made up in the playground. You could do this independently or with a friend.

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

As a class, thank God for the different abilities, skills and talents that we have. Remind each other that God has given us these for a reason and ask for his help to always use our gifts well.

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" (Hebrews 13:6)

#### **Resources:**

Parachute, soft mats (for paired confidence activity)



# CIRCLE TIME: YEAR 5/6

## Virtue (Summer term): Confidence:

### PSHCE:

I know my own value and can talk about the things that I am good at. I know that my worth and confidence comes from God. I think positively and I am willing to try new things.

### Knowledge:

I know that I can do things without fears or doubts stopping me.

I know that when you are confident in someone, you can trust and rely on them. If you trust in God, you have confidence that God loves you and watches over you. Confidence brings peace of mind.

### Skills:

I can do some things without needing help.

I am confident to share my skills and gifts with others.

I keep going even when I find things difficult.

### Attitudes:

I am able to do things without always asking for help. I know the difference between confidence and pride.

### 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

Using Post-it-notes or slips of coloured card. Write an affirmation – describing something someone is good at - but don't put their name on it, e.g. "*You are good at football.*" "*You are kind.*". Put all the names together in a hat and then get volunteers to pick one out and see if they can match it to a person in the room. It doesn't matter if it is the right card matches to the right person, just that everyone is given a little more confidence in something that they can do.

To extend this game: Ask children to play trade-trade with the coloured cards. Find someone who is good at something similar to you? Someone who is good at something different? etc.

### Step 2. Round:

In small groups, ask children to talk about something that they used to get nervous about (e.g. playing an instrument in assembly, riding a bike, meeting new people) that they now feel more confident to do.

In these small groups, plan an activity that you could do with the younger children in the school, either to boost their confidence in themselves or to learn a new skill. Explain that we will get the opportunity to do this activity with the younger children, so pupils need to think carefully about how why and how they can build their confidence.

**Trigger statement:**

My confidence comes from God and I can instil confidence in others...

**Step 3. Open Forum**

Popcorn sharing – call out words / phrases that we can use to encourage confidence. *E.g. "Well done, great, I can tell you have been working on that".*

Popcorn sharing – call out words that destroy confidence. *E.g. "Well done, great, I can tell you have been working on that".*

In pairs, take it in turns to say something that you are good at and the other person to encourage.

**Step 4. Celebration**

Find a suitable time to visit EYFS or KS1 in small groups, to teach them a skill. If the timetable doesn't allow for this, then pupils could run a small sports / friendship games activity outside during the lunch hour.

On the return to the classroom, as pupils to talk about how they saw the younger children's confidence increase as they learned and practised the new skill.

**Step 5. Ending Ritual**

As a class, thank God for the different abilities, skills and talents that we have. Remind each other that God has given us these for a reason and ask for his help to always use our gifts well.

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" (Hebrews 13:6)

**Resources:**

Time / resources for the skills with younger children group activities.

# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue (Summer term): Trust

Virtue to Live By:

*I place my trust in God and others can place their trust in me*

### PSHCE:

I am reliable and determined.

I tell the truth.

I try not to worry about things before they happen.

### Knowledge:

I can rely on others so that I can get on with what I need to do

I appreciate the gifts other people have

I know I can be relied upon to tell the truth

I know I am reliable

I know that trust takes away my worries

### Skills:

Speaking and listening aids communication and builds trust because it creates and sustains relationships and friendships. Listening is important because it helps us understand other people. Knowing when to ask for help.

### Attitudes:

I am thoughtful and positive about myself and other people. I am helpful and I allow others to help me.

### Circle Time Rules:

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

### Step 1. Game / Way in

'Musical Feelings'

Children hop, dance or skip round the circle to the music. When the music stops the teacher holds up a 'feelings card' that they have to mime. For example, happy, sad, worried, afraid etc. Repeat the game several times – teacher praises children.

## **Step 2. Round**

Using a class puppet or ask children to imagine a new child who is very worried because s/he didn't want to leave mummy when s/he came to school. The puppet or imaginary child starts crying. S/he needs a lot of help. How can we help the puppet or imaginary child to feel happy?

### **Trigger statement:**

"I can be trusted to ..."

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

Puppet tells the children about his/her fears. When I come to school I get really scared because there's a big dog and it always barks at me...I know it's behind the gate but my heart starts banging and my legs shake and sometimes I cry...the dog has a lead on it too so it can't hurt me...my mummy says that it can't hurt me...my friend says it can't hurt me...I just wish I didn't get so scared...

[The important aspect to highlight for children is that feelings are not 'silly' or 'irrational'. The most useful starting point when in the role of helper is empathy. In the above scenario it may be that the most powerful learning will occur as the teacher models an empathic response towards the puppet. It's also important to allow the children

Children respond.

## **Step 4. Celebration**

Ask the children to look around the circle. There are always people that we can trust who will help us when we are afraid. They will not think we are silly when we feel afraid.

Invite the children to say the name of a person they can trust.

I trust...

Let's give a big round of applause for all those people we can trust.

It's also good to show how trustworthy you can be too, and you showed this in some of the ways you said you'd help the puppet.

## **Step 5. Ending Ritual**

Sing: when you are happy and you know it, using examples from the circle time 'when your trusting and you know it'; 'when your trustworthy and you know it' etc.

### **Resources:**

Class puppet

## CIRCLE TIME: YEAR 1/ 2

### Virtue (Summer term): Trust

Virtue to Live By:

*I place my trust in God and others can place their trust in me*

#### **PSHCE:**

I am reliable and determined.

I tell the truth.

I try not to worry about things before they happen.

#### **Knowledge:**

Key vocabulary and their different meaning: **trusting** and being trustworthy

I can rely on others so that I can get on with what I need to do

I appreciate the gifts other people have

I know I am reliable

I know I can be relied upon to tell the truth

I know that trust takes away my worries

#### **Skills:**

Speaking and listening aids communication and builds trust because it creates and sustains relationships and friendships. Listening is important because it helps us understand other people. Knowing when to ask for help.

#### **Attitudes:**

I am thoughtful and positive about myself and other people. I am helpful and I allow others to help me.

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

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

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

In the circle the teacher whispers 'dog', 'pig' or 'chicken' to each pupil.

Children move around the group making 'woof', 'oink', or 'peck, peck' sounds until they are in three groups. You can give children animal picture cards to support them.

## **Step 2. Round**

On Saturday puppet said s/he went to a party where they played a 'blindfold trust game'. Puppet had to put a blindfold on and his/her friend led him/her around the garden. Puppet knew there was a big pond outside and lots of old tree stumps. It would be very easy to fall in the pond or trip over. How do you think puppet felt? Children respond:

Teacher: Puppet really trusted his/her friend and so even though s/he was feeling a bit scared and anxious, s/he felt sure s/he would be safe and nothing would happen. I wonder if there's anyone you feel you can trust?

Ask for a volunteer to be blindfolded. Ask for another pupil to be the one who leads the blindfolded pupil – perhaps do not choose their friend. Ask the person who led the blindfolded pupil - what it felt like? Ask the pupils what skills or qualities you need to show you are trustworthy and can lead the blindfolded pupil well.

Teacher scribes the ways in which we can be trustworthy

### **Trigger statement:**

I can be trusted because...

## **Step 3. Open Forum**

Let the pupils watch a You Tube clip of 'The Boy Who Cried Wolf' (there is one that is 2.38 long) or read the story of it. Teacher: when questioning the pupils about the story guide their responses to bring out the importance of truth telling and being reliable as part of being trustworthy.

## **Step 4. Celebration**

Ask the children to look around the circle. Is there anyone the children would like to nominate or say thank you to because they have been able to trust them in some way this week. Give the children a little time together in private to decide on what it is they intend to share. They may want to keep it as a private matter.

## **Step 5. Ending Ritual**

Pass a gentle hand squeeze (or object) round the circle. As the squeeze (object) goes around remind the children that there is always someone they can trust and there are ways we can be trustworthy.

## CIRCLE TIME: YEAR 3/4

### Virtue (Summer term): Trust

Virtue to Live By:

*I place my trust in God and others can place their trust in me*

#### **PSHCE:**

I am reliable and determined.

I tell the truth.

I try not to worry about things before they happen.

#### **Knowledge:**

Key vocabulary and their different meaning: **trusting** and being trustworthy

I can rely on others so that I can get on with what I need to do

I appreciate the gifts other people have

I know I am reliable

I know I can be relied upon to tell the truth

I know that trust takes away my worries

#### **Skills:**

Speaking and listening aids communication and builds trust because it creates and sustains relationships and friendships. Listening is important because it helps us understand other people. Knowing when to ask for help.

#### **Attitudes:**

I am thoughtful and positive about myself and other people. I am helpful and I allow others to help me.

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

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

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

Oranges and Lemons

All the children sit in a circle. They are alternately labelled "orange" or "lemon". The teacher or pupil calls out "oranges", "lemons" or "fruit basket". Children in the named category change seats." fruit basket " means all change. Without realising it, many of them will now be sitting next to a different person. (*Quality Circle Time. Jenny Mosley. LDA*).

### **Step 2. Round**

Ask the children what being trusting of other people means to them. How might someone show they are a trusting person? What about being trustworthy? How is being trustworthy different from being trusting?

#### **Trigger statement:**

Being trustworthy means ...

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

Watch a You Tube clip or read the story of 'The Boy who cried Wolf'

Children respond to the retelling:

Why was the boy not trustworthy? What would make him a trustworthy person? (truth telling and being reliable, reflecting on how my actions affect other people. thinking of the consequences of actions)

### **Step 4. Celebration**

Ask the children to look around the circle and to nominate or say thank you to someone who they can trust.

Ask pupils to finish the sentence: 'I show I am trustworthy when ...'

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

Trust Tree or Trust display

Using either real twigs or a drawing of a tree ,the teacher prepares cut-out leaves on which each pupil writes some way that they can be trusting and trustworthy. The leaves are then attached to the tree. This display can be built up over the 3 weeks.



## CIRCLE TIME: YEAR 5/6

### Virtue (Summer term): Trust

Virtue to Live By:

*I place my trust in God and others can place their trust in me*

#### **PSHCE:**

I am reliable and determined.

I tell the truth.

I try not to worry about things before they happen.

#### **Knowledge:**

Key vocabulary and their different meaning: **trusting** and being trustworthy

I can rely on others so that I can get on with what I need to do

I appreciate the gifts other people have

I know I am reliable

I know I can be relied upon to tell the truth

I know that trust takes away my worries

#### **Skills:**

Speaking and listening aids communication and builds trust because it creates and sustains relationships and friendships. Listening is important because it helps us understand other people. Knowing when to ask for help.

#### **Attitudes:**

I am thoughtful and positive about myself and other people. I am helpful and I allow others to help me.

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

We listen to each other.

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

We signal when we want to say something.

We may say pass.

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

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

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

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

Synonyms and Meanings

Pupils are in a circle. Teacher starts by offering the word 'Trusting'. Everybody then claps twice while the next person thinks of a synonym for trusting or a meaning for trusting. This continues around the circle until they can't think of an equivalent word or a meaning. Now do the same for the word 'Trustworthy'. It is probably a good idea to let pupils have some

time to practise this in trios or smaller groups. (If pupils find this too difficult, the teacher can prepare cards with synonyms and meanings on for pupils to choose from a say why they have chosen it.)

### **Step 2. Round**

Discuss with the children the times when they have felt alone if they are in trouble or in a difficult situation. Sometimes it is difficult to trust somebody and confide in them.

Retell *The Parable of the Two Sons* Matthew 28: 28-31

*"What do you think? There was a man who had two sons. He went to the first and said, 'Son, go and work today in the vineyard.' 'I will not,' he answered, but later he changed his mind and went. 'Then the father went to the other son and said the same thing. He answered, 'I will, sir,' but he did not go. 'Which of the two did what his father wanted?'" ("The first," they answered.)*

Teacher asks the pupils what this parable can teach us about being trustworthy?

### **Trigger statement:**

I think it is important to be trustworthy because ....

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

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 complete the following reflection:

*Place a cloth in the middle of the circle and place a large and interesting shaped rock on it. Ask children to look at it and think about what it's like, the qualities it has. Now ask the children to close their eyes and to think about how they are like the rock – what rock like qualities (virtues) they have.*

*"Think about how your rock like qualities can help our puppet or imaginary child who is frightened of coming to school."*

"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 a rock shape. This could be individually or as a class. Display the artwork (along with any comments the children made about their rock like qualities and understanding of trust). Model the language of trust over the week. Tell the children that we are thinking about what it's like to trust and how we can be trustworthy and reliable.

Resources:

Rock

Cut out paper boats

Round

'Musical Boats'

Place large paper cut out boats on the floor. Each boat has a number. Children dance round the boats to music. When the music stops the children run to a boat. Teacher calls out a number and the children standing on that number have to find an alternative boat because it is sinking and all the children call out, 'Oh no number ..... boat is in trouble. Who can help?' The other children help to accommodate the extra children on their boat. Repeat the activity.

# CIRCLE TIME: YEAR: FOUNDATION STAGE

## Virtue (Summer term): Courage

### **PSHCE:**

I can be brave to do something that needs to be done even when it is hard to do or I am scared to do it. Even if I am afraid, I have the courage to ask for help. I can overcome my fear and do the right thing.

### **Knowledge:**

I know that courage means being bold to make the right choices. It means standing up for myself and for others. I know that I can count on God's help and that I am never alone.

### **Skills:**

I can make the right choices.  
I can reflect on the choices I have made.  
I can stand up for others and myself.  
I am not afraid to fail and keep trying.

### **Attitudes:**

I know when to speak up for myself and others. I can be quietly courageous through my actions and words.

### **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 children an opaque box; tell the children that there is something inside the box. (Have something sensory, like play-doh or sand inside it). Ask the children if anyone feels brave enough to put their hand inside the box. Talk about the feeling of being brave and what the word courage means. Courage means doing something, that is new or something that might seem scary!

## Step 2. Round

Explain to the children that this was just a silly, fun activity but there are times when we really do have to be brave and tackle new situations. People we know can help us to have courage and God gives us strength and courage too.

Ask the children to go around the circle and name someone who helps them to feel brave, when they are scared or when they are in a new situation! E.g. *"Uncle Joe helps me, because he makes me smile if I have to go to have an injection"*.

### Trigger statement:

I can be brave even when I don't feel like it.

## Step 3. Open Forum

How are these characters showing courage?

1. John fell over and hurt his knee. At first, his friend Sam froze and didn't know what to do, but then he jumped up and ran to get a teacher to help. Who showed courage and how?
2. Nell was starting a new school. She said goodbye to her old friends on Friday and on Monday she put on her new school uniform. She felt excited in the morning but then when she arrived at her new school she didn't want to let go of Nana's hand. How did Nell have to use her courage? How could Nana and the teacher help her?
3. Sally saw some of the older boys throwing stones near the library window. She knew that wasn't safe. She didn't want to get in trouble but she knew she had to go and tell an adult. How did Sally use her courage?

## Step 4. Celebration

Make a card for someone who helps you to show courage, to say thank you to them. You could write a celebratory message e.g. 'thank you for helping me to be brave when....'

Remind children that they can encourage each other and help their friends to have courage too. "You were really brave when you hurt your knee" "You had courage when you tried that extra tricky phonics challenge".

## Step 5. Ending Ritual

Have a superhero award: for children who have shown particular bravery and courage this week. Stick their names or a photo of them on the superhero for using their courage!

"Be strong and courageous." (Deuteronomy 31:6)

Read the story of Moses and the burning bush (Exodus 3) in a children's Bible. Ask children at which point did Moses not show courage and how did God help him to have the courage he needed to do what God asked?

### Resources:

Empty box – e.g. tissue or shoe box with an opening, sensory 'surprise' inside the box.

Superhero poster

Children's Bible

# CIRCLE TIME: YEAR 1/2

## Virtue (Summer term): Courage

### PSHCE:

I can be brave to do something that needs to be done even when it is hard to do or I am scared to do it. Even if I am afraid, I have the courage to ask for help. I can overcome my fear and do the right thing.

### Knowledge:

I know that courage means being bold to make the right choices. It means standing up for myself and for others. I know that I can count on God's help and that I am never alone.

### Skills:

I can make the right choices.  
I can reflect on the choices I have made.  
I can stand up for others and myself.  
I am not afraid to fail and keep trying.

### Attitudes:

I know when to speak up for myself and others. I can be quietly courageous through my actions and words.

### 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

Superpowers – If you were a superhero what would your special power be and why? Pass around a superhero toy or badge so that only the person who is the superhero is speaking and each person gets the opportunity to speak individually. Extend by asking children to give an example of how they would use their superpower for good.

Reinforce super powers that are actually also virtues, kindness, truthfulness, courage / bravery.

### Step 2. Round

In the circle, explain that courage is something that we can all show (even though we are not really superheroes) because we all find ourselves in difficult situations, where we have to try new things or stand up for what is right. Can you think of a situation where you have had to show bravery or courage in a difficult situation?

**Trigger statement:**

Courage is for everyone.

**Step 3. Open Forum**

In small groups, role play one of these scenarios. Make a freeze frame and then stop and explain how these characters are showing courage.

1. John fell over and hurt his knee. At first, his friend Sam froze and didn't know what to do, but then he jumped up and ran to get a teacher to help. Who showed courage and how?
2. Nell was starting a new school. She said goodbye to her old friends on Friday and on Monday she put on her new school uniform. She felt excited in the morning but then when she arrived at her new school she didn't want to let go of Nana's hand. How did Nell have to use her courage? How could Nana and the teacher help her?
3. Sally saw some of the older boys throwing stones near the library window. She knew that wasn't safe. She didn't want to get in trouble but she knew she had to go and tell an adult. How did Sally use her courage?

**Step 4. Celebration**

Who is the bravest person you know? This person can be someone close to you, in your school or family, or someone famous you have learned about. Make a poster celebrating their courage and the way that it has inspired you. Maybe you could describe their actions, or draw a picture of them and label their qualities?

**Step 5. Ending Ritual**

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9)

In a children's Bible, read the story of Joshua and Caleb entering into the promised land as spies for God's people. Talk about how

**Resources:**

Superhero toy / badge

Children's Bible

# CIRCLE TIME: YEAR 3/4

## Virtue (Summer term): Courage

### PSHCE:

I can be brave to do something that needs to be done even when it is hard to do or I am scared to do it. Even if I am afraid, I have the courage to ask for help. I can overcome my fear and do the right thing.

### Knowledge:

I know that courage means being bold to make the right choices. It means standing up for myself and for others. I know that I can count on God's help and that I am never alone.

### Skills:

I can make the right choices.

I can reflect on the choices I have made.

I can stand up for others and myself.

I am not afraid to fail and keep trying.

### Attitudes:

I know when to speak up for myself and others. I can be quietly courageous through my actions and words.

### 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 class a piece of paper and a paperback book. Stand the paper on its edge and challenge the class to make the paper hold up the book. Explain that their challenge is to see if they make the paper hold the book up. (You could do this in groups, pairs or just by asking a volunteer to come to the front to demonstrate)

(NB. The trick is to tightly roll the paper into a tube about an inch or so in diameter. Now the paper will have no problem holding up the book.)

Sometimes we don't think we have what it takes to be courageous and do the right thing. But just like the paper, we can turn our weaknesses into strengths if we work on it and create the backbone needed to hold up under pressure.

### Step 2. Round

Think about the activity we have just done.

What were your first thoughts when I explained the challenge?

Were you afraid to give it a go?

Do you think you have more courage than you think?

Is the paper stronger than it seems at first?



The next time you are fearful, will you remember how the paper rolled into a core and became stronger?

**Trigger statement:**

You have more courage than you realise, once you start to use it.

**Step 3. Open Forum**

In talk partners have a debate based on the trigger statement. Can you think of a time when you have had to use your courage in a new situation or at a tricky time? Can you be brave and come to the front to share your account of that experience with the whole class?

**Step 4. Celebration**

Unroll the paper which held the book and choose a Bible verse to encourage you to have courage. Write it in colourful letters and turn it into a pillar poster!

"Courage!" Jesus said. "It is I. Do not be afraid!" (Matthew 14:27)

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9)

"Be strong and courageous." (Deuteronomy 31:6)

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!" (Psalm 27:14)

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

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10)

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

**Step 5. Ending Ritual**

Use the pillars of courage that you have created, write a prayer asking God to give you courage in difficult situations.

**Resources:**

An A4 piece of paper and an exercise / reading book.

# CIRCLE TIME: YEAR 5/6

## Virtue (Summer term): Courage

### PSHCE:

I can be brave to do something that needs to be done even when it is hard to do or I am scared to do it. Even if I am afraid, I have the courage to ask for help. I can overcome my fear and do the right thing.

### Knowledge:

I know that courage means being bold to make the right choices. It means standing up for myself and for others. I know that I can count on God's help and that I am never alone.

### Skills:

I can make the right choices.  
I can reflect on the choices I have made.  
I can stand up for others and myself.  
I am not afraid to fail and keep trying.

### Attitudes:

I know when to speak up for myself and others. I can be quietly courageous through my actions and words.

### 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:

Start a discussion about how fear can hold you back from doing the right thing. Ask for suggestions from the class. (e.g. afraid of standing up for someone being bullied, afraid to tell someone you don't want to hear gossip, afraid to tell someone you don't want to do something that is fun but wrong.)

Distribute the crackers or Poppadoms (for a larger surface area). Ask the students to write or paint a symbol of something where fear holds them back from doing the right thing.

### Step 2. Round:

Then ask pupils to think of things that can help you conquer fears (i.e. think positively; picture success; do something small towards your goal; find someone who supports and encourages you with you; don't spend too much time around the people who feed your fear, etc.) write these on the big clear plastic bag. After you have discussed these strategies place the crackers with the fears written on them inside of the bag and seal it. Now the pupils (or a nominated person) can crush the crackers representing their fears. An alternate activity would be to take the crackers outside and let

the students crush them with their hands or stamp on them with their feet. (If you do it outside, be sure to clean up the mess so birds won't eat the markers or paint.)

**Trigger statement:**

*"What is right is not always popular, what is popular is not always right."*

**Step 3. Open Forum**

In talk partners have a debate based on the trigger statement.

Can you think of three examples of things that are right but not popular?

Can you think of three examples of things that are popular but might not be right?

How can you support each other to do the things that are right, rather than the things that are popular

**Step 4. Celebration**

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."  
-Sir Winston Churchill

Research some historical and current figures (e.g. Martin Luther King, Malala Yousafzai, Greta Thunberg) who have had the courage to speak up and stand up for what is right. Make a celebratory display of photos, facts and quotes.

**Step 5. Ending Ritual**

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

Thank God for the courageous people we have researched and for the people known to us who show courage every day. Ask God to give us courage to speak up for things that are right and not always go with what is popular.

**Resources:**

A plastic bag, crackers, and markers or paint

Ipads / laptops for research and printing

## WISDOM: CIRCLE TIME IDEAS

*In response to feedback that circle times are getting to repetitive and 'samey' we have just given some suggestions how teachers may approach the virtue of wisdom through two moral tales of Aesop. Using the material on the BBC website – outlined below – or teachers could choose their own that suit their own pupils.*

### ***Virtue to Live by***

I take time to think about what I must do and ask God and others about it.

I help others to make the right choices.

### ***Signs that I show wisdom:***

- I take time to reflect on my actions.
- I learn from my experiences.
- I can decide, based on what I know, what is the best thing to do.
- I make the most of my gifts and talents.
- I can help others make the right choices.

### ***BBC Sounds Aesop's Fables number 21 and number 25***

[https://downloads.bbc.co.uk/schoolradio/pdfs/aesop/aesops\\_fables.pdf](https://downloads.bbc.co.uk/schoolradio/pdfs/aesop/aesops_fables.pdf) (p.26 /29)

<https://www.bbc.co.uk/teach/school-radio/english-ks1--ks2-aesops-fables-index/z73s6v4>

There are many fables of Aesop as audio tales on the BBC website. Thinking about the Virtue to Live By and the signs that show **wisdom**, there are two of Aesop's fables that can be used to reflect on wisdom.

The first is **The Crow and the Pitcher** that is number 21 on the pdf download on page 26.

The second is **The Kid and the Wolf** that is number 25 on the pdf download on page 29.

### **Circle Time**

#### **Knowledge:**

Think before they act so their choices are good ones

Reflect on the choices that they can make

#### **Skills:**

Being able to make simple choices

Being able to make choices and predict possible outcomes.

#### **Attitudes:**

Consider the possible effects of different choices.

#### **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.

#### **Circle Time 1:**

##### **Step 1 suggestions for games:**

*For younger children:*

Name clap

All the children clap twice and then say the name of a child, e.g., clap, clap, Poppy, clap, clap Jack. Continue around the circle until all the children have had a turn at being named.

*For older children*

My Flag

Give the children a large piece of paper each and tell them that they are going to make flags about themselves. They could divide the flags into 3 sections and decide what theme each section will have. Examples are: what I enjoy doing, my peaceful place is, I feel happy and relaxed when. Ask the children to draw and write in each section.

Word association

Teacher starts by offering a word e.g. wise. Everybody then claps twice while the next person thinks of a word associated with the word wise. This continues around the circle until anyone falters or cannot think of a word. That person starts a new sequence. See how fast the class can get this going. (*Use the synonyms for 'wise' in Word to help you.*)

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

Listen to the story of **The Crow and the Pitcher**

<https://www.bbc.co.uk/teach/school-radio/english-ks1--ks2-aesops-fables-index/z73s6v4>

##### **Step 3 Open Forum** (make it age appropriate)

Alongside the teacher's notes provided on the pdf, this tale allows discussion on some of the signs showing wisdom. In particular, the crow has learned to reflect and through experience, used skills to problem solve. With a moral of the story being 'Take the time to think through a problem and you might find a solution'.

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

*For younger children:*

Ask the children to think of a problem they have solved. Give themselves a "thumbs up" to show they have done well – like the crow!

*For older children*

Ask the children to look around the circle. Is there anybody they have noticed today who is able to problem solve by thinking carefully about what they need to do?

## Circle Time 2:

### Step 1 suggestions for games:

*For younger children*

People to People

Children stand in the circle in pairs. in pairs. Ask each pair to follow the instructions e.g.

Back to back

Toe to toe

Hand to hand

Leg to leg

Thumb to thumb When the teacher says, " People to people," the children find a new partner.

(Children tend to make pairs with children most familiar to them. Do encourage them to make pairs with children they don't usually play with.)

*For older children*

My Flag

Give the children a piece of paper each and tell them that they are going to make flags about themselves. They could divide the flags into 3 sections and decide what theme each section will have. Examples are: what I enjoy doing, my peaceful place is, the best choices I have made. Ask the children to draw and write in each section.

### Step 2 Round

Listen to the story of **The Kid and the Wolf**

<https://www.bbc.co.uk/teach/school-radio/english-ks1--ks2-aesops-fables-index/z73s6v4>

### Step 3 Open Forum (make it age appropriate)

Alongside the teacher's notes provided on the pdf, this tale allows discussion on the possibility that if we listen to wise words from others it can help us make the right choices. So, from the goat's point of view, the moral could be that *it is important to listen and act on good advice*. From the point of view of the fox, the moral could be to take advantage of opportunities when they come along, they may not come again.

### Step 4 Celebration

*For younger children:*

Ask the children to give an example when they made a good choice. Give themselves a "pat on the back" to show they have done well.

*For older children*

Ask the children to look around the circle. Is there anybody they can point to or name who gave them some good advice?

## Virtues to Live by

# I am confident

when

I think positively.

I am willing to try new things.

I believe in myself.

I know I am worthwhile whether I succeed or fail.

I trust that God will support me.

I keep going even when I find things difficult.



## Virtues to Live by

# I show trust

## when

I trust God that there is good in the world.

I know I am not alone.

I try not to worry about things before they happen.

I tell the truth.

I am worthy of the trust others place in me.

I am reliable and determined.

I complete all the tasks I promised to do.

## Virtues to Live by

# I show courage

when

I ask for help.

I make the right choices.

I stand up for what is right.

I can reflect on the choices I have made.

I am not afraid to fail.

## Virtues to Live by

# I am wise

**when**

I take time to reflect on my actions.

I learn from my experiences.

I can decide, based on what I know, what is the best thing to do.

I make the most of my gifts and talents.

I can help others make the right choices.

## Virtues to Live by

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

# Confidence



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

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



## Virtues to Live by

---

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

# Trust



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

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



## Virtues to Live by

---

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

# Courage



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

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



## Virtues to Live by

---

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

# Wisdom



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

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



# Christian Meditation

## **Virtue to Live By: Confidence**

I am able to do things without fear or doubt

I place my trust in God and know that He gives me strength

*"Let the wis'I can do all things through Christ who gives me strength.' (Philippians 4:13)*

*'Commit to the LORD whatever you do, and he will establish your plans.' (Proverbs 16:3)*

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

White cloth - Eastertide, 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.

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

[1 Hour of Spiritual & Relaxing Easter Music – YouTube](#)

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

### **Stillness exercise**

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

### **Confidence meditation**

We share this time together in meditation Jesus. Today we are going to learn about having **confidence** in ourselves and in Christ Jesus and how it can help us to be our best self. We should have confidence in Jesus because He is greater than all; He want us to live a life full of joy. He provides abundant grace; He died for our sins so that we can be free. Jesus helps us when we are in trouble and need help.

Being confident can help us through difficult times and to help us stay focused on a particular task until it is done. When we are confident in what we are doing the energy and effort we put into something can show the importance of it to other people.

Prayer and meditation with Jesus can help us to have confidence in ourselves and in Jesus and focus our mind in thinking about how we can succeed and not give up even when things can be tricky.

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 maybe found it difficult believing in yourself and needed more self-confidence.

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.

Let us go and be with Jesus after the Resurrection. Jesus is here in your life, how could that be possible? You look at Jesus, He looks just how you expected Him to look, just how you hoped He would look.



## Christian Meditation

Jesus is smiling at you and puts his arms out towards you to bring you close. Step forward and have confidence that Jesus is here for you...

Jesus says to you, "I will always be here for you, by your side... as your guide... never fear for I am with you. I was there when you were born, I am there when times are happy, I am there when times are hard. I will be with all through your life..."

Take a deep breath and know Jesus is in your heart and will give you confidence to be the best you can be. He will never leave you. Jesus loves you so much and will always be there for you. So when you need more confidence, know that Jesus is there for you, know that you can turn to Jesus to help you. Don't give up, believe in yourself and you will achieve great things.

Spend a moment telling Jesus how you are going to have more confidence in yourself and in him...

It is time to leave Jesus, say thank you to Him for always being there for you.

Let us remember Jesus is an ever-present help in our time of need. Because of this, we can have confidence that our lives are safe in His hands, and we should not be afraid.

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 confidence... and as you breathe out, concentrate on determination...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

Now let us finish our time together in prayer.

Dear Heavenly Father. Thank you for this new day filled with wonderful blessings. Thank you for the gift of our Lord Jesus Christ. We thank you for all the blessings that await us.

Lord give us confidence in the person you have made us today. We pray for confidence and faith in the plans you have for me. Please know Lord that we will try not to give up but will believe in ourselves and grow in confidence. Amen.

# Christian Meditation

## **Virtue to Live By: Trust**

I place my trust in God and others can place their trust in me

*"Blessed is the man who trusts in the Lord. And whose trust is the Lord."*

*(Jeremiah 17:7)*

*"How blessed is the man who has made the Lord his trust, And has not turned to the proud, nor to those who lapse into falsehood."*

*(Psalm 40:4)*

*"But as for me, I trust in You, O Lord, I say, You are my God."*

*(Psalm 31:14)*

*"Behold, God is my salvation, I will trust and not be afraid; For the Lord God is my strength and song, And He has become my salvation." (Isaiah 12:2)*

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

White cloth for Eastertime, 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)

[Trust in God: 30 Minutes Prayer & Meditation Music – YouTube](#)

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

### **Stillness exercise**

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

### **Trust meditation**

We come together in meditation as God's children and as a family. We look to God to help us trust in the Lord. Let us take this time in meditation to be with God to trust in the LORD with all our hearts. Let us listen for GOD's voice in everything we do, everywhere we go; he is the one who will keep us on track and look after us.

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

Imagine you are with the eleven disciples in Galilee. It is a warm day, and you are sitting in the shade under a tree on the mountain where Jesus has told you to go. Jesus approaches you and the disciples. When you see him, you look in disbelief that it is actually Jesus' walking towards you all. You look up and Jesus comes closer and says, "Stay in Jerusalem, because the Holy Spirit is coming to baptize you. All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching

## Christian Meditation

them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age. He who believes will be baptized will be saved.”

Jesus then tells you to put your trust in the Lord for he will help you and save you. Jesus continues to talk to you and the disciples saying as we go through our day, this same Holy Spirit guides us, too. That means we don't have to go it alone or hope we're getting it right. No, the Holy Spirit leads us into all truth and protects us. Spend a moment thinking about this... you know you can trust in Jesus.

After the Lord has spoken to you, you all see a great light and you watch in peace as Jesus ascends into heaven. He is received into heaven and sits at the right hand of God.

You and the disciples stand up in awe and wonder...watching and knowing that you can trust in God the Father, God the Son, and God the Holy Spirit.

You leave the disciples as they walk down the mountainside. As they pass people on their way, they begin to preach that the Lord is with them, spreading the good news. Jesus opened the gates of heaven for all humanity.

Take time to think about this... what do you do in your life to spread the good news of the Lord bringing the joy of Christ to others?

Spend a moment thinking about how you can be more like Jesus and as one of his disciples what can you do to spread the good news of Jesus. Will this be by being a good friend and ensuring people know that they can trust you? By thinking of others first before yourself? Putting others needs first? Or by doing acts of kindness, hope and spreading joy into the lives of others?

Reflect for a few moments on what you will do to be the best disciple of Jesus that you can be...

We have been blessed with a special job to carry out God's work for the common good of society.

This is a privilege... let us trust in the Lord and really focus on this in the coming weeks.

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

### Closing prayer

Dear Lord,

Thank you for my time with Jesus in meditation. We are thankful for giving us Jesus as the perfect role model and someone we can always trust in. May His image fill our hearts with faith and trust in You. Guide our actions so that we can live by faith and have a life in You, abundantly and eternally.

Thank you for your promises and for being present in our lives

Thank you that we can put our hope in you

Even when life is scary or uncertain

Help us remember that every day

Thank you for your love

We love you, God!

Thank you for Jesus

In His name, Amen!

# Christian Meditation

## **Virtue to Live By: Courage**

I have courage.

I am willing to try new things.

*"Be strong and courageous." (Deuteronomy 31:6)*

*"Courage!" Jesus said. "It is I. Do not be afraid!" (Matthew 14:27)*

*"Have I not commanded you? Be strong and courageous. Do not be frightened and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:)*

*"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!" (Psalm 27:14)*

*"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10)*

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

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

Meditative music/ peaceful/calming hymns quietly playing:

[Catholic Meditation Music](#)

[Philip Chapman Meditative Music](#)

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

[Trust in God: 30 Minutes Prayer & Meditation Music - YouTube](#)

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

### **Stillness exercise**

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

### **Courage meditation**

We come together in meditation as God's children and as a family. Today we are going to focus on the virtue of courage, in our time with Jesus in meditation.

We look to God to help us to be brave and have courage. For some of us, the gift of courage comes easily, while for some of us, having courage can be tricky and we need God to help us to be brave. Sometimes the gift of courage comes to us when we least expect it. This can be when we feel something is unfair and we feel we must do something about it, or if there is something we really want to do. Or sometimes, we need courage to conquer our fears and being brave helps us to achieve something great in our lives.

## Christian Meditation

We have all been brave at some point and what is important to remember is that being brave in small acts of courage, can make the biggest differences in our life and in the lives of those people around us.

Now let us take this time in meditation to be with God. Let us listen for God's voice in everything we do, everywhere we go; he is the one who will keep us on track and look after us, including those times when we need to have courage.

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

Imagine it is one of the days following Jesus' death and resurrection...you are with the eleven disciples, and you go with them to Galilee to climb the mountain Jesus asked you to climb.

It is a hot day, but luckily there are a few clouds and a mild breeze to keep you cool. As you walk up the mountain, some of the disciples stop to sit down...the rest of you continue walking up the mountain side. Further along your journey, more disciples sit to rest... you continue to walk.

Soon you are alone with your thoughts and think about what has happened to Jesus over the past few weeks. You think about when Jesus arrived in Jerusalem and how the people celebrated...you remember that last supper you had with Jesus...you remember when Jesus was arrested and crucified... and how brave he was, dying on the cross, for our sins.

You remember how Jesus rose from the dead... and how elated you were seeing him for the first time. As you think about this, your thoughts are interrupted...there is someone up ahead...it is the Lord. You feel warm inside and a big smile appears on your face. Move quicker to catch up to Jesus.

As you near Jesus he turns and smiles at you, recognising you. He asks you to sit with him...He asks if you are ok. Spend a few moments with Jesus telling him how amazing it is to see him. Have courage to tell Jesus what is on your mind and any worries you may have. There may have been a time when you needed courage to do the right thing... to apologise to someone...or maybe a time when needed courage to take positive action.

Jesus listens attentively and look you in the eye, smiles, takes your hand, and says, "Do not be afraid. I have plans for you. When you call upon me, I will be there...when you come and pray to me, I will hear... and listen to you...when you look for me with all your heart...I will find you... and be there for your always. Know that when you need to be brave...I will help you.

Take my gift of courage and know that I will be right by your side looking after you. Be strong and courageous when you need to be. Do not be afraid and do not be dismayed. I will be with you helping you to be brave, wherever you may go."

Spend a few moments quietly thinking about this before you leave Jesus...

Take comfort from knowing that Jesus will always be there for you. Jesus makes you feel encouraged. He has great plans for you... he has given you a special gift of courage. Think about how you can use his special gift of courage wisely...

## Christian Meditation

When you are ready, take steps to walk down the mountainside...smiling at the disciples as you pass them. Know that you have courage to always do the right thing and to be the best person you can be.

Slowly, bring your consciousness back into the room, focusing on our virtue of courage.

As you breathe in, concentrate on Jesus and as you exhale...concentrate on courage.

Be aware of your breathing and of your body. Bring your consciousness back in to the room. Take a few breaths, repeating this, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

### Closing prayer

Dear Lord,

Thank you for my time with Jesus in meditation.

We are thankful for the gift of courage. Please help us to use this gift wisely and be brave in doing the right thing when needed and to have courage to try new things in helping us be a better person.

Jesus was the bravest of all and let us never forget what he did for us. Let us remember that Jesus is always with us, right by our side. May His image fill our hearts with courage. Guide our actions so that we can be brave, even when life is a little scary or uncertain.

Help us remember that every day, you are with us, and let our hearts take courage and trust in the You.  
Amen!

# Christian Meditation

## **Virtue to Live By: Wisdom**

I take time to think about what I must do and ask God and others about it.

I help others to make the right choices

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3)*

*"Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity."*

*(Ephesians 5:15)*

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

*"How much better to get wisdom than gold, to get insight rather than silver!" (Proverbs 16:16)*

*"Be wise in the way you act; make the most of every opportunity. Let your conversation be always full of grace so that you may know how to answer everyone." (Colossians 4:5-6)*

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

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

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

[Wisdom Instrumental Worship Meditation music](#)

[Philip Chapman Meditation Music](#)

Catholic Meditation Music on Spotify:

<https://open.spotify.com/album/5OwuHsTolsu96HbH1FEvKp>

**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.

### **Wisdom Meditation**

As we gather here today in meditation, we remember God wants us to do good things...the gift of wisdom can help us to love those around us to love those around us, especially those in need and in the same way, the virtue of wisdom can help us in knowing what is right and wrong and to make good decisions based on our wisdom.

## Christian Meditation

The book of Proverbs in the Bible is full of wise sayings. King Solomon asked for wisdom instead of riches or a long life, so God gave him wisdom unlike anyone else. Daniel was also very wise, because he walked in the ways of our Lord. The Bible is full of wise men, but they all had one thing in common. They knew the Will of God and followed His Word.

Let us take some time to be with God and reflect on the virtue of wisdom in the story of King Solomon.

King Solomon was the son of David and a great king over Israel. He was known especially for his great wisdom, which was a gift from God.

As you listen to this story, imagine you are there with King Solomon and pay attention to what God promises to King Solomon after he prays for wisdom.

King Solomon went to Gibeon to offer a sacrifice to the Lord. God appeared to him in a dream there and said, "Ask what I should give to you. I will grant you whatever you ask."

Solomon answered in prayer, "You have shown great and steadfast love to your servant my father David. He was faithful to you and righteous. And now, Lord, you have made me, your servant, king in place of my father. I am still so young. There is so much for me to learn. There are so many people that I am to rule over as your servant."

Solomon paused for a moment, thinking about what he should ask for from the Lord. Then he prayed, **"Give your servant wisdom to govern your people and discern between good and evil."**

God was pleased with this prayer. "Because you have asked for wisdom," he said, "and not for a long life, great wealth, or the death of your enemies, I will answer your prayer. I give you a wise and discerning mind like no one before you or after you. I will also give the things you have not asked for.

I will give you wealth and honour all your life. And if you walk in my ways and keep my commandments, I will also give you long life."

Solomon woke up and returned to Jerusalem to pray in thanksgiving to God for these many gifts.

Take a deep breath and slowly exhale thinking about this story.

When you pray to God, what do you ask for? new toys? games? Holidays? Do you ever ask God for the gift of wisdom like King Solomon? ...

The wisdom of the Beatitudes begins with the simple message: Place your trust in God. Surrender your will and place your trust in God. Open your mind to the power of the Holy Spirit. If we turn to God and pray for his grace, and look to help those in need, God's wisdom can flow into our lives. To become poor in spirit by putting God and others first is the first step on our faithful journey to live and lead by the beatitudes. Jesus shared the gift of wisdom in his teachings to the disciples and with us to help us to be the best version of ourselves.

Think of a time when you have been called upon to help someone...perhaps it was a friend or family member ...or perhaps it was a time you were asked to help people in your community or in another country that school or church were helping. How did you help in this situation? ...What made you feel moved to do something to help?... How did helping others help you to



# Christian Meditation

develop your wisdom of God's presence in the world? ...How did you take the idea of helping someone become a reality? ... Spend a moment thinking about this...

Jesus teaches us that the sometimes the smallest of things that we do to help can make the biggest difference. When we listen to God and do His will, we are using the special gift of wisdom and will grow in virtue.

We are all made in the image of God, we are his children destined to be like him. When we trust in God and his endless wisdom, we see with his kind of eyes and know all will be well. This will help us to live each moment, learning from our mistakes, accept others in theirs and grow in virtue of wisdom and happiness.

As you inhale, think "wisdom" ...and as you exhale think "learning".

Think back to the start of this school year and all the exciting learning that lay ahead of you. What have you learned this year? ... How have you used God's gift of wisdom to learn from your mistakes, to help others and to become a better person?... Have you used your time wisely this school year?...

What wisdom will you take from this year and use going forward in the future?...

We are living God's mission which is a source of wisdom. Our sense of mission inspires us to go above and beyond the call of duty. Let us all use our wisdom from our experiences this year, to continue to grow in wisdom, to trust in God, to grow in inner strength and to continue to develop our strength of character.

To be more like God and grow in wisdom gives us endless possibilities and opportunities in life.

Spend a moment telling Jesus how you feel this school year has gone for you and what you will do to grow deeper in wisdom going forward...

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 wisdom and as you breathe out, concentrate on learning. Take a few breaths, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

## **Closing prayer**

Dear Lord,

As we reflect on the virtue of wisdom, please help us to be wise in using what we have learnt this school year in our curriculum, socially, morally and spiritually to be a better person going forward.

Using your gift of wisdom, may we be more like You and learn how to use our experiences to always do what is right and live in your image as you intended.

As we come to the end of another school year, we thank you for everything you have given unto us, for every opportunity, for our teachers and adults who support our learning, for our wonderful school, for our priest and parish, our caring community and for guiding us all in every step of the journey.

May we continue to grow in wisdom and to be further inspired by Jesus as our guide.

Thankyou Lord for loving each, and every one of us. Amen.