

“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"

PERSEVERANCE and RESILIENCE

Before You Begin – An overview for teachers

Perseverance & Resilience Definitions and Biblical Sources

Perseverance

'O God, put a steadfast spirit within me.'

Psalm 50:12

Definition

To persevere is to do good when it becomes hard to do or obstacles are put in the way. A person with perseverance can be relied upon because they are committed to seeing things through to the end.

Biblical Sources

In the New Testament perseverance occurs 31 times. It has the meaning of '*steadfastness*', '*endurance*' and '*constancy*'. The actual word does not appear in the Hebrew Bible (Old Testament), although 'steadfast' appears many times and recalls God's steadfast love and the people are called constantly to be steadfast.

Endurance and ***constancy*** are ***passive*** having the meaning of ***enduring whatever comes***:

Luke 21:19 "By your *endurance* you will gain your lives."

Romans 8:25 "If we hope for what we do not see, with *perseverance* we wait eagerly for it."

James 1:3-4 "knowing that the testing of your faith produces *endurance*. And let *endurance* have its perfect result, so that you may be perfect and complete, lacking in nothing."

2 Peter 1:6 "and in your knowledge, self-control, and in your self-control, *perseverance*, and in your *perseverance*, godliness..."

Steadfastness - brings out the ***active principle in perseverance: persistence in doing good*** ("Jesus went about doing good." Acts 10:38; Mark 3:4):

Luke 8:15 "But the seed in the good soil, these are the ones who have heard the word in an honest and good heart, and *hold it fast*, and bear fruit with *perseverance*."

Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

2 Thessalonians 2:13 "And as for you, brothers and sisters, never tire of doing what is good."

Romans 5:3-4 "And not only this, but we also exult in our tribulations, knowing that tribulation brings about *perseverance*; and *perseverance*, proven character; and proven character, hope..."

The Letter to the Hebrews (12:1-3) places perseverance within the context of a race (a lifelong journey) in which the Christian must have 'staying power' gained by fixing their eyes on Christ so that they do not become weary and give up. Perseverance is therefore closely linked to being a faithful and hopeful friend of Jesus.

Resilience

"The Lord is my strength and my song"

(Psalm 118:14)

Definition

Resilience

To accept that there will be difficulties in life. To see these as a challenge and not to be discouraged. To search for your inner strengths and faith to get you through personal challenges.

Biblical Sources

Romans 8:28 "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

Psalm 23:6 "Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever."

Psalm 30:5. "...Weeping may endure for a night. But joy comes in the morning."

Why Practice Perseverance and Resilience?

Sometimes it is important to understand that there are some things we have to accept. We will have challenges in life but these can be an opportunity for growth. Therefore, it is important that we commit ourselves to ensure we keep going and see things through. If we persevere, this will help us to become more resilient in facing personal challenges. There will be some things we cannot change and some we can. Through the experience of these challenges we will develop the wisdom to discern the situations that are in need of perseverance and resilience.

When we persevere, even when we have doubts, in our hearts we remain committed. When we are resilient we can cope with the doubts because deep down we know where we stand and are committed for the long run.

How do we Practice Perseverance and Resilience?

Key Words:

Steadfast, Staying Power, Reliable, Committed, Tireless, Motivation.

We practice perseverance and resilience when we are steadfast and have the staying power to commit to seeing things through. We don't give up when things get hard because our motivation comes from within. We can be relied upon to stay focused.

You will stand by your friends even if you have fallen out, had disagreements or they are having a hard time.

You are like a strong ship in the storm and do not allow yourself be blown off course.

Psalm 106:

Some sailed over the ocean in ships, earning their living on the seas.

They saw what the Lord can do, his wonderful acts on the seas.

He commanded, and a mighty wind began to blow and stirred up the waves.

The ships were lifted high in the air and plunged down into the depths. In such danger the sailors lost their courage; they stumbled and staggered like drunks - all their skill was useless.

Then in their trouble they called to the Lord, and he saved them from their distress.

He calmed the raging storm, and the waves became quiet.

They were glad because of the calm, and he brought them safe to the port they wanted.

They must thank the Lord for his constant love, for the wonderful things he did for them.

Mark 4: 35-41 'Calming of the Storm'

On the evening of that same day Jesus said to his disciples, "Let us go across to the other side of the lake." So they left the crowd; the disciples got into the boat in which Jesus was already sitting, and they took him with them. Other boats were there too. Suddenly a strong wind blew up, and the waves began to spill over into the boat, so that it was about to fill with water. Jesus was in the back of the boat, sleeping with his head on a pillow. The disciples woke him up and said, "Teacher, don't you care that we are about to die?" Jesus stood up and commanded the wind, "Be quiet!" and he said to the waves, "Be still!" The wind died down, and there was a great calm. Then Jesus said to his disciples, "Why are you frightened? Do you still have no faith?" But they were terribly afraid and began to say to one another, "Who is this man? Even the wind and the waves obey him!"

Signs you are Resilient and you Persevere:

You don't let doubts stop you from trying

You are not afraid because you know you are not alone

You ask God to help you grow through your personal challenges

You take one step at a time - You keep going!

You complete what you start

You are a reliable classmate

Other ideas:

Aesop's Fable : The Hare and the Tortoise

Reflection Questions:

When in your life have you been like the Hare?

When in your life have you been like the Tortoise?

Who persevered? How did they show it?

When might you need to practise perseverance?

Quotes:

“You who believe seek courage and prayer, for God is with those who are patient and persevere.”

Qu’ran 2.153

“Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not.”

Thomas Huxley

“A journey of a thousand miles must begin with a single step.”

Taoism.

"Virtues to Live by"

KINDNESS

Before You Begin – An overview for teachers

"Never neglect to show kindness and to share what you have with others." (Hebrews 13:16)

"Let no one ever come to you without leaving better or happier.

Be the living expression of God's kindness;

kindness in your face,

kindness in your eyes,

kindness in your smile,

kindness in your warm greeting"

St. Teresa of Calcutta

Definition

KINDNESS – I show kindness when I think about how others feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

Virtue to Live By

I know that every act of kindness helps build God's kingdom

Biblical sources

"Give to him who asks of you, and do not turn away from him who wants to borrow from you." (Matthew 5:42)

"In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'" (Acts of the Apostles 20:35)

"Therefore, as we have opportunity, let us do good to all people..." (Galatians 6:10)

"And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." (Ephesians 4:32)

"Never neglect to show kindness and to share what you have with others; for such are the sacrifices which God approves." (Hebrews 13:16)

Other sources

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

"Loving kindness is greater than laws; and the charities of life are more than all ceremonies." (*Talmud*, Judaism)

"Those who act kindly in this world will have kindness." (Qur'an 39.10)

"Him I call a Brahmin ever true, ever kind. He never asks what life can give, But, 'What can I give life?'" (*Bhagavad Gita 8.3*, Hinduism)

"We reach the immortal path only by continuous acts of kindliness." (Buddhism)

"The heart benevolent and kind the most resembles God." (Robert Burns, *A Winter Night*)

"That best portion of a good man's life, his little, nameless, unremembered acts of kindness and of love." (William Wordsworth, *Tintern Abbey*)

I shall pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again." (Anonymous)

Why Practise Kindness?

When we are kind to other people we recognise their God-given dignity as a child of God. When we are kind we reach out to other people and show that they are important to God and to us. Being kind brings people together, combats suffering, dispels loneliness and builds up community and God's kingdom. When we show kindness to animals and God's creation we show our faith and love for God who asks us to take care of creation. When we are kind we show our humility because we know we depend on God and His creation for everything.

How do we Practise Kindness?

We think of other people, are sensitive to their needs, and notice that they are in need of help or care. We greet them with courtesy, we smile, say kind words and make them feel valued. When someone is in need of help we perform an act of kindness to bring comfort, support or happiness. We learn what ways of acting (habits) show kindness and build up community and try not to be cruel or insensitive. We take good care of animals and God's creation.

Key Words:

Kind, kindness, care, compassion, comfort, help, support, happiness

Signs of living the virtue of kindness:

I look for ways to help others by following the example of Jesus

I show kindness to any person or animal I see

I look for ways to care for God's creation

I share what I have with other people

I am kind to myself

Reflection Questions:

Let us reflect on how kindness can help bring God's love to others.

When have small kindnesses made a big difference in my life?

In my picture of a successful life, what part does kindness play?

What helps me to have the self-restraint to listen and speak with kindness?

How far do I reach out in kindness?

I am thankful for the gift of kindness. It opens my heart to others.

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

“Virtues to Live by”

HONESTY

Before You Begin – An overview for teachers

“May my goodness and honesty preserve me,
because I trust in you.” (Psalm 25:21)

Psalm 15

LORD, who may enter your Temple?
Who may worship on Zion, your sacred hill?
Those who obey God in everything
and always do what is right,
whose words are true and sincere,
and who do not slander others.
They do no wrong to their friends
nor spread rumours about their neighbours.
They despise those whom God rejects,
but honour those who obey the LORD.
They always do what they promise,
no matter how much it may cost.
They make loans without charging interest
and cannot be bribed to testify against the innocent.
Whoever does these things will always be secure.

Definition

HONESTY – is telling the truth. It is speaking the truth without exaggerating or omitting things, but also with kindness and tact. It is having the courage to admit the truth even when it is hard to do. When you are honest you can be trusted. When you are trustworthy you can be relied upon to do something and to keep the promises you have made. You have integrity when you are honest to others and to yourself; you do not try to be like someone you are not, you are your true self. When you are honest your actions match your words: you practise what you preach.

Virtue to Live By

I tell the truth.

I am reliable and trustworthy.

My actions match my words.

I am honest with myself and others even when it is difficult.

Biblical sources

"An honest answer is like a kiss on the lips." (Proverbs 24:26)

"Do not lie to each other, since you have taken off your old self with its practices." (Colossians 3:9)

"Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body." (Ephesians 4:25)

"Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out." (Proverbs 10:9)

Other sources

"Let your conduct be marked by truthfulness in word, deed and thought." (*Taittiriya Upanishad* 1.11.1, Hinduism)

"To be really honest means ... stating things fairly, not humouring your argument – doing justice to your enemies ... making confession whether you can afford it or not; refusing unmerited praise; looking painful truths in the face." (Aubrey De Vere, *Recollections*)

"To love truth for truth's sake is the principal part of human perfection in this world." (John Locke)

Why Practise Honesty?

When we are honest we build trust in ourselves, in the ways we work and the communities we live and work in. When we are honest we promote openness and trustworthiness in our dealings with each other. Honesty allows us to rely on others so that we can all work together to build strong communities and live well together. When you are honest with yourself you have the self-belief not pretend something doesn't matter when it does and not to exaggerate to look good in the eyes of others.

How do we Practise Honesty?

You tell the truth, kindly and with tact even when it is difficult. You know yourself well enough not to promise too little or too much, but make promises that you can keep. In your dealings with others you state things fairly, you do not lie or cheat to seek your own advantage. You can admit when you have made a mistake and are honest enough to realise that you need to change.

Key Words: honesty, honest, trust, trustworthiness, promise, reliable, action, community, courage, integrity.

Signs of living the virtue of honesty:

I tell the truth.

I can be trusted.

I am honest about my words and actions

I make promises I can keep.

My actions match my words.

I am true to myself and follow what I know to be right

Reflection Questions:

Think of a time you had to speak truth to someone else. How did it feel? Was it difficult? Were you kind and tactful?

Think of a time when you had to face the truth about yourself. How did you react? How did you move on from it?

Am I honest with others, or do I exaggerate or omit things that are hard to talk about or admit?

Do I allow myself to get drawn into rumour, gossip or details without seeking the bigger picture?

Do I make promises that I keep?

Do I criticise in others what I find myself doing as well?

“Virtues to Live by”

SERVICE

Before You Begin – An overview for teachers

“Each of you should use the gifts God has given you to serve others.” (1 Peter 4:10)

I seek opportunities to care for others.
Love leads me to service.
I am a giver.
What really matters is that I serve.
I find joy in service.
My work is worship.
Sacred Moments L. K. Popov

Definition

SERVICE – You put other people’s needs before your own. You want to make a difference to their lives. You look for ways to help others and do not wait to be asked. You put your heart and soul into your work. You notice that other people have things to offer and help them to make a real contribution.

Virtue to Live By

I look for ways to help others without being asked.

I give my time to serve willingly.

I encourage others to use their gifts to serve

By serving others I share God’s love.

Biblical sources

“God will not forget your work and the love you have shown him as you have helped his people and continue to help them.” (Hebrews 6:10)

“Whoever wants to serve me must follow me, so that my servant will be with me where I am. And my Father will honour anyone who serves me.” (John 12:26)

“The greatest among you must be your servant.” (Matthew 23:11)

“For even the Son of Man did not come to be served; he came to serve and to give his life to redeem many people.” (Mark 10:45)

"Each of you should use the gifts God has given you to serve others." (1 Peter 4:10)

"Do to others as you would have them do to you." (Matthew 7:12)

Parable of the Final Judgement (Matthew 25:31-46)

Church Teaching

"Promoting the dignity of every person, the most precious possession of men and women, is the essential task, in a certain sense, the central and unifying task of the service which the Church, and the lay faithful in her, are called to render to the human family." (*The Social Doctrine of the Church*, 522)

"Charity inspires a life of self-giving: 'whoever seeks to gain his life will lose it, but whoever loses his life will preserve it.' (*The Social Doctrine of the Church*, 583)

"Social teaching is not limited to a collection of official, mainly papal, texts. It is an oral tradition as well as a written one, and it is a lived and living tradition. Many Catholics whose lives are dedicated to the service and welfare of others make this teaching present by their very activity, even if they have never read a social encyclical." (*The Common Good and the Catholic Church*, 26, Bishops' Conference 1996)

"Christian teaching that the service of others is of greater value than the service of self is sure to seem at odds with the ethos of a capitalist economy." (*The Common Good and the Catholic Church*, 79, Bishops' Conference 1996)

Catholic sources

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
(St. Teresa of Avila)

"The fruit of love is service. The fruit of service is peace." (St Teresa of Calcutta)

"There is nothing small in the service of God." (St. Francis de Sales)

"Do not shut yourselves in your small world, but be open to others, especially the poorest and neediest, to work to improve the world in which we live. Be men and women for others, real champions in the service of others." (Pope Francis)

Other sources

"Life's most persistent and urgent question is: 'What are you doing for others?'" (Martin Luther King)

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." (Rabindranath Tagore)

Why Practise Service?

Service is a central aspect of the virtue of love. When you love, you are self-giving; you go out of yourself, using your gifts to help and support others. Jesus, God's Son, calls us to serve one another because it is through self-giving service that we show our love for God and our neighbour. Recognising that we are called to serve means that we can live with purpose and put our heart and soul into all we do.

How do we Practise Service?

You notice the different needs of people and then do something positive to help them. You are not self-seeking or driven by self-interest. You commit to something and do it to the best of your ability using your gifts for the benefit of others. You seek to make a difference in your community through your sensitivity to people's needs, your positive attitude and your work. You serve God's creation by seeking to live sustainably, refusing to waste things and seeking to reduce your own negative impact on the planet.

Key Words: service,

Signs of living the virtue of service:

I think of the needs of others and how I can help.

I am willing to give my time to serve others.

I know there are different ways to serve.

I know that service can bring joy to myself and others.

When I serve I discover my gifts.

I serve with enthusiasm

Reflection Questions:

"Virtues to Live by"

SHARED REFLECTION FOR STAFF

"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)

PERSEVERANCE AND RESILIENCE

Perseverance: to persevere is to do good when it becomes hard to do or obstacles are put in the way. A person with perseverance can be relied upon because they are committed to seeing things through to the end.

Resilience: to accept that there will be difficulties in life. To see these as a challenge and not to be discouraged. To search for your inner strengths and faith to get you through personal challenges.

BLESSING

The Creator God has graced each one of us with inner strengths and gifts to use and share;

Blessed be God forever.

Jesus is with us and calls us to the new life of resurrection and transformation;

Blessed be God forever.

Even in the challenges of life, new gifts will be given, touched and transformed by the Spirit of God;

Blessed be God forever.

OPENING PRAYER

God our Father, grant me the serenity to accept the things I cannot change the courage to change the things I can and the wisdom to know the difference. 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.

Through Christ our Lord. Amen

READING

My brothers, you will always have your trials but, when they come, try to treat them as a happy privilege; you understand that your faith is only put to the test to make you patient, but patience too is to have its practical results so that you will become full-developed, complete, with nothing missing.

(James 1: 2-4)

REFLECTION

A moment of personal reflection on the trials you have overcome, and the challenges you face today.

Let us ask God to find the perseverance and resilience within to keep going.

LIVING OUR VIRTUE

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

- Recognise everyone has the capacity to find their inner strength
- Recognise everyone has the ability to persevere and be resilient
- Believe that over time, with encouragement, they will discern the situations that call for perseverance and resilience
- Recognise that, through prayer, God will give us the grace and strength to face their challenges
- Accept that there will be difficulties in life
- Recognise and know that they are never alone in their difficulties
- Learn to be patient during times of trial

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

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

CONCLUDING PRAYER

God our Father, open our hearts that we may be transformed by Your gracious love. May Your spirit teach us to discern the inner virtues of perseverance and resilience when facing our challenges.

We ask this through Christ our Lord,

Amen

AFFIRMATION

I have perseverance and resilience.

I will not give up.

I will have hope and faith even when things are difficult.

"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

KINDNESS

Blessing

May gratitude walk beside you

May kindness swarm about your head

May wonder be your inner child

May God's presence be comfort.

And so may God's kindness be real to you

May joy dance upon your shoulders

May love be your closest friend

May peace remain beyond its welcome

May laughter keep your cheeks in shape

And so may God's kindness be real to you

May sun shine while you're in shade

May clouds paint your sky with fun

May rain fall once you've returned home

May night send you pleasant dreams

And so may God's kindness be real to you

May colour startle you
May smell remind you
May touch warm you
May words encourage you
May music inspire you

And so may God's kindness be real to you

Prayer

Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbour... Let no one ever come to you without leaving better or happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting. *Saint Teresa of Calcutta*

READING:

Eph 4:23-24; 32

Your hearts and minds must be completely new, and you must put on the new self, which is created in God's likeness and reveals itself in the true life that is upright and holy. Be kind and tender-hearted to one another, and forgive one another as God has forgiven you through Christ.

REFLECTION

Let us reflect on how kindness can help bring God's love to others.
When have small kindnesses made a big difference in my life?
In my picture of a successful life, what part does kindness play?
What helps me to have the self-restraint to listen and speak with kindness?
How far do I reach out in kindness?
I am thankful for the gift of kindness. It opens my heart to others.

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

LIVING OUR VIRTUE

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

- Look for ways to help others by following Jesus' example.
- Show kindness to every person and animal.
- Recognise ways to care for God's creation.
- Share what they have with others.
- Understand how to be kind to themselves.

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

CONCLUDING PRAYER

Jesus I love you

Jesus, I love you

Jesus, I welcome you

Jesus, I need you

Jesus, I adore you

Jesus, I thank you

Help me to be like you

Help me to be kind like you

Help me to be loving like you

Help me to bring your peace

And love into the world

Bless me and bless all the people I love

Jesus, I love you.

Amen

VIRTUE TO LIVE BY

Kindness

I know that every act of kindness helps build God's Kingdom.

“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:

HONESTY

HONESTY – is telling the truth. It is speaking the truth without exaggerating or omitting things, but also with kindness and tact. It is having the courage to admit the truth even when it is hard to do. When you are honest you can be trusted. When you are trustworthy you can be relied upon to do something and to keep the promises you have made. You have integrity when you are Being honest to others and to yourself; you do not try to be like someone you are not, you are your true self. When you are honest your actions match your words: you practise what you preach.

Blessing

Open our eyes to your presence

Open our minds to your grace

Open our lips to your praises.

May the raindrops fall lightly on your brow.

May the soft winds freshen your spirit.

May the sunshine brighten your heart.

May the burdens of the day rest
lightly upon you.

And may God enfold you in the mantle of love

OPENING PRAYER

God our Father,

Help us to speak your truth quietly, clearly and kindly to all. We ask this through the power of Your Holy Spirit. Amen

READING:

LORD, who may enter your Temple?

² Those who obey God in everything
and always do what is right,
whose words are true and sincere,

³ and who do not slander others.
They do no wrong to their friends
nor spread rumours about their neighbours.

⁴ They despise those whom God rejects,
but honour those who obey the LORD.
They always do what they promise,
no matter how much it may cost.

⁵ They make loans without charging interest
and cannot be bribed to testify against the innocent.

Whoever does these things will always be secure.

Psalm 15

REFLECTION

"Honesty is marked as being free from deceit or untruthfulness, being sincere. The Christian life should be one marked with honesty and integrity, yet because we all sin we do not find it easy to do so. Honesty is something we must work hard at. An honest life is important on so many

levels from relationships with our family, at our workplace and interacting with our neighbours.

You will know them by what they do. (Matthew 7:16)

Let us be examples of a God of truth and life by living lives of truthfulness and integrity.

We ask God to help us to be open to the Truth

Being honest will help us to:

- keep our conscience clear and our self-respect intact.
- Build fair, open and trusting relationships with each other.
- Promote a culture of seeking the common good instead of pursuing personal self-interest.

LIVING OUR VIRTUE

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

- Tell the truth even when it is hard to do
- Be reliable and trustworthy.
- Be honest about their own actions and words.
- To be true to themselves and not follow others when they know it isn't the right thing to do.
- To not exaggerate the truth.
- Be able to honestly admit their mistakes.

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, make me pure of heart. Help me to be a person of honesty and integrity. May the truth that You place in my heart be the basis of my actions and my words. May I speak with a clear conscience always speaking what You give me to speak. Jesus, I trust in You. **Amen**

VIRTUE TO LIVE BY

I tell the truth.

I am reliable and trustworthy.

My actions match my words.

I am honest with myself and others even when it is difficult.

“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.”

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Summer:

SERVICE

SERVICE You put other people’s needs before your own. You want to make a difference to their lives. You look for ways to help others and do not wait to be asked. You put your heart and soul into your work. You notice that other people have things to offer and help them to make a real contribution.

OPENING PRAYER:

Circle Me O God

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.

READING:

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" He asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them. *John 13:12-17*

REFLECTION

"Service is giving to others and wanting to make a difference in the lives of others. Helping other people is one of the best ways to serve God.

Having an attitude of service means looking for ways to be of help rather than waiting to be asked.

You do things for other people just to be helpful, not because you hope they will pay you or reward you.

When you work with a spirit of service, you give a job your best effort.

Linda Kavelin Popov

We too are blessed when we serve

- Serving allows us to discover and develop our spiritual gifts.
- Serving allows us to experience miracles.
- Serving allows us to experience the joy and peace that comes from obedience.
- Serving helps us to be more like Jesus.
- Serving surrounds us with other Christians who can help us follow Jesus.

- Serving increases our faith.
- Serving allows us to experience God's presence in new ways.
- Serving is good for your soul.

We make all sorts of excuses for not serving:

I don't have time.

I don't know what I would do.

I don't have any special skills to contribute.

They don't need me.

But the reality is the Lord doesn't call the equipped; He equips the called. God uses all of us to change the course of history. May God help us to not make excuses today for not serving others.

LIVING OUR VIRTUE

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

- Think of the needs of others and how they could help.
- Be willing to give their time to serve others
- Learn about different ways to serve others
- Reflect on the joy of serving
- Recognise their gifts through serving
- Serve with enthusiasm
- Recognise how living a life of service can make a difference to the world.

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

CONCLUDING PRAYER

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours. **Amen**

VIRTUE TO LIVE BY

I look for ways to help others without being asked

I give my time to serve willingly

I encourage others to use their gifts to serve

By serving others I share God's love

Acts of Worship

Virtue: Perseverance / Resilience

Virtue to live by:

I will not give up. I will have faith and hope, even when things are difficult.

Week 1

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

Word

John 20:19-31 Good News Translation (GNT)

Jesus Appears to His Disciples

19 It was late that Sunday evening, and the disciples were gathered together behind locked doors, because they were afraid of the Jewish authorities. Then Jesus came and stood among them. "Peace be with you," he said. 20 After saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord. 21 Jesus said to them again, "Peace be with you. As the Father sent me, so I send you." 22 Then he breathed on them and said, "Receive the Holy Spirit. 23 If you forgive people's sins, they are forgiven; if you do not forgive them, they are not forgiven."

Jesus and Thomas

24 One of the twelve disciples, Thomas (called the Twin), was not with them when Jesus came. 25 So the other disciples told him, "We have seen the Lord!"

Thomas said to them, "Unless I see the scars of the nails in his hands and put my finger on those scars and my hand in his side, I will not believe."

26 A week later the disciples were together again indoors, and Thomas was with them. The doors were locked, but Jesus came and stood among them and said, "Peace be with you." 27 Then he said to Thomas, "Put your finger here, and look at my hands; then reach out your hand and put it in my side. Stop your doubting, and believe!"

Acts of Worship

28 Thomas answered him, "My Lord and my God!"

29 Jesus said to him, "Do you believe because you see me? How happy are those who believe without seeing me!"

Response to/reflection on the Word

When we are sad and we reach a point where life is very difficult for us, there are some words that are important – faith and hope. These help us build our resilience.

(Put on quiet, reflective music)

We are going to think about the Gospel reading we have just heard and what this means to us.

Just picture the disciples in that dark room. How did they feel? They had just seen their friend and teacher, Jesus, being crucified, put to death on the cross.

Why were they frightened? What gave the disciples hope? They needed to keep going, to persevere, despite their fear.

Are there times when we feel frightened and alone? What gives us hope?

In these times, this is when God said, "Peace be with you." He is always with us, especially when we feel sad, worried or alone.

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

Let us end our time of prayer by thinking about all those in our world who do face difficulties in any aspects of their life.

(It may be that there is a story in the news that could be used here or e.g. story of Jane Tomlinson)

Let us pray that they will be given strength and hope for their future.

Father,

We pray for ourselves for those times when we will experience life as difficult. For all the times when we feel we want to give up. For the times we feel hopeless.....

.

Acts of Worship

Father, help us all to feel your love holding us through the bad times, giving us hope for the future. We make this prayer through Christ our Lord, Amen.

Going forth

This week within our school and home family, we are going to find ways in which we can be resilient, when we do not give up when things become hard or difficult because we will feel God's loving presence in every aspect of our lives.

Ideas for music:

Leona Lewis 'Footprints in the sand' (good powerpoints available to compliment this)

Father I place into your hands

Acts of Worship

Virtue: Perseverance, Resilience

Virtue to live by:

I will not give up. I will have faith and hope, even when things are difficult.

Week 2

Gathering together

Focal point:

White/gold cloth

Candle

Risen Christ crucifix

Fishing net, Fish template for children to take back to class

Gather song/ reflective music on entrance

Word

Luke 5:1-11

1 One day Jesus was standing on the shore of Lake Gennesaret while the people pushed their way up to him to listen to the word of God. 2He saw two boats pulled up on the beach; the fishermen had left them and were washing the nets. 3Jesus got into one of the boats—it belonged to Simon—and asked him to push off a little from the shore. Jesus sat in the boat and taught the crowd.

4When he finished speaking, he said to Simon, "Push the boat out further to the deep water, and you and your partners let down your nets for a catch."

5 "Master," Simon answered, "we worked hard all night long and caught nothing. But if you say so, I will let down the nets." 6 They let them down and caught such a large number of fish that the nets were about to break. 7So they motioned to their partners in the other boat to come and help them. They came and filled both boats so full of fish that the boats were about to sink. 8When Simon Peter saw what had happened, he fell on his knees before Jesus and said, "Go away from me, Lord! I am a sinful man!"

9 He and the others with him were all amazed at the large number of fish they had caught. 10The same was true of Simon's partners, James and John, the

Acts of Worship

sons of Zebedee. Jesus said to Simon, "Don't be afraid; from now on you will be catching people."

11 They pulled the boats up on the beach, left everything, and followed Jesus.
The Gospel of the Lord...

Response to/reflection on the Word

In this Gospel story, the disciples are feeling tired and dispirited because they had been fishing all night with no reward. The Holy Spirit gave them the strength to persevere in order to achieve their reward which was a net full of fish.

Reflection: Think of a time when you were fed up and it was difficult to carry on. How did you feel? What gave you the strength to keep going? The disciples showed faith and perseverance and were rewarded. How can you show this in your every day life this week? In your work? Relationships? Faith?

Let us now say the prayer Jesus taught us and ask God to give us strength to persevere when we face challenges.

Going forth

Each class to take a fish template back to class to use to write their own prayer to our Blessed Lord to help us to show perseverance in our lives.

Ideas for music:

Be bold, be strong
Father I place into Your hands
One more step along the world I go
Lord of all hopefulness

Acts of Worship

Virtue: Perseverance, Resilience

Virtue to live by:

I will not give up. I will have faith and hope, even when things are difficult.

Week 3

Gathering together

Focal point:

White/gold cloth

Candle

Risen Christ crucifix

Gather song/ reflective music on entrance

Word

Hebrews 12:1-3

God Our Father

1As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us.

2Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. He did not give up because of the cross! On the contrary, because of the joy that was waiting for him, he thought nothing of the disgrace of dying on the cross, and he is now seated at the right side of God's throne.

3Think of what he went through; how he put up with so much hatred from sinners! So do not let yourselves become discouraged and give up.

Response to the Word

A good video to show as a response is the Derek Redmond 1992 Olympics – perseverance to finish the race

(<https://www.youtube.com/watch?v=oMZEjnkJzVc>) – his father carries him over the line – link to our loving Father who always carries us.

'Footprints in the sand' is another resource.

*Is there a time when you have stumbled and fallen? What helps you to continue?
Who do you reach out for support to?*

Acts of Worship

Going forth

What do we do when we see someone struggling? How can we support others as the Father supports us?

Ideas for music:

Westlife, 'You raise me up'

Calvin Harris/Rag n Bone Man, 'Giant'

Mary Mary, 'Shackles'

As the deer

Acts of Worship

Virtue: Kindness

I know that every act of kindness helps build God's Kingdom

Gathering together

Focal point:

White cloth (Eastertide)

Risen crucifix

Candle

Lectionary/Bible

Word: Ephesians 4:32

'Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.'

Response to/reflection on the Word

What does 'kindness' mean?

Give time for quiet reflection. Share the following quote, from St Teresa of Calcutta, displaying an image of her:

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile."

Remind the children that it is the simple acts of kindness, in words, actions and expressions that make a difference to people's lives.

Going forth

What simple act of kindness can you do this week?

Ideas for music:

Jesus said, love everybody

Love one another

Be not afraid

'Kindness' – Fischy music

Treat people with kindness – Harry Styles

Acts of Worship

Virtue: Kindness

I know that every act of kindness helps build God's Kingdom

Gathering together

Focal point:

White cloth (Eastertide)

Risen crucifix

Candle

Lectionary/Bible

Word: Hebrews 13:16

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

Response to/reflection on the Word

Look at the picture (below). Can the children act this scene out? How could it change? How could we show kindness? Re-act the scene again including children's suggestions. How does this show that we are 'doing good'?

What does kindness look like in our school?

What other virtues do you need to be kind? E.g. courage, patience, perseverance etc.

How does an act of kindness make people feel?

Can we think of a time when Jesus showed an act of kindness?

How can we be like Jesus?

Closing prayer:

Father God,

Help us this week within our school family to show kindness to all those we meet. Give us strength and courage to follow the loving example of your son, Jesus in all that we say and all that we do.

We ask this prayer, through Jesus Christ, our Lord.

Amen

Going forth

Be a modern day disciple in your life this week and follow the example of Jesus, showing kindness to others.

Ideas for music:

Jesus said, love everybody

Love one another

Acts of Worship

Be not afraid

'Kindness' – Fischy music

Treat people with kindness – Harry Styles

Image:

https://autism.gamara.ro/materiale/content/Fise%20&%20Cartonase/Emotii/s_eal_embarrassed2.jpg

Acts of Worship

Virtue: Kindness

I know that every act of kindness helps build God's Kingdom

Gathering together

Focal point:

White cloth (Eastertide)

Risen crucifix

Candle

Lectionary/Bible

Images of the Holy Spirit

Word: John 14:15-21

"If you love me, you will obey my commandments. I will ask the Father, and he will give you another Helper, who will stay with you forever. He is the Spirit, who reveals the truth about God. The world cannot receive him, because it cannot see him or know him. But you know him, because he remains with you and is in you.

"When I go, you will not be left all alone; I will come back to you. In a little while the world will see me no more, but you will see me; and because I live, you also will live. When that day comes, you will know that I am in my Father and that you are in me, just as I am in you.

"Those who accept my commandments and obey them are the ones who love me. My Father will love those who love me; I too will love them and reveal myself to them."

Response to/reflection on the Word

Play reflective music/ taize:

Do we let the Holy Spirit into our lives?

How can we let the Holy Spirit guide us and help us?

Give the children time to pray to the Holy Spirit and ask the Spirit's help to give them courage to be kind.

Going forth

Give an outline of an image of a dove. They will take it with them, home for the holidays. They can write their own prayer on it asking the Holy Spirit to give them the 'courage to be kind'.

Acts of Worship

Ideas for music:

God's Spirit is in my heart

Walk in the light

When I needed a neighbour

'They live in you' The Lion King

Acts of Worship

Virtue: Honesty

I tell the truth. I am reliable and trustworthy. My actions match my words. I am honest with myself and others, even when it is difficult.

Gathering together

Focal point:

Green cloth

Crucifix

Candle

Pebbles

Transparent bowl of water

Word: Proverbs 12:17-20

Introduction:

Play or retell the story of 'The boy who cried wolf'

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

or read the poem, 'Matilda, who told lies and was burned to death' by Hilaire Belloc

Why did the boy/ Matilda lie? Why do other people sometimes lie? Should we lie?

Sometimes people lie to get themselves out of trouble, to make themselves sound better, to exaggerate their achievements.

What happens when we lie? It damages relationships.

Read the extract from Proverbs:

'An honest witness tells the truth,
but a false witness tells lies.

The words of the reckless pierce like swords,
but the tongue of the wise brings healing.

Truthful lips endure forever,
but a lying tongue lasts only a moment.

Deceit is in the hearts of those who plot evil,
but those who promote peace have joy.'

Response to/reflection on the Word

Re-read the phrase: 'The words of the reckless pierce like swords,
but the tongue of the wise brings healing.'

What damage do lies cause? How does it feel to be lied to?

Drop a large pebble into a transparent bowl of water. Watch the ripples spread. Has anyone ever told a small lie, that has then spread and got out of control, affecting lots of people?

Lies can quickly grow and it can be difficult to take them back.

Repeat dropping the pebble in the water – this time talk about the positivity truth can have – if people can trust what you say and how you act, then relationships are strengthened.

Let's pray together:

Heavenly Father,

Acts of Worship

Help us to be honest in all that we do, say and think. Give me the courage to tell the truth, even when it is difficult.

Amen.

Going forth

Give each class a pebble for their focal point, to remind them of always trying to be honest and truthful.

Ideas for music:

God is love, his the care

Let there be love shared among us (change one of verses to 'truth shared among us')

Peace is flowing like a river (include a verse on truth)

Peace, perfect peace (include a verse on truth)

Acts of Worship

Virtue: Honesty

I tell the truth. I am reliable and trustworthy. My actions match my words. I am honest with myself and others, even when it is difficult.

Gathering together

Focal point:

Green cloth

Crucifix

Candle

NB: There will be some preparation for the volunteers needed, and a white robe for 'God' to wear.

Word: Ephesians 4:25

Introduction:

Have one person dressed in white standing with arms open (representing God). Have two volunteers to stand back to back to each other. Each of them take in turns to tell a lie (e.g. I didn't smash your window. I didn't take your pencil, etc) Each time, one of them tells a lie, take one step away from each other and God.

What is happening to the relationship between the two people?

Lying damages our relationship with God and with each other.

Read the word with the children:

'Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body'

Response to/reflection on the Word

Repeat the drama. This time, have the volunteers tell the truth. As they do so, have them step closer to each other and closer to God. Point out that God never moves away from us, we move away from Him. He loves us no matter what we do. He is always there to forgive us and welcome us back into a loving relationship.

Display the Act of sorrow and pray this with the children.

Going forth

Ask the children to be aware of the times they tell the truth this week.

Ideas for music:

God is love, his the care

Let there be love shared among us (change one of verses to 'truth shared among us')

Peace is flowing like a river (include a verse on truth)

Peace, perfect peace (include a verse on truth)

Acts of Worship

Virtue: Honesty

I tell the truth. I am reliable and trustworthy. My actions match my words. I am honest with myself and others, even when it is difficult.

Gathering together

Focal point:

Green cloth

Crucifix

Candle

Word: Proverbs 11:3

'If you are good, you are guided by honesty.'

Response to/reflection on the Word

Where do we get our guides from? Our rules for living? Link to the Old Testament and Ten Commandments: 'Do not steal. Do not lie about others.'

Why do we think about honesty when we say 'do not steal'?

Have you ever lied or exaggerated about others? Link to social media and gossip – discuss how this can be untrue and hurtful, but taken as fact. How does this make them feel?

Let us pray to our heavenly Father.

We ask Him to guide world leaders to lead with honesty and truth.

Lord hear us

We ask Him to help us to be guided by honesty;

Lord hear us.

Help us to speak well of others and to be honest with ourselves.

Lord hear us.

We ask our Lady to take these prayers to our Father as we say, Hail Mary....

Going forth

This week we will try to make sure all our words, especially those about others, are truthful, honest and kind.

Ideas for music:

God is love, his the care

Let there be love shared among us (change one of verses to 'truth shared among us')

Peace is flowing like a river (include a verse on truth)

Peace, perfect peace (include a verse on truth)

Acts of Worship

Virtue: Service

Gathering together

Focal point:

An image of Jesus as servant king, e.g. at the washing of the feet e.g.

Green cloth

Candle

Crucifix

Bowl of water and cloth

Word: Mark 10:45

Introduction. Can you name some of the titles Jesus was given? Majesty, King of Kings, Son of God, Son of Man etc.

Let's listen to the reading and think about what role Jesus thought He had.

"For even the Son of Man did not come to be served; he came to serve and to give his life to redeem many people."

Response to/reflection on the Word

What role did Jesus think He had? (to serve others)

How did Jesus serve others? Examine the image of Jesus washing the feet of the disciples. What message was Jesus trying to give us?

How can we serve others as Jesus did?

Read the lyrics to the hymn, 'The Servant King' as a form of prayer. Ask the children to listen carefully to the words.

Going forth

Ask children to think about Jesus being a servant and what He calls us to do.

Ideas for music:

The servant King: <https://www.youtube.com/watch?v=GrQiLEO4D5s>

Will you come and go with me?

The servant song: <https://www.youtube.com/watch?v=kdmgpMfnjdU>

I am free to be the servant of the Lord:

<https://www.youtube.com/watch?v=k5ijoqJVGq4>

Acts of Worship

Virtue: Service

Gathering together

Focal point:

Green cloth

Candle

Crucifix

Word: 1Peter 4:10

'Each of you should use the gifts God has given you to serve others.'

Response to/reflection on the Word

Talk about our gifts. What are they? (Take responses). Try to link with the virtues covered across the year, e.g. patience, love, kindness, perseverance, honesty etc.

How can the children use these to serve or help others?

Play reflective music.

Share with the children the reflection of St Teresa of Avila:

Christ has no body but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks

Compassion on this world,

Yours are the feet with which he walks to do good,

Yours are the hands, with which he blesses all the world.

Yours are the hands, yours are the feet,

Yours are the eyes, you are his body.

Give the children a few moments of reflection whilst they think about how they can be the hands, the feet, the eyes, the body of Christ.

Going forth

Give every child an outline of a hand. Ask the children to write what gifts or virtues they can use to serve others.

Ideas for music:

The servant King: <https://www.youtube.com/watch?v=GrOiLEO4D5s>

Will you come and go with me?

The servant song: <https://www.youtube.com/watch?v=kdmgpMfnjdU>

I am free to be the servant of the Lord:

<https://www.youtube.com/watch?v=k5jjoqJVGq4>

Acts of Worship

Virtue: Service

Gathering together

Focal point:

Word:

Response to/reflection on the Word

Going forth

Ideas for music:

The servant King: <https://www.youtube.com/watch?v=GrQiLEO4D5s>

Will you come and go with me?

The servant song: <https://www.youtube.com/watch?v=kdmgpMfnjdU>

I am free to be the servant of the Lord:

<https://www.youtube.com/watch?v=k5ijoqJVGq4>

Our Virtue to Live by:

Perseverance and Resilience

I will not give up.

I will have faith and hope even when things are difficult.

"O God, put a steadfast spirit within me." Psalm 50:12

Our Virtue to Live by:

Kindness

**I know that every act of kindness helps build
God's kingdom**

"Never neglect to show kindness and to share what you have with others." (Hebrews 13:16)

Our Virtue to Live by:

Honesty

I tell the truth.

I am reliable and trustworthy.

My actions match my words.

I am honest with myself and others even when it is difficult.

"Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body." Ephesians 4:25

Our Virtue to Live by:

Service

I look for ways to help others without being asked.

I give my time to serve willingly.

I encourage others to use their gifts to serve.

By serving others I share God's love.

"Each of you should use the gifts God has given you to serve others." (1 Peter 4:10)

PERSEVERANCE/RESILIENCE CIRCLE TIME: FOUNDATION STAGE

Virtue 9 (Summer 1): Resilience/Perseverance: *I will not give up. I will have faith and hope even when things are difficult.*

Possible Links:

Mind mate resources
SEAL
CAFOD
Jubilee Centre resources

PSHCE:

Make the most of our abilities.

Knowledge:

I know that there are challenges.
I know that I must try not to give up.

Skills:

Recognise when something is difficult.
I recognise that I can try again even when things are difficult.

Attitudes:

Value their achievements.
Be willing to persevere and overcome difficulties.

Statements for Assessment:

I know I can try again.
I know it is alright to make mistakes.
I know I can ask for help.

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

'Ball Toss'

The children hold the edge of the parachute firmly and stretch it fairly straight. Throw the ball into the centre of the blanket and let the children toss it up and down in the parachute. They need to co-operate effectively to move around to catch the ball. It is quite hard keeping the parachute stretched out.

[Taken From: 3. Co-operative Games, Jane Gilmore & Patrick Diamond, 1993, Links]

Step 2. Round

Teacher asks puppet today to think about something which s/he has found hard to do or learn. Puppet tells teacher that s/he really had to work at being able to catch a ball.

Teacher asks children to think of something they have learnt to do that was not easy.

Trigger statement:

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

Step 3. Open Forum

Have a puppet with a pair of arm bands on, carrying a tissue.

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

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

Step 4. Celebration

Give each child a face shape with a happy face on one side and a sad face on the other. Ask them to choose how they felt when they finally got something right that they had been struggling with. Show your face.

Step 5. Ending Ritual

Sing Be Bold Be Strong. (Kevin Mayhew)

<https://www.worshipworkshop.org.uk/projector?id=1455&tracktype=full>

Possible Resources:

Puppet

Parachute and ball

Smiley/sad face cards for celebration.

PERSEVERANCE/RESILIENCE CIRCLE TIME: YEARS 1/2

Virtue 9 (Summer 1): Perseverance/ Resilience: *I will not give up. I will have faith and hope even when things are difficult.*

Possible Links:

Mind mate resources

SEAL

CAFOD

Jubilee Centre resources

PSHCE:

Make the most of our abilities.

Knowledge:

I know that there are challenges.

I know that I must try not to give up.

When we persevere people can depend on us to finish what we start and to keep our commitments.

Skills:

Recognise when something is difficult.

Choose commitments wisely.

Be persistent, do things step by step, do not be put off when things become 'tricky', keep going.

Attitudes:

Value their ability to persevere / be resilient.

Be willing to persevere and overcome difficulties.

Statements for Assessment:

I know I can make mistakes.

I know I can improve.

I keep trying and don't give up.

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. Activity

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

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

Teacher recalls things children find difficult to do. Can they think of something they find difficult to do? Teacher begins by discussing the trigger statement and telling the children about something s/he finds difficult. The teacher then shares with the children some things that help when things get difficult e.g. taking a break, self-talk, sharing difficulties with a friend, breaking tasks into smaller tasks. The teacher then asks the children to think of one thing they have found difficult and to share this with their partner in the circle. Can their partner help them to think of something that might help? [You might want to take suggestions and put them on the flipchart for children to discuss just in case they find it difficult to come up with an idea]

Trigger statement:

When things are difficult it helps if...

Step 2. Open Forum

Puppet: "I'm feeling a bit sad at the moment...sometimes when I'm doing my work I give up because it is hard and I don't know what to do. Can anyone help me?

The other day I wanted to play a different game and nobody else did...I got really, really mad and I started shouting...I want to get better at not losing my temper...I wonder if anybody can help me?"

Step 3. Celebration

Ask the children to look around the circle. Is there anyone who shows perseverance?

Someone who goes back to things time and again, someone who doesn't give up? It may be someone who shows patience on the playground. Do encourage children to be specific about the actions they have noticed rather than just saying, "I've noticed Tanya is patient".

Step 4. Ending Ritual

Plant a small plant or a seed. Show the children either a picture of the flower that the seed will become or the flower itself. Explain that all of us were once this small, full of potential and all of us will grow and contain beauty just like the flower. We need to persevere and be resilient to become the best person we can be.

Resources:

Puppet

Seeds

Flower or picture of a flower the seed will become

PERSEVERANCE/RESILIENCE CIRCLE TIME: YEARS 3/4

Virtue 9 (Summer 1): Resilience/Perseverance: *I will not give up. I will have faith and hope even when things are difficult.*

Possible Links:

Mind mate resources

SEAL

CAFOD

Jubilee Centre resources

PSHCE:

Make the most of our abilities.

Knowledge:

I know that there are challenges.

I know that I must try not to give up.

When we persevere people can depend on us to finish what we start and to keep our commitments.

Skills:

Recognise when something is difficult.

Choose commitments wisely.

Be persistent, do things step by step, do not be put off when things become 'tricky', keep going.

Attitudes:

Value their ability to be resilient / to persevere

Be willing to persevere and overcome difficulties.

Statements for Assessment:

I know I can make mistakes.

I know I can improve.

I keep trying and don't give up.

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. Round

Children to think about a time they found it difficult to keep going with something. Give the children examples to think about, such as learning their tables, learning to swim, keeping their bedroom tidy, doing their homework on time, helping at home. Children set themselves a goal for the week. Give

the children have an opportunity to write their target down and the steps they will take to achieve this. Put aside time for review. Make sure that you give examples of

Trigger statement:

This week I am going to...

Step 2. Open Forum

Teacher in role:

I need help because I have no ideas for my story.

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

"Would it help if you?" or

"Would it help if we?"

Teacher in role:

I need help because I have spent two years doing gymnastics, I feel as though I want to give up because I have tried and failed to achieve my next badge.

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

"Would it help if you?" or

"Would it help if we?"

Step 4. Celebration

Ask the children to look around the circle. Is there anyone they would like to nominate for not giving up? Maybe someone the children have noticed keeps on having a go even when things are difficult. Can the children be specific about what they notice this person doing?

Step 5. Ending Ritual

Is there something that the whole class can work on including yourself? For example, is the end of the day calm and ordered and if not, what action could each individual take to support a calm and ordered ending to the day. Ask every child to either close their eyes or lower their heads. Can each person think of one small action they will take? Agree on a celebratory activity to share with the children if you manage this! The most important learning will be the children watching you strive and make mistakes to achieve your goal.

[There are many role models for teachers to draw on. Offering children role models helps them to see that actions have powerful consequences. The annual Children of Courage awards are also very powerful in the stories they tell.]

PERSEVERANCE/RESILIENCE CIRCLE TIME: YEARS 5/6

Virtue 9 (Summer 1): Resilience/Perseverance: *I will not give up. I will have faith and hope even when things are difficult.*

Possible Links:

Mind mate resources

SEAL

CAFOD

Jubilee Centre resources

PSHCE:

Make the most of our abilities.

Knowledge:

I know that there are challenges.

I know that I must try not to give up.

When we persevere people can depend on us to finish what we start and to keep our commitments.

Skills:

To accept there will be difficulties in life.

Choose commitments wisely.

Be persistent, do things step by step, if something you have tried doesn't work try doing it a different way.

Attitudes:

Value their ability to be resilient / to persevere

Be willing to persevere and overcome difficulties.

Have realistic aspirations when target setting.

Statements for Assessment:

I can persevere at a task and set realistic targets.

I know how to ask for help.

I know I have a range of skills for different tasks.

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

Secret Sketching

What to do.

Pairs sit back to back. One of each pair does a simple line drawing for their partner. They then give their partner specific instructions on how to reproduce the drawing. At the end the children compare their drawings to see how similar they are.

Step 2. Round

Share with the children a skill that you found particularly difficult to learn. Explain that when the brain learns something new it initially takes a long time. The more we practise a skill the easier it becomes. Talk to children about what they notice about babies learning to walk. What kinds of things do some adults do to encourage babies in learning how to walk? Next, ask children to either lower their heads or close their eyes. Ask them to think of one thing they are currently learning and maybe finding a little difficult. Next, ask them to think of an 'encourager', an action that either their friends or adults do that trigger them to persevere. (Do try and share personal 'encouragers'.)

Step 3. Open Forum

Teacher in role:

I need help because I am finding school really difficult at the moment- especially maths. I am always frightened that the teacher will ask me a question that I cannot answer. I am so worried that I don't seem to be able to listen then I can't do my work at all and homework is a nightmare. I sort of feel really overwhelmed and not very safe...I wonder if you would help me think of some ways I could let my teacher know what is going on...I'd rather not have to tell her 'cos I sometimes get my words mixed up when I'm nervous...

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

"Would it help if you?" or

"Would it help if we?"

Step 4. Celebration

Part of perseverance is being steadfast, putting our faith in God and each other. Children work in talking partners about a time when they have put their faith in a friend or in God and have got through a 'tricky' situation. If anyone wants to share with the whole class then encourage them to do so.

Step 5. Ending Ritual

Sing Father I place into your hands

<https://www.worshipworkshop.org.uk/songs-and-hymns/hymns/father-i-place-into-your-hands/>

KINDNESS CIRCLE TIME: FOUNDATION STAGE

Virtue 10 – Summer 1- Kindness –

I show kindness when I think about how other people feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

Knowledge:

Know that every act of kindness helps build God's Kingdom. I know that it is good to be kind.

Skills:

Be able to identify situations where kindness is required.

Attitudes:

We are called to be kind to others because God is kind to us. Appreciate that we are all made in God's image.

Statements for Assessment:

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

Everyone sits in a circle. You will read out one of the statements below and give the children a few seconds to think about it, ask them to think of an example as you might ask them to share these later. If the statement applies to the child, they stand up. Everyone who is standing up then swaps places. At this point, you might ask them to share their example before reading out the next statement.

Move places if you have:

- held open a door for someone today •said thank you today
- given someone a smile today •received kindness from someone today
- written a letter to someone in the past week
- tidied your room without being asked in the last week
- helped somebody carry a heavy bag today
- given someone a compliment today •asked a question and listened carefully to the answer •received kind words from someone else today
- been kind to yourself (maybe eaten some healthy food, exercised, taken some calm down time or used kind words to yourself)
- given someone a gift today •said some words of encouragement today

If you do this activity part of the way through the day, you can then reflect on how there's still lots of time left in the day to carry out lots more acts of kindness!

Step 2. Round

The children sit in a circle preferably mixed up so that they are not all sitting next to their closest friends. Show children a small box or item. Tell the children that they are going to use their imaginations to turn this box into a perfect gift for someone else in the class. The children are going to give the gift to the person sitting on their left. Ask them to think about what this person might like. Do they know what their favourite game/sport/animal is or what their hobbies are? You might like to give an example saying, 'I am going to give Ayaz a box of crayons because I know he really likes drawing' or 'I am going to give Sara a pair of goal keeper gloves because I know she's good at being in goal'. Go round the circle with each child telling the class what their imaginary gift for the child next to them is and passing on the box. At the end you can reflect on how lovely it is to know that somebody has thought about you and how much fun it can be giving a gift to someone else.

Step 3. Open Forum

Trigger statement:

I am kind when

Teacher gives an example of a kind act. Eg. I am kind when I stop to help someone that has fallen over. Or I pick up someone's coat that has fallen down.

Step 4. Celebration

Teacher thanks the children and reminds them that using manners and words like Thank You is a way to show kindness, Children turn to the person at either side and thank them for being a kind classmate.

Step 5. Ending Ritual

Teacher introduces the idea of a spyglass that the children will hold up to their eyes and go and be kindness detectives. Use an image of a spyglass.

KINDNESS CIRCLE TIME: KEY STAGE 1

Virtue 10 – Summer 1- Kindness –

I show kindness when I think about how other people feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

Knowledge:

Know that every act of kindness helps build God's Kingdom. I know that it is good to be kind.

Skills:

Be able to identify situations where kindness is required.

Attitudes:

We are called to be kind to others because God is kind to us. Appreciate that we are all made in God's image.

Statements for Assessment:

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

Everyone sits in circle with one empty space. The person for whom the empty space is on their right says, 'There's a space on my right and I'd like to come and sit in it.' A new empty space will be created when the child moves and the person for whom this space is on their right then invites someone to come and sit in the space and this continues.

This works well if you tell the children that you'd like to see them invite someone that they don't normally sit with to come and sit next to them. Ask them to invite this person with a smile to make them feel welcome. You can extend it by asking the children to give a reason, eg. 'I'd like to sit in it because I really liked the way she tried hard in maths/ never gives up/ encourages others'.

Step 2. Round

Here are some ideas for rounds. You will need an item to pass around, such as a teddy. When a child is holding the item then it's their turn to speak. They can complete the given sentence sharing their experience with the class. Everyone else practises good listening.

- Something kind I did this week ...
- Something kind somebody has done for me this week ...
- When somebody is kind to me it helps me feel ...
- Somebody who helps me feel happy/ comfortable/ cheerful is because.....
- Something kind I'm going to do this week/ My kindness goal for the week is ...

Step 3. Open Forum

Trigger statement:

I am kind when

Teacher gives an example of a kind act. E.g. I am kind when I stop to help someone that has fallen over. Or I pick up someone's coat that has fallen down.

Step 4. Celebration

Word association game – start with the word kind – clap 3 times next child says a word eg – care next child after 3 claps says next word and so on – until all have had a turn (if children cannot think of a word they just say pass)

Step 5. Ending Ritual

Teacher introduces the idea of a spyglass that the children will hold up to their eyes and go and be kindness detectives. Use an image of a spyglass

KINDNESS CIRCLE TIME: LOWER KEY STAGE 2

Virtue 10 – Summer 1- Kindness –

I show kindness when I think about how other people feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

Knowledge:

Know that every act of kindness helps build God's Kingdom. I know that it is good to be kind. I know we have a duty to be kind and follow in Jesus's footsteps. I know it is important to be kind to myself.

Skills:

Be able to identify situations where kindness is required. Become skilled in deciding the type of act that is needed in different situations.

Attitudes:

We are called to be kind to others because God is kind to us. Appreciate that we are all made in God's image. Small acts of kindness have a positive impact on the world – the ripple effect

Statements for Assessment:

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

Everyone sits in circle with one empty space. The person for whom the empty space is on their right says, 'There's a space on my right and I'd like to come and sit in it.' A new empty space will be created when the child moves and the person for whom this space is on their right then invites someone to come and sit in the space and this continues.

This works well if you tell the children that you'd like to see them invite someone that they don't normally sit with to come and sit next to them. Ask them to invite this person with a smile to make them feel welcome. You can extend it by asking the children to give a reason, eg. 'I'd like to sit in it because I really liked the way she tried hard in maths/ never gives up/ encourages others'.

Step 2. Round

Giving a Kindness trophy Tell the children you are going to have an awards ceremony and they are all going to give and receive a trophy. Use a plastic trophy, medal or cup if you have one, if not you can mime having a big heavy trophy! Sit in a circle and tell each child that they are going to give the person sitting on their left an award. They will say what they think this person has done to deserve an award as they pass it round. Examples might include, 'I'd like to award this trophy to Jack for being kind when he invited me to his house when I felt I had no one to play with' 'I'd like to award this trophy to

James for being a supportive friend'. Pass the trophy/cup around and ask each child to present it to the person sitting on their left and tell the class what it is for.

Step 3. Open Forum

Trigger statement:

My friend had a problem, her parents were splitting up, but I didn't know how to respond. What could I have done?

The children come up with different ideas of how they could comfort someone – show them they care

-

Step 4. Celebration

Word association game – start with the word kind – clap 3 times next child says a word eg – care next child after 3 claps says next word and so on – until all have had a turn (if children cannot think of a word they just say pass)

Step 5. Ending Ritual

Can the children think of an act of kindness each – so that the class have a bank of 30 which they can use through the next few weeks.

KINDNESS CIRCLE TIME: UPPER KEY STAGE 2

Virtue 10 – Summer 1- Kindness –

I show kindness when I think about how other people feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

Knowledge:

Know that every act of kindness helps build God's Kingdom. I know we have a duty to be kind and follow Jesus's example. I know it is important to be kind to myself.

Skills:

Be able to identify situations where kindness is required. Become skilled in deciding the type of act that is required in different situations.

Attitudes:

We are called to be kind to others because God is kind to us. Appreciate that we are all made in God's image. Small acts of kindness have a positive impact on the world – the ripple effect

Statements for Assessment:

I look for ways to help others by following the example of Jesus
I show kindness to any person or animal I see
I look for ways to care for God's creation
I share what I have with other people
I am kind to myself

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. Kindness Fruit Salad

Tell the children that you're going to play a game that celebrates all of the kindness in the classroom today. Reassure the children that this isn't a competition and they won't have done all of these things today but they might have done one or two. Also tell them to be listening carefully as it might give them some ideas of things they could do later! Everyone sits in a circle. You will read out one of the statements below and give the children a few seconds to think about it, ask them to think of an example as you might ask them to share these later. If the statement applies to the

child they stand up. Everyone who is standing up then swaps places. At this point you might ask them to share their example before reading out the next statement.

- Move places if you have:
- held open a door for someone today
- said thank you today •given someone a smile today
- received kindness from someone today
- written a letter to someone in the past week
- tidied your room without being asked in the last week
- helped somebody carry a heavy bag today •given someone a compliment today
- asked a question and listened carefully to the answer
- received kind words from someone else today
- been kind to yourself (maybe eaten some healthy food, exercised, taken some calm down time or used kind words to yourself)
- given someone a gift today
- said some words of encouragement today

If you do this activity part of the way through the day, you can then reflect on how there's still lots of time left in the day to carry out lots more acts of kindness!

Step 2. Round

Giving a Kindness trophy Tell the children you are going to have an awards ceremony and they are all going to give and receive a trophy. Use a plastic trophy, medal or cup if you have one, if not you can mime having a big heavy trophy! Sit in a circle and tell each child that they are going to give the person sitting on their left an award. They will say what they think this person has done to deserve an award as they pass it round. Examples might include, 'I'd like to award this trophy to Jack for being kind when he invited me to his house when I felt I had no one to play with' 'I'd like to award this trophy to James for being a supportive friend'. Pass the trophy/cup around and ask each child to present it to the person sitting on their left and tell the class what it is for.

Step 3. Open Forum

Trigger statement:

My friend had a problem, her parents were splitting up, but I didn't know how to respond. What could I have done? The children come up with different ideas of how they could comfort someone – show them they care -

Step 4. Celebration

I'd like to say 'Thank you' to Sit in a circle. Have a small ball that you will roll to any child who wants to share. Begin by telling the children that you'd like to say thank you to someone. Give an example using the sentence structure 'I'd like to say thank you to.... for.... ' Ask children if they'd like to say thank you to anyone in the circle? When a child puts their hand up to share, roll the ball to them, hear their thank you, then get them to roll the ball back to you. Examples might include, 'I'd like to say thank you to Sam for asking me to play with him today' or 'I'd like to say thank you to Tim for helping me when I fell over.'

Step 5. Ending Ritual

Complimentary Notes

Post its left around the classroom, Smile-a-gram, Thank you note

HONESTY CIRCLE TIME: FOUNDATION STAGE

Virtue 11 – Summer 2 Honesty –

HONESTY is telling the truth. It is speaking the truth without exaggerating or omitting things. It is having the courage to admit the truth even when it is hard to do. When you are honest, you can be trusted. When you are trustworthy you can be relied on to do something and to keep the promises you have made. You have integrity, when you are honest to others and to yourself; you do not try to be like someone you are not, you are your true self. When you are honest your actions match your words: you practise what you preach.

Knowledge:

I know that it is right to tell the truth even when I find it difficult.

Skills:

Be Honest, tell the truth kindly, and let my actions match my words.

Attitudes:

If we are honest, our friends can trust us and we can trust them. Honesty means doing the right thing even if no one is around.

Statements for Assessment:

I tell the truth.

I am reliable and trustworthy.

My actions match my words.

I am honest with myself and others even when it is difficult.

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

Button, Button, Who has the Button?

This is an older game that can be used to teach honesty in a fun way. An adult should choose one child to be "it" while the other children gather in a circle. The person who is "it" closes her eyes. A button or other small object is passed from person to person until an amount of time passes. The adult could set a timer or play some music for the button passing time. When the person who is "it" opens her eyes the group says "Button, button, who's got the button?" while they are all pretending to hide the button in their hands. The person who is "it" will then guess a person. The person with the button can take a turn to be "it" next. While this game seems like simple fun, there is a desire for some kids to lie when they hold the button and the person who is "it" guesses their name. It feels like they are getting caught even though it's just fun. Adults can discuss why everyone needs to tell the truth, and how that keeps the game fun for everyone.

Step 2. Round

Read or watch the video about the boy who cried wolf.

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

Step 3. Open Forum

Puppet has broken something in the classroom, finding it hard to tell someone, as he does not want to get in to trouble. What should he/she do.

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

Children give ideas

Trigger statement:

I should always tell the truth because ,,,,,,,,,,

Step 4. Celebration

Children sitting in a circle then = Tell a true, kind fact about the person to your left. Or say about a time when you found it difficult to tell the truth.

Step 5. Ending Ritual

Join hands in the circle then send a wiggle from one hand/ arm to the next so that it ends up back at the teacher.

HONESTY CIRCLE TIME: KEY STAGE 1

Virtue 11 – Summer 2 Honesty –

HONESTY is telling the truth. It is speaking the truth without exaggerating or omitting things. It is having the courage to admit the truth even when it is hard to do. When you are honest, you can be trusted. When you are trustworthy you can be relied on to do something and to keep the promises you have made. You have integrity, when you are honest to others and to yourself; you do not try to be like someone you are not, you are your true self. When you are honest your actions match your words: you practise what you preach.

Knowledge:

I know that it is right to tell the truth even when I find it difficult. I know I have to be honest with myself, I know I should speak with kindness when I am honest

Skills:

Be Honest, tell the truth kindly, and let my actions match my words.

Attitudes:

If we are honest, our friends can trust us and we can trust them. Honesty means doing the right thing even if no one is around.

Statements for Assessment:

I tell the truth.

I am reliable and trustworthy.

My actions match my words.

I am honest with myself and others even when it is difficult.

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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

Button, Button, Who has the Button?

This is an older game that can be used to teach honesty in a fun way. An adult should choose one child to be "it" while the other children gather in a circle. The person who is "it" closes her eyes. A button or other small object is passed from person to person until an amount of time passes. The adult could set a timer or play some music for the button passing time. When the person who is "it" opens her eyes the group says "Button, button, who's got the button?" while they are all pretending to hide the button in their hands. The person who is "it" will then guess a person. The person with the button can take a turn to be "it" next. While this game seems like simple fun, there is a desire for some kids to lie when they hold the button and the person who is "it" guesses their name. It feels like they are getting caught even though it's just fun. Adults can discuss why everyone needs to tell the truth, and how that keeps the game fun for everyone.

Step 2. Round

Children stand up in turn and say a statement; the others have to say Truth or False. Eg I can speak Japanese, I own a horse – rest of the class say Truth or false – child sits down and the next child stands up.

Step 3. Open Forum

Two puppets - one has broken something belonging to the other puppet. He does not know how to tell the other one – the children take the puppet and speak for him.

Trigger statement:

I should always tell the truth because ,,,,,,,,,

Step 4. Celebration / Reflection – share rhyme on the smartboard.

Sometimes we think it is easier to tell a little lie.
We find it hard to tell the truth, however we may try.
We're just afraid to take the blame,
We feel remorse, we're full of shame.
We should not cheat when things go wrong,
Just face the facts, own up, be strong.

Step 5. Ending Ritual

Lord, please help us to be honest and true in all the things we say and do! Amen

HONESTY CIRCLE TIME: LOWER KEY STAGE 2

Virtue 11 – Summer 2 Honesty – is telling the truth. It is speaking the truth without exaggerating or omitting things. It is having the courage to admit the truth even when it is hard to do. When you are honest, you can be trusted. When you are trustworthy you can be relied on to do something and to keep the promises you have made. You have integrity, when you are honest to others and to yourself; you do not try to be like someone you are not, you are your true self. When you are honest your actions match your words: you practise what you preach.

Knowledge:

I know that it is right to tell the truth even when I find it difficult. I know I have to be honest with myself, I know I should speak with kindness when I am honest

Skills:

Be Honest, tell the truth kindly, and let my actions match my words.

Attitudes:

If we are honest, our friends can trust us and we can trust them. Honesty means doing the right thing even if no one is around.

Statements for Assessment:

I tell the truth.

I am reliable and trustworthy.

My actions match my words.

I am honest with myself and others even when it is difficult.

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

Children stand up in turn and say a statement; the others have to say Truth or False. E.g. I can speak Japanese, I own a horse – rest of the class say True or false – child sits down and the next child stands up.

Step 2. Round

Children gather into a circle then face together in pairs to discuss a time when they have lied or have been dishonest. How did that feel? In addition, a time when they did practice honesty and how that felt.

Step 3. Open Forum

Two puppets - one exaggerating how brilliant they are at football – or the type of house they live in and one just talking honestly.

Trigger statement:

Why do you think puppet A lies (exaggerates) – do you ever do this and is it wrong,,,,,,,,,,,,,

Step 4. Celebration

Show all about Honesty video

<https://www.youtube.com/watch?v=u01n3JzEt7Y>

Step 5. Ending Ritual

Lord, please help us to be honest and true in all the things we say and do! Amen

HONESTY CIRCLE TIME: UPPER KEY STAGE 2

Virtue 11 – Summer 2 Honesty – is telling the truth. It is speaking the truth without exaggerating or omitting things. It is having the courage to admit the truth even when it is hard to do. When you are honest, you can be trusted. When you are trustworthy, you can be relied on to do something and to keep the promises you have made. You have integrity, when you are honest to others and to yourself; you do not try to be like someone you are not, you are your true self. When you are honest, your actions match your words: you practise what you preach.

Knowledge:

I know that it is right to tell the truth even when I find it difficult. I know I have to be honest with myself, I know I should THINK before I speak.

Skills:

Be Honest, tell the truth kindly, and let my actions match my words.

Attitudes:

If we are honest, our friends can trust us and we can trust them. Honesty means doing the right thing even if no one is around.

Statements for Assessment:

I tell the truth.

I am reliable and trustworthy.

My actions match my words.

I am honest with myself and others even when it is difficult.

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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. Watch Matilda told such dreadful lies.

<https://www.youtube.com/watch?v=4FE9SLJ2Xoc>

Step 2. Round

Children think about other stories or characters they know who are dishonest and get comeuppance (consequence of telling lies).

Step 3. Open Forum

Children say three statements – two truths and a lie – children have to guess which one is the lie. Teacher to model first.

Step 4. Reflection

Christians believe that they should be totally honest in all that they do because God is honest. Dishonesty usually leads to more lies, hurt and causes injustice. For every lie you tell you need another to cover up. It is better to tell the truth in the first place.

Step 5. Ending Ritual

In silence, say sorry to God for the times you have been dishonest and ask God to help you be more honest in all you do in the future.

SERVICE CIRCLE TIME: FOUNDATION STAGE

Virtue 12 – Summer 2- SERVICE – You put other people’s needs before your own. You want to make a difference to their lives. You look for ways to help others and do not wait to be asked. You put your heart and soul into your work. You notice that other people have things to offer and help them to make a real contribution

Knowledge:

I know that to serve is to help. It is good to help others.

Skills:

I know when to help others. I know how to help others.

Attitudes:

I want to do my best to help others and let others help me.

Statements for Assessment:

I think of the needs of others and how I can help.

I am willing to give my time to serve others.

I know there are different ways to serve.

I know that service can bring joy to myself and others.

When I serve, I discover my gifts.

I serve with enthusiasm.

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. Elephant Line

Have the children hold hands between their legs to make a line. Can they then make a circle?

Teacher tells the children that it is 'All about helping each other and work as a team'

Step 2. Round – Change places

Teacher tells the children to change places if ... you have a brother, black hair, blue eyes, like apples.

Step 3. Open Forum

Puppet: The teacher has asked the children to tidy up before lunch but the puppet does not want to, he wants to carry on playing in the construction area.

Children try to persuade him to do the right thing – we need to tidy up because >>>

Step 4. Celebrating

Think of someone in the class who is good at helping others (serves the class or school) Thank them for what they do – I would like to thank for helping by

Step 5. Ending Ritual

Whole class – cross hands singing – we are a team we always help each other – 3 times – end with a big hurrah

SERVICE CIRCLE TIME: KEY STAGE 1

Virtue 12 – Summer 2- SERVICE – You put other people’s needs before your own. You want to make a difference to their lives. You look for ways to help others and do not wait to be asked. You put your heart and soul into your work. You notice that other people have things to offer and help them to make a real contribution

Knowledge:

I know that to serve is to help and to put others first. I know that it is good to serve others. I know that I have been given talents to share.

Skills:

I share my talents. I notice that other people have talents and gifts to share.

Attitudes:

I want to do my best to serve others and allow others the opportunity to serve me.

Statements for Assessment:

I think of the needs of others and how I can help.

I am willing to give my time to serve others.

I know there are different ways to serve.

I know that service can bring joy to myself and others.

When I serve I discover my gifts.

I serve with enthusiasm.

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. Three questions game

In pairs, children find out three things about their partner. For example their favourite colour, food, film animal. Then share one fact with the rest e.g. Jacks favourite food is pizza

Step 2. Round

Teacher models how the children ‘serve’ one another – e.g. tidying pencils, Children then go around the circle saying a time when they have served.

Step 3. Open Forum

Puppet: The teacher has asked the puppet to hand books out but he does not want to. What would happen? What should we do?

Children try to persuade him to do it because >>>

Step 4. Celebrating

Think of someone in the class who is a good leader (serves the class or school) Thank them for what they do – I would like to nominate for serving the school by and being an excellent role model.

Step 5. Ending Ritual

Shaking hands ‘Auld Langsyne style’ with everyone in the circle saying – we are all leaders in our class and serving each other and God.

SERVICE CIRCLE TIME: LOWER KEY STAGE 2

Virtue 12 – Summer 2- SERVICE – You put other people’s needs before your own. You want to make a difference to their lives. You look for ways to help others and do not wait to be asked. You put your heart and soul into your work. You notice that other people have things to offer and help them to make a real contribution

Knowledge:

I know that I am called to serve others. I know that I have been given talents that I should share with others.

Skills:

I put others needs before my own. I notice that other people have talents and gifts to contribute.

Attitudes:

I want to do my best to serve others and allow others the opportunity to serve me.

Statements for Assessment:

I think of the needs of others and how I can help.

I am willing to give my time to serve others.

I know there are different ways to serve.

I know that service can bring joy to myself and others.

When I serve I discover my gifts.

I serve with enthusiasm.

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. Whose voice

Child blindfolded – teacher chooses a child to make an animal sound – blindfolded child must guess who.

Step 2. Round

The teacher has asked for volunteers to be playground leaders but nobody wants to do it as they want to play their own games. What would happen? What should we do?

Step 3. Open Forum

Puppet saying he does not want to do a classroom job – gives various excuses reasons, Children try to persuade him to do it because >>>

Step 4. Celebrating

Think of someone in the class who is a good leader (serves the class or school) Thank them for what they do – I would like to nominate for serving the school by and being an excellent role model.

Step 5. Ending Ritual

Birthday game – teacher calls out any month of the year – all the children with birthdays in that month meet in the middle of the circle and high five one another. If they are the only child with a birthday in a particular month – they go to the middle and call out the next month.

SERVICE CIRCLE TIME: UPPER KEY STAGE 2

Virtue 12 – Summer 2- SERVICE – You put other people’s needs before your own. You want to make a difference to their lives. You look for ways to help others and do not wait to be asked. You put your heart and soul into your work. You notice that other people have things to offer and help them to make a real contribution

Knowledge:

I know that I am called to serve others. I know that I have been given talents that I should share with others.

Skills:

I put others needs before my own. I notice that other people have talents and gifts to contribute.

Attitudes:

I want to do my best to serve others and allow others the opportunity to serve me.

Statements for Assessment:

I think of the needs of others and how I can help.

I am willing to give my time to serve others.

I know there are different ways to serve.

I know that service can bring joy to myself and others.

When I serve I discover my gifts.

I serve with enthusiasm.

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. My Rules!

One child leaves the classroom. While they're gone, the rest of the children think of a new rule, e.g. cross your legs when answering a question or only use words starting with the first letter of your name. When a rule has been decided upon, the child rejoins the group and has to guess the secret rule by asking questions and watching the other children play. (This can be done in smaller groups too.)

Step 2. Round

The teacher has asked for volunteers to be playground leaders but nobody wants to do it as they want to play their own games. What would happen? What should we do?

Step 3. Open Forum

It's good to serve because

Step 4. Celebrating

Think of someone in the class who is a good leader (serves the class or school) Thank them for what they do – I would like to nominate for serving the school by and being an excellent role model.

Step 5. Ending Ritual

Cross the circle, everyone is numbered 1,2,3 or 4 – when you call that number everyone must cross the circle in role as astronaut, moonwalking, panther, walking through model fashion model etc – eg

Number 4's cross the circle as a cat. Leeds Diocesan Primary Headteachers' Association. www.virtuestoliveby.org

You Persevere and you are Resilient

when

You don't let doubts stop you from trying.

You are not afraid because you know you are not alone.

You ask God to help you grow through your personal challenges.

You take one step at a time – you keep going!

You complete what you start.

You are a reliable classmate.

Virtues to Live by

I am Kind

when

I look for ways to help others by following the example of Jesus

I show kindness to any person or animal I see

I look for ways to care for God's creation

I share what I have with other people

I am kind to myself

Virtues to Live by

I am Honest

when

I tell the truth.

I can be trusted.

I am honest about my words and actions.

I make promises I can keep.

My actions match my words.

I am true to myself and follow what I know to be right.

Virtues to Live by

I am Serving

when

I think of the needs of others and how I can help.

I am willing to give my time to serve others.

I know there are different ways to serve.

I bring joy to myself and others.

I discover my own gifts.

I am enthusiastic when I help.

Virtues to Live by

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

Perseverance/Resilience



PRESENTED BY: _____

DATE: _____



Virtues to Live by

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

Kindness



PRESENTED BY: _____

DATE: _____



Virtues to Live by

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

Honesty



PRESENTED BY: _____

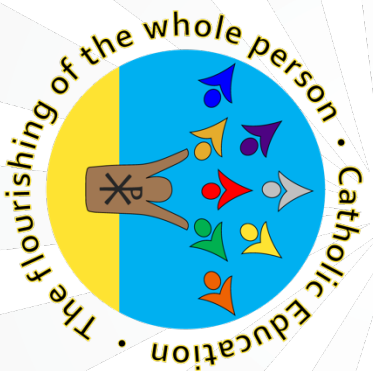
DATE: _____



Virtues to Live by

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

Service



PRESENTED BY: _____

DATE: _____



Christian Meditation

Virtue to Live By: Perseverance/Resilience

I have perseverance and resilience. I will not give up.

I will have hope and faith even when things are difficult.

'O God, put a steadfast spirit within me.' Psalm 50:12

2 Peter 1:6 "and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness..."

Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

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.

Perseverance & Resilience meditation

In the season of Easter, we are reflecting upon how the graces of Easter are received in our hearts and what it means for our daily journey. This is a season in which possibilities are unlimited. Rediscover a forgotten passion or nurture a new one. Reach out to old friends, make new ones. Perhaps this is an invitation for each of us to nurture something new in ourselves. Maybe a new spiritual practice. Maybe a new hobby. Maybe a renewed commitment to self-care. Maybe a renewed commitment to helping others.

Let your imagination free and see where it leads you. If we practice perseverance and resilience, it will help us grow stronger as a person, better at dealing with difficulties and have faith in the Lord is at our side in never giving up.

As we share this time together in meditation with Jesus we are going to learn about the importance of persevering and being resilient.

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. Easter encourages us to truly believe in the resurrection of Jesus Christ and to accept his love. In the gospel the risen Jesus appears to his disciples and helps them understand his death and resurrection.

Christian Meditation

Imagine you are walking with two of the disciples. They are talking about how Jesus was made known to them in the breaking of bread. As you continue to walk, Jesus appears to the three of you.

He says, "Peace be with you."

You notice the disciples are startled and terrified and look like they were seeing a ghost.

Jesus notices this and says to them, "Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have."

Jesus then shows you and the disciples his hands and his feet. You notice the disciples are amazed and full of joy. Jesus asks them, "Have you anything here to eat?" They give him a piece of baked fish; he takes it and eats it in front of you.

Jesus then says, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled. Thus, it is written that the Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things."

Jesus turns to you and says, "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..." Jesus is reminding you that there is nothing we cannot face when we have his love. If we persevere and do not give up, we can achieve what we set out to. Having resilience will help us in your journey in life with the Lord.

Take a deep breath and know Jesus is in your heart and will bring peace to your life. Know that when you persevere in life's challenges, and keeping going to achieve your goals strengthen you as a person.

Spend a moment telling Jesus how you are going to have faith and hope even when things are difficult and how you will be keep trying, showing resilience and perseverance to be the best you can be. It is time to leave Jesus, say thank you to Him for always being there for you.

When you are ready, bring your consciousness back into the room, thinking of the words perseverance and resilience. As you breathe in, concentrate on the word perseverance... and as you breathe out, concentrate on resilience...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

Reflect - know that good things come to those wait and things will happen for you at the right time, just like when Jesus came to show himself to the disciples. Jesus will never leave you. Jesus loves you so much and will always be there for you. So, when you need more resilience, know that Jesus is there for you. When you need to persevere and not give up, know that you can turn to Jesus to help you. Don't give up, believe in yourself and you will achieve great things.

Now let us finish our time together in prayer.

God our Father,

Thank you for this new day filled with wonderful blessings.

Open our hearts that we may be transformed by Your gracious love. May Your spirit teach us to discern the virtues of perseverance and resilience when facing our challenges.

May we remain determined to live a good life and be the best person we can be and know that you are there by our side always.

Please know Lord that we will try not to give up but will believe in ourselves and deepen our love and faith in you. Amen.

Christian Meditation

Virtue to Live By: Kindness

I look for ways to help others by following the example of Jesus.

I show kindness to any person or animal I see. I look for ways to care for God's creation.

I share what I have with other people. I am kind to myself.

"Never neglect to show kindness and to share what you have with others." (Hebrews 13:16)

"In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'" (Acts of the Apostles 20:35)

"Therefore, as we have opportunity, let us do good to all people..." (Galatians 6:10)

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

White cloth for Eastertide, Red -Pentecost, 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

[Catholic Meditation Music](#)

[Peaceful Catholic Hymns \(Instrumental\)](#)

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.

Kindness meditation

We come together in meditation as God's children and as a family, brothers and sisters united in Christ. As Christians we are all called to be kind... when we nurture the gifts that the Holy Spirit gives to us. Here as Catholics, we are moved to be kind in many ways, doing kind acts for others in all that we say and do, showing a love for others and ourselves. In the Bible, Jesus tells us to treat others as we ourselves would like to be treated We are going to focus on this fruit of the Holy Spirit... do you strive to be kind in all that you think, say, and do?...

Let us take this time in meditation to be with God, to focus on this fruit of the Holy Spirit...kindness.

Let us listen for God's voice in everything we do, everywhere we go; he is the one who is with us, guiding us, looking after us.

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

When Jesus ascended into heaven, the disciples were afraid, and they missed Jesus. Jesus sent the Holy Spirit to calm their fears, to protect and guide them and to remind them to be kind to one another.

Imagine you are with the disciples in the upper room in the city of Jerusalem to experience the coming of the Holy Spirit on the first Pentecost.

Christian Meditation

Remember, this is where Jesus shared his last supper with you and the disciples. Right now, it is crowded with people. There are a few small windows shedding a little light and some lanterns flickering around the room, the door is locked. Watch how the shadows dance on the stone walls... feel the warm air.

Mary, Jesus' mother is sitting in a corner of the room...people are talking quietly to her. Suddenly there is a knock at the door... everyone in the room stops talking. Peter walks to the door, and whispers, "Who is it?" Peter relaxes and smiles and opens the door, it is Philip.

John tells you the disciples are worried about who they let in as they are scared those who arrested Jesus might be looking for them also. John explains that they must stick together and look after one another.

As John is speaking, you hear a sound like a violent wind which suddenly fills the room. What appears to be tongues of fire appear over the heads of everyone, including you. Take a breath and feel the peace inside you... it is followed by a feeling of joy that fills your whole body and mind. Let these warm feelings flow through you...

Peter stands up and says, "The power of the Holy Spirit is upon us, just as Jesus promised!" Peter claps and shouts with joy. He begins to sing praise to God; everyone joins in, and they begin to dance with glee. Peter runs to the door, opens it, and runs outside. You follow him and see a large crowd who have gathered in the street. They heard the strange sounds of wind coming from the upper room...Peter starts to tell them about Jesus. Everyone is excited and begin to dance They invite you to dance with them. You feel the joy of this special occasion and smile at those around you. In your heart and mind, you feel a lot of good things but especially a deep love and kindness of the Lord and everyone around you. Now spend a few moments with your new friends, spreading love and kindness...

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 kindness and as you breathe out concentrate on the words Holy Spirit. Take a few breaths, repeating this, opening your eyes, slowly move your fingers and toes.

Reflect- think of the kindness you felt from those around you in the upper room. How can you show kindness to those around you in your daily life? Will this be by thinking of others first before yourself? Putting others needs first? Doing acts of kindness? Using this fruit of the Holy Spirit to be kind to others in all that you think, say, and do?... 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 showing kindness to our brothers and sisters in Christ.

Closing prayer

O Holy Spirit,

Thank you for my time with Jesus in meditation. We are thankful having Jesus as the perfect role model as someone who can guide us in being a kind person. May His image always fill our hearts. O Holy Spirit, please help us to show kindness and compassion to all that we meet. May we always be kind to

Christian Meditation

others both near and far. May we be conscious of you working through us. We ask this through Christ our Lord. Amen.

Christian Meditation

Virtue to Live By: Honesty

I tell the truth. I can be trusted. I am honest about my words and actions. I make promises I can keep. My actions match my words. I am true to myself and follow what I know to be right.

“Do not lie to each other, since you have taken off your old self with its practices.” (Colossians 3:9)

“Therefore, each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body.” (Ephesians 4:25)

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](#)

[Meditation Music](#)

[Piano Worship Music](#)

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.

Honesty meditation

We come together in meditation as God’s children and as a family. Today we are going to focus on the virtue of honesty, in our time with Jesus in meditation. We look to God to help us be honest people.

For some of us, the gift of honesty comes easily, while for some of us, being honest can be tricky and we need God to help us to be honest. So, what is honesty and why is it so important? What's wrong with a little white lie? The Bible has a lot to say about honesty, as God has called us to be honest people. Even little white lies to protect someone's feelings can compromise your faith. Remember that speaking and living the truth help those around us come to the truth.

Christ said that He is the Way, the Truth, and the Life. If Christ is Truth, then it follows that lying is moving away from Christ. Being honest is about following in God's footsteps, for He cannot lie. If we seek to become more God-like and God-centred, then honesty needs to be a focus.

Honesty is a direct reflection of your inner character. Your actions are a reflection on your faith, and reflecting the truth in your actions is a part of being a good witness. Learning how to be more honest will also help you keep a clear conscious.

Now let us take this time in meditation to be with Jesus and learn more about honesty.

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

Christian Meditation

Imagine you are in the town of Jericho with Jesus and his disciples. It is a beautiful town, with sweet, centred trees and colourful flowers and plants lining the streets.

A crowd begins to gather around Jesus, you, and the disciples. You see a well-dressed man pushing through the crowd shouting, "Let me see him." The man is now running ahead, and you see him climb up a sycamore tree to catch a glimpse of Jesus.

Judas tells you the man is a rich tax collector called Zacchaeus. Judas also says that Zacchaeus has a big house with servants, fine clothes and is rich from taking money from people and being dishonest about it.

Tax collectors were not very popular and disliked by the Jews. They collected taxes for Caesar. They hurt people who did not pay and lied, taking more money from people than they should. Zacchaeus did this and as such was now a very wealthy man due to lying to people and taking lots of money from them.

The crowd of people gathered here do not like Zacchaeus because he is dishonest and has hurt people. The crowd shout 'sinner' to him. You notice that Jesus ignores the crowd and calls to Zacchaeus, "Come down from the tree Zacchaeus, I must stay at your house today."

The crowd were displeased as Jesus was talking to a sinner and a dishonest man. How could Jesus do this they murmured. How could he associate himself with a person who tells lies and cheats, taking lots of money from innocent people, who don't have much anyway?

You notice Jesus ignores what the crowd is saying and continues speaking to Zacchaeus.

Zacchaeus listens to Jesus...thinks for a while... then climbs down from the tree. He says to Jesus, "Lord, I give half of my possessions to those who are poor and in need."

Zacchaeus is realising his wrongdoings and knows being dishonest and lying to people has caused much hurt and kept him away from Jesus. He is sorry for his sins and wants to put things right.

Jesus realises this and knows Zacchaeus can be saved. Jesus smiles at Zacchaeus and they begin to walk to Zacchaeus' house.

Go with Peter and follow them...you can hear Zacchaeus talking to Jesus and promising to share his wealth with those who are poor. When you reach Zacchaeus house and see how big and beautiful it is, Peter turns to Jesus and says, "I doubt if Zacchaeus is going to give this up!"

Jesus smiles and replies, "You forget, Peter, Zacchaeus heart has been touched by God. Today salvation has come into this house. He has been transformed by his faith and love of God."

Zacchaeus' actions reveal that his repentance and faith are genuine. With God all things all possible, and a rich man can be saved by his actions.

Jesus turns to you and smiles. He puts his arm around you and says, "Zacchaeus believes in my teachings and now wants to change his life and grow closer to me... Do you believe in what I have taught?... Would you like to grow stronger in faith and therefore grow closer to me?..."

Christian Meditation

Spend a moment with Jesus listening to his teachings about honesty and the importance of telling the truth and how this will bring you closer to God...

Reflect - while being an honest person reflects your character, it is also a way to show your faith. In the Bible, God made honesty one of his commandments. Since God cannot lie, He sets the example for all His people. It is God's desire that we follow that example in all that we do...

Now it is time to leave Jesus. Take comfort from knowing that Jesus will always be there for you. Telling the truth and being guided by God will help you grow and flourish as a person.

When you are ready, say goodbye to Jesus. Slowly, bring your consciousness back into the room, focusing on our virtue of honesty.

As you breathe in, concentrate on the word honest and as you exhale...concentrate on the word truth. 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.

Help us to be people of honesty and integrity. For the times that we may have twisted the truth, deceived in subtle ways, and outright lied, we are sorry. Lord, please make us pure of heart. May the truth that You place in our hearts be the basis of our actions and our words. Jesus, we trust in You.

Help us remember that every day, you are with us, and let our hearts be full of love and trust in the You. Amen!

Christian Meditation

Virtue to Live By: Service

I think of the needs of others and how I can help. I am willing to give my time to serve others. I know there are different ways to serve. I know that service can bring joy to myself and others. When I serve, I discover my gifts. I serve with enthusiasm.

"Each of you should use the gifts God has given you to serve others." (1 Peter 4:10)

"God will not forget your work and the love you have shown him as you have helped his people and continue to help them." (Hebrews 6:10)

"Whoever wants to serve me must follow me, so that my servant will be with me where I am. And my Father will honour anyone who serves me." (John 12:26)

"The greatest among you must be your servant." (Matthew 23:11)

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.

[Christian Meditation Music – Renew your mind with God's Word](#)

[Philip Chapman Mediation Music](#)

Catholic Meditation Music on Spotify: <https://open.spotify.com/album/5OwuHsTolsu96HbH1FEvKp>

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.

Service Meditation

As we gather here today in meditation, we are going to think about how we can help others and remembering that God wants us to do good things and make a positive difference in the lives of others.

Let us take some time to be with Jesus and reflect on the virtue of service. Jesus wants us to help other people just as he helped others. Let us go and be with Jesus when he taught his disciples to serve others.

It is the night before Jesus is going to be arrested and he knows this and is very sad. You are sitting next to Jesus and the disciples are there with you in a room gently lit with lanterns. A meal is being prepared by some ladies and the food smells delicious. This is a very special time together.

Jesus turns to you and says, "Will you get me a basin, a towel and a pitcher of water?... The women will give these to you." One of the women overhears Jesus, smiles at you and points to a table in the corner of the room. Go and get the basin, towel and water and give it to Jesus.

Jesus thanks you and asks you to hold the basin saying, "I am going to wash the feet of the apostles and your feet too." You carry the basin for Jesus around the room as he washes the disciples' feet.

Christian Meditation

Peter doesn't want Jesus to wash his feet, but Jesus tells him it is important that he does this. You and the other disciples are glad that Peter then lets Jesus wash his feet.

Jesus then takes the basin and washes your feet and asks, "Do you know why I am doing this?..."

I am trying to teach all my friends how important it is to help others." Jesus then dries your feet with the warm towel and asks you, "Will you follow my example and serve others?... Will you put other people's needs before your own?... Will you look for ways to help others rather than waiting to be asked?" ...

Now spend some time talking to Jesus telling him how you are going to help others and serve the Lord.

As we come closer to the end of another school year, think about what you have done this year to help others and what can you do further to serve others and therefore serve the Lord in doing his good work...

And now, say goodbye to Jesus... and 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 service and as you breathe out, concentrate on the words helping others. Take a few breaths, opening your eyes, slowly move your fingers and toes.

Think back to the start of this school year and all the excitement and anticipation of new learning and experiences that lay ahead of you. What have you done this year to serve the Lord? How have you followed in Jesus' footsteps and helped others?... What will you do in the future to serve the Lord?...

Our sense of mission inspires us to go above and beyond the call of duty. Let us all use the virtue of service, to continue to flourish as children of God and to continue to be of service to others.

Let us finish with a prayer.

Closing prayer

Dear Lord,

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.

As we reflect on the virtue of service, please help us to use what we have learnt this school year to be a better person going forward. We promise to put other people's needs before our own. We want to make a difference to others lives. We will look for ways to help others and do not wait to be asked.

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours. Amen.