




# Beyond

THE JOURNEY  
CONTINUES

A graphic element on a light blue background. It features a large black outline of a location pin on the left, with a dashed line extending from its base to a smaller location pin on the right, suggesting a path or journey.The logo for 'THE CHURCH OF ENGLAND Diocese of Manchester' and 'CHURCH FOR A DIFFERENT WORLD'. It features a cross symbol and the text 'THE CHURCH OF ENGLAND Diocese of Manchester' on the left, and 'CHURCH FOR A DIFFERENT WORLD' on the right.

## CHURCH & SCHOOL RESOURCE PACK



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# Why Beyond?



## THE VISION

The transition from Year 6 to Year 7 is filled with wonder, excitement, apprehension, and questions. Beyond is a resource for churches and schools to use to help children process how they are feeling and to help them discover some tools to help them in their journey.



“

**TRAIN A CHILD  
HOW TO LIVE THE  
RIGHT WAY. THEN  
EVEN WHEN HE IS  
OLD, HE WILL  
STILL LIVE THAT  
WAY. ”**



## THE JOURNEY

As part of a Church of England school a vast amount of Year 6's have been part of a spiritual community for their whole schooling, Beyond hopes to help that spiritual journey continue into secondary school.



## WHAT TO EXPECT

We have planned a variety of different resources with lesson plans, easy to get resources, video links and printables. We have included ideas on how to use this in churches and schools as well as a Year 6 Leavers service plan.



# TOP TIPS



## BUILD RELATIONSHIP

The transition from Year 6 to Year 7 is a big change in a young person's life. School's really appreciate anything that churches can offer to encourage and support pupils and their families through this season and beyond. The time around secondary school places being allocated and the approach to SATs week can be daunting for both pupils and staff so offering to pray for them or giving a gift can inspire and reassure everyone that they are not alone. Delivering Beyond activities shows how faith in God is relevant to real life and how He can help us when we face change. It shows that the church has a genuine care and concern for local families as they share faith, hope and love. It is also an opportunity to invite pupils to church activities and show how they can continue on a journey of faith.

## CULTURAL CONSCIENCE & CONTEXT

We live in a time where our schools, both church and community, are increasingly more diverse and this is something to be celebrated! We get to experience more ways of life than ever before and get to see the world through so many different lenses. We get to see more love, joy and excitement through the young people we work with. However, we also get to see a lot more of the pain that they may have to endure. The world we live in is broken and that affects the lives of so many of our young people. As leaders and role models for our young people, we have the responsibility to empower them and uplift them, through the love of God.

When using stories from the Bible, be aware of the language you are using and how it may sound in the context you are in. Be conscious of the social climate you are in, in your local area, across the nation and across the world. The bible was created to help spread the love of God, but taken out of context, it could end up doing the complete opposite.

There will be times where we slip up and make mistakes, we are only human, but all anyone can ask of us is to try our best to be culturally conscious and aware of our contexts.

## PRESENTATION & COMMUNICATION

When it comes to presenting and communicating with Year 6 pupils, it is essential to take some time to plan the session and think through the words and the way you will say them. Speak clearly and engagingly, using simple language and avoiding complex terminology. Plan to use visual aids, such as pictures, diagrams, or props, to capture their interest and reinforce key concepts. Encourage active participation by asking questions, inviting them to share their thoughts, and incorporating interactive elements like role-playing or hands-on activities.

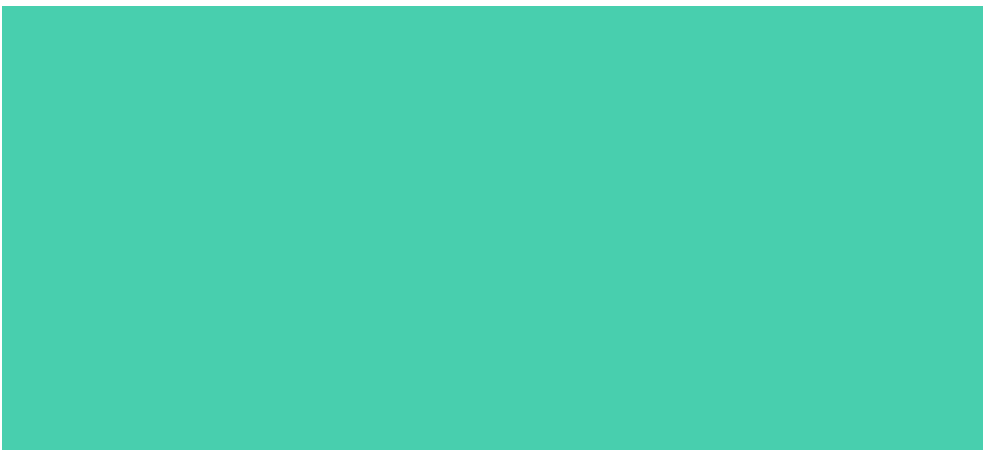
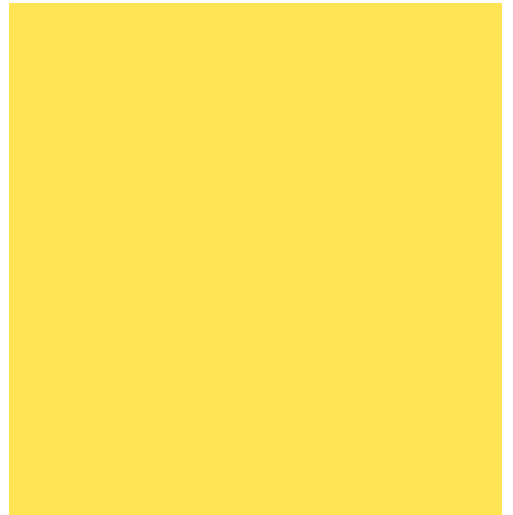
Most importantly, make the learning experience enjoyable and memorable by injecting a sense of fun and enthusiasm into your presentation. You may need to adapt your communication style but ultimately the young people want to know who you are and sharing appropriate stories will help this.



# Resources



LESSON PLANS & WORKSHEETS



# foundations

## SCHOOL



### AIM OF SESSION

A classroom-based workshop for pupils to explore the foundations that will help them stand strong as they transition from primary school to secondary school, using the parable of the “Wise and Foolish Builders”.

### RESOURCES NEEDED

- Coin
- Paper
- Pens/pencils
- Printouts of Bible verses, emojis, group activity
- Bible Story/YouTube video of [“The Wise and Foolish Builders”](#)

### EXTENDED IDEAS

*Within the plan there are different coloured icons to give additional ideas. The ideas can be found at the end of the lesson plan.*



### TIMING

# 60

## MINUTES

### TIMING OPTION

*There are alternative activities if you would like to run the session in a larger space e.g. playground/hall and extension activities if pupils would like to explore further.*

### WORKSHEETS & PRINT OUTS



- Foundations emoji faces
- Foundations Bible verses for house activity
- Foundations coloured house
- Foundations black and white house
- Foundations Psalm 94:22



# foundations

## LESSON PLAN: 1 OF 3 PAGES




TIME	ACTIVITY	DESCRIPTION
5 minutes	<b>Introduction</b>	Leaders introduce themselves using "Two truths and one lie" (school related if possible). Ask pupils which statement they think is a lie. Explain aim and outline of session (without using the word "foundation").
5 minutes	<b>Icebreaker: Coin of Destiny</b> 	Everyone stands and decides if they think the coin will show heads or tails by placing their hand on their "head" or "tail". The leader tosses the coin and calls out "heads" or "tails". All those who chose correctly remain standing, others sit. Continue until one person is the winner. - Relate to transition and moving forward, not always knowing what comes next. (Alternative version with a pack of cards and choosing if the next card will be higher or lower)
5 minutes	<b>Design a House</b> 	Make a list on paper of things you need to build a house (two minutes). Prize for anyone who gets one of the key words: PLAN, GOD, FOUNDATION
3 minutes	<b>Foundations Definition</b>	1. What is a foundation? Base of a house which supports everything else. 2. Do we need a strong foundation for our life? Yes - helps keep us strong. 3. What do you want to build? Hopes, dreams, ambitions.
7 minutes	<b>Memories</b> Primary school has given pupils a foundation to build on.	Share memories of the following: ·An amazing fact you have learned in school ·Favourite topic ·School trip highlight ·Anything you will treasure forever ·Faith memories – e.g. nativity play, collective worship, church Bible verse: ask a pupil to read (and give a prize)

# foundations

LESSON PLAN: 2 OF 3 PAGES



TIME	ACTIVITY	DESCRIPTION
	<b>Memories</b> continued	The Bible talks about God being our Rear Guard and going behind us in Isaiah 52:12. In the armies of the Old Testament, the Rear Guard came along after a battle to collect anything valuable that may have been left behind. God goes before us, He is with us now, but He is also our Rear Guard, collecting anything of value that may have been left behind.
5 minutes	<b>Emotions</b>	Show a selection of emojis and ask how pupils are feeling about leaving primary. Is it one or a mix? Repeat for starting secondary school. All these feelings are understandable and you are not alone. Notice how many pupils are feeling the same. <i>WORKSHEET: Foundations emoji faces</i>
5 minutes	<b>Bible Story</b> 	<i>The parable of the wise and foolish builders. Matthew 7:24-27</i> Tell the story in an interactive way using a version such as "The Two Houses" from The Lion Storyteller Bible or show on a YouTube video: <a href="#">Parable of the Wise and Foolish Builders - YouTube</a>
5 minutes	<b>Message</b>	<i>Foundation in God</i> Both houses are on different foundations but the storm is the same. How you respond depends on your foundation. You can stand on the foundation of primary school but also on God's promises. He goes behind us, He is with us, He goes before us. Link to other key Bible verses of your choice or ones that have a special link to the school.



# foundations



LESSON PLAN: 3 OF 3 PAGES

TIME	ACTIVITY	DESCRIPTION
10 minutes	<b>Small Group Activity</b>	<p>Have a big simple picture of a house and a set of Bible verses connected to the attributes of a house e.g. door, window, path, roof, foundation... Invite pupils to put the verse next to the place they think it connects.</p> <p>Ask pupils which verse stood out to them and why?</p> <p>We can stand on these promises of God and use them when we pray.</p> <p><i>WORKSHEETS Foundations Bible verses for house activity, Foundations black and white house</i></p>
5 minutes	<b>Prayer activity</b>	<p>"You, LORD God, are my fortress that mighty rock where I am safe."</p> <p>Psalm 94:22 Contemporary English Version</p> <p><i>PRINTOUT Foundations Psalm 94 v 22</i></p>
5 minutes	<b>Finish the Lesson</b>	<p>Give space for some questions from the children</p> <p>Thank the children for their engagement and finish with a Blessing / Prayer</p>

# foundations

## EXTENDED IDEAS



### HERO OF TOWERS

Split the group into teams and give each 10 paper/plastic cups. Each member takes it in turns to build a tower with 4 along the bottom, 3 on top of the 4, 2 on top of the 3 and 1 on top of the 2 to create a pyramid. Once completed they stack back into 2 stacks and run/pass to the next person. Winners are the team who gets everyone to build and stack.



### DESIGN A HOUSE

If you were designing a house what would you need? All stand and go round the group one at a time for answers. If anyone repeats an answer or gets stuck they sit down. If someone mentions "FOUNDATION" they win the game. To shorten the game, add more instructions (e.g. no words with the letter "e") or do with two smaller groups.

Prize for the pupil who says the key word: FOUNDATION



### BIBLE STORY: THE WISE AND FOOLISH BUILDER

Retell the story through drama using big building bricks.

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#### GAME IDEA: ROCK, PAPER, SCISSORS

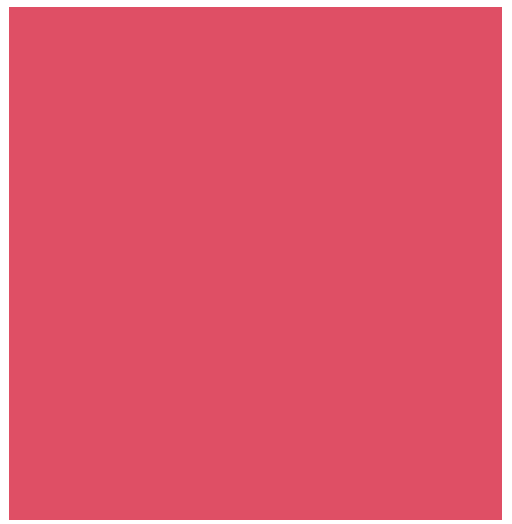
Hold a competition to see who will face the world champion of "Rock, paper, scissors" (a leader!). Get into pairs, the leader counts to 3 and each pair plays the game. Those who are out sit at the side. Any who draw go again. Find a new partner and repeat. If there are three left at the end, each chooses one of the objects as the leader has their back turned. Whoever chooses the same object as the leader goes on to face the "world champion".

#### WORSHIP SONGS

"The Rock" by Worship for Everyone

"My Feet are on the Rock" by I Am They

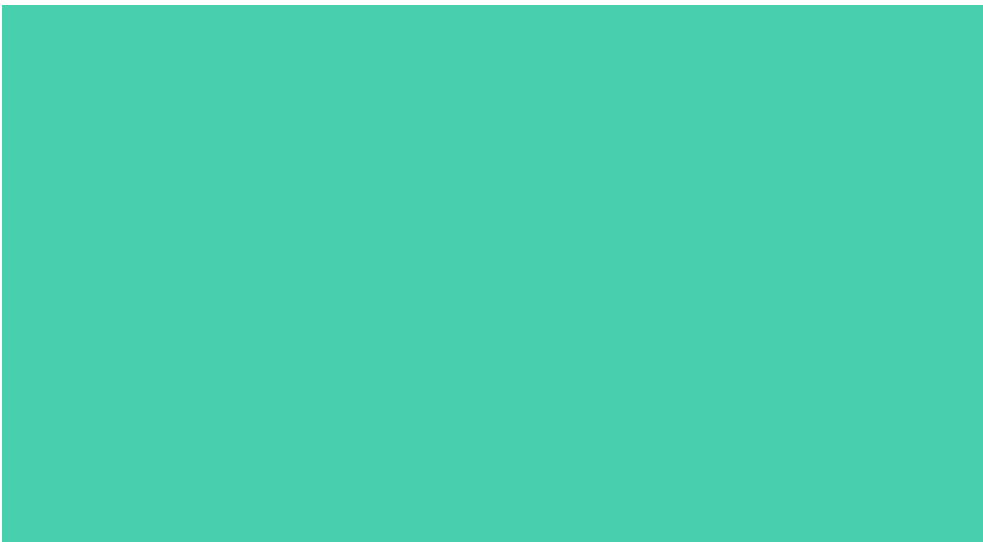
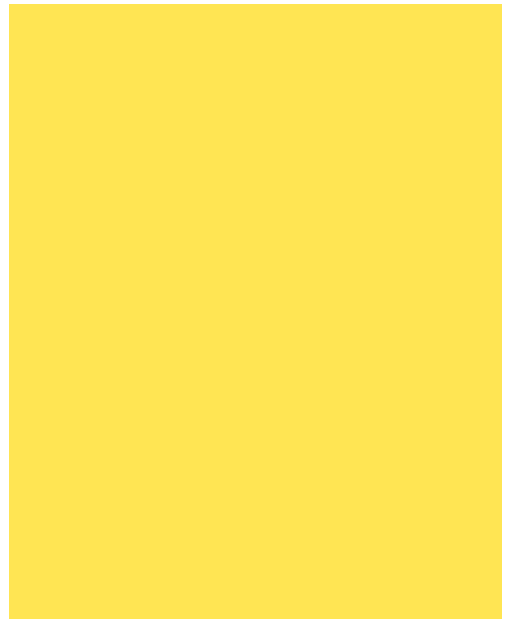
"Firm Foundation" by Cody Carnes



# foundations



WORKSHEETS & PRINT-OUTS

















# 'YOU, LORD GOD, ARE MY FORTRESS, THAT MIGHTY ROCK WHERE I AM SAFE.'

PSALMS 94:22 (CEV)



# Foundations House Bible Verses.

Cut these out and stick to the House image where you think they should go.

Your word is a lamp  
to guide my feet and  
a light for my path.  
Psalm 119:105

Those who live in  
the shelter of the  
Most High will find  
rest in the shadow  
of the Almighty.  
Psalm 91:1

Keep on asking,  
and you will  
receive what you  
ask for. Keep on  
seeking, and you  
will find. Keep on  
knocking, and  
the door will be  
opened to you.  
Matthew 7:7

The Lord will guide you  
continually, giving you water  
when you are dry and  
restoring your strength. You  
will be like a well-watered  
garden, like an ever-flowing  
spring.  
Isaiah 58:11

Anyone who  
listens to My  
teaching and  
follows it is  
wise, like a  
person who  
builds a house  
on solid rock.  
Matthew 7:24

Yes, I am the  
gate. Those who  
come in through  
Me will be saved.  
They will come  
and go freely  
and will find  
good pastures.  
John 10:9

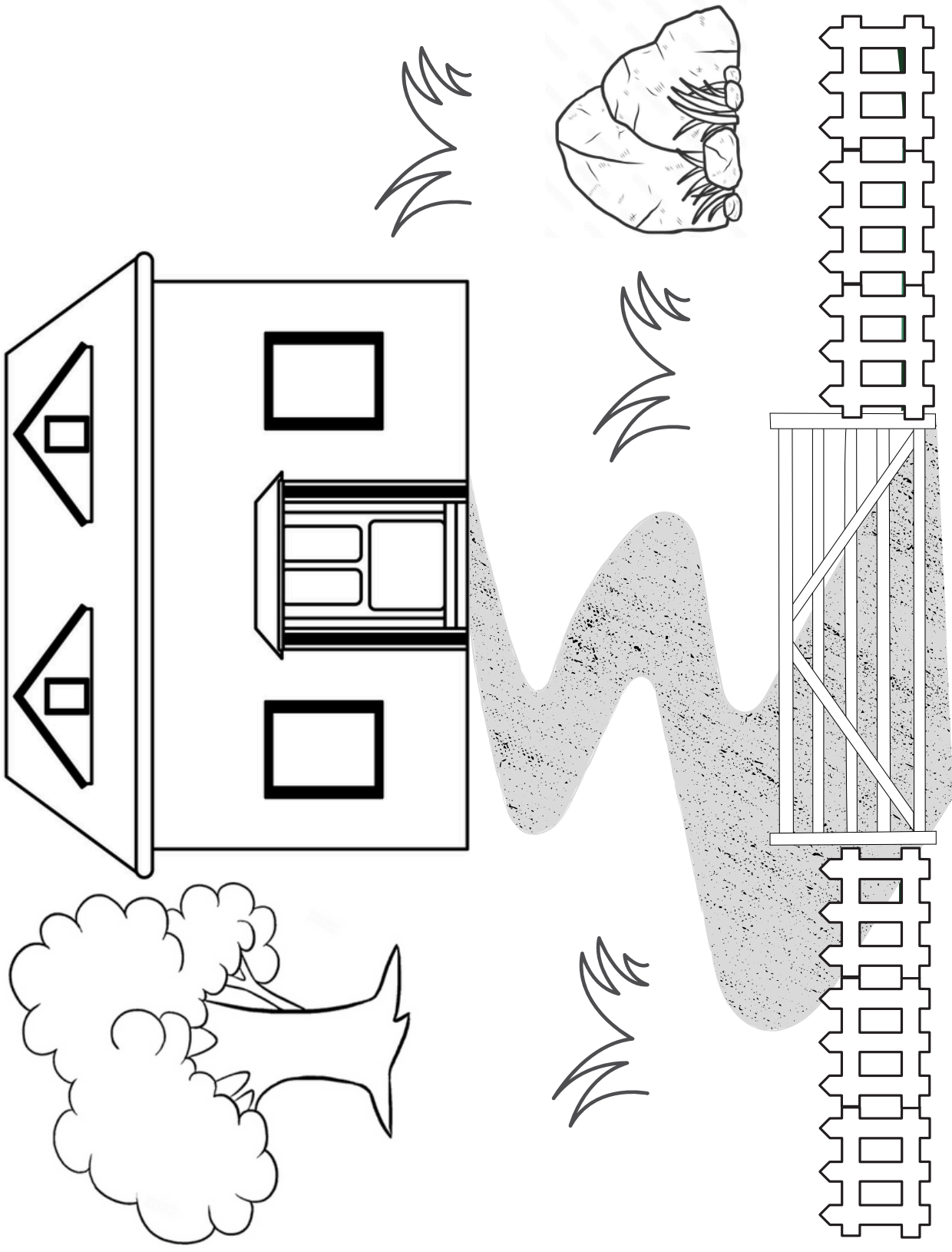
Look up into the heavens. Who  
created all the stars? He brings  
them out like an army, one after  
another, calling each by its name.  
Because of His great power and  
incomparable strength, not a  
single one is missing.  
Isaiah 26:21

Then God looked over all He  
had made, and He saw that it  
was very good! And evening  
passed and morning came,  
marking the sixth day.  
Genesis 1:31

With my God I can scale any wall.  
2 Samuel 22:30

Long ago You laid the foundation of the earth and made the  
heavens with Your hands.  
Psalm 102:25

# Foundations House





# building

## SCHOOL



### AIM OF SESSION

A classroom-based workshop for pupils will explore how they can continue to build their life by making good daily choices as they transition from primary school to secondary school, using the story of Zacchaeus.

### RESOURCES NEEDED

- Empty jar
- Spoon
- Straw
- Vacuum cleaner (optional!)
- Jug of water
- Bible Story
- YouTube video of "[Zacchaeus](#)"
- Prizes (optional)
- Bible verses printouts
- Building activities

### EXTENDED IDEAS

*Within the plan there are different coloured icons to give additional ideas. The ideas can be found after the lesson plan.*



### TIMING

# 60

MINUTES

### TIMING OPTION

*Alternative activities if you would like to run the session in a larger space e.g. playground/hall*  
*Extension activities if pupils would like to explore further*

### WORKSHEETS & PRINT OUTS


- Building: Daily Choices Wall



# building




## LESSON PLAN: 1 OF 3 PAGES

TIME	ACTIVITY	DESCRIPTION
3 minutes	<b>Introduction</b>	Leaders introduce themselves using a fun fact or an object that describes something about you. Explain aims, objectives and outline of session.
7 minutes	<b>Icebreaker: Count to Three</b> 	Count to 3 in pairs, taking turns to say the number. (ie Person A - 1, Person B - 2, Person A - 3, Person B - 1, Person A - 2, Person B - 3 etc) Gradually replace the numbers with an action. (ie 1 becomes a clap, 2 becomes a foot stomp, 3 becomes a "Whoo") Introduce these one number at a time after the groups have had a go with one change How easy was it to change from one pattern/rhythm to a new one?
7 minutes	<b>Game: Would you rather?</b>	Ask pupils to sit or stand for their choice. Choose one pupil from each option to give a reason why. <ul style="list-style-type: none"><li>• Travel by boat or plane</li><li>• Be as small as a mouse or as tall as a giant</li><li>• Dive to the bottom of the sea or climb the highest mountain</li><li>• Go back to yesterday or go forward to tomorrow</li><li>• Rewind 5 years or fast forward 5 years</li></ul> Link to transition and the journey they are about to make. There will be lots of choices to make in the future some small ones and some big ones. Here are some daily choices we make: <ul style="list-style-type: none"><li>• Eat chocolate or fruit</li><li>• Get up early or stay up late</li><li>• Play football or watch TV</li><li>• Talk to friends and family or play on your phone</li><li>• Do homework when you get it or do it at the last minute</li></ul>
3 minutes	<b>Discussion: Good Choices</b>	In life we have lots of choices to make. If we think about building, in order to build you need to start with a strong foundation. We then need the right bricks and materials, the correct tools and skills to build. Poor choices lead to negative consequences, good choices lead to positive consequences.

# building

## LESSON PLAN: 2 OF 3 PAGES




5 minutes	<b>Activity:</b> <b>Good and Poor Choices</b>	<p>Take an empty jar and explain that it is full of poor choices. We need to empty it and get rid of the poor choices. Ask for volunteers to help in different ways:</p> <ol style="list-style-type: none"><li>1. Turn it upside down and shake it out.</li><li>2. A spoon to scoop it out.</li><li>3. A straw to suck it out.</li><li>4. A vacuum to suck it out.</li></ol> <p>There are still poor choices inside. Pour water into the jar which gets rid of the poor choices and fills it with good choices. It is not always easy to give up poor choices, it needs to be filled with something good. Jesus can fill us up – replaces negative with positive. Even if we have made a poor choice, Jesus can help us to turn things around and help us make good choices in the future.</p>
5 minutes	<b>Bible Story</b> 	<p>Tell the story in an interactive way using a version such as “Jesus and the Taxman” from The Lion Storyteller Bible or show on a YouTube video: <a href="https://www.youtube.com/watch?v=Zacchaeus">Zacchaeus (Youtube.com)</a></p> <p>Discuss the poor choices Zacchaeus made at the start of the story compared to the good choices at the end?</p>
5 minutes	<b>Message</b>	<p><i>Zacchaeus’s poor choices led to negative consequences but his good choices led to positive consequences. As you transition to secondary school and into your teenage years you will face different situations where you have a choice to make. There may be times when others are doing something you know is wrong or not good for you and you will have to decide what to do for yourself.</i></p> <p><i>What good daily choices are going to help you to continue to be the best you can be?</i></p> <p><i>Work hard, listen in class, do your homework on time, look after your physical and mental health...</i></p> <p><i>There are also daily spiritual choices that help us on our faith journey. Can you name some good spiritual choices?</i></p> <p><i>Bible, prayer, worship, friendships, Christian values...</i></p>

# building

LESSON PLAN: 3 OF 3 PAGES



10 minutes	<b>Craft Activity: Daily Choices</b>	<p>“Dear friends, use your most holy faith to build yourselves up, praying in the Holy Spirit. Keep yourselves in God’s love as you wait for the Lord Jesus Christ with His mercy to give you life forever.” Jude 1:20-21 New Century Version</p> <p>Use a picture of a wall with bricks that pupils can add good daily choices to, both practical and spiritual. This could be done individually using the template provided or in a big frieze collectively. See appendix – Beyond Building – Daily choices wall</p>
5 minutes	<b>Building Faith</b> 	<p>Beyond journal prompt card to take away. Take 6 minutes a day to reflect with God, 3 in the morning and 3 in the evening. See appendix – Beyond Building – Building faith card</p> <p>Signpost pupils to local church groups, secondary school chaplaincy spaces, Christian websites and apps.</p>
5 minutes	<b>Prayer Activity:</b>	<p><i>“Trust in the Lord with all your heart. Never rely on what you think you know. Remember the Lord in everything you do, and He will show you the right way.”</i></p> <p><i>Proverbs 3:5-6 Good News Translation</i></p> <p>See appendix – Beyond Building Proverbs 3 v 5-6</p>



# building

## EXTENDED IDEAS



### BUILDING A SHED

Ask the children to form a circle. Stand in the middle of the circle and ask one of the children to volunteer to stand in the circle opposite you.

Demonstrate the following to all of the children:

The Leader mimes building a shed with pretend hammers and nails

Child: What are you doing?

Leader: Building a shed.

Child: Can I help?

Leader: Yes

The Child joins the leader in building a shed, in the middle of the circle.

The next child steps into the circle and follows the script again. This time, the

Leader and the first child say the lines together (The Group):

New Child: What are you doing?

The Group: Building a shed.

New Child: Can I help?

The Group: Yes

The new child joins the Group in building a shed, in the middle of the circle.

This process continues until every child in the circle has had a chance to ask 'what are you doing?' and everyone is building a shed together.

To increase the 'fun factor', start the process again. This time, the child coming into the circle to ask 'what are you doing', acts in character or with a different accent/emotion or mannerisms. For example, the child may act like everything makes them laugh. This time, when the group respond with 'building a shed', the group copy the child, building a shed with plenty of laughter and hilarity. Each new child stepping into the circle takes on a different character, so the group is constantly copying and changing their approach to building a shed.

### INTERACTIVE BIBLE STORY: ZACCHAEUS

Divide the pupils into groups and ask them to retell the story through drama. Give each group a different part of the story to create a frieze frame (frozen picture) and then each shows the others.

### KEYRINGS/BAG TAG *purchase from Amazon or Baker Ross*

Make a keyring/bag tag and add words that will inspire pupils to make good choices e.g. God is with me, trust in God, remember who you are.

#### LITTLE BOOKS

Gift each pupil a little book, available for free from Lifewords UK, which are full of Bible verses. Ask pupils to pick a verse that stands out to them and then say a prayer over the whole class using one of the chosen verses.

**Find them here**

#### REFLECTIVE COLOURING

Based on one of the key Bible verses or themes.

Links:

[Flame Creative](#)

[Doodle Art](#)

[Out Upon the Waters](#)

#### WORSHIP SONGS

["Speak Your Name" by](#)

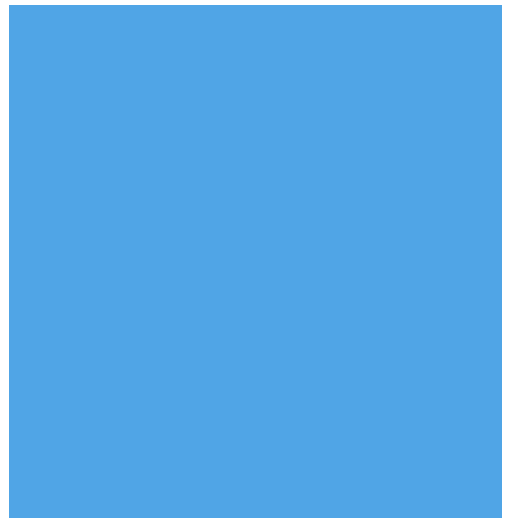
[Worship for Everyone](#)

["Every Move I Make" -](#)

[Hillsong Kids](#)

["Build My Life" by Pat](#)

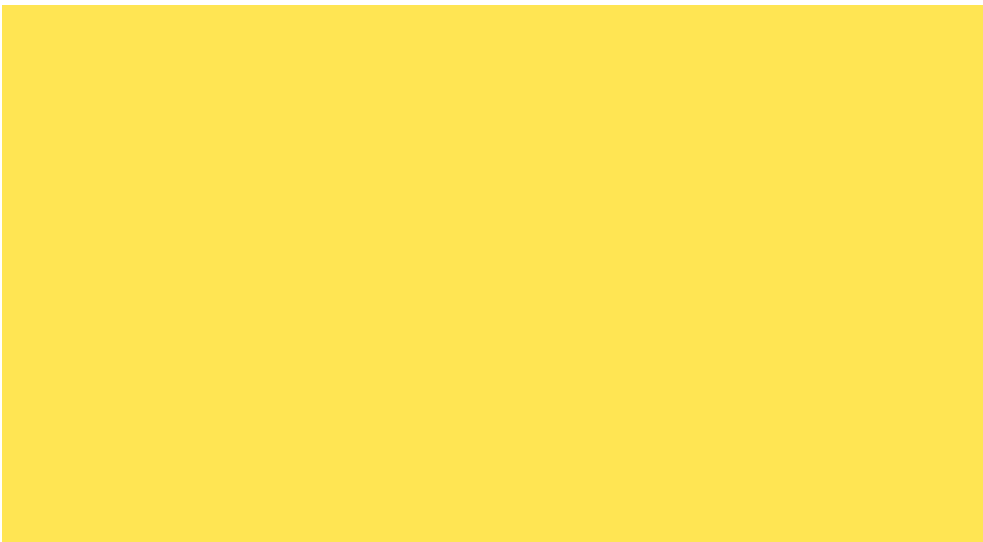
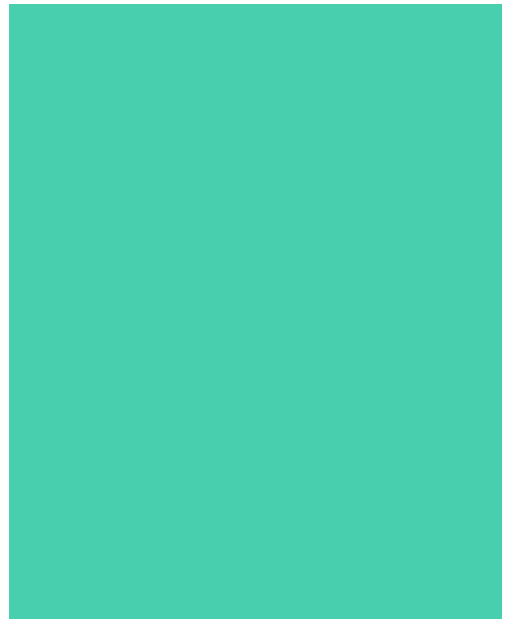
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# building



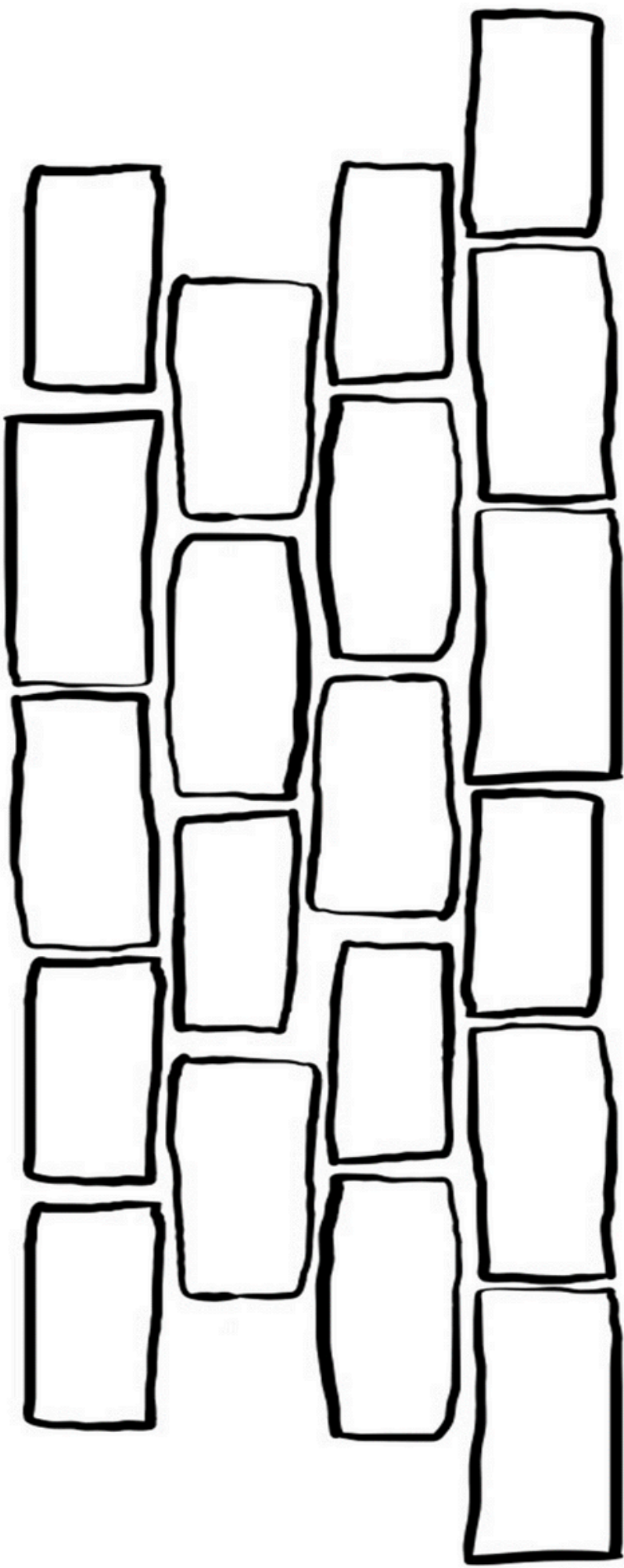
## WORKSHEETS & PRINT-OUTS



## **BUILDING: DAILY CHOICES**

**In each brick draw or write good daily choices that will help you build your life. Think about your physical health, mental health, wellbeing and faith.**

“Dear friends, use your most holy faith to build yourselves up, praying in the Holy Spirit. Keep yourselves in God’s love as you wait for the Lord Jesus Christ with His mercy to give you life forever.” Jude 1:20-21 NCV



# BUILDING FAITH

'FROM SUNRISE TO SUNSET,  
LET THE LORD'S NAME BE  
PRAISED!'

*Psalms 113:3 (CEB)*



## MORNING



## EVENING

1

**WORSHIP GOD:** I praise You this morning because ...

4

**SORRY GOD:** I am sorry for the time I didn't do the right thing... thank you that in Jesus I am forgiven

2

**TALK WITH GOD:** Please help me... Please help my family and friends...

5

**THANK GOD:** Tonight I am thankful for ...

3

**HOLD ON TO GOD:** Today, I will remember that God is...

6

**REFLECT WITH GOD:** Tonight what have I discovered about God and me today?

**Beyond**  
THE JOURNEY  
CONTINUES 

# BUILDING FAITH

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**Beyond**  
THE JOURNEY  
CONTINUES 



**“TRUST IN THE LORD WITH ALL YOUR HEART.  
NEVER RELY ON WHAT YOU THINK YOU KNOW.  
REMEMBER THE LORD IN EVERYTHING YOU DO,  
AND HE WILL SHOW YOU THE RIGHT WAY.”**

PROVERBS 3:5-6 GOOD NEWS TRANSLATION





# hopeful, brave & kind SCHOOL



## AIM OF SESSION

Pupils will learn about different positive and negative emotions and be encouraged to look after their own mental health and wellbeing. Pupils will learn about empathy and compassion and look out for the mental health and wellbeing of others. This is through the encouragements 'I am hopeful/brave - courageous/kind'

## RESOURCES NEEDED

- Icebreaker PowerPoint
- A bag of emotions (tote bag/backpack/etc)
- Bag of emotions for each young person (optional)
- Stuff to bulk out bag
- Emoji stress balls or emoji cut-out faces (laminated) or balloons
- Extra emoji cut-outs for young people (optional)
- Bible verses
- Hope questions
- Pens and pencils
- Memory verses

## WORKSHEETS & PRINT OUTS

## TIMING

# 60 MINUTES

An overarching theme - being hopeful, being brave/courageous and being kind - have an effect on our mental health and the way we approach aspects of our mental wellbeing.

- Having hope that our tomorrow will be a better day.
- Being brave to speak up about the things we are feeling in a safe and nurturing environment
- Being kind to ourselves when we are struggling and being kind to others when we see that they are having a hard time

As Christians, we believe that God is the root of all things but especially these three things.

The next 60 minutes we will be unpacking a bit about how we can be Hopeful, Brave and Kind in the transition from year 6 and primary school to year 7 and secondary school



# hopeful, brave & kind

## LESSON PLAN: 1 OF 5 PAGES



TIME	ACTIVITY	DESCRIPTION
minutes	<b>Icebreaker</b>	<p>Icebreaker game: Show your facial expression for the following scenarios which helps to introduce the idea of emojis helping to express emotions. When they are making facial expressions hold up a stress ball/cut-out and see if they agree with you (<i>PowerPoint with images of each scenario</i>):</p> <ul style="list-style-type: none"><li>• You're running late for school</li><li>• You wake up and it's snowing</li><li>• Your friend says something unkind</li><li>• You make a silly mistake</li><li>• School is suddenly closed</li><li>• You receive an invite to a party</li><li>• You can't find your phone</li><li>• Your favourite football team wins the league</li></ul>
	<b>I am Hopeful</b> (Emotions Bag)	<p>Put a selection of emoji cut outs/stress balls on each table. This section is about the pupils focusing on what some positive emotions are.</p> <p>If possible give each young person their own bag and emojis that they can share amongst each other. (<i>Have extra of the emojis of each face type</i>)</p> <p>Describe as you go around the class that the bag represents us, as we are carrying these emotions</p> <p>Have the pupils give you different positive emotions Happy, Proud, Excited, etc., and for each word put 'positive emotion' emoji face in the bag.</p>
	<b>I am Hopeful</b> (Activity Sheet)	<p>Have the pupils fill out the sheet to help them think about the good things in life. These can be big milestones or little wins. Whatever the size of the impact, it is still incredibly important.</p> <p>Positive thoughts: <i>Made me smile... Goal achieved... I'm thankful for... because... My friends would say the best thing about me is... My hopes for tomorrow... Imagine what you would say to a friend to encourage them... now say it to yourself... Remember that God is... (alternative something positive to remember...)</i></p> <p>Ask a few pupils to share.</p>



# hopeful, brave & kind



## LESSON PLAN: 2 OF 5 PAGES

	<p><b>I am Hopeful</b> (Bible verse)</p>	<p><i>"I say this because I know what I have planned for you," says the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future." Jeremiah 29:11 ICB</i></p> <p>This verse can be helpful for when you are unsure about what the future holds. You can be hopeful for the future because you know that God only has the best set out for you.</p> <p><i>(You may want to print off the passage from the resource for each child. Suggest sticking it into a book or putting it up on a wall- See Resources for ...)</i></p> <p>This is a verse that you can keep in your bag when you go to secondary school, and read it when you are feeling particularly unsure about things.</p>
minutes	<p><b>I am Brave</b> (Emotions Bag)</p>	<p>Using the 'Emotions Bag' go back around the class and ask for the pupils to add the more negative emotions. Describe again how this bag represents us and how we each experience positive and negative emotions.</p> <p>Mention that the bag is getting full/heavy</p>
5 minutes	<p><b>I am Brave</b> (Bible passage)</p>	<p>Read the verse out to the pupils or ask for a volunteer/volunteers to read it out. Ecclesiastes 3:1-8</p>
	<p><b>I am Brave</b> (Exploring our emotions – Inside Out)</p>	<p>It's not wrong to feel less happy emotions, some are helpful to us at different times and natural. As our verse said at the beginning there is a time for everything...</p> <p>Inside Out clip - Riley has moved house, started a new school and is finding the changes hard. In her mind, Joy is trying to stay positive and solve everything by being happy but Sadness becomes key in helping Riley. Click the Link: <a href="https://www.youtube.com/watch?app=desktop&amp;v=AcfmHoUiNnw">https://www.youtube.com/watch?app=desktop&amp;v=AcfmHoUiNnw</a></p> <p>Throughout the film Joy has been trying to ensure that Riley is happy all the time but she comes to realise that sadness is an important emotion to Riley's wellbeing.</p> <p>It's a sign of emotional maturity as we learn to embrace all our emotions and at the end we saw Joy and Sadness working together.</p>

# hopeful, brave & kind

## LESSON PLAN: 3 OF 5 PAGES



	<b>I am Brave</b> (Exploring our emotions - Inside Out) (Continued)	God created us with a range of emotions and it's important to learn how to embrace them all. Sometimes sadness is more appropriate than joy, in helping us continue on our journey. We can become more emotionally intelligent, recognise when we are being overwhelmed and develop skills to keep going.
5 minutes	<b>I am Brave</b> (Activity sheet)	Print off enough worksheets for each child. - 'Why am I so sad? Why am I so upset? I should put my hope in God. I should keep praising him, my Saviour and my God! Psalm 42:11 ICB
5 minutes	<b>I am Brave</b> (Emotions Bag)	So thinking back to our bag of emotions, we know It is ok to add these emotions to the bag because they are a normal part of life. We just need to make sure that we aren't adding too many and when we feel like we are, we find healthy ways to deal with them and let them go, for example talking to people we trust and praying to God about the emotions.
	<b>I am Kind</b> (Game)	Back to back get up tournament (if space)
	<b>I am Kind</b> (What is Kindness)	So far we have looked at being Hopeful and being Brave/Courageous and now we are going to look being Kind. But what does kindness mean. What does it mean to be kind? Kindness ·What is kindness? <i>the quality of being friendly, generous, and considerate - Oxford dictionary.</i> ·Kindness is doing something nice for somebody else.  Quick activity ·How many acts of kindness can we think of? Ask for a volunteer to count the suggestions.

# hopeful, brave & kind



## LESSON PLAN: 4 OF 5 PAGES

minutes	<b>I am Kind</b> (Bible passage)	<p>ADD INTRODUCTION.</p> <p>Then Jesus said, "Which one of these three men do you think was a neighbour to the man who was attacked by the robbers?" The teacher of the law answered, "The one who helped him." Jesus said to him, "Then go and do the same thing he did!" Luke 36-37 ICB</p> <p>The people you would expect to help the injured man didn't but somebody who would have been classed as his enemy did help. (This could be likened to modern-day e.g. rival football supporters).</p> <ul style="list-style-type: none"><li>• Are there some people it is easy to be kind to?</li><li>• Are there some people it is hard to be kind to?</li><li>• Should we be kind to everyone?</li><li>• Why?</li></ul> <p>An aspect of kindness is needing to rely on each other, much like the game we played at the beginning, you needed to rely on each other to stand up and help your partner, so that you both could succeed.</p>
5 minutes	<b>I am Kind</b> (Activity sheet)	<p>Design an emoji for kindness.</p> <p>Emoji Prayer linked to kindness and Bible verse. (You can use emojis)</p> <p>Alternative poem or picture about kindness. Emphasis on looking at kindness in a creative way.</p> <ul style="list-style-type: none"><li>• Charles Mackesy - 'The funny thing is' said the mole, 'the tiniest act of kindness can save a life.'</li><li>• 'Anxiety weighs down the heart, but a kind word cheers it up.' Proverbs 12:25 NIV UK</li></ul>
5 minutes	<b>I am Kind</b> (Emotions Bag)	<p>Add more to emotions bag and evaluate what has been put in it - how can we lighten the load of the things in the bag?</p> <p>Thinking back to being brave and we can share the negative parts to help lighten our load. Also sharing some of the positive emotions and the hope you have with others.</p> <p>Depending on whether you are only using one bag - we know that we might only have one bag here in front of us but we all have our own personal bags that we continually are filling and sharing the emotions from.</p>

# hopeful, brave & kind



## LESSON PLAN: 5 OF 5 PAGES

minutes	<b>I am Kind</b> (Memory Verse)	<p>As a way to tie all the themes together use: In the Bible Jesus tells us to 'Love your neighbour as you love yourself.' Mark 12:31 ICB This implies that we need to love and look after ourselves so that we can then love and care for others. That means embracing and not shying away from all of our emotions, good and bad, so that we can recognise and help others with their emotions.</p>
5 minutes	<b>Reflection and Closing Prayer</b>	<p>Invite pupils to reflect and pray with you. If pupils don't want to join in with the prayer give the option to sit quietly and focus on something positive.</p> <p>Close your eyes for a moment...</p> <p>Think about what you are hopeful for in the next year. Think about where you find hope Say to yourself 'I am hopeful'</p> <p>Think about how you are feeling... What are the tough or difficult things you are facing at the moment...? What can you do to help you be brave...? Say to yourself 'I am brave'</p> <p>Think about how you can be kind... Think of one act of kindness you could do today Say to yourself 'I am kind'</p> <p>Finish with a closing prayer.</p> <p>Pat yourself on the back and say well done for today!</p>

**Additional note:** How does this resource work with pupils who don't understand/ can't comprehend facial expressions?

- Could there be more of a focus on the actual emotions and feelings without relating it to the emojis for those specific pupils?
- Could you spend more time explaining what the emoji looks like – Sad face = frown on face, droopy eyes and eyebrows.
- Could you use a tone of voice that represents the emoji – Happy face = brighter, more upbeat tone of voice.

# hopeful, brave & kind

## EXTENDED IDEAS



## EMOJI RESOURCES

### emoji stressballs

Option A - <https://www.amazon.co.uk/Funny-Emoji-Squeeze-Balls-Classroom/dp/B07KXYN59M>

Option B - <https://www.amazon.co.uk/Novelty-Emoticons-Squeeze-Exercise-Squishy/dp/B09V296172>

### emoji balloons

Option A - <https://www.amazon.co.uk/Yizhet-Emotion-Balloons-Smiley-Balloon/dp/B07CLZX9T6>

Option B - <https://www.amazon.co.uk/Balloons-Emotion-Birthday-Balloon-Supplies/dp/B0BZS16K68>

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## GAME INSTRUCTIONS

**Zip bong** - <https://spirituallyhungry.com/zip-bong-game-rules-and-instructions/>

**1,2,3 look** - <https://ultimatecampresource.com/camp-games/circle-games/1-2-3-look/>

**Back-to-back stand up game** - <https://www.playworks.org/game-library/back-to-back-get-up/>

**Boppity bop bop** - <https://spirituallyhungry.com/boppity-bop-bop-game-instructions/>

**Pass the emotion** - <https://spirituallyhungry.com/pass-the-emotion-game-instructions/>



# hopeful, brave & kind

## CHURCH



### AIM OF SESSION

Young people will learn about different positive and negative emotions and be encouraged to look after their own mental health and wellbeing.

Young people will learn about empathy and compassion and look out for the mental health and wellbeing of others. This is through the encouragements 'I am hopeful/brave - courageous/kind'

### RESOURCES NEEDED

- Icebreaker PowerPoint
- A bag of emotions (tote bag/backpack/etc)
- Bag of emotions for each young person (optional)
- Stuff to bulk out bag
- Emoji stress balls or emoji cut-out faces (laminated) or balloons
- Extra emoji cut-outs for young people (optional)
- Bible verses
- Hope questions
- Pens and pencils
- Memory verses

### WORKSHEETS & PRINT OUTS

### TIMING

# 3

### SESSIONS

An overarching theme of the 3 sessions - *being hopeful, being brave and being kind* - have an effect on our mental health and the way we approach aspects of our mental wellbeing.

- Having hope that our tomorrow will be a better day.
- Being brave to speak up about the things we are feeling in a safe and nurturing environment
- Being kind to ourselves when we are struggling and being kind to others when we see that they are having a hard time

As Christians, we believe that God is the root for all things but especially these three things.

The next 3 sessions will be unpacking a bit about how we can be Hopeful, Brave and Kind in the transition from year 6 and primary school to year 7 and secondary school



# hopeful, brave & kind

## SESSION ONE - HOPEFUL



TIME	ACTIVITY	DESCRIPTION
	<b>Welcome &amp; Game</b>	Welcome the young people. find out their names and then play a game e.g.: Zip Bong or 1,2,3 Look See Game Instructions in Extra ideas section
minutes	<b>Icebreaker</b>	Icebreaker game: Pass the emotion - Show your facial expression for the following scenarios - to help introduce the idea of emojis helping to express emotions, have one person start with the scenario and pass what they think the emotion looks like down the line. When it gets to the end of the line the person at the end holds up the emoji they think was being passed. <ul style="list-style-type: none"> <li>• You're running late for school</li> <li>• You wake up and it's snowing</li> <li>• Your friend says something unkind</li> <li>• You make a silly mistake</li> <li>• School is suddenly closed</li> <li>• You receive an invite to a party</li> <li>• You can't find your phone</li> <li>• Your favourite football team wins the league</li> </ul>
	<b>I am Hopeful</b> (Emotions Bag)	Put a selection of emoji cut outs/stress balls on each table. This section is about the pupils focusing on what some positive emotions are. If possible give each young person their own bag and emojis that they can share amongst each other. <i>(Have extra of the emojis of each face type)</i> Describe as you go around the class that the bag represents us, as we are carrying these emotions Have the pupils give you different positive emotions Happy, Proud, Excited, etc., and for each word put 'positive emotion' emoji face in the bag.



# hopeful, brave & kind

## SESSION ONE - HOPEFUL



	<p><b>I am Hopeful</b> Group discussions</p>	<p>Group discussion – have the young people break up into smaller groups and give each group a couple questions to look over</p> <ul style="list-style-type: none"> <li>• <b>What is hope?</b> e.g. One definition is ‘a feeling of trust’. Hope in God is certain not like a wish.</li> <li>• <b>Where do we see hope?</b> e.g. Bible, other believers...</li> <li>• <b>What do we hope for?</b> e.g. Love, peace, healing, heaven...</li> <li>• <b>What/who do we put our hope in?</b> e.g. Things that are unchanging and constant – God.</li> <li>• <b>Can we lose hope?</b> e.g. Yes! When situations become overwhelming, our bags are full and we focus on the bad stuff.</li> <li>• <b>Can we always have hope?</b> e.g. Yes! But in times of difficulty it may seem like our hope is very small and we need to do things to fill ourselves up with more hope.</li> <li>• <b>How can we express that we are hopeful?</b> e.g. Keep a positive attitude, be kind to ourselves (even if we feel rubbish), speak positively, look on the bright side, focus on good things, encourage others, don’t beat ourselves up or listen to negative self-talk, find faith and trust in God, reading the Bible, pray...</li> </ul>
	<p><b>I am Hopeful</b> (Bible verse)</p>	<p><i>“I say this because I know what I have planned for you,” says the Lord. “I have good plans for you. I don’t plan to hurt you. I plan to give you hope and a good future.” Jeremiah 29:11 ICB</i></p> <p>This verse can be helpful for when you are unsure about what the future holds. You can be hopeful for the future because you know that God only has the best set out for you.</p> <p><i>(You may want to print off the passage from the resource for each child. Suggest sticking it into a book or putting it up on a wall- See Resources for ...)</i></p> <p><i>Allow time or whilst you are sharing about the verse for the young people to colour in the verse.</i></p> <p>So, this is a verse that you can keep in your bag when you go to high school, and read it when you are feeling particularly unsure about things.</p>
	<p><b>Prayers &amp; End</b></p>	<p>Give space for the young people to think and pray about being hopeful. Base a simple prayer on the Bible verse.</p>

# hopeful, brave & kind

## SESSION TWO - BRAVE



	<p><b>Welcome and Game</b></p>	<p>Introduce the leaders and find out how the week has been for the young people. Remind them about last week's session about being hopeful and looking forward            Play a game e.g.: Zip Bong or 1,2,3 Look            See Game Instructions in Extra ideas section</p>
	<p><b>I am Brave</b> (Emotions Bag Part 1)</p>	<p>Reintroduce the bag you used last time and go over the positive emotions.            Hand out other emojis - the more negative ones and ask the young people to Add more emotions to the bag - this time adding in negative emotions            Mention that the bag is getting full/heavy</p>
<p>minutes</p>	<p><b>I am Brave</b> (Exploring our emotions - Inside Out)</p>	<p>It's not wrong to feel less happy emotions, some are helpful to us at different times and natural. As our verse said at the beginning there is a time for everything...</p> <p>Inside Out clip - Riley has moved house, started a new school and is finding the changes hard. In her mind, Joy is trying to stay positive and solve everything by being happy but Sadness becomes key in helping Riley. Click the Link:  <a href="https://www.youtube.com/watch?app=desktop&amp;v=AcfmHoUiNnw">https://www.youtube.com/watch?app=desktop&amp;v=AcfmHoUiNnw</a></p> <p>Throughout the film Joy has been trying to ensure that Riley is happy all the time but she comes to realise that sadness is an important emotion to Riley's mental health.</p> <p>It's a sign of emotional maturity as we learn to embrace all our emotions and at the end we saw Joy and Sadness working together.</p> <p><i>Discuss with the young people about the clip and the variety of emotions we have.</i></p> <p>God created us with a range of emotions and it's important to learn how to embrace them all. Sometimes sadness is more appropriate than joy, to help us continue on our journey. We can become more emotionally intelligent, recognise when we are being overwhelmed and develop skills to keep going.</p>
	<p><b>I am Brave</b> (Bible Passage)</p>	<p>As a group read through Ecclesiastes 3:1-8 and discuss the following questions</p> <ul style="list-style-type: none"> <li>• Which lines of the verses do you like?</li> <li>• Which ones are hard to read or understand?</li> <li>• How do these verses help us today?</li> </ul>

# hopeful, brave & kind

## SESSION TWO - BRAVE



	<b>I am Brave</b> (Group Worksheet)	Work through the 'brave' activity sheet as individuals or use the questions for creative thinking and writing on a roll of paper/flipchart paper. Ask the young people pick an emotion and give suggestions as to how they would react.
	<b>I am Brave</b> (Emotions Bag Part 2)	So thinking back to our bag of emotions, we know It is ok to add these emotions to the bag because they are a normal part of life. We just need to make sure that we aren't adding too many and when we feel like we are, we find healthy ways to deal with them and let them go, for example talking to people we trust and praying to God about the emotions. We can give God our emotions because he is big enough to carry those worries for us.
minutes	<b>Prayer</b>	Talking about emotions can sometimes be difficult especially when thinking about moving from primary school into secondary school. Allow some time for quiet and encourage the young people to write/draw how they are feeling about the move. Use these notes or drawings for prayer.
	<b>End</b>	Depending on time either plan a game or have a question and answer space around the topic of moving schools.

# hopeful, brave & kind

## SESSION THREE - KIND



	<p><b>Welcome and Game</b></p>	<p>Introduce the leaders and find out how the week has been for the young people. Remind them about last 2 weeks of sessions based on being hopeful and brave. Play a game e.g.: Zip Bong or 1,2,3 Look See Game Instructions in Extra ideas section.</p>
	<p><b>I am Kind (Game)</b></p>	<p>Back to back get up tournament (if space)</p>
	<p><b>I am Kind (What is Kindness)</b></p>	<p>So far, we have looked at being Hopeful and being Brave and now we are going to look being Kind.</p> <p>Discuss what does kindness mean. What does it mean to be kind?</p> <p><i>Kindness</i> ·What is kindness? <i>The quality of being friendly, generous, and considerate – Oxford dictionary</i> ·Kindness is doing something nice for somebody else.</p> <p>Quick activity ·How many acts of kindness can we think of? Ask for a volunteer to count the suggestions.</p>
<p>minutes</p>	<p><b>I am Kind (Bible passage)</b></p>	<p>ADD INTRO Then Jesus said, "Which one of these three men do you think was a neighbour to the man who was attacked by the robbers?" The teacher of the law answered, "The one who helped him." Jesus said to him, "Then go and do the same thing he did!" Luke 36-37 ICB</p> <p>The people you would expect to help the injured man didn't but somebody who would have been classed as his enemy did help. (Could liken to modern-day e.g. rival football supporters).</p> <ul style="list-style-type: none"> <li>• Are there some people it is easy to be kind to?</li> <li>• Are there some people it is hard to be kind to?</li> <li>• Should we be kind to everyone?</li> <li>• Why?</li> </ul> <p>An aspect of kindness is needing to rely on each other, much like the game we played at the beginning, you needed to rely on each other to stand up and help your partner, so that you both could succeed.</p>

# hopeful, brave & kind

## SESSION THREE - KIND



5 minutes	<b>I am Kind</b> (Activity sheet)	<p>Design an emoji for kindness. Emoji Prayer linked to kindness and Bible verse. (You can use emojis) Alternative poem or picture about kindness. Emphasise on looking at kindness in a creative way.</p> <ul style="list-style-type: none"> <li>• Charles Mackesy - 'The funny thing is' said the mole, 'the tiniest act of kindness can save a life.'</li> <li>• 'Anxiety weighs down the heart, but a kind word cheers it up.' Proverbs 12:25 NIV UK</li> </ul>
5 minutes	<b>I am Kind</b> (Emotions Bag)	<p>Add more to emotions bag and evaluate what has been put in it - how can we lighten the load of the things in the bag?</p> <p>Thinking back to being brave and we can share the negative parts to help lighten our load. Also sharing some of the positive emotions and the hope you have with others.</p> <p>Depending on whether you are only using one bag - I know that we might only have one bag here in front of us but we all have our own personal bags that we continually are filling and sharing the emotions from</p>
minutes	<b>I am Kind</b> (Memory Verse)	<p>As a way to tie all the themes together use: In the Bible Jesus tells us to 'Love your neighbour as you love yourself.' Mark 12:31 ICB This implies that we need to love and look after ourselves so that we can then love and care for others. That means embracing and not shying away from all of our emotions, good and bad, so that we can recognise and help others with their emotions.</p>

# hopeful, brave & kind

## SESSION THREE - KIND



5 minutes	<b>Reflection and Closing Prayer</b>	<p>Invite the young people to reflect and pray with you. If pupils don't want to join in with the prayer give the option to sit quietly and focus on something positive.</p> <p>Close your eyes for a moment...</p> <p>Think about what you are hopeful for in the next year. Think about where you find hope Say to yourself 'I am hopeful'</p> <p>Think about how you are feeling... What are the tough or difficult things you are facing at the moment...? What can you do to help you be brave...? Say to yourself 'I am brave'</p> <p>Think about how you can be kind... Think of one act of kindness you could do today Say to yourself 'I am kind'</p> <p>Finish with a closing prayer</p> <p>Pat yourself on the back and say well done for today!</p>
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**Additional note:** How does this resource work with pupils who don't understand/ can't comprehend facial expressions?

- Could there be more of a focus on the actual emotions and feelings without relating it to the emojis for those specific pupils?
- Could you spend more time explaining what the emoji looks like – Sad face = frown on face, droopy eyes and eyebrows.
- Could you use a tone of voice that represents the emoji – Happy face = brighter, more upbeat tone of voice.

# hopeful, brave & kind

## EXTENDED IDEAS



## EMOJI RESOURCES

### emoji stressballs

Option A - <https://www.amazon.co.uk/Funny-Emoji-Squeeze-Balls-Classroom/dp/B07KXYN59M>

Option B - <https://www.amazon.co.uk/Novelty-Emoticons-Squeeze-Exercise-Squishy/dp/B09V296172>

### emoji balloons

Option A - <https://www.amazon.co.uk/Yizhet-Emotion-Balloons-Smiley-Balloon/dp/B07CLZX9T6>

Option B - <https://www.amazon.co.uk/Balloons-Emotion-Birthday-Balloon-Supplies/dp/B0BZS16K68>

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## GAME INSTRUCTIONS

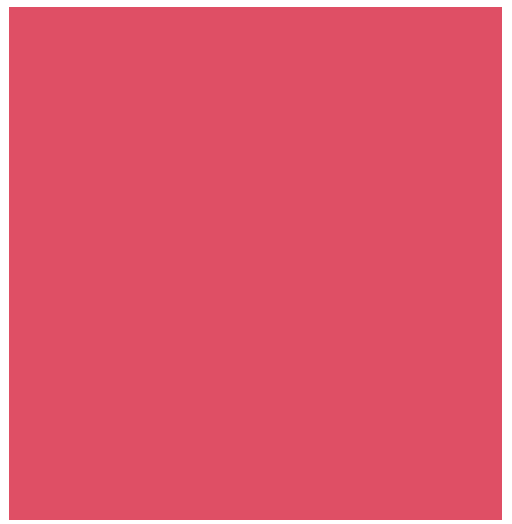
**Zip bong** - <https://spirituallyhungry.com/zip-bong-game-rules-and-instructions/>

**1,2,3 look** - <https://ultimatecampresource.com/camp-games/circle-games/1-2-3-look/>

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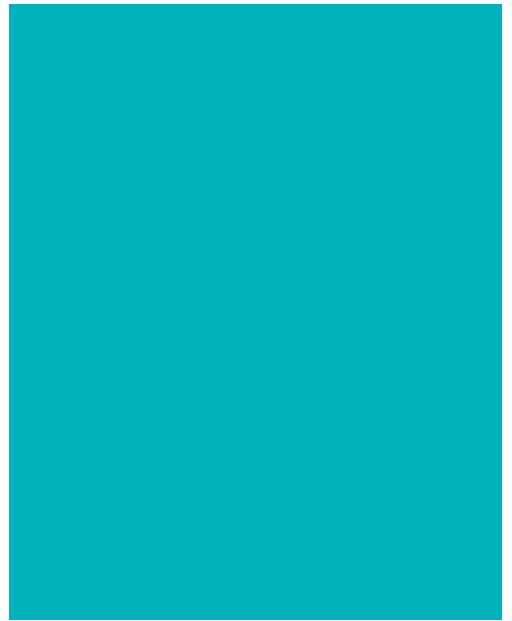
**Pass the emotion** - <https://spirituallyhungry.com/pass-the-emotion-game-instructions/>



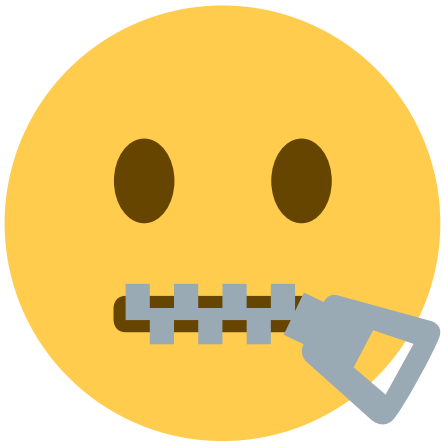
# hopeful, brave & kind

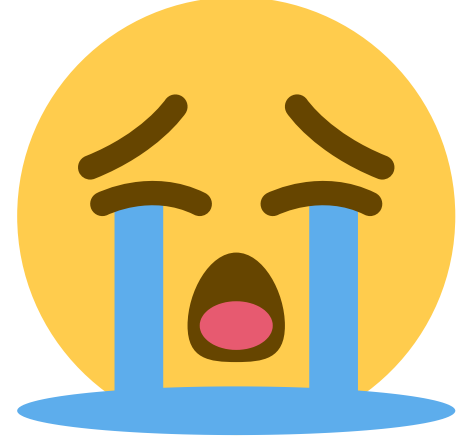


WORKSHEETS & PRINT-OUTS









# hopeful

ACTIVITY SHEET



**‘...Think about things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected... And the God who gives peace will be with you’. Philippians 4:8-9 ICB**

Fill out the sheet with the good things about life!

Use the prompts to help think about different scenarios. It doesn't matter how big or small the thing is, if it is important to you, write it down!

**WHAT MAKES ME SMILE...**

**GOALS ACHIEVED...**

**I AM THANKFUL FOR ... BECAUSE...**

# hopeful

ACTIVITY SHEET



**MY FRIENDS WOULD SAY  
THE BEST THING ABOUT  
ME IS...**

**MY HOPES FOR  
TOMORROW ...**

**WHAT WOULD I SAY TO A  
FRIEND TO ENCOURAGE  
THEM ABOUT THE  
FUTURE?**

**WHAT HAS GOD  
REMINDED ME ABOUT  
HIMSELF?**

“I SAY THIS BECAUSE I KNOW WHAT I HAVE PLANNED FOR YOU,” SAYS THE LORD. “I HAVE GOOD PLANS FOR YOU. I DON’T PLAN TO HURT YOU. I PLAN TO GIVE YOU HOPE AND A GOOD FUTURE.”

JEREMIAH 29:11 ICB



“I SAY THIS BECAUSE I KNOW WHAT I HAVE PLANNED FOR YOU,” SAYS THE LORD. “I HAVE GOOD PLANS FOR YOU. I DON’T PLAN TO HURT YOU. I PLAN TO GIVE YOU HOPE AND A GOOD FUTURE.”

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JEREMIAH 29:11 ICB



“I SAY THIS BECAUSE I KNOW WHAT I HAVE PLANNED FOR YOU,” SAYS THE LORD. “I HAVE GOOD PLANS FOR YOU. I DON’T PLAN TO HURT YOU. I PLAN TO GIVE YOU HOPE AND A GOOD FUTURE.”

JEREMIAH 29:11 ICB





**‘Why am I so sad? Why am I so upset? I should put my hope in God. I should keep praising him, my Saviour and my God! Psalm 42:11 ICB**

Fill out the sheet with a time when you haven't felt great. Pick a specific emotion or situation and use the prompts to help you work through how you are feeling and think about what might help you in that situation.

**WHEN I AM...**

**WHY AM I...**

**HOW I REACT...**

# brave

ACTIVITY SHEET



**WHAT HELPS ME FEEL BETTER?**

(List a couple things)

**HOW CAN I PUT MY TRUST IN GOD?**

(Maybe write a short prayer)

**WRITE OR DRAW SOMETHING GOOD WHICH HELPS FOCUS ON SOMETHING GOOD...**

***'DON'T BE AFRAID TO ASK FOR HELP FROM SOMEONE YOU TRUST.'* WHO CAN I ASK FOR HELP?**

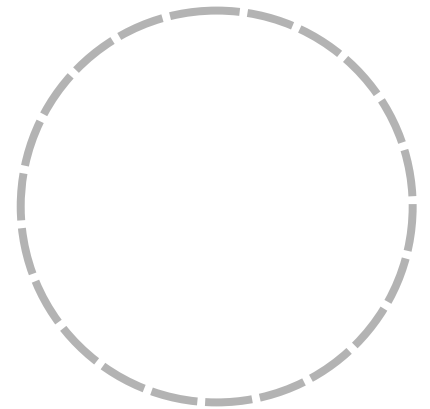
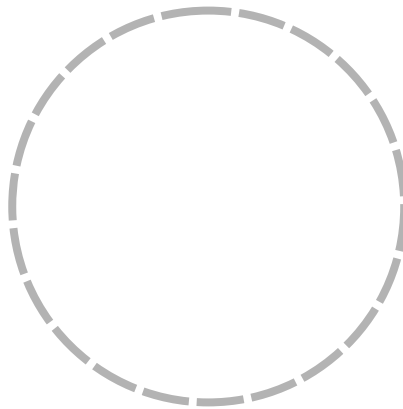
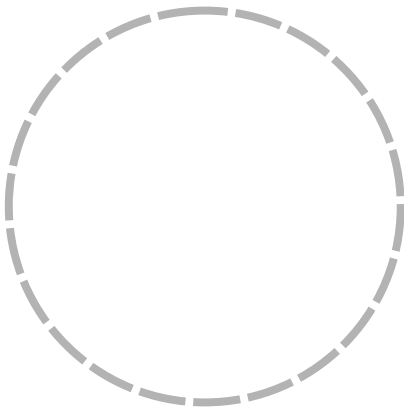


**‘Worry makes a person feel as if he is carrying a heavy load. But a kind word cheers up a person’.**

## **Proverbs 12:25 ICB**

What does kindness look like to you? Create something that helps represents what kindness from your point of view. This could be designing your own kindness emoji, writing a poem. Think of a creative way to express kindness.

### **DESIGN AN EMOJI**



### **WRITE A POEM**





# big step forwards

## SCHOOL



### AIM OF SESSION

A classroom-based workshop for Year 6 to explore their transition from primary school to secondary school looking at first days, lessons and homework, friendships and top tips from the experts.

### TIMING OPTION

# 45-60

## MINUTES

### RESOURCES & IDEAS

Small groups within the class will be brilliant for this.  
Get feedback from the children after each small section and be prepared to answer questions.

Maybe invite a past pupils, maybe a Year 7 to share their wisdom with the class?

This is probably done best before they have their Year 7 induction day but can be used afterwards.

#### *You will need:*

Beyond Bingo! - Print out one per person.

Access to YouTube for Video

PowerPoint slides

Printouts of the Big Step Forwards - a set per group

Different coloured pens for the small groups



# big step forwards



LESSON PLAN: 1 OF 2 PAGES

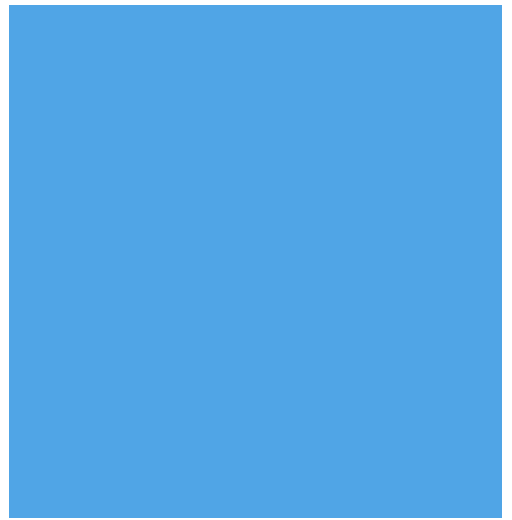
TIME	ACTIVITY	DESCRIPTION
2 minutes	<b>Introduction</b>	Share about this time being set aside to discuss and share about moving from Year 6 to Year 7. Create a safe space for everyone.
5 minutes	<b>Icebreaker</b>	Give every child a printed-out card and explain they are to move around the class and get one signature in each box. <u>Moving Up!</u>
7 minutes	<b>Video &amp; Discussion</b>	Anna Freud video: Ask how the children are feeling about moving / what they think about Secondary school. Who do they relate to most in the video?
10 minutes	<b>First Day // First Impressions</b>	Give out the sheets // move the children into 2's or 3s depending on the tables // give 2 different coloured pens to each child. Ask the children to look over the quotes. As individuals: Colour 1 – in colour, they have first circle ones they like and help you. Action: Share why in groups Colour 2 – Swap pens and underline ones which are worries for them. Action: Share why in groups Get class feedback where they want to
10 minutes	<b>Friends</b>	Read through the quotes. With a colour the children can circle 2 or 3 which say best how they feel about old and new friends. Get class feedback

# big step forwards



LESSON PLAN: 2 OF 2 PAGES

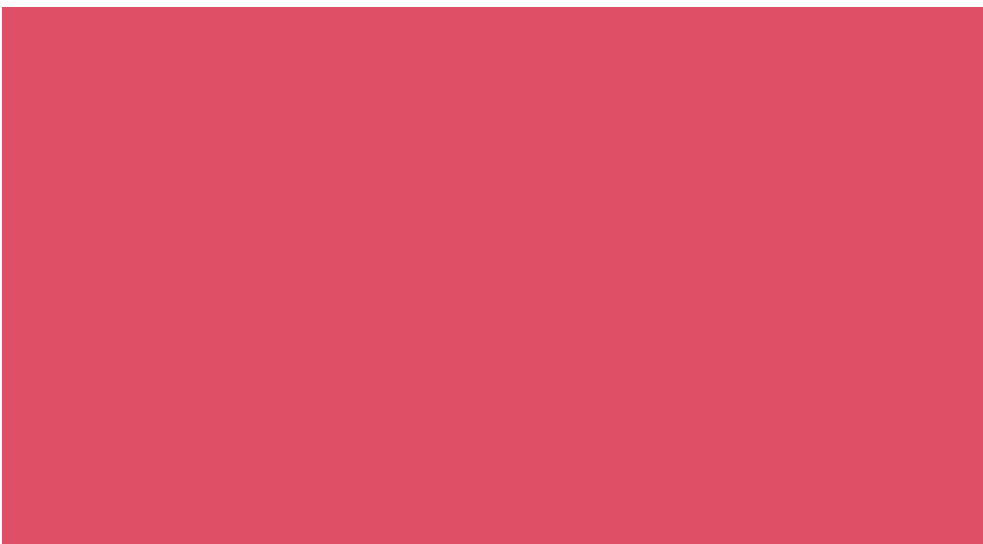
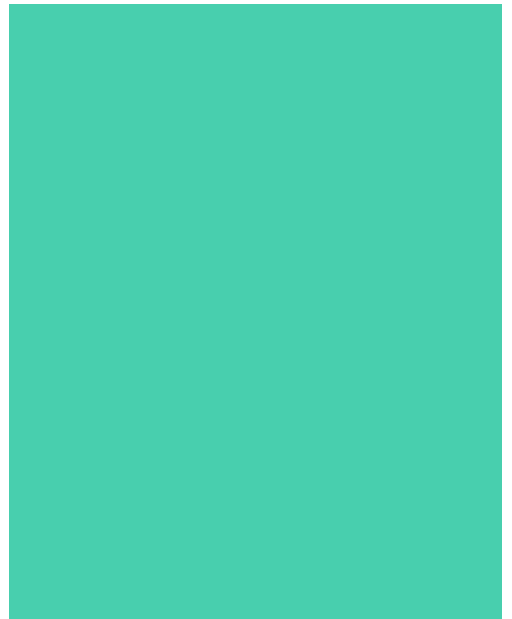
TIME	ACTIVITY	DESCRIPTION
10 minutes	<b>Lessons, Homework &amp; Getting Around</b>	<p>Share it's ok to be worried about getting around, homework and which lessons you have.</p> <p>Read the quotes in small groups</p> <p>As a group</p> <p>Colour 1 - What are the top tips you can find - circle them</p> <p>Colour 2 - What do the quotes say about teachers?</p> <p>Colour 3 - What do the quotes say about what they enjoy?</p> <p>Share what you are looking forward to at secondary schools?</p> <p>Get class feedback</p>
10 minutes	<b>Top Tips</b>	<p>Read through the quotes and as a group pick the best 5 for them.</p>
2 minutes	<b>Wrap Up</b>	<p>Thank the children for sharing and listening.</p> <p>Offer time for questions should they have any.</p>



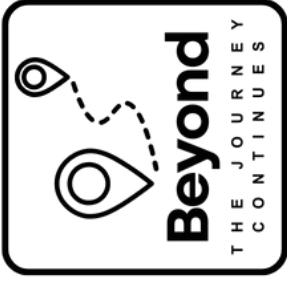
# big step forwards



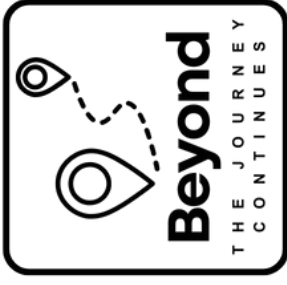
WORKSHEETS & PRINT-OUTS



# FIND SOMEONE WHO...



# FIND SOMEONE WHO...



is born in either  
Feb / Apr / June

has met a famous  
person

loves to swim

does not like  
broccoli

can play a musical  
instrument

who has watched all  
the Marvel films

who likes to  
wake up early

likes Marmite

has an older  
sister

hates Pizza

is left-handed

has made a  
YouTube video

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YouTube video

the  
big  
step  
forward



# First Day and First Impressions

It may be hard leaving your primary school and having to get the bus but you will soon make new friends and everything will be fun and exciting. On my first day I was a bit shy but that has all changed since I've found my friends.

I was in the same exact position you were in a year ago and I am now living my best life as a member of my high school family.

As a person who felt worried and anxious which you may feel right now, I am happy to tell you that it will go away soon. All you need to do is take a deep breath and calm down. I understand that it may feel like it is hard but trust me you can do it. You can do anything you put your mind to.

It may seem scary at first when everybody's saying enjoy year 6 whilst it lasts but in reality its not true year 7 is great. It provides wonderful opportunities in sport and education. I know that sounds like I'm being paid to say this but sadly I'm not. you are not the only one that's nervous there are thousands of others in your position.

I will admit it isn't all a walk in the park but as a student with autism it has been especially a challenge! (In a good way, I'm not here to worry you more!) High School has its ups and downs. Don't worry, everyone does this you're not alone so look forward to it or dread it it's your choice but you can succeed with a can do attitude and good friends.

When we left primary school we felt anxious and worried, but with the help of teachers and friendly students we soon settled in and you will too. At first, it may be scary and confusing but everything will turn out fine. Stay sensible and kind and you will succeed.

I don't think you should be as worried as you might be because it isn't as scary as it seems to start high school.

Of course, it's always a bit scary starting new things but don't let it take over you, because it's not worth stressing over it.

When you first start high school it may be scary or you may feel anxious. Or you can feel as though you won't make any friends, but I promise you it is great.

I hope you aren't worried about coming to this great school but if you are you should not worry about it; people are very welcoming and kind even if you think they won't be. Just remember that everyone is as nervous as you even though it may not seem like it.



**You may be feeling anxious about your trip to high school or you may be feeling very excited about your next step to high school. But no matter how you are feeling I promise you it is great for the expansion of your personality.**

**Don't be stressed about starting high school, there are many cool and amazing things to enjoy in year 7.**

**I did find moving to high school scary and I even had a dream about missing the bus. But when I went to school on my first day, I got the bus with my mum and she showed me what to do, I was very nervous what would happen, but it went well, and I got used to the school quite quickly. My friends from primary even followed me because they didn't know where they were**

**When you first <sup>going</sup> come to this school, you'll have a warm welcome from everyone. You'll soon come visit for Transition Day in a few months**

**I know how you feel going into a new school new people and loads older year's but don't worry they are very nice and they will show you your way to class.**

**I really do hope you have enjoyed your 7 years at primary school, it's like a chapter of your life has finished and a better and greater chapter is about to start. Primary school is very different to high school and it will take time adjusting but I'm sure each one of you will fit right in.**

**At first I found high school really hard, annoying and also HUGE. I had nerves but the key skill I had was confidence. When I'm telling you confidence is key, take it as a life lesson. You may feel upset that isn't the same as primary but you will get used to it.**

**When you first start in school you might feel a little scared and nervous. But don't worry there are teachers there to help you. The teachers will put everything you can to support you and feel happy in high school. All teachers try the best to make you feel happy and whenever you feel down you can go to any teacher**

**At first it <sup>you trust.</sup> maybe nerve racking but once you settle in you will be absolutely fine. The people and teachers will help you with whatever your worrying about**

**The jump from Year 6-7 is the biggest jump in your time at school, as it is the first time you swap schools in your life. It will probably be quite stressful but it is totally worth it.**

**The first days may be hard but don't worry you will warm up to it as you go on.**

High school may feel like a really scary place to go to ... but I promise you it's just the change of being the biggest fish in the tiniest tank to the smallest fish in a huge ocean! In high school, you may have heard that you will get bullied or bombarded by the older years but they are all lies!!! You will have your own classes and places to go, so smile about high school ... it's just like a larger version of primary school!!!

I am going to be honest, sometimes I felt a little bit downhearted and challenged! But with the right friends, I was actually like able to survive.

I understand you may be feeling a little anxious about starting at our new school and from this I can assure you there is nothing to be worried about that.

High school is really big and you might be the only person from your primary and it will feel so intimidating, but don't forget keep your head up high and keep persevering and you will get through it

Moving to High School/Secondary school isn't as hard as you think it is... It is like a bicycle you start off with training wheels and then after a while you start to grow up and become more mature and you take the training wheels off. Now I know high school and learning about riding a bicycle are very different things but what I mean by this is that you are at the point where you're taking your training wheels off and trying something different, in this case you're going to high school! At first it is hard finding your way around and making friends but after a while you get used to it, and you make friend groups, and you find your way around everything!

Don't worry if you're nervous about high school. It'll probably end up well! Ok it's hard when you're not in the school most of your friends/classmates are at, but as long as you're respectful and nice then you're guaranteed to get friends. Members of staff will definitely give you a sort of map, so you won't get lost, 'cause high schools are MASSIVE!

I started high school last year and had many mixed emotions such as excited, nervous, scared and happy. I was worried about making new friends, new teachers and even just being in a brand new environment....Everyone will be welcoming and on the first day you will likely be going to school feeling nervous but will be walking out feeling excited for the next day to come.

# Lessons, Homework and Getting Around

It is highly likely that you will get a detention at least once in your school year so don't be stressed because it's bound to happen.

High school has lots of new lessons that you might not already have like music, drama and food tech. My favourite lesson has to be food tech because you can bring in food and make things.

I started to stress out a lot on my homework but now I sometimes like doing homework.

And also, you have to move different classrooms, but don't worry, I'm sure you could try and find the right one

Make sure your homework is on time.

Revise for tests early and don't leave it last minute

Always start a lesson right

Hopefully you'll also be looking forward to your new lessons, there are loads of kind-hearted staff who will help you if you are struggling in anything. You'll learn loads of things for example in English, Shakespeare or in Art, Textiles

Do your homework on time and try to make a homework timetable

Always make sure you focus during lesson so you don't miss the important parts.

All the teachers here are very kind and your head of year and the other staff will look out for you to make sure you're OK. The lessons are very enjoyable. Some of the lessons that I've really enjoyed are: maths, spanish and english.

Always try and be organised and have the right equipment for high school.

Now about assessments, don't stress about tests or if you get any questions wrong because the teachers will go over subjects and help you learn the things you need to know to be prepared for the test

I was a little bit nervous as I could not find my way around. However, the teachers were always there to guide me to my lesson.

**keep on top of your homework by doing it the night it is set. This means that you don't have a huge pile of homework to do on the night before it is set, so if it is tricky you can come back to it later**

**One big thing is that you will have teachers that are maybe not your type and some that are amazing but one thing for sure is that they all will help you in all ways possible!**

**There are also more than one classroom for subjects and that's a good thing, because you won't have to sit down on just one chair all day apart from break and lunchtimes. In high school there are different rooms for a different subject so it's not all in the same room but don't worry about finding your way around because after a week the building will become more easier to get to lessons.**

**If you're stuck on homework, never leave it the day before its due so you have time to ask your teacher for help**

**Work can be a bit more difficult than it is in Year 6 but once you get used to it - I'm sure it won't be hard**

**Always try to keep yourself organised like making sure your homework is done or not forgetting your class book.**

**Your teachers also understand how scary it is to start high school so don't be worried that they'll be angry if you don't know your way around or go to the wrong classroom. I recommend to at least go to lessons with one other person in your class/form because then you won't be alone, and you can help each other. Secondly, the teachers are always there to help and support you. You'll have your form tutor, Head of Year or even just a teacher from one of your subjects.**

**I became more comfortable in my subjects and grew fonder of topics I formerly dreaded. I felt more able to ask questions and debate things.**

**Some of the lesson are fun and you can make posters or colour in pictures of animals in geography and knights in history. It is really fun doing football and rugby in PE on the astro turf.**

**The teachers are all very kind and caring in every subject and will always be there for you when needed.**

**Now, getting lost can seem like the worst thing that can happen but its is not like that. The teachers will help you find your way and direct you to the right class.**

**You will have a whole wide range of subjects to try such as: Spanish maybe French I'm not sure what language you will study but you will study one oh by the way the letters which say stuff like ' you may not enjoy this' are a load of rubbish. You will enjoy high school in your own special way.**

**I am sure you are worried about getting homework every night or getting lost but most nights you either have no homework or 1 peice but its not normally more than that.**

**Work can be a bit more difficult than it is in Year 6 but once you get used to it - I'm sure it won't be hard**

**Try your best in every lesson**

**If you do need help with where you need to go, there are maps around the school to help you out. There will be year 8-11 students always there walking around the school if you need extra help about where to go.**

**Lessons that I like are Food tech (haven't done it yet but I want to), music, art, science, and some PE like trampolining and dance are cool. There are a variety of lessons that you'll definitely find interesting!**

**You may need to get used to all the teachers and where all your classes are! I'm so sure that your older friends will help you get around the school.**

**Science is way cooler than in primary - cool experiments with Bunsen burners, flames, metals and acids reacting? SOOO awesome! :)**

**First I have a feeling your worried about homework and so was I really but don't worry you get second chances and so many reminders**

**I enjoy PE and Maths as in PE yhou talk a lot about your health which made me more confident in myself and with maths the teachers have expanded my knoledge and now I enjoy it.**

**You may also be worried about homework, now I can't say it will be easy but I can assure you you'll be fine and soon you will realise you that you have plenty of spare time to do it.**

**One thing that may be one of your biggest worries about transitioning into secondary school, is getting lost, but the teachers will do everything they can to ensure that you can get around fine. Even if you do get lost, teachers will be happy to point you in the right direction. I was worried about getting lost, but after a few days I was making my way around school perfectly.**

# Friends

First of all do not worry about making friends! They automatically come to you, when I started at high school I only had one other person who went to the same primary as me and I wasn't their friend. On the second day I made 3 friends, 2 of which I still talk to

I have some friends in here. I am very thankful that my friends are very friendly and kind.

If you are worried about making friends like I was don't worry because everyone is really friendly and everyone is in the same position as you. Some times it can feel like you don't have that perfect group of friends but don't feel upset as its a new school and everyone is a bit shy so speak to people and invite them to hang out with you.

Primary school helped me build my confidence. I made lots of new friends and started to like high school alot  
You will make so many new friends. When I joined I was a bit nervous not gonna lie but then I found so many new friends and I'm sure you will to. Who knows you might meet your new BFF!

My first piece of advice is that for the first couple of months, try and stick with the people you already know even if you aren't friends with them in primary school. This means you won't be lonely for the first part of the year. My second piece of advice is don't be scared about making friends there is so many people in high school that you are definitely going to make some new friends.

When I started at high school I was scared and felt lonely, but in my form met the nicest girl and we are still friends till now

When I first joined I was quite nervous like you may be. Don't worry because nothing bad will happen, you will make new friends (keep primary ones tho)

First off, at your new school you may or may not be accompanied by friends from primary.

If you are then you can still stay friends with them but try to make new friendships!

If you don't then have a look at the clubs, many people there will have the same interests as you. I personally found many new friends at my school's book club.

Also it may be hard to leave your friends but don't worry you will make new ones in no time and you can still stay in touch with some of your primary school friends like most of us did.

If you're worrying about making new friends, I did too. But I made many friends in Year 7. And I'm sure you will too.

When you come, you might see some people who you might become friends within the future...

There's nothing to worry about.

It is okay to change friend groups

Since I was one of the only people from my primary school, I was worried about making new friends. Thankfully, everyone was really friendly and I was able to make friends quickly.

So when I came I had no friend at all, but then I found my friends that I still hang out with to this day

You may not be friends with every person in the school but by the end of the year you will have many friends.  
(Don't rush it)

You may be worried that you might not make any friends, but don't worry! If you really want to make friends just talk to people that you think you will get along with. Or you might have some good friends from primary!

If you're worried about making friends that's alright, I was worried that I'd have no one to talk to but there's loads of people feeling just the same as you, so don't be scared to talk to other people.

Secondary is where you make most of your lifelong friends. It is nearing the end of Year Seven for me and I still hang out with my primary best friend every week.

You may have been really close with some friends in primary that aren't coming to your school, and 1 thing for sure is that you will miss them but you will always find a crowd like them. You also will meet so many new people with different interests. From experience please get into the right crowd of people because things can get out of hand if you're not. Last tip is that you're going to lose friends, gain friends and leave friends but never lose yourself!

When I went to the open evening someone sat next to me and started a conversation then we both liked the same things and became friends. I am glad he started the conversation because I was scared to talk to anyone

Friends is defiantly no obstacle as there is probably 10 times the amount of people in one year than your primary and you wouldn't believe how many times you have changed my friend group also try not to just make friends in your form as you don't spend much time there but still do as you might be limited to them on school trips (maybe) and most importantly have fun

A few months ago I was in your shoes. Starting year seven was really scary for me but only because I was scared I wouldn't make any friends but there is nothing to be worried about.

Even if you come all on your own you will still make many friends that will last a life time.

Now let's talk about making friends you may be one of the only one in your class going to the high school you picked but I'm sure you will make many friends that are just like you.

**Don't worry about detention because that caused me so much anxiety but I haven't gotten a single yet and now I have over 200 reward points which I won a £10 Amazon gift card from so just keep your head up and don't give up**

**I would suggest that you should go to summer school. Why? because summer school let me make new friends and learn about this school**

**Don't forget to reach for the sky, success comes when you try, but don't forget to have fun**

**Don't worry about needing to bring cash for school lunch - we use fingerprints!  
Let your light shine!**

**The main piece of advice that I can give you is to contribute in your lessons, even if you cannot stand the topic. If you prove your capability, you may grow to appreciate the subject**

**Talk to people but be yourself you will make plenty of friends. Always be creative and be the best you can be it will always do you good**

**Don't worry about detention because that caused me so much anxiety but I haven't gotten a single yet and now I have over 200 reward points which I won a £10 Amazon gift card from so just keep your head up and don't give up**

**Buying nice school bags is a fun part 'bout high school - they can be any colour and style you want! Including cute and matching equipment! You only need to make sure your bag can fit everything you need - that's simple!**

**Stay healthy and mentally prepared for your HS journey. Lots of sleep is beneficial along the way.**

**Another tip I have is to check your bag the night before or in the morning and make a little checklist to know that you have everything because if you take the bus then you can't go back if you forgot your maths book.**

**Remember too, you won't have perfect days all the time but don't let it pull you down because it is not worth worrying about it. Lastly, make sure that you're a nice person to other people because people will return that kindness back to you and it's just better being nice than nasty.**



**I would recommend bringing a pack lunch sometimes because at lunch the canteen is very busy, and some people are waiting a long time.**

**So don't be anxious — you will have so much fun and make kind friends.**

**Make a good impressions on your teachers**

**Be calm**

- Have positive attitude to school life (some days may be boring but many days are fun)**

**Make time for your self**

**Most importantly, have fun**

**Always make a good impression**

**Never be afraid talk to someone if you need help**

**Be nice to everyone**

**Always be a good role model so other people can look down to you**

**Always ask for help when needed**

**Being bad in high school is not cool so always be on your best behaviour**

**Be kind to everyone and make them feel wanted**

**My first tip is... (Drumroll!) To work hard. Not just in year seven, but in every year up till you have finished your education. Whatever you do in year seven will determine what you can achieve in years 8-11 etc. My next top tip is... not feel insecure about yourself. You are beautiful no matter what. You don't have to not eat just because someone tells you to. Or put on makeup to hide your spots (that's a classical one)! You have been fearfully and wonderfully made. One fact I'm going to tell you is that when you give yourself time and treat yourself right, your inner beauty starts to spark.**

**BE BOLD!!! Be the change in the world I know you can be**

**Be the best version of yourself**

**Another really big top tip don't try and be someone you're not because at the end of the day you're going to regret it. Instead be yourself more than ever share your good qualities and morals YOU BE YOU**

**The last tip from me is smile and be confident!**

**Now, I'm not saying everything is sunshine and bunnies, you'll have your ups and downs but try and stay resilient throughout, no matter what and you'll be rewarded.**

**When you feel scared or alone just remember that everyone experiences this, it's normal.**

**Reach out to someone.**

**Just one thing make sure to keep track of time so you won't be late for lessons but if you are in the first few weeks don't worry your teachers will understand your adapting. I'm still on my journey as well as you only a year ahead so I'm still learning! I've been on the school council even with my condition of autism, so if you have what they call a 'disability' (I don't think of myself as that) Don't let it stop you from achieving your goals but with or without one you will smash this it will be awesome! Join yourself in clubs to find friends with the same hobbies as you**

**And most importantly, don't cry because primary ended, smile because it happened**

**Make a great first impression**

**Don't hang out with the wrong people because it can impact your life for the worse**

**Be KIND because nobody likes a bully**

**Tip one, always stay in school and never ever try to skip school. Tip two, always be polite to the teachers and never say anything mean, disrespectful or rude to any member of staff. Tip three, always get involved with outdoor activities such as: rugby, football and many more.**

**Don't let people stop you from achieving your dreams**



# service

## CHURCH



### AIM OF SESSION

To hold a service for the local school(s) to celebrate their time at Primary school, hear their stories and pray for them as they step into the next part of their journey.

### TIMING OPTION

# 45-60

## MINUTES

### RESOURCES & IDEAS

#### Possible Liturgy/Prayers

##### *Opening Prayer:*

Father God, Thank you for bringing us together today in this church. Thank you that you have promised to be with us through your Spirit when we gather in your name. So Lord Jesus we welcome you and ask you to bless us each one.

##### *Blessing:*

And now a blessing on each one of us as we leave the church and continue on our journeys.

May the Lord bless us and keep us, may He make his face to shine on us and be gracious to us.

May the Lord lift up his face on us and give us peace,  
In the name of the Father, the Son and the Holy Spirit Amen

##### *Songs:*

Ask the school to suggest songs the children know

##### *Gifts:*

Buy a small gift for each child to help them remember their spiritual walk over the last few years and their relationship with their church community.

##### *A Mini-Holding Cross*

<https://shorturl.at/hFG45>



# service outline



TIME	ACTIVITY	DESCRIPTION
2 minutes	<b>Welcome</b>	
5 minutes	<b>Song</b>	
15 minutes	<b>Memories</b>	Each child shares memories of their time at school using pictures and stories. You also could use a video as a different option.
5 minutes	<b>Song</b>	
1 minute	<b>Bible</b>	Use a child-friendly version - (International Children's Bible) Choose verses based around moving on/moving forwards, e.g Hebrews 12:1-3, Matthew
10 minutes	<b>Talk</b>	You may choose to use multi media options. Endeavour to keep under 10 minutes.
5 minutes	<b>Prayers</b>	You may want to think interactively and possibly link prayers to your talk/theme. You might choose to use the Lord's Prayer and the school prayer if they have one.
5 minutes	<b>Song</b>	
2 minutes	<b>Blessing</b>	

