



Assembly... Plus!

This pack is aimed at encouraging Year Six students to consider assembly themes in more depth. You can of course adapt the ideas below for any year group. We hope they will get your class thinking and talking about the topic. All of our resources are available to download at: www.splashschools.org.uk/resources

Lesson objective: To know how to use self-control.

Introduction:	<p>When are you tempted to do or eat something?! In the assembly, we saw someone who gave in to the temptation of eating a cookie – there was no self-control. Share examples of times when you (or someone you know!) have done the same thing!</p> <p>Self-control is challenging but it is something that we can practise and we will get better the more we try.</p>	
Main:	<p>Look together at Proverbs 25:16 (see resource sheet). Read it together and talk about it. This might be true for honey, but the proverb is warning us about having “too much of a good thing”. There are many things in the world around us that can become addictive if we don’t know when to stop. Children to discuss and find examples (ours are: sugar, food/overeating, biting nails, screens e.g. phones or gaming, gambling, caffeine, drugs and alcohol...)</p> <p>Ask children to focus on one area from the list they have created. What strategies could you advise someone who might be struggling with self-control in this area? E.g. storing foods out of sight, limits on screen time or apps to support etc.</p>	<p>Before Easter, Christians have a period of 40 days called lent, in which they practise self-control. Some people give up things and others try to spend more time with God each day. Some people take on a challenge like “40 acts”. It is a time to focus on Jesus before celebrating Easter. You can find out some interesting facts about lent at https://40acts.org.uk/about/40acts-5-facts-about-lent-you-should-know-before-easter/ and you can explore this website to see the challenges that some people might be doing each day. Discuss – has anyone given something up for lent, or knows someone who has? Can you think of examples in other world religions when people practise self-control?</p>
	<p>Look together at Proverbs 25:28 (see resource sheet). What would be the problem for a city with broken walls? Establish that it can be attacked easily - it’s weak. This proverb is saying that we are like that if we don’t have self-control. This about behaviours that are hard to control – being silly, anger, gossiping. Think of a time you found it hard to control one of these behaviours. Reflect on the city being attacked – when it happened, did people get hurt physically or emotionally?</p> <p>Children could draw an illustration for the proverb and write about how to have self-control, expanding on the idea of “stop, think, do” that we gave in assembly.</p> <p>Or you could spend some time trying some self-control games – there are some to try in this video: youtu.be/H_O1brYwdSY</p>	<p>Ask children to look up Luke 4, verses 1-13 in Bibles (or use resource sheet). Discuss: how is this story about self-control? Imagine you are in this story. If you were really hungry, would you give in to temptation? Talk about how Jesus is the model of self-control: he fought against temptation for 40 days in the desert. He had strong self-control because he knew what God the Father wanted him to do and how important it was. The Bible tells us that self-control is one of the fruits of the Holy Spirit. That means, God will help us to get better at it and grow it in our lives. Ask children to look up Galatians 5:22-23 in Bibles (or use resource sheet). Children could draw a tree with various fruits on it, labelled with the nine things in the verse. Then they could spend some time praying for these fruits to “grow” in them.</p>
Plenary:	<p>We’ve all had times in our lives where we regret not having more self-control. Whether we want to share these or not, we can probably all think of a time that we lost control of our behaviour, our anger, the temptation to eat something we weren’t allowed, to continue a game longer than we should, or tell someone’s secret. It’s never too late to use self-control in a situation – even if you’ve gone too far, you can always stop, think and do the right thing, like tying the knot in the balloon.</p>	