



Teacher notes: Spring 2 - Self Control

We hope you enjoy this assembly video, while we cannot visit your school.

You can find the video here: <https://youtu.be/2ZEM5I4FdSo>

Please read these notes before you get started.

This assembly is about self control. Lois and Jo are on a treasure hunt. During the journey they share situations where they lose control, and reflect together on how a better approach would be to “stop, think, do” (and demonstrate a way of remembering this with hand actions) – eventually realising this is about developing ‘self control’. We watch a Lego version of the Prodigal Son parable, have a game to illustrate self-control, and use a song to explain how to have self control, before summing up what we’ve learnt to try putting into practice.

The assembly lasts approx. 15 minutes and follows the following order:

| Time | Element | What you need to do |
|-------|--|---|
| 00:00 | Opening with images and words, like we usually show as children come into the hall but much shorter | |
| 00:31 | Introduction – starting the treasure hunt | |
| 00:48 | Practical examples of lacking self control on the journey, and explaining ‘stop, think, do’ with hand actions/traffic light | You could encourage the class to join in with the ‘stop, think, do’ hand actions when they are introduced |
| 05:08 | Bible story: ‘Prodigal Son’ parable, in Lego (sourced from https://www.youtube.com/watch?v=dPt-XJM9daM&t) | |
| 07:53 | Finding the treasure (‘self control’), including balloon game demonstration | |
| 11:16 | ‘Light-bulb’ moments about journey so far / how to practice self control | |
| 12:22 | Self control song | We sing the song twice and the lyrics are onscreen, so you could sing along in class on the second time |
| 13:29 | Summing up, including how God helps us with self control, and prayer | |
| 14:37 | Opening is repeated to close | |

You may wish to follow up this assembly with your class. We create a lesson plan with resources to accompany our assemblies called Assembly...Plus!, which explores the themes in more detail with ideas for PSHE or RE lessons. This is aimed at Year Six pupils, but you could adapt it for your class.

You can find the Assembly...Plus! pack at www.splashschools.org.uk/resources