



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 find out what resilience means and why it is important, and to help us build resilience though strength and gratitude.

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| Introduction: | In this assembly we heard from Penelope that losing her resilience was making her feel gloomy and less bouncy. As a class, discuss what Splash meant by “bouncing back?” Have you ever had the opportunity to help someone “bounce back, like Splash helped Rosie and Penelope? | |
| Main: | <p>In the assembly, Rosie wanted to give up trying to play the ukulele. Write a letter to Rosie, to encourage her love of music and to help her find resilience. Use encouraging words that will give her strength and help her to bounce back.</p> <p>In pairs, create a short skit showing how one person’s kind words and encouragement can lift the mood and resilience of another. Encourage pairs to act out their skit to the rest of the class.</p> | <p>In the assembly, we hear the story of Peter denying Jesus. We can only imagine how awful Peter felt. You may wish to click the link and watch a cartoon version of Peter’s story. https://youtu.be/Ppb9bKX1r7k?feature=shared</p> <p>Jesus shows us how forgiveness can help us to ‘bounce back.’ Maybe class members could share times when their forgiveness or being forgiven has enabled them to carry on.</p> |
| | <p>A few years ago, Lois from Splash was poorly for quite a long time, and she came across a mantra that she adopted. This helped her deal with setbacks and boosted her wellbeing. Her mantra was “keep on keeping on!” Mantras are similar to affirmations and over time they can help change the way we feel. Ask the children to find out what a “mantra” is and to try to write one that would help them when they need to focus on staying positive. Let them design a poster that showcases their mantra (see resource sheet 1).</p> <p>Having an attitude of gratitude can help with keeping positive. Go on a gratitude walk around the school, inside and out. Explain that it is about paying attention to what you see, hear, and smell. This can help with self-esteem and mental resilience. Following that, in your classroom, your students could design a gratitude wall, drawing images of those things they are grateful for, and displaying words that will give strength and encouragement when others may be feeling gloomy (for examples see resource sheet 2) If not a wall display, then maybe ask your students to keep a gratitude journal. This may promote a positive mindset.</p> | <p>We are currently in the season of Lent – a time of preparation for Easter. When we think of Easter, we recall the dramatic events that occurred in Jesus’ life. He was tortured, ridiculed, and put to death. Whilst on the cross He cries out ‘<i>Eli Eli lama Sabachthani</i>’ which means <i>my God, my God why have you forsaken me.</i> Many people were shocked to hear Him say these words, believing that Jesus was accusing God the Father of abandoning him – easy conclusion to make!! However, Jesus was actually quoting Psalm 22. Using class Bibles find Psalm 22 – (which was written 1,000 years before Jesus’ crucifixion.) (see resource sheet 3) your class may like to read Psalm 22 out loud (31 verses -one each!) In many ways this Psalm is a great demonstration of resilience when read in its entirety. Encourage the class to look at other Psalms that seek God’s strength in times of struggle!</p> <p>In small groups, ask the class to write their own Psalm on the theme of resilience!</p> <p>The Easter story is one ultimately of great joy – ask the class to find the passages that relate to Jesus’ resurrection from the dead. (See resource sheet 4). Each passage is similar but not exactly the same. Ask the class to look for the similarities and differences in each of the Gospels.</p> <p>Belief in the resurrection is central to Christianity. It shows that Jesus defeated death, and it is considered by many Christians to be proof of eternal life.</p> |
| Plenary | <p>As a class, watch the story “I am Courage – A book of resilience” by Susan Verde. https://youtu.be/rHqpAmLOCZ8?si=ISuGLSgrKAXjbsbl Ask your students this question “Does having resilience take courage?” When we’re faced with conflicts, or when things don’t go right, do you think we need to find courage in order to bounce back and find resilience?</p> | |