




Beyond

THE JOURNEY
CONTINUES



 THE CHURCH OF ENGLAND
Diocese of Manchester

CHURCH FOR A DIFFERENT WORLD

CHURCH & SCHOOL RESOURCE PACK



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.

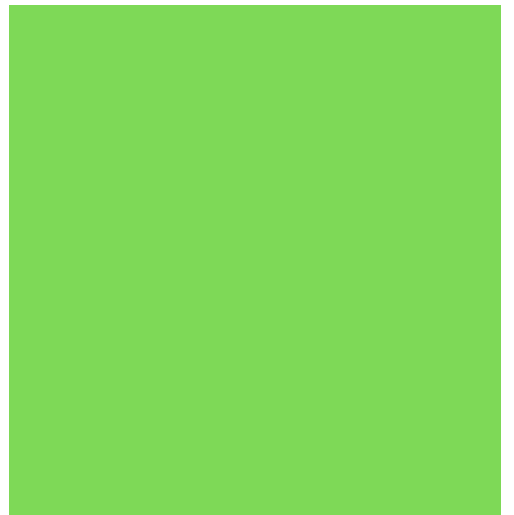




Hopeful, Brave & Kind



WORKSHEETS & PRINT-OUTS



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



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SESSION ONE - HOPEFUL



TIME	ACTIVITY	DESCRIPTION
	Welcome & Game	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	Icebreaker	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"> • You're running late for school • You wake up and it's snowing • Your friend says something unkind • You make a silly mistake • School is suddenly closed • You receive an invite to a party • You can't find your phone • Your favourite football team wins the league
	I am Hopeful (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.

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SESSION ONE - HOPEFUL



	<p>I am Hopeful 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"> • What is hope? <i>e.g. One definition is ‘a feeling of trust’. Hope in God is certain not like a wish.</i> • Where do we see hope? <i>e.g. Bible, other believers...</i> • What do we hope for? <i>e.g. Love, peace, healing, heaven...</i> • What/who do we put our hope in? <i>e.g. Things that are unchanging and constant – God.</i> • Can we lose hope? <i>e.g. Yes! When situations become overwhelming, our bags are full and we focus on the bad stuff.</i> • Can we always have hope? <i>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.</i> • How can we express that we are hopeful? <i>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...</i>
	<p>I am Hopeful (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>Prayers & End</p>	<p>Give space for the young people to think and pray about being hopeful. Base a simple prayer on the Bible verse.</p>

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SESSION TWO - BRAVE



	<p>Welcome and Game</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>I am Brave (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>
minutes	<p>I am Brave (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: https://www.youtube.com/watch?app=desktop&v=AcfmHoUiNnw</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. 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. <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>I am Brave (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"> • Which lines of the verses do you like? • Which ones are hard to read or understand? • How do these verses help us today?

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SESSION TWO - BRAVE



	I am Brave (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.
	I am Brave (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	Prayer	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.
	End	Depending on time either plan a game or have a question and answer space around the topic of moving schools.

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SESSION THREE - KIND



	<p>Welcome and Game</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>I am Kind (Game)</p>	<p>Back to back get up tournament (if space)</p>
	<p>I am Kind (What is Kindness)</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>
minutes	<p>I am Kind (Bible passage)</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"> • Are there some people it is easy to be kind to? • Are there some people it is hard to be kind to? • Should we be kind to everyone? • Why? <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>

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SESSION THREE - KIND



5 minutes	I am Kind (Activity sheet)	<p>Design an emoji for kindness. Emoji Prayer linked to kindness and Bible verse. (You can use emojis)</p> <p>Alternative poem or picture about kindness. Emphasise on looking at kindness in a creative way.</p> <ul style="list-style-type: none">• Charles Mackesy - 'The funny thing is' said the mole, 'the tiniest act of kindness can save a life.'• 'Anxiety weighs down the heart, but a kind word cheers it up.' Proverbs 12:25 NIV UK
5 minutes	I am Kind (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	I am Kind (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>

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SESSION THREE - KIND



5 minutes	Reflection and Closing Prayer	<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.

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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>

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/>

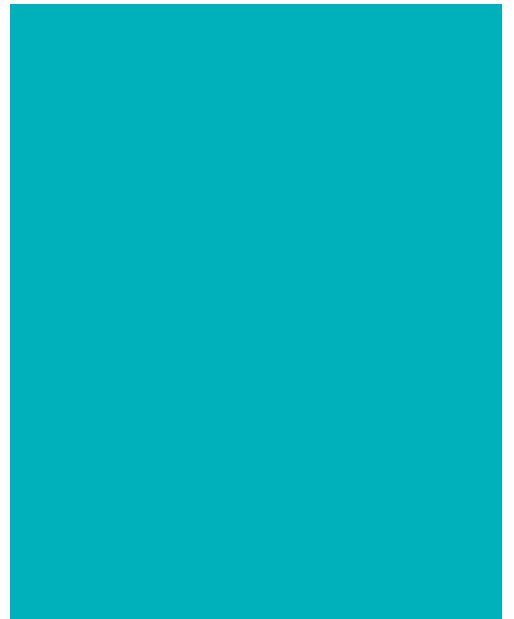
Pass the emotion - <https://spirituallyhungry.com/pass-the-emotion-game-instructions/>

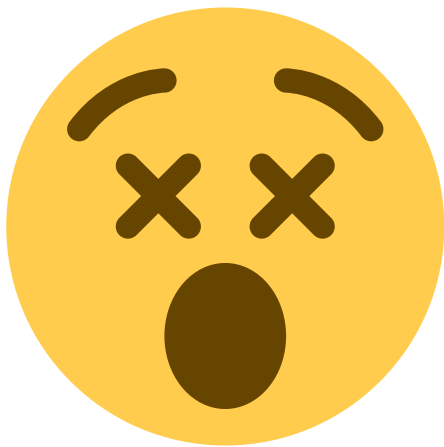
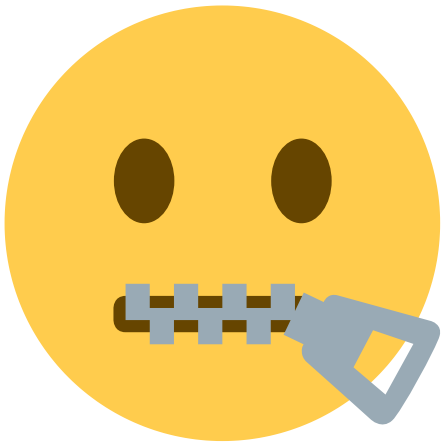


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WORKSHEETS & PRINT-OUTS







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





‘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...**

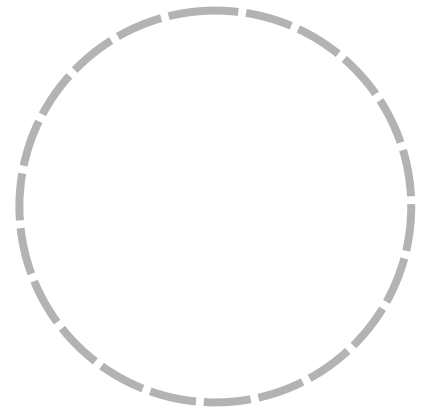
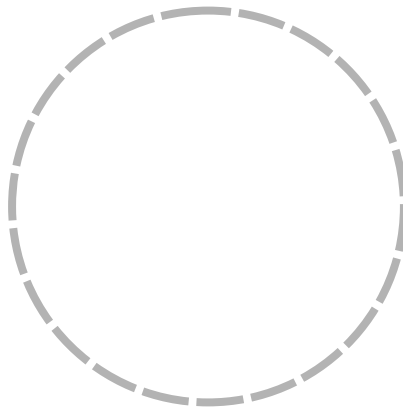
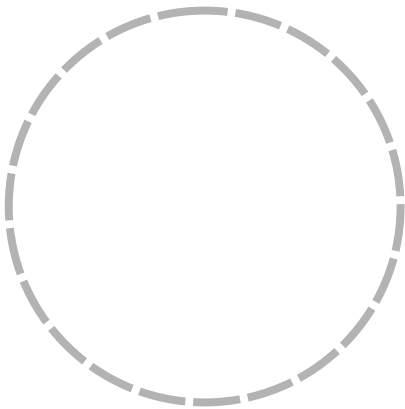
***'DON'T BE AFRAID TO ASK
FOR HELP FROM SOMEONE
YOU TRUST.'* WHO CAN I
ASK FOR HELP?**



‘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