

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. Schools 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.



Hopeful, Brave & Kind



LESSON PLAN & WORKSHEETS



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



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LESSON PLAN: 1 OF 5 PAGES



TIME	ACTIVITY	DESCRIPTION
minutes	Icebreaker	<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">• 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)	<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>
	I am Hopeful (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>

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LESSON PLAN: 2 OF 5 PAGES

	I am Hopeful (Bible verse)	<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	I am Brave (Emotions Bag)	<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	I am Brave (Bible passage)	<p>Read the verse out to the pupils or ask for a volunteer/volunteers to read it out. Ecclesiastes 3:1-8</p>
	I am Brave (Exploring our emotions - Inside Out)	<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 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>

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LESSON PLAN: 3 OF 5 PAGES



	<p>I am Brave (Exploring our emotions - Inside Out) (Continued)</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, 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.</p>
5 minutes	<p>I am Brave (Activity sheet)</p>	<p>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</p>
5 minutes	<p>I am Brave (Emotions Bag)</p>	<p>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.</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/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.</p>

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LESSON PLAN: 4 OF 5 PAGES

minutes	I am Kind (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">• 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>
5 minutes	I am Kind (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">• 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 - 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>

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LESSON PLAN: 5 OF 5 PAGES



minutes	<p>I am Kind (Memory Verse)</p>	<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	<p>Reflection and Closing Prayer</p>	<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.

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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

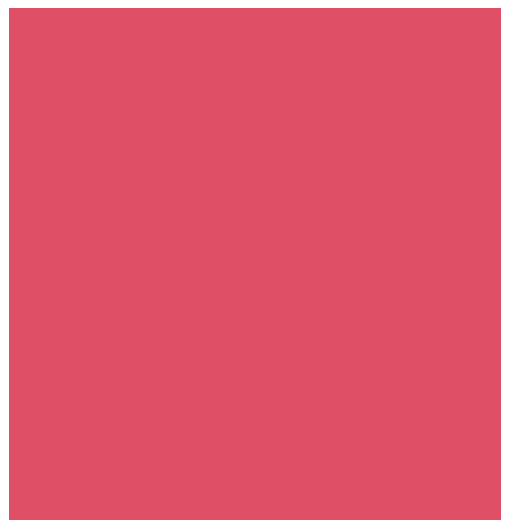
Zip bong - <https://spirituallyhungry.com/zip-bong-game-rules-and-instructions/>

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/>

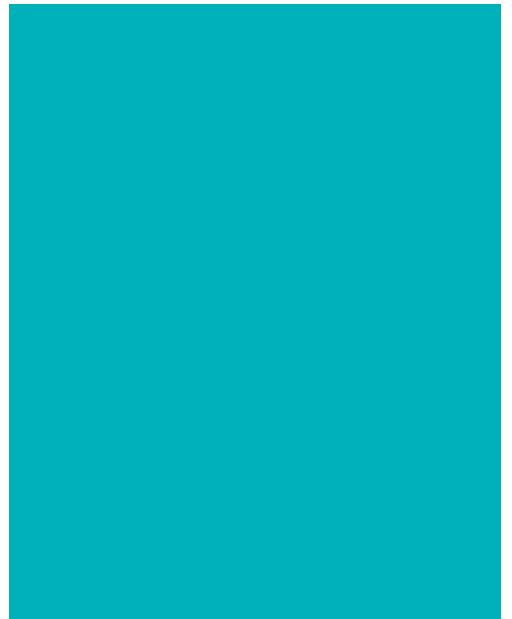
Pass the emotion - <https://spirituallyhungry.com/pass-the-emotion-game-instructions/>

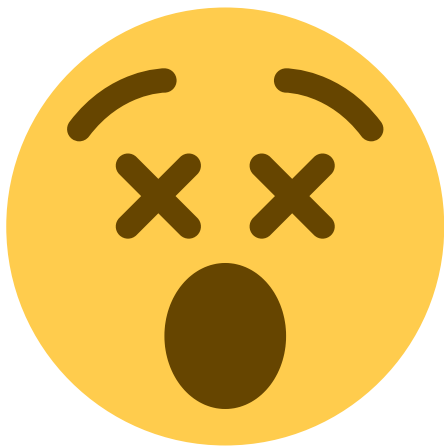
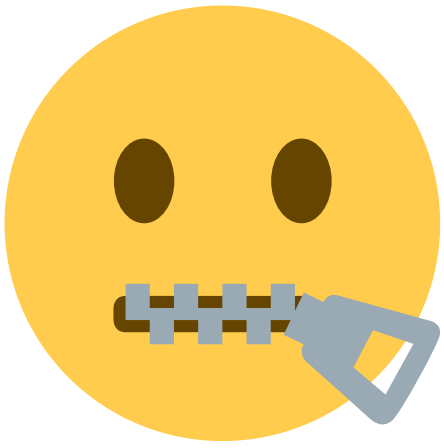


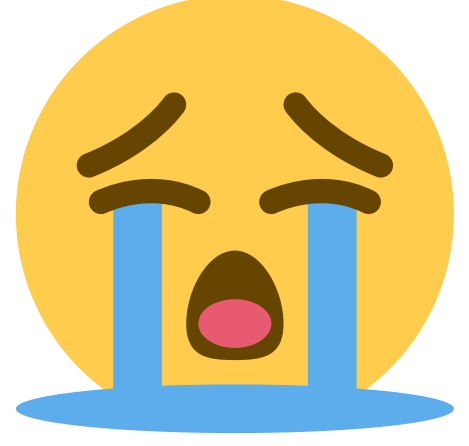
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WORKSHEETS & PRINT-OUTS







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...

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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...**

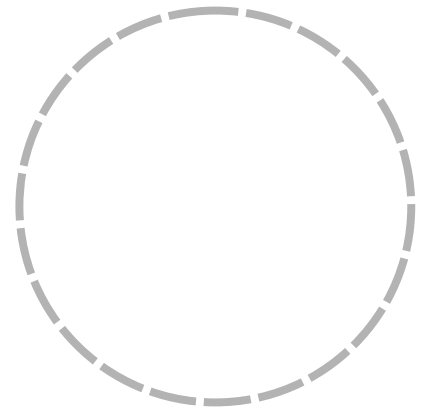
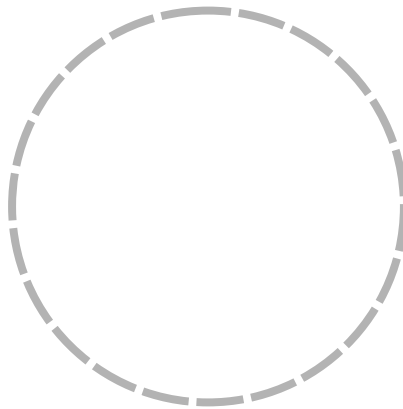
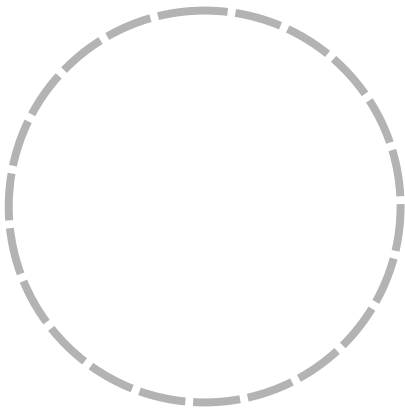
***'DON'T BE AFRAID TO ASK
FOR HELP FROM SOMEONE
YOU TRUST.'* WHO CAN I
ASK FOR HELP?**



‘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

