



caritas

diocese of hallam

promoting care and social action

Day 1:
Good Shepherd
Learning

Suggestions for Teachers in

Primary Schools

Lent 2022





An Introduction for Teachers to Good Shepherd Learning

A key focus of the work of Caritas Hallam is on helping us, our young people and the wider communities within the Diocese to have Good Mental Health.

So the proposed focus for Day 1 is on Learning about Good Mental Health, using references about the Good Shepherd from the Holy Bible to inspire discussion.

The key focal points are:

- What can we do to look after ourselves? *(See pages 3-6)*
- What can we do to help look after others? *(See page 7)*
- Where does Jesus, the Good Shepherd, fit into this? *(See pages 8-10)*

You know your students and your setting, and are the best judges of what will work. But to help you with your planning, we have made some suggestions for you to consider:

1. The Six Ways to Well-Being *(with thanks to the Children's Society)*
2. Suggestions for Scripture Reflection & Discussion
3. Suggestions for Connect and Keep Learning!





What can we do to look after ourselves?



There are plenty of ways we can look after ourselves - physically, mentally and spiritually. One great example of how we can look after ourselves mentally is the Six Ways to Well-Being. Think of it as our 'six-a-day' for our mental health!

The next 3 pages (page 4-6) give you some information about this model, and a description of each of the six ways. It lends itself to general class discussion, and even some sort of more active 'brainstorming' activity.

Activity Option – Write Your Own Six Ways Personal Well-Being Plan: You may want to encourage each child to create their own Well-Being Plan. If this is the case, please look out for the template we have provided for this purpose; simply print it off and you are good to go. *(Please see separate 1-page pdf of the same name).*

Activity Suggestion For Keep Learning: You could ask the class to share their facts. What are the most bizarre or amazing facts they know? Sharing what we know about it is a good way to engage in conversations with others. Not only can we find out something interesting, but we get to Connect too!

Please see page 7 for more suggestions around **Connect** and **Keep Learning**.



Six Ways to Well-Being



Connect

Keep Learning

Be Creative

Take Notice

Be Active

Give



Connect

Connecting with others is really good for our mental health. Just like sheep fare better when they are together in a flock, so do human beings. We are social creatures, and we feel better when we spend positive time with others. Improving our well-being often starts with a conversation that builds into a positive relationship. If somebody is struggling to cope with how they are feeling, talking to someone about it is one of the most important things to do. That someone could be a teacher, school counsellor, youth leader, doctor, parent, carer, friend or family member.

Keep Learning: Learning is not just for school – it's a lifelong adventure! Learning new skills and hobbies can give you a sense of achievement and a new confidence. Find the things that bring you joy and keep learning more!

Keep Learning

Be Creative

Be Creative: Being creative and engaging in play have also been identified as important aspects of our well-being – however old you are! Engaging in artistic, music-related and play activities are a great way of adding enjoyment into our daily lives and help us to feel positive.

Take Notice: Spending time taking notice of the things happening around us can be a really helpful strategy, especially when we find ourselves worrying about the past or the future. Spending time focusing on the present moment and practicing gratitude for the things around us can be a great way to take notice of the positive things in our lives.

Take Notice

Be Active

Be Active: We know that being active is one of the best things we can do to look after our mental health. This doesn't just have to be in the typical way; there are lots of different ways that we can make sure we are getting our bodies moving and boosting the 'happy chemicals' in our brain.

Give: Research has shown that actions to help other people have a huge positive impact on our own well-being. It could be small acts of kindness towards other people, or larger ones like volunteering in your local community, or fundraising for a good cause.

Give





What can we do to help look after others?



Once again, there are plenty of ways we can look out for other people. This probably warrants some discussion. A special focus **Connect** and **Keep Learning** can also help to bring it to life for your class.

Connect is not only good for us, but it's good for others too! And **Keep Learning** doesn't just have to be about school – it can be about things you learn for fun. Here are some **Activity Suggestions**:

Connect with a Game: There are lots of great games you could use to getting your students connecting with other people in the class. For instance, Find Your Pair game (guess the healthy food on your sticky note; once you know what healthy food you are, you then find your matching partner), or an ice-breaker type activity.

Connect with a Purpose: Doing things *with a purpose* helps us to better Connect with others. The purpose could be, for instance, to plan and agree how the class would like to raise money to support the work of Caritas (please see Day 3 Resources for some suggestions!). The purpose could also be how to connect with others around the Good Shepherd Video Challenge. Whenever we Connect with others to do something new, there are always *plenty* of opportunities to Keep Learning!



Where does Jesus, the Good Shepherd, fit into this?

Did You Know? There are at least 21 Bible Verses that refer to us as ‘Sheep’, and God as the ‘Shepherd’.

Even science shows that Religious Education can be instrumental to improving child / adolescent mental health (e.g. Estrada et al, 2019). When we turn to Jesus in faith, the power of our Good Shepherd can make a massive difference to our mental health!

We all come from God, and – whether we remember it or not – we are all trying to find our way back to God. God is ‘the Source’ of all life, all peace, all hope and all love. To be truly at peace with ourselves, we need to ‘plug’ into the Source that is God.

Jesus is our Good Shepherd – the Light who shows us the way. He is the Truth, the Way and the Life. In simple terms, life is MUCH better with Jesus in it!!

We have 2 Scripture Suggestions to share with you, written in language suitable for Primary Aged Children (page 8 & 9). There are some activity suggestions on page 10.





Scripture 1: The Sheep & The Shepherd

Jesus said to his disciples:

“I am the good shepherd, and the good shepherd gives up his life for his sheep.

Hired workers are not like the shepherd.

They don't own the sheep, and when they see a wolf coming,
they run off and leave the sheep.

Then the wolf attacks and scatters the flock.

Hired workers run away because they don't care about the sheep.

I am the good shepherd. I know my sheep, and they know me.

Just as the Father know me, I know the Father,
and I give up my life for my sheep.

I have other sheep that are not in this sheep pen.

I must bring them together too, when they hear my voice.

Then there will be one flock of sheep and one shepherd.”

John 10:11-14





Scripture 2: The Good Shepherd

You, Lord, are my shepherd,
I will never be in need.

You let me rest in fields of green grass.
You lead me to streams of peaceful water,
and you refresh my life.

You are true to your name,
and you lead me along the right paths.
I may walk through valleys as dark as death,
but I won't be afraid.

You are with me
and your shepherd's rod makes me feel safe.
Your kindness and love will always be with me
every day of my life,
and I will live forever in your house, Lord.

Psalm 23: 1-3a,3b-4,6





Scripture Reflection & Discussion:

The Holy Bible is God's love letter to His people. When a person engages with the Word of God, the Holy Spirit has the chance to *communicate back* – and personally. Here are some suggestions for Reflection & Discussion with your class:

Activity Suggestion for younger classes: you may consider doing something around Godly Play. If you are unfamiliar with Godly Play, here is a YouTube video that shows you how this can be done:

Godly Play – The Parable of the Good Shepherd

<https://youtu.be/4I9GiHqIshU>

Activity Suggestion: “Scripture Sherlocks” (with thanks to St Marie’s School!). Choosing some /part of the Scripture texts, prepare a worksheet to help your class engage with the text – appropriate to their level. You can find an example of this on page 11. Your questions could be based around what Jesus, the Good Shepherd, said he would do to help us.

Simple Discussion: Or you could simply have a class discussion around the text, exploring some of the ways that the Good Shepherd promises to look after us (if we let Him!).





Scripture Sherlocks



7th December 2021

Reveal 3: **Make links** between scripture texts and the belief that God sent Jesus to earth as the long-awaited Messiah.

What is the 'Good News'?

That God is coming back to us. He's like a sheperd looking after mother ewes.

Go up to the top of a high mountain, joyful messenger to my people

Shout as loud as you can.

Proclaim the good news for everyone to hear.

Say to them all, "Here is your God."

Your God is coming strong, powerful, true and dependable.

Your God is coming like a shepherd feeding his flock, gathering the lambs, holding them close.

Yes, God is like a shepherd looking after the mother ewes, leading them to a place where they can rest.



Based on Isaiah 40:9-11 (God's Story 3)

What kind of person does a shepherd have to

respectful, be?, calm, true, loving

Why is it 'Good News'?

Our sins will be forgiven and God loves us always

What adjectives are used to describe God?

He's strong, powerful, true and dependable

How were the people told to prepare for the coming of the Messiah?

By Spending the Good news.

