



caritas

diocese of hallam

promoting care and social action

Day 1: Good Shepherd Learning

Suggestions for Teachers in

Secondary 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 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 c..... 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: We have provided a template for you to print off and use to encourage each young person to create their own personal Well-Being Plan. *(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**.



Good Mental Health: Six Ways to Well-Being



Connect

Keep Learning

Be Creative

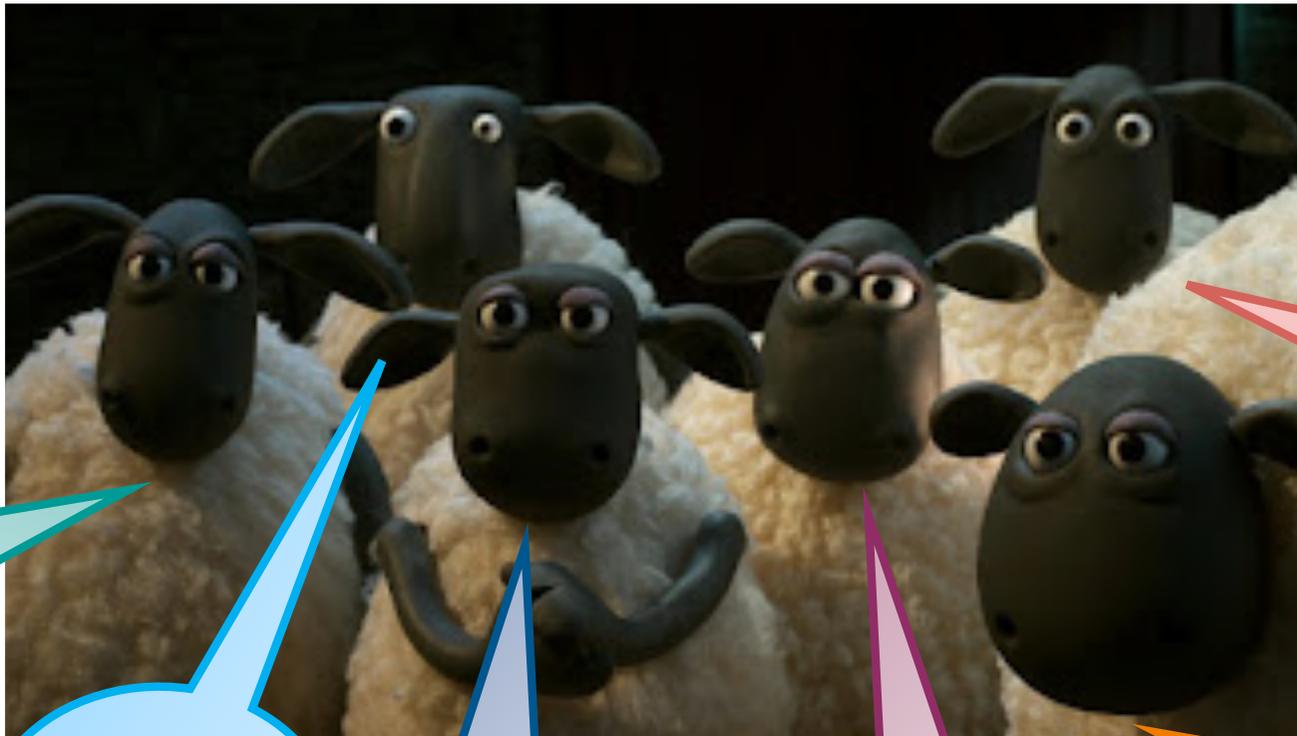
Take Notice

Be Active

Give



Good Mental Health: Six Ways to Well-Being



Connect

Keep Learning

Be Creative

Take Notice

Be Active

Give



Connect

Connecting with others is vital for good 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 celebrity on your sticky note, once you know who 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’.

Religious Education can be instrumental to improving adolescent mental health (Estrada et al, 2019 – you can find the research paper here: <https://rdcu.be/cFryY>). And that’s before you factor in the many miracles that can come through faith!

Because 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 as our Good Shepherd – the Light who shows us the way. The Truth (that many people have to discover for themselves) is that life is MUCH better with Jesus in it!!

We have some suggestions for Scripture over the page (page 9), and some suggestions for Reflection and further discussion with your class on page 10.





Scripture: The Sheep & The Shepherd

The Lord is my shepherd; I shall not want.

² He makes me lie down in green pastures.

He leads me beside still waters.

³ He restores my soul.

He leads me in paths of righteousness

for his name's sake.

Psalm 23:1-3

When he saw the crowds, he had compassion for them, because

they were harassed and helpless,

like sheep without a shepherd.

Matthew 9: 36

“I am the good shepherd. I know my own

and my own know me”

John 10:14





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:

Reflect: Ask your students to spend a few minutes reflecting on this Word of God.

Discuss:

- **One of the major ways the Holy Spirit speaks to us, is through the Word of God.** What particular words stand out for them personally?
- What do these verses teach us about God?
- And what do these verses teach us about ourselves?
- What do these verses teach us about the special relationship we have with God – and especially with God-the-Son, Jesus?

We are all invited to have a *personal* relationship with Jesus – one where he hears us, and we hear him. Reading the Word of God is a great way to start! It takes practice to tune into God's voice, but EVERYBODY can hear from God personally, if they really want to. *Seek Him and you shall find!*

