



Assembly... Plus!

This pack is aimed at encouraging Year Six students to consider assembly themes in more depth.

We hope the ideas below 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: reflect on how we can enjoy time on our own.

<p>Introduction: Busy, busy, busy</p>	<p>In pairs, tell your partner all the things you do in a normal week (e.g. school, childminder, clubs, rehearsals, sports etc.). Listen to each other then see how many things you can remember – one point for each activity. Who got the most points? As a class, reflect: everyone always seems to be so busy, no matter what their age! Why do you think we fill our lives with activity?</p>	
<p>Main: Ways to spend time alone</p>	<p>Watch the incoming video from assembly again. Display or give out the lyrics for the song Breathe (see resource sheet). Reflect: which lines remind you of your life? Share with a partner. Do you feel you need more time to breathe? Write out and illustrate the lyrics to the chorus (or a line that is meaningful to you). While you illustrate, take time to breathe.</p>	<p>Using the quiz (see resource sheet), children use Bibles* to find the verses referenced. What do these verse all have in common? Does this surprise you? Discuss in pairs and share ideas with the class. *If you don't have Bibles to use, you could use an online Bible such as biblegateway.com to search for the verses.</p>
	<p>Watch the box video from assembly again. Discuss how being alone can give you time to be creative. Give each child the same object – a paper plate would work well but if you don't have any, try a piece of paper, a ruler, or something else. Set a challenge to think of as many ideas as possible. You could share in a circle, adding one creative idea at a time, or use post-its to add ideas to a wall, or make individual lists and share in pairs.</p>	<p>Remind children of the creation story and focus on the seventh day, when God rested. Why is this an important part of the story? Ask children to look at one of the Ten Commandments from God in Exodus 20:8-11 in their Bibles (or use resource sheet). Why is it important to God that we rest? Do you have a Sabbath day in your family? Would you like one? What would you like to do on your Sabbath day? Reflect on this in pairs or as a class.</p>
<p>Plenary: Practising time alone</p>	<p>Give your class some time to practise the skill of spending time alone in their thoughts. Here are some ideas:</p> <ul style="list-style-type: none"> You could do this very simply with a breathing exercise. There are many examples of mindfulness exercises for classes – if you haven't heard much about this, just google for inspiration! Children might choose to draw or colour while they have some time alone with their thoughts. Lead children in a time of prayer. It might be nice to go outside for an activity like this so that they can look at creation and thank God for what they see. <p>If your class enjoys this, consider adding a short time of prayer or mindfulness into the timetable – maybe ask them for their thoughts.</p>	