



# Assembly... Plus!

This pack is aimed at encouraging Year Six students to consider assembly themes in more depth. You can of course adapt the ideas below for any year group. We hope they will get your class thinking and talking about the topic.

All of our resources are available to download at: [www.splashschools.org.uk/resources](http://www.splashschools.org.uk/resources)

## Lesson objective: consider the worries we have and what we can do about them.

<p>Introduction: Everyone worries</p>	<p>Watch the assembly video. Discuss things that jumped out, surprised you or made sense. Why do you think Splash chose to do an assembly about worrying this term?</p>	
<p>Main: What can we do about our worries</p>	<p>Use the puppet script to think about things that make people worry. You could give out the script (see resource sheet) and ask children to act it out in pairs, changing things as they go along to make their own version. Or you could ask children to create their own drama skit where one person is describing their worries and someone else is helping them.</p> <p>This could link well to looking at agony aunt columns or websites and writing responses to help other people with their worries. Or children could make posters to display around school giving strategies to help with worrying.</p>	<p>Ask children to find the story of Jesus telling the disciples not to worry in their Bibles in Matthew 6, verses 25-34 (or use resource sheet). They could read this again to themselves or you could watch the section of the video (11:11) again.</p> <p>Reflect and discuss with a partner: How do you feel about these directions from Jesus? How easy is it for you not to worry? Write a letter to Jesus to tell him how you feel about his words. You might tell him what you find easy or difficult about worrying and ask him to help you.</p>
	<p>Work with the song Don't Worry, Be Happy. You could look at the full lyrics (see resource sheet). There is plenty to discuss here, e.g. What can we do to help when someone is facing big worries? Does that mean someone else's smaller worry isn't important? How can you measure the size of a worry? You could explore some organisations that help children with worries and present this information to help others.</p> <p>Reflect: How is positive thinking helpful when you are worried?</p> <p>You could watch this video of a performance <a href="http://youtube.com/watch?v=uWXUWepSak4">youtube.com/watch?v=uWXUWepSak4</a> and look at the different instruments, countries. Do the musicians look happy? How does music make you feel? How can it help when you are worried? You could sing the song if safe to do so, or join in with signs or instruments (ukuleles only need 3 chords!). You can find the signs for the full song here: <a href="http://youtube.com/watch?v=Rpz3gahblig">youtube.com/watch?v=Rpz3gahblig</a></p>	<p>Ask children to look up Jeremiah 29, verse 11 in Bibles (or use resource sheet).</p> <p>Think about the plans in your life so far. What has happened along the way? Children could make a map or timeline of their life journey. God says he has good plans for your life. Reflect on the way that God has helped you on the journey so far or any plans that he has already started. What do you think God has in store for your future?</p> <p>Lots of Christians have memorised this verse. How do you think it helps them when they are worried?</p>
<p>Plenary: Positive thinking</p>	<p>Look at the image (in resources) of the reading from Philippians, 4:8. Children to reflect on how we can 'catch' negative thoughts and choose positive thoughts instead. How can you help yourself/a friend to do this?</p> <p><i>If appropriate, you may like to have a worry box in your class during the week so children have somewhere to put their worries anonymously. Share some at the end of the week and discuss strategies for helping.</i></p>	