

Assembly Plan

SUBJECT

How Are You Feeling?

GRADE

Nursery-KS3

TERM

1A

OVERVIEW

Diocesan Vision: Caring about our behaviour

SRE Curriculum: Ability to act with kindness, empathy... Ability to form relationships that are equitable... Understanding positive behaviours... Experiencing inclusive language...

Summary: Explores naming and acknowledging feelings. Firstly, by asking children to think about what we mean by the word feelings and then exploring how situations and context can affect our feelings. Supplementary materials focus around mindfulness, well being and the story of St Paul and could be used in conjunction with the video to fill a longer session if necessary.

PHASES

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DIRECTIONS

PHASES	NOTES	DIRECTIONS
<p>PREPARATION AND MATERIALS</p>	<p>Power point of slides from video</p> <p>Inspired by an assembly by R. Parkinson (2006) assemblies.org.uk</p> <p>Slides are differentiated for key stages.</p>	<p>Differentiation for younger pupils. You may like to use puppets to explore feelings.</p> <p>As you mention feelings, you could ask children to act out what they think each emotion looks/sounds like.</p> <p>Schools are multi faith/belief communities. Please remember to use inclusive, non gendered language for God (e.g. using God not he or she), give reflective option to children who do not want to pray and start prayers with Our God to enable those of other faiths to feel free to pray.</p>
<p>WELCOME</p>	<p>Today we're going to talk to you today about feelings.</p> <p>We all have feelings.</p> <p>Why do you think it might be important to be able to talk about our feelings?</p>	<p>Suggestions of possible answers (answers will be in age appropriate language)</p> <p>-we know how we feel in different situations.</p>

PHASES**NOTES****DIRECTIONS**

		<p>-so we can learn to respond to our feelings appropriately</p> <p>-so we can learn to respond to other people’s feelings.</p> <p>-so we can learn to respect ourselves and other’s feelings</p>
TELL	Some feelings make us feel good and some make us feel not so good but they are really important and being able to say how we feel is really important.	
ASK	How many emotions and feelings can you name.?	Put the emotions slide up on the screen as a prompt.
EXPLAIN	<p>Before we come to school, loads of things happen which can make us feel lots of different things and can sometimes last into the day and change how we treat people and how people treat us.</p> <p>For example,</p> <p>You might have got to school and realized that you left your packed lunch at home.</p> <p>This might make you worried and anxious about your lunch. When someone is anxious or worried they might snap at their friends or teachers. But, if you tell your friends or teachers that you are feeling worried because you have forgotten your lunch instead of feeling anxious you can now feel relief because its all sorted out and you have lunch.</p> <p>Can you think of the different moods or feelings that you might</p>	<p>Nursery – KS1: Exploring my emotions (Differentiated for Reception/KS1 & 2)</p> <p>KS2 - Exploring my emotions (Differentiated for KS2 older/higher ability KS1)</p>

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	<p>have when you come to school and what might cause those moods or feelings and then I want you to think about how you can share those feelings if they are good or not so good.</p>	
<p>REMIND/ CONSOLIDATE</p>	<p>Do you know that it is not wrong to feel the way you feel at any given time. We can't help the way we feel sometimes but we can do our best to try to understand how our feelings and behavior might affect others and also if we show care and consideration to the feelings of others then it can help to make sure that we all feel loved and cared for.</p> <p>When we think about how we are feeling and how others are feeling we show kindness both to our selves and other people.</p> <p>Now there's a guy in the Bible called Paul. And He was rubbish at thinking about other people's feelings to the point that for a while he was a real bully.</p> <p>And then one day he met Jesus on a road and Jesus made him realise that he wasn't behaving with kindness and love and he changed his ways. And he said this. He said 'Love is patient and Love is Kind'.</p> <p>If we listen to people and are kind and patient to ourselves and to each other then the world feels like a kinder place.</p>	<p>In class supplemental to go with videos:</p> <p>www.youtube.com/watch?v=rLZ67inPx-4 (KS2)</p> <p>https://youtu.be/IIXFy3zjH4 (KS1)</p> <ul style="list-style-type: none">• Card sort on the story of Paul's Conversion

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<p>PRAY/REFLECT</p>	<p>Close your eyes and think about your day so far.</p> <p>Has anything happened today to put you in a particular mood? Is it a good mood or a not so good feeling mood?</p> <p>Think about those around you and try to remember that they may not be feeling the same way as you.</p> <p>Is there someone who you find hard to get on with. Why not make a special effort to be kind to them today and to try to understand their point of view.</p> <p>In a moment, we're going to pray.</p> <p>If you don't want to pray that's absolutely fine. I'd like you to imagine in your head somebody who has been to kind to you, and I would like you to say thank you to them and if you see them in person later say thank you to them for real.</p> <p>Our God,</p> <p>Thank you for the gift of feelings.</p> <p>Please help me to be patient with other people, even when they make me cross.</p> <p>Please help me to try to understand them and be kind and caring.</p> <p>Amen</p>	<p>Supplemental:</p> <ul style="list-style-type: none">• Mindfulness journal for younger and older.• Well being bingo to assist pupils in understanding self-care. <p>Extension Task:</p> <p>Create a poster to put up in your classroom to encourage pupils to listen to each other and be mindful of each other's feelings</p>
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Video Script (Clergy/Leader Copy and Paste this into Teleprompter to create subtitles etc)

Hello! My name is ... and I am going to talk to you today about feelings.

We all have feelings.

Some make us feel good and some make us feel not so good but they are really important and being able to say how we feel is really important.

How many emotions and feelings can you name.?

There are some to help on the screen now.

Before we come to school, loads of things happen which can make us feel lots of different things and can sometimes last into the day and change how we treat people and how people treat us.

For example,

You might have got to school and realized that you left your packed lunch at home.

This might make you worried and anxious about your lunch. When someone is anxious or worried they might snap at their friends or teachers. But, if you tell your friends or teachers that you are feeling worried because you have forgotten your lunch instead of feeling anxious you can now feel relief because its all sorted out and you have lunch.

Can you think of the different moods or feelings that you might have when you come to school and what might cause those moods or feelings? Then, I want you to think about how you can share those feelings if they are good or not so good.

Do you know that it is not wrong to feel the way you feel at any given time. We can't help the way we feel sometimes but we can do our best to try to understand how our feelings and behavior might affect others and also if we show care and consideration to the feelings of others then it can help to make sure that we all feel loved and cared for.

When we think about how we are feeling and how others are feeling we show kindness both to our selves and other people.

Now there's a guy in the Bible called Paul. And He was rubbish at thinking about other people's feelings to the point that for a while he was a real bully. And then one day he met Jesus on a road and Jesus made him realise that he wasn't behaving with kindness and love and he changed his ways. And he said this. He said 'Love is patient and Love is Kind'.

If we listen to people and are kind and patient to ourselves and to each other then the world feels like a kinder place.

Time for reflection

Close your eyes and think about your day so far.

Has anything happened today to put you in a particular mood? Is it a good mood or a not so good feeling mood?

Think about those around you and try to remember that they may not be feeling the same way as you.

Is there someone who you find hard to get on with. Why not make a special effort to be kind to them today and to try to understand their point of view.

In a moment, I'm going to pray.

If you don't want to pray that's absolutely fine. I'd like you to imagine in your head somebody who has been to kind to you, and I would like you to say thank you to them and if you see them in person later say thank you to them for real.

Our God,

Thank you for the gift of feelings.

Please help me to be patient with other people, even when they make me cross.

Please help me to try to understand them and be kind and caring.

Amen

SUBJECT

Remembrance

KEY STAGE/S

Nursery-KS3

DATE

Term 1B

OVERVIEWDiocesan Vision: Caring about our behaviourSRE Curriculum: Ability to act with kindness, empathy... Ability to form relationships that are equitable... Understanding positive behaviours... Experiencing inclusive language...Summary: Explores the idea of remembering and Remembrance. Firstly, the assembly asks the students to think about the process and action of remembering and how memories can create emotions and reactions. Secondly, the students explore the image of a poppy and what it means and finally, students are asked to reflect and give thanks for those who protect us and keep us safe.**PHASES****NOTES****DIRECTIONS**

PHASES	NOTES	DIRECTIONS
PREPARATION AND MATERIALS	Power point of slides from video Slides are differentiated for key stages. Puppet, souvenir or photo etc. Links to: Last Post, Cbeebies/cbbc Remembrance videos Supplemental work sheets for class assemblies You might also like to source a large number of BL poppies for students to hold while they pray/reflect	Differentiation for younger pupils. You may like to use puppets to explore feelings. Schools are multi faith/belief communities. Please remember to use inclusive, non gendered language for God (e.g. using God not he or she), give reflective option to children who do not want to pray and start prayers with Our God to enable those of other faiths to feel free to pray. Please be aware that there maybe individuals who can be triggered by Remembrance day. Many schools may have refugees etc in their cohort. Before assembly, contact the RE Lead, head or point of contact to ask if there are any students or staff who may be affected by the content and send your content ahead of time for approval should there be a need for amendment owing to sensitivity of students or observing staff.

PHASES**NOTES****DIRECTIONS**

PHASES	NOTES	DIRECTIONS
WELCOME	Today, we're going to think about remembering. Can you close your eyes and try to remember what you did yesterday.	
TELL	<p>I would like you to take a couple of minutes to share with someone sitting near you some of the things you remember from yesterday.</p> <p>Now I would like you to close your eyes and try and remember something that happened when you were very little.</p>	<p>Supplementary resources:</p> <p>KS1- Story board with clocks to draw times from yesterday</p> <p>KS2 – Comic book template to create comic strip of events from day before.</p>
ASK	<p>What can you remember?</p> <p>Was it harder to remember things from long ago?</p> <p>Why do you think it is harder to remember things from long ago?</p> <p>Now I have brought some one very special with me today. Sometimes when we find it hard to remember a long time ago objects can help us remember things that have happened.</p> <p>(You can use any toy, photo,souvenir etc here)</p> <p>Do you know who this is? Yes that's right this is Gruffalo. Now I brought Gruffalo today because he is very special to me.</p>	<p>Supplementary:</p> <p>KS1/2 Mood board/collage of things that remind student of a fun/happy time.</p>

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	<p>Whenever I see a Gruffalo I remember going on picnics and Gruffalo makes me think about lovely things like cakes and ice cream. Because when my children were little we would pretend that we were looking for Gruffalos when we went to St Fagan's or to a country park. So Gruffalo makes me remember those times and I'm really thankful for those memories.</p> <p>What do you think of when you see this image?</p> <p>Why do people wear poppies this time of the year?</p>	
<p>EXPLAIN</p>	<p>This time of year people buy poppies and wear them to show that they remember all the people that have been killed or injured protecting us during times of war and that they want to say thank you to them for all that they have done.</p> <p>War is a horrible thing to happen. And charities sell the poppies to help raise money for people who are still living with the affects of war. Although we might think about WW1 or WW2 when we see a poppy unfortunately there have been many wars and conflicts since then.</p> <p>There are still soldiers, air crewe, naval crews, police officers, fire officers, ambulance crews, their families and many other people</p>	<p>In class supplementals to go with video</p> <p>Supplemental:</p> <p>Poppy to colour/collage to create a display as a collective act of Remembrance.</p>

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	who might need help with care with injuries or they might need help with bad memories of war that they don't want anymore or when somebody has died their family might need help to not feel quite so sad all the time.	
REMIND/ CONSOLIDATE	So when we see a poppy it's a reminder to us to remember and say thank you to those people who try to keep us safe and protect us. Who protects us that we need to remember and thank?	Possible answers: Army Airforce Navy Police Ambulance
PRAY/REFLECT	I would like you to imagine in your head a beautiful poppy and think about those people who protect us everyday and say a big thank you. (Poppy Screen- Hold silence for a minute as act of Remembrance) Amen.	Supplemental: Video: when bad things happen ad Cbeebies video. KS2/ colour in on a map all the places in the world where there is a war. Place map up in hall or classroom and choose a location to pray for each day.

Video Script (Clergy/Leader Copy and Paste this into Teleprompter to create subtitles etc)

Today, we're going to think about remembering. Can you close your eyes and try to remember what you did yesterday.

(Pause screen)

I would like you to take a couple of minutes to share with someone sitting near you some of the things you remember from yesterday.

(Pause screen)

Now I would like you to close your eyes and try and remember something that happened when you were very little.

(pause screen)

What can you remember? Was it harder to remember things from long ago?
Why not have a chat about this as a class.

(Pause screen)

Now I have brought some one very special with me today. Sometimes when we find it hard to remember a long time ago objects can help us remember things that have happened.

Do you know who this is? Yes that's right this is Gruffalo. Now I brought Gruffalo today because he is very special to me.

Yes that's right Gruffalo you are very special to me.

Whenever I see a Gruffalo I remember going on picnics and Gruffalo makes me think about lovely things like cakes and ice cream. Because when my children were little we would pretend that we were looking for Gruffalos when we went to St Fagan's or to a country park. So Gruffalo makes me remember those times and I'm really thankful for those memories.

Can you think of anything that you have that is special and reminds you of a memory?

(Pause screen)

What do you think of when you see this image? Why do people wear poppies this time of the year?

(Pause screen)

This time of year people buy poppies and wear them to show that they remember all the people that have been killed or injured protecting us during times of war and that they want to say thank you to them for all that they have done.

War is a horrible thing to happen. And charities sell the poppies to help raise money for people who are still living with the affects of war. Although we might think about WW1 or WW2 when we see a poppy unfortunately there have been many wars and conflicts since then.

There are still soldiers, air crewe, naval crews, police officers, fire officers, ambulance crews, their families and many other people who might need help with care with injuries or they might need help with bad memories of war that they don't want anymore or when somebody has died their family might need help to not feel quite so sad all the time.

Time for Prayer

I would like you to imagine in your head a beautiful poppy and think about those people who protect us everyday and say a big thank you.

(Poppy Screen)

Amen.

Well, its been lovely to be with you again today. Our next assemblies will be about Christmas and Advent. I'm really looking forward to it. Have a lovely day and I shall see you all soon.

Bye!!

SUBJECT

Christmas/St Lucia

KEY STAGE/S

Nursery-KS3

DATE

Term 1C

OVERVIEWDiocesan Vision/Liturgical Feast: ChristmasSRE Curriculum: Developing a sense of themselves, in the context of families, friends and communities. An awareness of identity can be expressed in different ways.

Summary: Explores Christmas traditions in the UK and around the world with a particular concentration on St Lucia Day in Sweden. In a multi faith context, this assembly hopefully explores many of the themes of Christmas and will also encourage the build up of excitement and joy but also, hopefully, sensitive to the fact that there will be children in the school that do not celebrate Christmas and so help them to feel included.

PHASES**NOTES****DIRECTIONS**

PHASES	NOTES	DIRECTIONS
PREPARATION AND MATERIALS	<p>Assembly adapted from: https://www.assemblies.org.uk/pri/2717/christmas-around-the-world-sweden</p> <p>Power point of slides from video</p> <p>Supplemental work sheets for class assemblies</p> <p>St Lucia costume</p>	<p>If you do not have a St Lucia Costume, please contact Mthr Rose and she can loan you her's.</p> <p>Schools are multi faith/belief communities. Please remember to use inclusive, non gendered language for God (e.g. using God not he or she), give reflective option to children who do not want to pray and start prayers with Our God to enable those of other faiths to feel free to pray.</p> <p>Please be aware that in many CinW schools there are children of all faiths and none. Do not assume all children are Christian. You may wish to include questions about winter/December festivals from around the world(Hanukkah etc) if pertinent to the context in which you are delivering this assembly.</p>
WELCOME	<p>We're coming to the end of Advent. I'm starting to feel quite excited and in my home (and churches) there are lots of</p>	<p>For younger children/ALN you could create a mystery bag of items to represent each of the items on the list of preparations.</p>

PHASES**NOTES****DIRECTIONS**

	<p>preparations for Christmas happening.</p> <p>I wonder if I can guess how you have been preparing for Christmas...</p> <p>Decorating a Christmas tree</p> <p>Shopping</p> <p>Writing cards</p> <p>Wrapping presents</p> <p>Watching Christmas films</p> <p>Learning carols and poems</p>	
ASK	<p>Do you have any family traditions at Christmas (include Hanukkah, kwanza, Eid-Al-Fitr, Yule etc etc if pertinent to the school community) Maybe you always go to a certain person for dinner, or go to the winter wonderland or watch a film every year?</p>	<p>Supplementary Class Room Resources:</p> <p>KS1/2 Mood board/collage of Christmas/winter traditions</p>
TELL	<p>Do you know what day we celebrate Christmas?</p> <p>That's right, in this country its December 25th. However in many countries</p> <p>and in different types of Christian faith people celebrate Christmas at different times of year. For example,</p> <p>if you are Orthodox Christian you don't start celebrating Christmas until Epiphany which is January 5th.</p>	<p>Supplementary Classroom resources:</p> <p>KS1- Maybe have a selection of books and pictures of Christmas from around the world and ask them to think about their favourites. Are there similarities or differences?</p> <p>KS2- Use KS1 supplement as a starter and then pupils can work in groups and research a country and then film and edit their findings as a documentary.</p>

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	<p>In Sweden Christmas traditionally starts on Dec 13th. Which is St Lucy's day.</p> <p>The celebration of St Lucia's Day is a very important Christmas tradition in Sweden.</p> <p>Just like we light candles at Christmas.</p> <p>The candles lit on St Lucy's day are symbolic of light shining in the darkness, bringing warmth and goodwill and</p> <p>because we often think of Jesus as being like a light in the darkness they represent the birth of Jesus.</p> <p>This is because someone called Isaiah a long time ago foretold Jesus coming by saying 'the people who walk in darkness have seen a great light'.</p> <p>Candles are also important in the story of St Lucia which starts the Swedish Christmas celebrations.</p> <p>St Lucia was a young Christian girl who lived around the year 300. So a long time ago.</p> <p>In those days, people who were christian had to hide from the Romans. The Christians hid under the city of Rome in the catacombs (tunnels) away from the romans which meant that they couldn't buy or grow food.</p> <p>St Lucia decided to help and so when the romans weren't looking she would light candles on her hat to light the way through the tunnels and would take food to the Christians.</p>	<p>To break the description of St Lucia day up a bit as it's quite long. I tend to ask volunteers to role play the story as I tell it and then the children watching cheer every time they hear the word Lucia and boo every time they hear the word Rome or Roman in a pantomime style.</p> <p>You can also use a volunteer to dress up. St Lucia costume is easy to make with a white dress or alb, red ribbon to go round waste and then a ring of green tinsel wrapped round some gardening wire with 4 light weight electric candles on it to look like St Lucia's crown.</p>
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	<p>She saved many people from starvation and her finding her way through the dark is one of the ways that she earned the title of patron saint of blind people.</p> <p>So, on 13 December every year, the eldest girl in a family will rise early,</p> <p>put on a white robe with a red sash and have a crown of electric candles placed on her head.</p> <p>Traditionally, she will serve St Lucia's buns to her friends and family.</p> <p>Many schools, towns and villages also hold a procession on St Lucia's Day,</p> <p>when a girl dressed as St Lucia and other children dressed as her handmaidens and star boys process together while singing carols and it's a lot of fun!</p>	
<p>EXPLAIN</p>	<p>Just like St Lucy brought comfort to people living in darkness so all of us feel the comfort of light in the darkness.</p> <p>However, at Christmas, Christians all over the world particularly remember Jesus as the Light of the World, who we believe can bring comfort and hope to all and show us how to bring light to people in darkness through our</p>	

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	<p>words and deeds just like St Lucia did.</p> <p>Although, we don't need to do big things just doing little things work the best.</p>	
REMIND/ CONSOLIDATE	<p>What did St Lucia do to help people in her own way?</p> <p>What can you do to bring light into the world of your school community? (It must be free and safe)</p>	<p>Possible answers:</p> <p>Pick up litter</p> <p>Be a good friend etc.</p>
PRAY/REFLECT	<p>Close your eyes and if you don't want to pray, just think of someone who brings light into your world and imagine saying thank you to them.</p> <p>As Jesus brought peace, turn us into peacemakers.^[1]As Jesus brought hope, make us messengers of hope.^[1]As Jesus brought love, rekindle love in us.^[1]So that the birth of the baby in Bethlehem^[1]May bring a new beginning to our own lives.^[1]Amen.</p> <p>Thank you so much for joining me today! Have a wonderful Christmas full of joy and lots of Chocolate!</p>	<p>Supplemental:</p> <p>All key stages:</p> <p>Maybe children could make their own St Lucia day costumes and hold a procession with a St Lucia and star girls and boys, St Lucia buns and Hot chocolate.</p> <p>Here is a recipe for St Lucia buns. https://www.simplyrecipes.com/recipes/st_lucia_saffron_buns/</p> <p>A traditional Santa Lucia song with English translated lyrics to sing along: https://youtu.be/5xy-9j0B9go</p> <p>Video demonstration of how to make a St Lucia crown: PLACE LINK FOR VIDEO HERE</p>

Video Script (Clergy/Leader Copy and Paste this into Teleprompter to create subtitles etc)

We're coming to the end of Advent. I'm starting to feel quite excited and in my home and churches there are lots of preparations for Christmas happening.

I wonder if I can guess how you have been preparing for Christmas...

Decorating a Christmas tree

Shopping

Writing cards

Wrapping presents

Watching Christmas films

Learning carols and poems

Do you know what day we celebrate Christmas?

That's right, in this country it's December 25th. However in many countries and in different types of Christian faith people celebrate Christmas at different times of year. For example,

if you are Orthodox Christian you don't start celebrating Christmas until Epiphany which is January 5th.

In Sweden Christmas traditionally starts on Dec 13th. Which is St Lucia's day.

The celebration of St Lucia's Day is a very important Christmas tradition in Sweden.

Just like we light candles at Christmas.

The candles lit on St Lucia's day are symbolic of light shining in the darkness, bringing warmth and goodwill and

because we often think of Jesus as being like a light in the darkness they represent the birth of Jesus.

This is because someone called Isaiah a long time ago foretold Jesus coming by saying 'the people who walk in darkness have seen a great light'.

Candles are also important in the story of St Lucia which starts the Swedish Christmas celebrations.

St Lucia was a young Christian girl who lived around the year 300. So a long time ago.

In those days, people who were christian had to hide from the Romans. The Christians hid under the city of Rome in the catacombs (tunnels) away from the romans which meant that they couldn't buy or grow food.

St Lucia decided to help and so when the romans weren't looking she would light candles on her hat to light the way through the tunnels and would take food to the Christians.

She saved many people from starvation and her finding her way through the dark is one of the ways that she earned the title of patron saint of blind people.

So, on 13 December every year, the eldest girl in a family will rise early, put on a white robe with a red sash and have a crown of electric candles placed on her head.

Traditionally, she will serve St Lucia's buns to her friends and family.

Many schools, towns and villages also hold a procession on St Lucia's Day,

when a girl dressed as St Lucia and other children dressed as her handmaidens and star boys process together while singing carols and it's a lot of fun!

Time for Prayer

Just like St Lucy brought comfort to people living in darkness so all of us feel the comfort of light in the darkness.

However, at Christmas, Christians all over the world particularly remember Jesus as the Light of the World, who we believe can bring comfort and hope to all and show us how to bring light to people in darkness through our words and deeds just like St Lucia did.

Although, we don't need to do big things just doing little things work the best.

Let us pray

[L]As Jesus brought peace, turn us into peacemakers.[L]As Jesus brought hope, make us messengers of hope.[L]As Jesus brought love, rekindle love in us.[L]So that the birth of the baby in Bethlehem.[L]May bring a new beginning to our own lives.[L]Amen.

Thank you so much for joining me today! Have a wonderful Christmas full of joy and lots of Chocolate!

Merry Christmas!!!!