

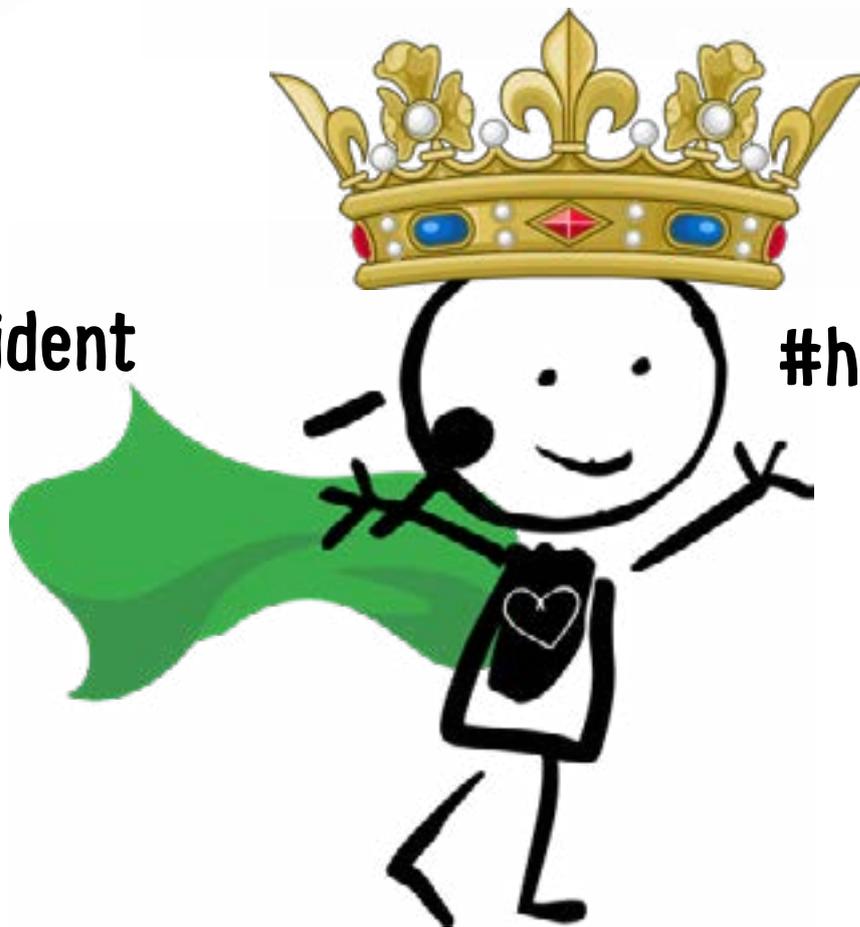
**David &
Hope**

welcare
strengthening families since 1894

#CapeAbility

#confident

#honest



Southwark Diocesan Welcare is a Charity registered in England & Wales.
Registered charity number: 1107859 Company No: 5275749
We work across South London & East Surrey with children up to the age of 13 and their families.

Produced by Welcare and endorsed by Fiona Foreman (RE Adviser & Wellbeing, Mental Health and Character Education Adviser at Southwark Diocesan Board of Education) December 2019



David & Hope

Table of Contents

Page Number	Title of Page
3	How to use the Lesson Plan
4	Story of David superhero
5	David discussion questions
6	Story of Hope superhero
7	Hope discussion questions
8	Honesty activity printout
9	Craft Activity Ideas
10	Pin confidence on David printout
11	Games & Activities Ideas
12	Reflective Activities
13	Hope Memory Verse
14	David Memory Verse

David & Hope

How to use the Lesson Plan/Scheme of Work

The lesson plans can be used in school or in Junior Church as part of a scheme of work or individually. The lessons are based on two stories, one Bible character and a real life example from the work of Welcare with a local child or family. The characters are portrayed as superheroes and we learn about their stories, the difficulties they face and how they cope. Each individual story focuses on one positive mental health characteristic which is followed through the lesson and all the following activities are based on these strengths. As a teacher you can select which activities and which story/stories you would like to focus on.

The stories can be acted or read aloud; we recommend making them as interactive as possible.

The stories are followed by a discussion and a range of activities that you can use, as appropriate.

The following themes are highlighted through this David & Hope lesson:



How can you be confident?



How can I be honest?

David

Superhero from the Past

Story of David superhero

David was born in Bethlehem and started life as an ordinary shepherd-boy. He was an Israelite and lived in the Kingdom of Israel. Although short he was a brave teenager who protected his flock from hungry lions. He was very musical, liked playing the harp, writing songs and poems and singing when he didn't have to look after sheep. We can find his poems and songs in an Old Testament book of the Bible called Psalms.

As a teenager he lived at a time when the Israelites weren't getting along with people known as the Philistines. The Philistines had many giants living in their land. One of the strongest and biggest giants was named Goliath, he was taller than any person in the Guinness Book of World Records. He dared the Israelites to find a man to fight him and said that if the Israelites won the Philistines would become their servants but if he won the Israelites will become their servants. The Israelites' king, Saul and all his men were very afraid. David's brothers were older and stronger than David so they were sent to fight Goliath and David was asked to take food to them in the battlefield and to check how they were doing. When David arrived, he saw that everyone was afraid of the giant and no one stepped up to the challenge to fight him.

He told the king that he would take action and even though he was young and weak he trusted that God would protect him. Although Saul didn't believe that David could win the battle, he dressed him in heavy armour to protect him from Goliath. It was so heavy that David could hardly walk. He went to a stream nearby and found five smooth stones, put them in a pouch and with his sling he approached Goliath with #confidence.



David



Superhero from the Past

Goliath didn't take him seriously but David ran quickly to meet him. He put a stone into his slingshot and aimed at Goliath. The stone hit him right between his eyes and suddenly he fell on the ground. Even though everyone thought that David was going to lose the challenge, he was #confident and he beat the giant Philistine and became a hero to the Israelites. A few years later, he became the king and he worked very hard to make the country safe for his people by defeating their enemies. David was brave and confident but he did make some big mistakes later in his life but he knew how to say sorry and correct his behaviour.

Discussion/Circle Time

1. What giants/difficulties did David face?
2. What might be the giants in your life?
3. How did David cope and overcome his challenges?
4. What was David's superpower?
5. Where did it come from?
6. How did David show #confidence?
7. How can you be #confident?
8. Why is it important to be #confident?
9. How can you improve your #confidence?



Hope



Superhero from the Present

Story of Hope superhero

Hope is ten years old and lives in London with her mum, Amanda. Hope's dad doesn't live with them anymore as he was abusive so Hope's mum left him. Hope was often angry and was violent towards her mother at times. She didn't think much of herself, she thought she was ugly, she felt sad, she was shy and not very #confident. Hope's mum struggled with being a parent and didn't know how she could help Hope. One day Hope went to Welcare and attended a group to help her deal with her past experiences.

In the beginning, Hope was very shy and didn't know how to talk about her feelings or how to talk to her friends about why she attended the group at Welcare. She also mentioned that she felt alone. However after a while, Hope started to engage with the Support Worker at Welcare and began to enjoy attending the sessions and started to talk about the experiences and the difficulties that she has been through.

Sharing her emotions and feelings helped her feel better about herself and she became more #confident. She told Welcare that she feels happier and she is able to express herself better and realises that she is special no matter what she goes through. Through sharing her feelings and being #honest she began to focus on other interests and started to enjoy being in the company of her peers/friends again.



Hope



Superhero from the Present

As a result of attending Welcare, Hope and Amanda are able to speak to each other about their feelings more, support each other and have a better understanding of how to manage their feelings in relation to their experience. Hope's mum said that her relationship with her daughter has improved a lot and that Welcare was very supportive and listened to her and the Support Worker was very patient and kind.

Discussion/Circle Time

1. What difficulties did Hope face?
2. What were Hope's giants? How did Hope cope with and overcome her challenges/giants?
3. What was Hope's superpower?
4. What does it mean to be #honest?
5. Why is it important to be #honest?
6. Why is it hard to be #honest sometimes?
7. What does it feel like when people treat you with #honesty and #respect?
8. Have there been times when it was difficult for you to be #honest?
9. Can you share a time when you found it hard to share how you were feeling?
10. How can you be #honest?
11. How did Welcare help Hope to be more #confident?

1. You broke your mum's favourite mug. Your mum asks who broke the mug and you tell her you did it.
2. You really want to play with a friend's game at your house so you slip the game in your backpack and intend to put it back tomorrow.
3. You heard a rumour and you think it's not true, so you don't tell anyone about it.
4. Your dad says not to play video games. You hide in the wardrobe to play it, but you don't tell your dad about it so you didn't lie.
5. You went to Pete's to play, and then went to Clive's without asking. When your dad asks, "Whose house did you play at today?" you say, "I played at Pete's."
6. Someone said something mean to you at school and you feel upset. When your mum asks, "How are you? How was school today?" you say, "Fine."
7. You disagree with how your friends are treating someone in your class but you stay quiet.
8. Your friend is performing at a talent show and asks you what you think about her costume. You think it doesn't suit her but you say that she looks great.
9. Charlie saw £5 lying on the floor near the door. He picked it up and put it in his pocket. When he was getting ready to go home, Charlie realised that he still had the money and should hand it in before the end of the day. He thought about it for a moment and then decided to keep it for himself.

#honest

Put the sentences with the numbers where you think they should go.

Showing Honesty	Not Showing Honesty	Unsure

Craft activity ideas



David & Hope

1. Decorate mirrors: Affirmation mirrors

You will need:

Small mirrors (you can buy them on <https://www.bakerross.co.uk>)

Stickers

Sharpies

Ask the children to decorate their mirrors.

Relate the craft activity to the theme

Confidence is one of the most important mental health qualities as it helps us achieve things we wouldn't otherwise be able to do. It gives us courage and strength to take risks that otherwise we may be scared of. Tell your students to stand straight in front of their decorated mirror, with their head up and shoulders back and look into their eyes, breathe deeply and start repeating affirmations out loud. Give them examples of positive affirmations.

2. Affirmation stones

You will need:

Lots of small stones or colourful glass beads, one for everyone

Sharpies

Put everyone's name in a hat and ask them to pick one, then decorate a stone for whoever is on the paper. Ask the children to choose a word/words from the following list and write whichever they think suits the child they are decorating the stone for.

Curious, Honest, Confident, Friendly, Adorable, Happy, Positive, Respectful, Vibrant, Helpful, Hardworking, Clever, Talented, Calm, Smart, Strong, Brave

Relate the craft activity to the theme

Everybody struggles with their confidence levels from time to time. The best thing we can do is to help someone else build up their own confidence. We can do this by complimenting them, celebrating their successes and listening to them.

Another version of this activity would be to put the children's photographs into a hat and ask them to pick one and write a positive statement at the back of the photograph, then the photographs are returned to their owners.

Pin the confidence crown on David superhero

Where is my confidence crown? Cut superhero and crown separately, stick the superhero on the wall and use adhesive velcro on the crown and ask children to pin it on David's head blindfolded.



Games/Activities Ideas

1. Compliments web

You will need:

Ball of string

How to play:

Start with a ball of string, standing or sitting in a circle with your group, hang on to the end of the string, gently wrap it around your finger three times so it doesn't come off, then toss the ball to someone else in the group. Say something you appreciate or like about that person, give them a compliment. The receiving person does the same until everyone in the group has become part of the web, continue until there is a giant web and everyone has received a compliment. The resulting web symbolises the connectedness of the group and the confidence we gain through encouragement. Now for the really fun part, try and untangle your web of compliments. As each student unties the piece of wool or string from around their finger, they have to say one fact about themselves, something that they really love about who they are.

Relate the game to the theme

Our confidence can grow when we compliment each other and encourage and support each other. We are stronger when we work together on supporting and building each other up. We can also encourage ourselves by focusing on our strengths and the positive aspects of who we are.

2. Honesty game

You will need:

Large buttons

How to play:

Have students sit in a circle and close their eyes. Once all eyes are closed choose one student to walk around the circle and have them tap a student on the shoulder to let them know to open their eyes. They will then place a button in that student's hand. Next they will turn around and count to fifteen. In that time, the student with the button has the option of walking around the circle and choosing a new student to give the button to or keeping it. After fifteen seconds, have the original student stand in the centre of the circle and ask each student "Button, button who's got the button? Each student will have to say no, they don't have the button. If the liar is correctly guessed, then the standing student wins. If not then the rest of the class wins.

Relate the game to the theme

Look all around and ask the students how they feel after the game, can they feel the distrust? We've all been looking at each other, asking, "Who's the liar?" It doesn't feel great, does it? But if everyone always told the truth, we would not have to worry about who was being dishonest! Lying breaks trust. Telling the truth builds trust. Practice always telling the truth, even when it's not easy.

Reflective activities

1. Vocabulary words

Integrity, Responsibility, Self-discipline, Self-esteem, Insecurity

Ask the children to come up with definitions of the words above at home and bring them back for next class. Best definitions will win prizes.

2. Honesty box

Create an honesty box and ask the children to write things about themselves anonymously that others don't know about them. Encourage them to share issues/difficulties that they are facing/have faced; they can write these whenever. Bring the honesty box to every #CapeAbility class and pick some of the stories and discuss helpful ways of dealing with the specific stories they are going to hear about.

Songs

"Be Honest" by Jason Mraz

<https://www.youtube.com/watch?v=hNq1G92lZmA>- Truth song

"Beautiful" by Christina Aguilera

<https://www.youtube.com/watch?v=amF4JYE7SEw>- I am happy to be me

Memory verse challenge

Let students know that there will be prizes given to three students who remember the most memory verses by the end of the Campaign.

Inspirational Memory Verse

HOPE

#honest

It takes strength and courage to admit the truth.



HOPE

#honest

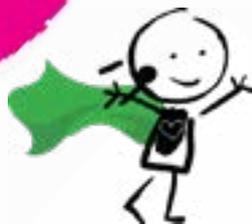
It takes strength and courage to admit the truth.



HOPE

#honest

It takes strength and courage to admit the truth.



HOPE

#honest

It takes strength and courage to admit the truth.



HOPE

#honest

It takes strength and courage to admit the truth.



HOPE

#honest

It takes strength and courage to admit the truth.



Bible Verse Memory Verse

DAVID #confident

I can do all things
through Him who
strengthens me.

Philippians 4:13



DAVID #confident

I can do all things
through Him who
strengthens me.

Philippians 4:13



DAVID #confident

I can do all things
through Him who
strengthens me.

Philippians 4:13



DAVID #confident

I can do all things
through Him who
strengthens me.

Philippians 4:13



DAVID #confident

I can do all things
through Him who
strengthens me.

Philippians 4:13



DAVID #confident

I can do all things
through Him who
strengthens me.

Philippians 4:13

