

Teacher Notes

Welcome to the first introductory session of **Be Rooted**. There are five 30-minute sessions in this series. They have been designed to help pupils think about their place in the world and the skills, virtues, and actions that they can draw upon to help them stay strong when facing challenges. The follow-on sessions are:

- Be Rooted in Leadership Skills
- Be Rooted in Character Muscles
- Be Rooted in Community Actions
- Be Rooted in Faith Awareness

The sessions are designed to open up discussion with your pupils about each of the topics. You may choose to do all or some of the activities **or** all or some of the sessions. Choose what you think would be helpful for your pupils. At the end of each session plan is an idea for a Take Home Activity, as well as suggestions for extension activities.

Gracie is our mascot for the KS1 Young Leaders Award and she will guide pupils through each session.

One idea might be to create a Be Rooted wall display with a tree or plant at the centre. Pupils could add their work to the roots and leaves to show what they have been learning about and what helps them to stay strong.

Resources



PPT Slides on screen.



Growing Strong Activity Sheet.

Key



Share Instruction or key information.



PPT Slides on screen.



Task or Activity to engage with.



Note taking or paper based activity.



Discussion or Class participation.



Printable activity.



Video or animation to watch.



Take Home Activity

Learning Objective

To understand how roots can help keep things strong and stable.

Activity Outline

- Pupils explore why plants have roots.
- Pupils identify what objects can help people to stand strong.
- Pupils reflect individually on people who help them to grow and stand strong.
- Pupils can describe what happens if there is no root.

Intro

Gracie introduces pupils to the lesson:

Hi Young Leaders, welcome to my lessons on Be Rooted. Today we are thinking about the people and things in our lives that help us to grow and keep us strong and stable, so that we can face any challenge that comes our way. Remember: small steps can make big changes. Let's start with a game. Over to your teacher.

Starter: Gracie's Game (5 mins)

Ask pupils to stand up and pretend to be very strong and still. They might want to strike a pose.

If they wobble or move, they will be asked to sit down. The winner is the last person standing.



- What was difficult about standing still?
- Is there anything that might have helped them keep strong and still for longer?

Spot the Root (5 mins)

Show the pictures of three different roots: A tree, a tooth and a daisy (on screen or printed out).

Allow pupils time to look at the pictures before asking:



- Can you help Gracie find the root in these pictures?
- Does anything surprise you about the pictures?
- What words would you use to describe the roots?

Show the pictures without a root



- What would happen if they had no root?
- What do roots help them to do?

Gracie's Explanation:

 Trees, plants and teeth cannot live without roots. Roots support trees and plants by holding them firm in the soil. They help them to take in water and food (nutrients) from the ground. These help them to grow and stand strong. Teeth need a root to stay alive. Without a root, they die and need to be taken out. Taking care of our teeth is very important to keep them healthy and strong.

Session 1: Be Rooted Introduction

Staying Strong (5 mins)



Talk partners: Ask pupils to look at the pictures and talk with their partner or small group.

- What is helping the things in the pictures to stay strong & stable?
- Can you think of any other examples of things that might help people to stay strong & stable?

Growing Strong? (10 mins)

Give pupils a Growing Strong activity sheet to write or draw their ideas for the following questions.



- Who helps you to be strong and grow?
- What do they do to help you?

This could be a family member, someone in school, a friend or someone else who helps them in the community. They might listen to them read, cook their tea, play with them, help them with their spelling etc.

Thinking Time (5 mins)



- If a tree had no root it would...?
- If I had nobody to help me grow and be strong I might...?

Ask pupils to share their ideas.



Take Home Activity

- Pupils could explore the plants or trees in their garden, or near where they live and see if they can spot any roots.
- Pupils could interview a family member and ask them who or what helps them to be strong when facing challenges.

Strategies for Differentiation

- Open ended questions used to enable pupils to engage with the activity at their own level.
- Some pupils may use writing to record their ideas using the activity sheet.

Extension and follow up ideas

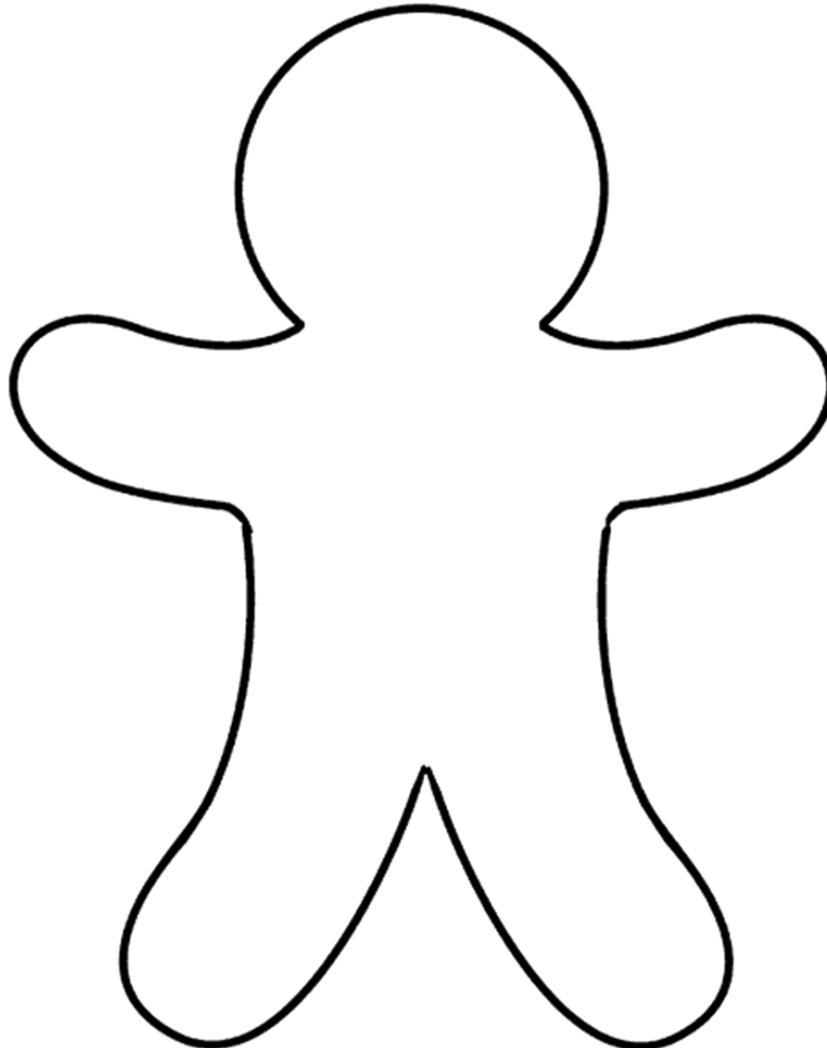
Bible Story: The wise man built his house upon the rock. This story looks at building your life on something solid like the rock. Ask the following 'I wonder' questions:

- I wonder whose house you would have preferred to live in.
- I wonder who you would like to be in this story.
- I wonder what this story is all about.

Craft Activity: Give pupils a selection of craft materials. Ask pupils to use them to show their favourite part of the story.

Growing Strong Activity Sheet

- Who helps you to be strong and grow?
- What do they do to help you?
- Write or draw your ideas inside your person.



Small Steps make
Big Changes

NAME: