

## Teacher Notes

Welcome to the third session of **Be Rooted**. Like sessions one and two, this session is 30-minutes and has been designed to help pupils think about how using their character muscles can be another of the roots that can help them when facing challenges. The follow-on sessions are:

- Be Rooted in Community Actions
- Be Rooted in Faith Awareness

The session is designed to open up discussion with your pupils about the topic. You may choose to do all or some of the activities. 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 about character muscles 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 my Character Muscles activity sheet

Character Muscle Challenge 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 to grow our character muscles.

### Activity Outline

- Pupils explain what the 4-character muscles of love, patience, kindness and generosity mean.
- Pupils identify which character muscles could be used in a difficult situation.
- Pupils identify what actions could help grow their character muscles.
- Pupils identify where and how they can show and grow their character muscles.
- Pupils practise growing their character muscles at home through their actions.



### Intro

*Gracie introduces pupils to the lesson:*

Hi Young Leaders, welcome back. Last time we looked at how we can be strong leaders. I hope you started to practice being a leader at school and at home. Today we are looking at our character muscles. There are lots of character muscles we can grow and use that will help us to keep strong. Today we are looking at 4 of them: love, patience, kindness and generosity. Remember our steps might be small but we can make big changes!



### Starter: Gracie's Game (10 mins)

This game is about helping pupils to identify with the 4-character muscles in today's session: Love, patience, kindness and generosity. Introduce pupils to the action for each character muscle.

- **Love** - either making the shape of a heart with their fingers or placing their hands on their heart.
- **Patience** - Making the shape of ticking clock hands. Hold your left hand in the air and have the right hand ticking downwards.
- **Kindness** - Big smiling face.
- **Generosity** - holding hands outstretched

Once the class are familiar with the actions, the game begins. The teacher can either say the character muscle and ask pupils to create the correct shape **or** create the shape and ask pupils to shout out the character muscles. Repeat each set 2 or 3 times in different orders. Get quicker as you go along. Pupils could sit down if they get the shape or word wrong. The winner would be the pupil or pupils left standing.



### Check pupils understanding of each character muscle.

Suggested definitions:

- **Love**- showing a strong feeling of liking and caring for somebody/something, especially a member of your family or a friend
- **Patience**- being able to stay calm and not get angry, especially when something takes a long time

## Session 3: Be Rooted in Character Muscles



- **Kindness**- being gentle, caring and helpful to other people.
- **Generosity**- being willing to do kind things or give somebody money, gifts or time for free.



Ask pupils the question:

- **Can you see the character muscles of love, patience, kindness and generosity?**



Explain that although we can't physically see them or touch them, we can see them happening through people's actions and how they treat other people.

### Using Character Muscles (10 mins)



Gracie has picked out 4 times when she has been in a difficult situation and needed her friends to use their character muscles.

Decide which character muscle Gracie needs you to use. What actions could you use to show this character muscle?

1. Gracie has fallen and hurt her knee. (**Kindness**- actions might include helping her up/ fetching the teacher)
2. Gracie is using the colouring pencils that you want to use on your picture. (**Patience**- actions might include, using a different colour, asking politely when they can use the colours)
3. Gracie is feeling sad. Her grandad is not very well. (**Love/Kindness**- actions might include giving her a cuddle, asking to play with her, bringing her a tissue)
4. Gracie has forgotten to bring her favourite toy to school for the game's day. (**Generosity**- actions might include: sharing their toy with her)



Take pupil feedback as you go through the 4 examples.

### Growing my Character Muscles (15 mins)

Explain to pupils that our muscles in our arms are on the inside. We can't see them. If we want to keep our muscles strong, we have to take action to help them grow. It is the same with our character muscles. We can't see them; it is how we are on the inside. We have to take action to help them grow and be strong.



Give pupils the *Growing my Character Muscles* activity sheet. The four corners have the picture of the 4-character muscles. Ask pupils to choose one and draw, or write, what actions they already take, or what actions they can practise, to show love/patience/ kindness/ generosity towards other people.



This activity can be extended to allow pupils to consider all 4-character muscles.



Opportunity for pupil feedback, which one did they choose and what actions might they take to help grow their character muscle.



### Take Home Activity

Provide pupils with the *Character Muscles Challenge* activity sheet. There are actions that pupils can choose from to practise their character muscles. There is room to draw or write about what actions they take.

#### Strategies for Differentiation

- Open ended questions used to enable pupils to engage with the activity at their own level.
- Providing picture cards of the 4-character muscle shapes to hold up.
- Some pupils may need support with the Growing Character Muscles activity. There is the option to differentiate by outcome, assigning pupils a character strength, or have pupils work in pairs or groups to fill in ideas.

#### Extension and follow up ideas

- Get pupils to complete the other three character muscles on the *Growing my Character Muscles* activity sheet.
- Look at the remaining 'Fruits of the Spirit' Galatians 5 22-23: joy, peace, faithfulness, gentleness, self-control.
- Look at other character muscles that are important for your school context e.g. resilience.
- Use the YLA at home hub for resources related to the character muscles of courage, thankfulness and compassion [www.abyyt.com/yla-at-home](http://www.abyyt.com/yla-at-home).

# Session 3: Be Rooted in Character Muscles



**Character Muscles Challenge**  
 How many of these can you practice at home to help grow your character muscles?

Small Steps  
 make Big  
 Changes



 Thank a family member or friend for something	 Plant as seed and wait for it to grow	 Smile at people you meet	 Collect food tins for your local Foodbank
 Draw a picture or make a card to send to an elderly person	 Play a game with a younger sibling or friend without falling out	 Tidy your bedroom without being asked	 Help to wash someone's car
 Give someone a nice compliment	 Wait for something without complaining	 Help with the washing up	 Donate some books or toys to a charity shop

 **Love**

 **Patience**

 **Kindness**

 **Generosity**



# Session 3: Be Rooted in Character Muscles

