

Session 3: Be Rooted in Character

Teacher Notes

Welcome to the third session of **Be Rooted**. Like sessions one and two, this session is 30-minutes with options to extend to a full lesson. This session has been designed to help pupils think about how growing and developing their character muscles is another root that can help strengthen 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 **or** all or some of the sessions. Choose what you think would be helpful for your pupils. At the end of each session plan are ideas for a Take Home Activity. Archie is our mascot for the KS2 Young Leaders Award and he will guide pupils through this session.

KS2 What does it mean to be rooted in character muscles?

Learning Objectives:

- To explore how roots in character can help you grow.
- To grow and develop your character muscles.

Learning Outcomes:

- To explore what character is and what growing in character means.
- To identify key character muscles.
- To evaluate which character muscles are important when facing challenges.
- To identify their own character muscles and which muscles they would like to grow.
- To investigate and practise further growing and developing character muscles.

*** Time: 30 mins + optional 30 mins extension.**

*** Sessions are flexible to be adapted and broken up to fit your timetable as needed. ***

Timings	Learning Activities	Resources
3 mins	<p>Archie's Welcome</p> <p> Share the learning objectives.</p> <p> Read Archie's Welcome for Week Three.</p> <p>Hey Young Leaders, I hope you've been thinking about being rooted in leadership skills and how that can help you face life's challenges. Today we are going to explore how being rooted and growing in character muscles can help us keep strong in times of challenge. Let's get ready to explore further and find out more about what our character muscles are. How might they help us 'be the change you want to see' and how can we use them to help others?</p>	PPT slide 2
10 mins	<p>Reflection Time</p> <p> Ask pupils the question:</p> <p style="text-align: center;">What is your character?</p> <p>Partner talk or whole class discussion time. Take feedback.</p> <p> Display learner definition: The way someone thinks, feels, and behaves: someone's personality. The qualities that make a person unique.</p>	PPT slide 3

Session 3: Be Rooted in Character

	<p>Explain that we are going to explore the different qualities that can make up a person's character.</p> <p>Fruits of the Spirit</p> <p> Explain that in the Bible, some character qualities are described as the fruits of the spirit, which are: love, joy, peace, patience, kindness, generosity, faithfulness, self-control. Check pupils understanding of each of these terms.</p> <p> • Choose 2 that you think are strong parts of your character? Explain why.</p> <p>• Which are useful to use when facing challenges?</p> <p> Individual thinking time/ partner talk time.</p> <p> Option to ask pupils to write down their ideas.</p>	<p>PPT slide 4</p>
<p>5 mins</p>	<p>Life's Challenges</p> <p> • Can you identify with any of the challenges in these pictures?</p> <p>• What was your response in that situation? How did you feel?</p> <p>• What helped you to overcome the challenges</p> <p> Partner talk or whole class discussion time. Take feedback.</p> <p> Pictures include:</p> <ul style="list-style-type: none"> • Friendship fall-out • Cyberbullying • Speaking in front of an audience • Moving house/ school • Exams or tests • Illness or hospital visit 	<p>PPT slide 5</p>
<p>10 mins</p>	<p>Growing your Character Muscles</p> <p> Ask pupils to think about the following question:</p> <ul style="list-style-type: none"> • What do you think growing in character muscles means? <p> Opportunity to take feedback</p> <p> Ask pupils to write down as many words as they can that they think are part of a person's character.</p> <p> Archie's Instruction: Let me start you off with fruits of the spirit, courage, compassion, kindness, honesty...</p> <p> Opportunity to take pupil feedback. Show character grid.</p> <ul style="list-style-type: none"> • How many did you find? • Were there any others? • Did you notice some are leadership skills too? 	<p>PPT slide 6</p> <p>PPT slide 7</p>

Session 3: Be Rooted in Character

	<p> The Character Grid is not an exhaustive list of character traits, but contains some of the key traits and those most widely talked about/ used in an education setting.</p> <p> There is a copy of this grid on the activity sheet, <i>Growing your Character Muscles</i> that pupils could use to tick of the character traits they identified.</p>	 <p>Growing your Character Muscles Activity Sheet</p>
<h3>Teacher Note</h3>		
<p>At this point there is the option to move to the plenary, ppt slide 12 forming the end of the 30-minute session, or you can continue with the additional activities.</p>		
<p>10 mins</p>	<p>Character Muscles in Action</p> <p> Which of these character muscles are most important when facing challenges?</p> <p>Either in pairs or small groups, pupils must decide and share their reasoning.</p> <p> There is no right or wrong answer in this activity. It provides an opportunity for pupils to explore these character muscles and think about their importance when facing challenges.</p> <p>Explain that different challenges require different character muscles and it is important pupils find out what will help them. Taking some kind of action when facing a challenge can really help grow your character strengths and help you feel better about the difficulty or problem you face.</p> <p>Practising strengthening these muscles can really help you and other people. Definitions are provided below:</p> <p>Compassion- This means caring about others and feeling concerned if they are suffering. You show a strong desire to help and show this through your actions.</p> <p>Courage- This means being brave and confident enough to do what you believe in, even if you find it scary or tough to do.</p> <p>Creativity- This means being good at thinking of new ideas or using your imagination to create new and unusual things.</p> <p>Kindness- This means kind behaviour towards yourself or others.</p> <p>Resilience- This means being able to recover quickly when things have gone wrong or when facing a problem. You don't give up and keep going.</p> <p>Thankfulness- This means feeling happy or grateful because of something or someone. You might show this through your actions towards others.</p>	<p>PPT Slide 8</p>

Session 3: Be Rooted in Character

<p>10 mins</p>	<p>Character Muscles in Action</p> <p> Display the pictures of Joe Wicks, Greta Thunberg, MP Dr Rosena Allin-Khan, your teacher and your parents or carer.</p> <p> Either as a whole class or partner talk discuss:</p> <ul style="list-style-type: none"> • What actions did these people take to help others during the Covid 19 Crisis? • What character muscles have they shown? <p> Opportunity for students to write down their ideas before sharing.</p> <p> Again, pupils may find it helpful to refer to Growing your Character Muscles Table. Archie's Explanation: Joe Wicks- Became the nation's PE teacher helping families to keep fit and healthy during lockdown with his online workouts. He donated the money he earned from advertising to charity. He continued with the work outs even when he hurt his arm. Character Muscles: caring, commitment, generosity, perseverance, reliability.</p> <p>Greta Thunberg- During lockdown Greta received the Gulbenkian Prize for Humanity for her environmental campaigning. She chose to donate the £90,000 prize money to help tackle the spread of Covid-19 in the Brazilian Amazon, and areas of poverty. Independent Newspaper Article: https://bit.ly/3kRqUc7</p> <p>Character Muscles: justice, kindness, generosity, humility, caring.</p> <p>MP Dr Rosena Allin Khan - is a British politician who has served as Member of Parliament for Tooting since 2016. She chose to continue shifts as an A & E doctor to support the NHS through the Covid19 crisis, as well as speaking out in the House of Commons to ensure NHS staff were getting the right support and equipment. Character Muscles: caring, commitment, courage, compassion, teamwork.</p>	<p>PPT slide 9</p> <p></p> <p>Growing your Character Muscles Activity Sheet</p>
<p>10 mins</p>	<p>Growing your Character Muscles</p> <p> Provide pupils with Growing your Character Muscles Activity Sheet. Individually pupils follow the instructions to label their character:</p> <p> • What character muscles could you grow to help you face challenges?</p>	<p>PPT slide 10</p> <p></p> <p>Growing your Character Muscles Activity Sheet</p>

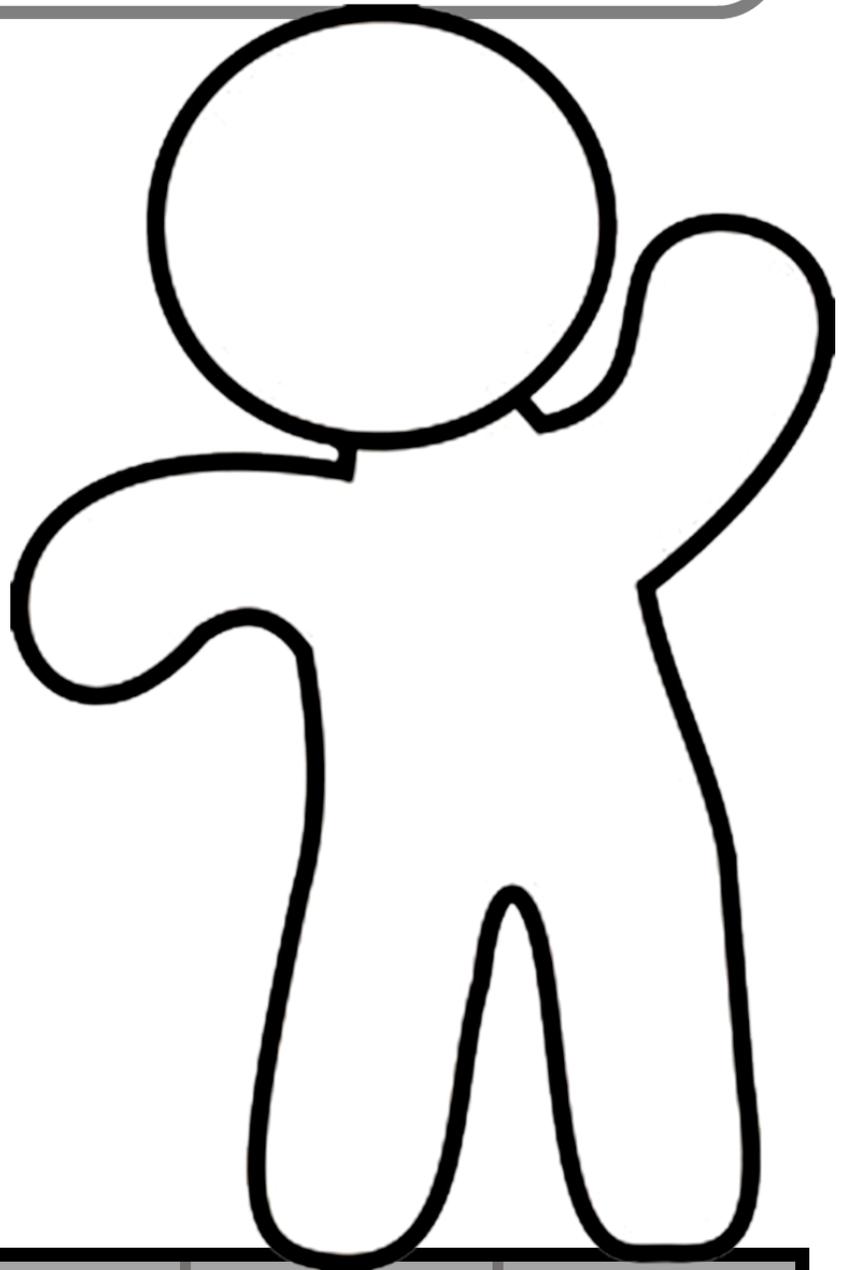
Session 3: Be Rooted in Character

	<p> Opportunity for pupil feedback.</p> <p> Why not take a photo of some examples and add it to a YLA display board? Or tweet them @ABYouthtrust.</p>	<p>Camera/ Tablet</p>				
	<p>Take Home Activity- Growing your Leadership Skills</p> <p> A set of 8 activities are suggested as follow-on homework. There is the option to give PPT slide 11 as a homework activity sheet, asking pupils to choose an idea to take home, or for staff to select a task and provide further details to help pupils complete the activity.</p>	 <p>ppt slide 11 as activity sheet.</p>				
<p>2 mins</p>	<p>Plenary</p> <p> Either discussing with a partner, sharing as a whole class, or writing ideas on a post-it note, pupils to finish the sentence:</p> <p style="text-align: center;">Roots in character muscles can help you to...</p>	<p>ppt slide 12</p>				
<p>Strategies for differentiation:</p> <ul style="list-style-type: none"> • Open ended questions used to enable pupils to engage with the lesson content at their own level. • Definitions for the 6 Character Muscles. You may wish to have other definitions to hand for character muscles pupils may be unsure of. • Character Muscles in Action activity- opportunity to give pairs or groups of pupils a person to think about. They may need the background to what they did before deciding on their character muscles. If pupils are unsure of the celebrities, they could focus on their teacher or parents/ carer. 						
<p>Key:</p> <table style="width: 100%;"> <tr> <td style="width: 50%;"> Share Instruction or key information.</td> <td style="width: 50%;"> PPT Slides</td> </tr> <tr> <td> Task or Activity to engage with.</td> <td> Note taking or paper based activity.</td> </tr> </table>			Share Instruction or key information.	PPT Slides	Task or Activity to engage with.	Note taking or paper based activity.
Share Instruction or key information.	PPT Slides					
Task or Activity to engage with.	Note taking or paper based activity.					

Session 3: Be Rooted in Character

	Discussion or Class participation.		Printable activity.
	Video or animation to watch.		Take Home Activity

Growing your Character Muscles Activity



Caring	Commitment	Compassion	Confidence
Cooperation	Courage	Creativity	Fruits of the Spirit
Forgiveness	Generosity	Honesty	Humility
Kindness	Justice	Perseverance	Reliability
Resilience	Responsibility	Service	Teamwork
Thankfulness	Tolerance	Trust	Truthfulness