

Teacher Notes

Welcome to the final session of **Be Rooted**. This session is 30-minutes with an optional extension of 20 minutes to round off the Be Rooted sessions. Be Rooted in Faith has been designed to help pupils explore what faith is and begin to think about how it could be another root to help them keep strong when facing challenges. Faith is a more difficult concept for KS1 pupils to understand and so the session is designed to be a simple exploration.

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 this session plan is an idea for a Take Home Activity.

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 faith 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.



Who do you Trust?
activity sheet

*My Small Steps Making
Big Changes* activity
sheet

Postcard to Gracie
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 what it means to grow in faith

Activity Outline

- Pupils identify what connects love, air, Wi-Fi and God.
- Pupils identify what faith is.
- Pupils explain who or what Christians have faith in.
- Pupils identify who they trust in.
- Pupils express what they have learnt about being rooted.



Intro

Gracie introduces pupils to the lesson:

Hi Young Leaders, welcome back to the final session of Be Rooted. We've been growing our leadership skills, our character muscles and community actions. Today we are exploring how growing in faith can help some people keep strong and how having even a small faith in something or someone can help people make big changes!



Starter: Gracie's Game (10 mins)

Who or What Am I?

This game is about helping pupils to begin to explore the ideas of faith by presenting 4 things that are invisible, yet people believe they exist. Pupils must listen to the 3 clues and decide what they think the answer might be. There is the opportunity to take ideas after each clue.

Example 1 clues:

1. I am something people feel
2. I am sometimes linked to the heart
3. I can be shown through hugs, kisses and kindness actions

Answer: Love

Example 2 clues:

1. Objects can float in me
2. Winged creatures can fly in me
3. You breathe me in and out

Answer: Air

Example 3 clues:

1. I am used every day by people
2. I help keep computers, I-Pads and mobile phones running
3. I help people connect to the Internet

Answer: Wi-Fi

Example 4 clues:

1. Some people read about me
2. Some people follow my examples and teaching to help others
3. Some people pray to me

Answer: God

Session 5: Be Rooted in Faith Awareness



Ask pupils what they think the 4 things have in common.



Draw out from pupils the following ideas:

- They can't be touched.
- You can't see them.
- People believe and trust that they exist.
- Other actions or signs help people believe they exist.



What is Faith? (10 mins)

Explain that faith a little bit like the things in Gracie's Game, love, air, Wi-Fi and God.



Partner or whole class discussion of the following question:

- **How would you explain to Gracie, what faith is?**

Opportunity to take pupil ideas.



Dictionary Time

Share with pupils the following definition:

- Faith is complete trust or confidence in someone or something.
- Sometimes the things we have faith in are invisible, but we know they exist.

Explain that some people have faith in:

- Nature
- Family
- God
- Football Team



Christian Faith

Partner or whole class discussion on the following questions:

- Who do Christians have confidence and trust in?



Explain that Christians put their trust and confidence in God and Jesus. They cannot see him, but they believe he exists. When facing challenges, they put their trust in God to help them through it.



Who do you Trust? (10 mins)



Give pupils copy of *Who do you Trust?* activity sheet. Pupils must fill in ideas about who or what they trust/ have faith in. It could be somebody at home, in school or in their local community, or it could be faith in something they cannot see like in Gracie's Game. How do they help them to grow and keep strong? Pupils must write or draw their ideas on the sheet.



Pupils might use the following sentence starters:

- **I Trust in...**
- **They help me grow and keep strong by...**
- **Trusting them helps me feel...**

Ideas might range from a religious faith to faith in nature, friends, family etc.



Opportunity to take pupil feedback.

Extension Activity

Small Steps Make Big Changes (20 mins)



This activity is helping pupils to think about how small steps can make big changes, which can be like faith. In Christianity, the Bible describes Faith in God as being like a tiny mustard seed. It explains that even if you only have a little faith in something, this can grow and help people face big challenges. People just have to take a small step to believe.



Show the picture of a mustard seed. Ask pupils:



- **What do you think this tiny mustard seed grows into?**

Reveal that this tiny mustard seed grows into a big tree. Explain that Gracie has faith that taking small action steps when facing a problem or challenge can make big changes to our lives and help us to grow



Give pupils a copy of the *My Small Steps Making Big Changes* activity sheet with the instructions:



Think about what you have learnt about your roots and growing strong when facing challenges.

What small steps have you taken to make big changes?

Think about your **leadership skills**, your **character muscles**, your **community actions**.

- **My small steps/ actions have been...**
- **I have been helped by...**
- **The big changes I have made in my (home, school and local) community are...**



Take Home Activity



Using the *Postcard to Gracie* activity sheet, ask pupils to use the template to design a postcard for Gracie showing and telling her what they have learnt about being rooted.



Postcard to Gracie Instructions

Gracie would love to hear what you have learnt about being rooted in leadership skills, character muscles, community actions and faith. Send her a postcard telling her about your small steps into big changes. Draw a picture below and write your message.

Strategies for Differentiation

- Open ended questions used to enable pupils to engage with the activity at their own level.
- Sentence starters for written activities.
- Some pupils may need support with the *Who do you Trust?* and *Small Steps Make Big Changes* activities. Pupils may benefit from a modelled example.

Postcard to Gracie

Gracie would love to hear what you have learnt about being rooted in leadership skills, character muscles, community actions and faith. Send her a postcard telling her about your small steps into big changes. Draw a picture below and write your message.



To Gracie,



Gracie

Bishopthorpe Palace

Bishopthorpe

York

YO23 2GE



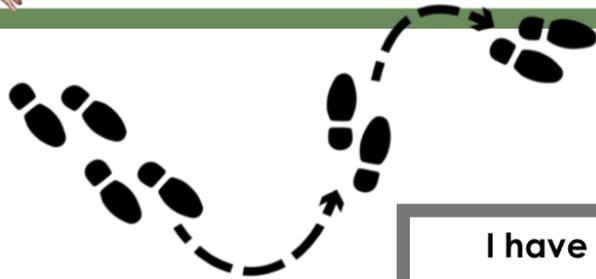
Session 5: Be Rooted in Faith Awareness

My Small Steps Making Big Changes

Think about what you have learnt about your roots and growing strong when facing challenges.

What small steps have you taken to make big changes?

Think about your **leadership skills**, your **character muscles** and your **community actions**.



My small steps/ actions have been...

I have been helped by...

The big changes I have made in my (home, school and local) community are..



Session 5: Be Rooted in Faith Awareness



Nature



God



Family



Team

Who do you Trust?

It could be somebody at home, in school or in your local community or it could be faith in something you can't see. How do they help you grow and keep strong?

Write or draw your ideas below:

