

## Session 5: Be Rooted in Faith

### Teacher Notes

Welcome to the final session of **Be Rooted**. Like previous sessions, this session is 30-minutes with the option to extend to a full lesson. This session has been designed to help pupils think about what faith is and how growing and developing in faith helps to strengthen some people when facing challenges.

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 in the series. Choose what you think would be helpful for your pupils. At the end of this 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 faith?

#### Learning Objectives:

- To explore what faith is and how it can help people grow.
- To identify what you have faith in and how this helps you to grow.

#### Learning Outcomes:

- To explore what faith means.
- To identify what they have faith in.
- To evaluate which faith actions are important when facing challenges.
- To evaluate how faith can support people.
- To identify what their faith in action looks like.
- To grow in faith awareness.

**\* 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><b>Archie's Welcome</b></p> <p> Share the learning objectives.</p> <p> Watch Archie's Welcome for Week Five.</p> <p>Hey Young Leaders, welcome back. We've now got 3 roots that can help us to face challenges and grow: leadership skills, character muscles and community actions. Today we are going to investigate what it means to be rooted in faith. We'll explore what faith is and how it can support people when facing challenges. How can faith influence people's actions and support them to 'be the change they want to see in the world'?</p>	PPT slide 2
3 mins	<p><b>Reflection Time</b></p> <p> Introduce the following quote from Martin Luther King Jr:</p> <p>"Faith is taking the first step even when you don't see the whole staircase".</p>	PPT slide 3

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	 Ask pupils the question: <ul style="list-style-type: none"> <li>• <b>What do you think faith is?</b></li> </ul> Partner talk or whole class discussion time. Take feedback.	
15 mins	<p><b>Faith through a Lens?</b></p>  Partner talk or whole class discussion time.  Ask pupils to consider: <ul style="list-style-type: none"> <li>• If you were taking a photo of what faith is, which image would you choose?</li> <li>• Is there another picture/ photo that you think would be a good image of faith?</li> </ul> <p> <b>Definitions:</b>            Share with pupils the dictionary definition of faith:</p> <ol style="list-style-type: none"> <li>1. The belief that someone or something is good, right and able to be trusted.</li> <li>2. Strong belief in God or Gods.</li> <li>3. A particular religion, Christianity, Hinduism, Islam.</li> </ol> <p><b>What do you have faith in?</b></p>  Ask pupils to discuss/ consider the following questions based on the dictionary definitions: <ol style="list-style-type: none"> <li>1. Is there <b>someone or something</b> that you have faith in and believe is good, right and able to be trusted?</li> <li>2. Do you have a <b>strong belief in God, Gods</b> or a <b>higher power</b>?</li> <li>3. Is there a <b>particular religion</b> you follow and are a part of e.g. Christianity, Hinduism, Islam?</li> </ol> <p> Opportunity for pupils to write down their ideas in the 'I have faith in...' box on the Growing in Faith Activity sheet. (The rest of the sheet to be completed in a later activity).</p> <p> <b>Someone or something</b> pupils have faith in might include a family member, teacher, celebrity, a friend, nature, football club etc.</p>	<p><b>PPT slide 4</b></p> <p><b>PPT slide 5</b></p> <p><b>PPT slide 6</b></p> <p>            Growing in Faith Activity Sheet</p>
8 mins	<p><b>Faith in Action</b></p> <p> <b>Which of these faith actions are most important when facing challenges?</b></p> <p> Either in pairs or small groups, pupils must decide and share their reasoning.</p> <p> These could be challenges in the home, school, local or global communities. There is no right or wrong answer in this activity. It provides an opportunity for pupils to explore these different faith actions and think about their importance for people when facing challenges. They are actions often used in religious faith but are actions that may be used by people who have no religious faith, or have faith in other things, such as nature.</p>	<b>PPT slide 7</b>

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	<p><b>Explanations are provided below:</b></p> <p><b>Prayer-</b> For many religious faiths, prayer plays an important part in deepening a person's faith. Prayer is often described as a conversation with God or a higher being that can be silent or said out loud. It can use set words or a person's own words.</p> <p><b>Reflection/ Meditation-</b> In many religious faiths, personal reflection and meditation allows space to relax, be in touch with God and to think more clearly about a problem or situation.</p> <p><b>Reading sacred texts-</b> For many people of religious faith, reading verses from sacred texts, such as the Bible in Christianity or the Koran in Islam, gives them wisdom and guidance on how to live their lives and draw closer to God.</p> <p><b>Relationship/Community-</b> For many, faith is about relationships and connections with other people or other believers, learning from each other and supporting one another to live well in community together.</p> <p><b>Worship/Praise-</b> Worship is the gathering of believers individually or collectively to communicate their beliefs and praise God or a higher being showing love and respect. Worship can be expressed through words, music, singing, drama, pictures and prayer.</p> <p><b>Serving Others-</b> In religious faith, serving others is about living out faith and showing God's love to the world around through actions, which often help others.</p>	
<h3>Teacher Note</h3>		
<p><b>At this point there is the option to move to the plenary, ppt slide 13 forming the end of the 30-minute session, or you can continue with the additional activities.</b></p>		
<p>15 mins</p>	<p><b>Faith in Action</b></p> <p> Show pupils the pictures of Malala Yousafzai, Gandhi, Bear Grylls &amp; David Attenborough. Ask pupils in partners or as a whole class to answer the following questions?</p> <ul style="list-style-type: none"> <li>• <b>What do you know about these people's stories?</b></li> <li>• <b>Can you think of any challenges they have faced?</b></li> </ul> <p> Either in pairs or small groups, give pupils a person's profile to look at. Ask them to read their fact file and to decide how their faith supports them. Pupils could refer to the icons from the faith actions activity to support their answers.</p>	<p>PPT slide 8</p> <p> PPT slides 9-12</p>

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	<p> Ideas that might be drawn out in answer to the question 'How does faith support...'</p> <p><b>Malala Yousafzai-</b> Provides <b>Prayer &amp; relationship</b>- the support of others to get through major life challenges. <b>Worship and praise</b>- thankfulness for what God has given her, his care even in times of challenge. <b>Serving Others</b>- Being inspired to serve and help others because of her faith and her experiences. Courage, direction and purpose in life.</p> <p><b>Gandhi- Relationship and community</b> trusting God and trusting other people. <b>Sacred Texts</b>- finding verses to comfort in times of challenge. Sense of peace, security.</p> <p><b>Bear Grylls-</b> Provides <b>community and relationship</b> in times of Challenge. <b>Worship and praise</b> thankfulness towards life. <b>Reflection and Meditation</b>- personal strength.</p> <p><b>David Attenborough- Reflection/Meditation</b>- brings a sense of peace. <b>Relationship and community</b>- feeling connected to something else. <b>Worship and praise</b>, being thankful for the beauty of nature even when facing grief or sadness. Excitement and gives life a purpose.</p> <p> Opportunity to take pupil feedback.</p>	
15 mins	<p><b>Growing in Faith</b></p> <p> Provide pupils with Growing in Faith Activity Sheet. Pupils are to work individually and answer the following Statements:</p> <p> <ul style="list-style-type: none"> <li>• I have faith in...</li> <li>• My faith helps me to face challenges by...</li> <li>• My faith in action looks like...</li> <li>• Questions I have about faith are...</li> </ul> </p> <p> Pupils should use their ideas from earlier discussion. There is the opportunity to collate pupils' questions about faith to follow up in a further session.</p> <p><b>Example 1:</b></p> <ul style="list-style-type: none"> <li>• I have faith in... my family</li> <li>• My faith helps me to face challenges by... being there for me, someone to talk to, listening to me, giving me practical advice.</li> <li>• My faith in action looks like... relationship &amp; community with others. I like to help people.</li> <li>• Questions I have about faith are... whether God exists.</li> </ul> <p><b>Example 2:</b></p> <ul style="list-style-type: none"> <li>• I have faith in... God</li> <li>• My faith helps me to face challenges by... giving me verses from the Bible that help and encourage me, having the support of other Christians that I can talk to, being able to pray and talk through challenges with God.</li> </ul>	<p><b>PPT slide 13</b></p> <p></p> <p>Growing your Faith</p> <p><b>Camera/ Tablet</b></p>

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	<ul style="list-style-type: none"> <li>• My faith in action looks like... relationship &amp; community with others, prayer, worship and praise, helping at my church.</li> <li>• Questions I have about faith are... why does God allow suffering? Why doesn't he always answer my prayers?</li> </ul> <p><b>Example 3:</b></p> <ul style="list-style-type: none"> <li>• I have faith in... my football team</li> <li>• My faith helps me to face challenges by... giving me something to focus on and look forward to. Giving me role models to look up to, being part of a community of supporters.</li> <li>• My faith in action looks like... relationship &amp; community with other supporters, worship and praise at matches, celebrating wins.</li> <li>• Questions I have about faith are... Do only Christians go to heaven?</li> </ul> <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><b>Take Home Activity- Growing in Faith Awareness</b></p> <p> A set of 6 activities are suggested as follow-on homework. There is the option to give PPT slide 14 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><b>ppt slide 14 as activity sheet.</b></p>		
<p><b>2 mins</b></p>	<p><b>Plenary</b></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;"><b>Roots in faith can help people to...</b></p>	<p><b>ppt slide 15</b></p>		
<p><b>Strategies for differentiation:</b></p> <ul style="list-style-type: none"> <li>• Open ended questions used to enable pupils to engage with the lesson content at their own level.</li> <li>• Faith in Action Activity- some pupils may benefit from a simplified version of the text and/or a printout of the faith in action icons to match against the quotations.</li> <li>• Growing in Faith activity- some pupils may benefit from an example being modelled to the class or small group.</li> </ul>				
<p><b>Key:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p> Share Instruction or key information.</p> <p> Task or Activity to engage with.</p> <p> Discussion or Class participation.</p> <p> Video or animation to watch.</p> </td> <td style="width: 50%; vertical-align: top;"> <p> PPT Slides</p> <p> Note taking or paper-based activity.</p> <p> Printable activity.</p> <p> Take Home Activity</p> </td> </tr> </table>			<p> Share Instruction or key information.</p> <p> Task or Activity to engage with.</p> <p> Discussion or Class participation.</p> <p> Video or animation to watch.</p>	<p> PPT Slides</p> <p> Note taking or paper-based activity.</p> <p> Printable activity.</p> <p> Take Home Activity</p>
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### Growing in Faith

1. Is their **someone or something** that you have faith in and believe is good, right and able to be trusted?
2. Do you have a **strong belief in God, Gods or a higher power?**
3. Is there a **particular religion** you follow and are a part of e.g. Christianity, Hinduism, Islam?

I have **faith** in...

My **faith** helps me to face **challenges** by...



Questions I have about **faith** are...

My **faith** in **action** looks like...

