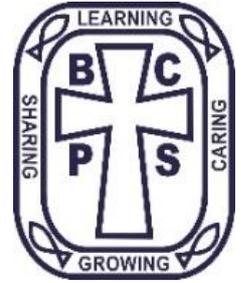


BROAD CHALKE C. OF E. PRIMARY SCHOOL

Weekly Online Worship (WOW!) 13th July 2020



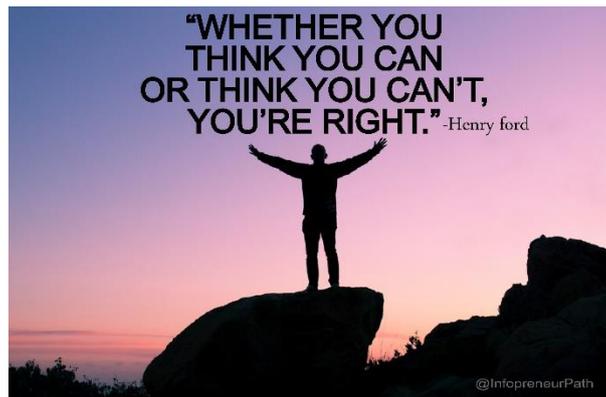
The one about resilience



The WOW (Weekly Online Worship!) Newsletter is here to give everyone the opportunity to take part in an assembly. Parents can watch the video at home with their children and there are also ideas to hold your own assembly and follow up ideas. Teachers will be talking about the value of RESILIENCE and showing the video in school. These assemblies are produced by the Church of England specifically for these times but I write the newsletters to give some extra ideas to think about our value of the week.

This week we are thinking about the value **RESILIENCE**. Resilience is something which we have all had to learn during lockdown and it is a very important quality for life! But what is resilience?

Resilience helps us to recover more quickly from our difficulties – literally it means ‘to spring back!’. It means to keep trying, to never give up and to persevere! This takes a positive mental attitude, you have to believe that you CAN do it in order to persevere and be resilient!



When Christians feel a bit ‘wobbly’ they can turn to God to give them strength and resilience.

I hope that by watching this video the ‘take away’ from it will be that it helps you to feel a little more resilient as we face change.

I hope you enjoy the assembly. There’s a catchy little song to listen to too.

With love from Mrs Brockway xxx

PLEASE CLICK ON THE LINK BELOW TO WATCH THE ASSEMBLY (It’s only 10 minutes 15 secs long!)

[Ehttps://www.youtube.com/watch?v=7utR1OzDXPM](https://www.youtube.com/watch?v=7utR1OzDXPM)



IMPOSSIBLE also can mean I’m possible!

Follow up Activities

Ideas for your own Collective Worship

First of all, you may like to light a candle to help you to focus on this as a special time.

In school we say 'Jesus is the Light of the World, shine on us today'.

Look at someone else in your class, or if you are at home a member of your family, so that you have a partner. It's ok to have a giggle because it may feel a little silly at first, but don't look away. Give your partner a smile; a genuine, joyful smile, letting it show through your eyes. How does this make you feel? Now look around and see if you can share this feeling with someone else.

Our friends and family help us to be stronger and that makes us more resilient.

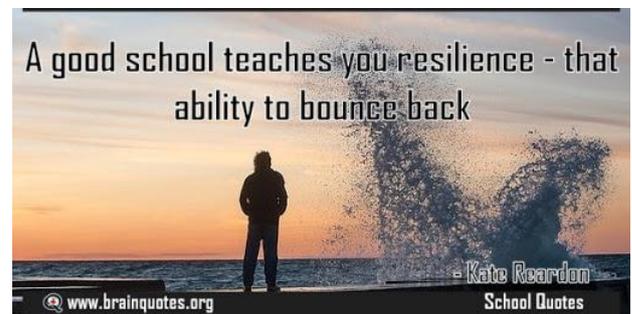
Resilience means we keep going even when we encounter difficulties. It's not an easy thing to do, but it makes a huge difference. It's also something we can learn to get better at! We can develop resilience in our hearts and minds through practice, a bit like we develop muscles in our body when we exercise.

Stand up and do a quick exercise now like running on the spot!

If we do this every day, we will get stronger in our bodies. If we practice having a go at things that are hard, we can also get stronger in our minds and our hearts. Eventually, we will be able to do harder and harder things. Knowing that we have people alongside us when we try to do hard things makes it easier too.

Next, **imagine that you are bouncing a ball.** Each time it comes back to you, imagine yourself 'bouncing back' from a difficult situation. If the ball isn't pumped up with enough air, it will struggle to bounce back. What do *you* need to be filled with to be able to bounce back fully? For some Christians, it is the Holy Spirit who gives them the power to bounce back again. Perhaps it's the love of your family and friends, feeling understood and valued, your strength of character developed over time – or a combination of all of these.

Resilience means bouncing back as quickly as possible.



KEY QUOTE OF THE WEEK: 'Never, never, never give up!' Winston Churchill. Do you know who Winston Churchill was and why he had to be resilient?

BIBLE QUOTE: We are troubled on every side, yet not distressed; we are perplexed, but not in despair. 14. 2 Corinthians 4:8-9

AN ANIMATION TO HELP YOU TO THINK: Watch the Disney Pixar Oscar winning film about Piper (it's only 3 minutes 20 seconds long) <https://www.youtube.com/watch?v=vPuRBiBCxyk>

The film Piper is about a little bird whose mother encourages it to learn to feed itself on a beach. The bird gets swept away by the tide but perseveres. This is an inspiring story that shows children that you need to be resilient through what we might call 'choppy waters'.

PRAY: Dear God, I know that you are always with me today and in the future. Help me to persevere and have the resilience to face the changes and challenges ahead. Amen

1. GIVE THANKS for something that went well today – perhaps something that you kept going with.
2. ASK FOR HELP to be able to do hard and challenging things
3. REFLECT on your day and think about the times when you showed resilience
4. SAY SORRY for the times you have lacked resilience
5. DECIDE how you will keep hold of your resilience tomorrow, what will help to keep you strong?

Blow out your candle as a sign that your time of worship has finished.

If any children do follow up activities please do send them by email to your child's class teacher to share with me and to add to Instagram or our website. Here are some ideas:

Write your own prayer or poem about resilience.

Write your own prayer / poem to say thank you to the people who help you to be more resilient.

Write and colour the word resilience and send a photo in to school of you holding the word. (Instagram!)

Take a photo of your child with a worship candle.