

Make Jesus Real

A
BOOK
FOR
LIFE

TEACHER RESOURCES SECTION 2 – LIFE SKILLS



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SECTION 2

LIFE SKILLS

Communication and body language.....	38
Anger management	39
Coping with anger.....	41
Anger management	42
Listening Skills	43
Ability to make good decisions	44
Two wolves	45
Growth mindset.....	47
Grit	48
Leadership in schools	49
Forgiveness	50

QUOTES

“Everyday of your life is another lesson. If you learn the lesson well and apply it; whether positive or negative, you determine what happens in your tomorrow.”

— David Kofi Awusi

INTRODUCTION

In primary school, we strive to expose the students to skills that will instantly help them both in and out of the classroom.

However we also want them to gain skills that will help:

- i) the transition from primary to secondary school
- ii) in their teenage years to contend with the many issues that the modern world throws at them.

In this section, students will be asked to reflect on various skills that are essential life long skills.

LEARNING INTENTIONS

We are learning that:

- i) as we enter the teenage years, new growth in mindset should take place. For example, the ability to make good decisions, improve our listening skills etc.
- ii) the art of communication involves more than just speaking
- iii) leadership is more than just having a badge
- iv) forgiveness is a challenging mechanism demonstrated by Jesus throughout His life on Earth
- v) many of the skills in the MJR resources are life long skills that may take many years to cultivate.

ACARA CONNECTION

YEAR 5/ 6 – HPE – view the following grid to trace the skills learning continuum

<https://www.australiancurriculum.edu.au/media/1078/general-capabilities-personal-and-social-capability-learning-continuum.pdf>

SUCCESS CRITERIA

Students will be able to:

- i) identify life skills they have discovered during this section and use them to improve their lives
- ii) write about life skills they need to concentrate on
- iii) understand that they all have the capabilities to become a leader.

SCRIPTURE

Colossians 3:23-24

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

TAKE AWAY FROM SECTION 2

Get the students to name ONE life skill they need to work on so that will make the transition from primary to high school easier.

LESSON RESOURCES

see page 48

see page 43

see page 48

see page 49

see page 50

2:1 Values and attitudes – general

The story of Dick & Rick Hoyt, the most inspirational father and son team to race in an IRONMAN.

Dick & Rick Hoyt

<https://www.youtube.com/watch?v=dDnrLv6z-mM>
(6:39 minutes)

2.2 Listening

Great suggestions to help students (and staff) in regard to listening

What Is Active Listening?

<https://www.verywellmind.com/what-is-active-listening-3024343>

2.3 GRIT Video

- a) This is a story about grit - and why it might just be the key to your success

Grit, the key to your success

<https://www.youtube.com/watch?v=uwsZZ2rprqc>
(2:22 minutes)

- b) **Baby Bear Tries To Reach Its Mum by Climbing Treacherous Snow Mountain**

This is Nature showing us true GRIT. A silent video that will get the students and staff cheering

<https://www.youtube.com/watch?v=6Fo7YJOmoB0>
(2:47 minutes)

2.4 Leadership

- a) This lesson plan link below will tie in nicely with Leadership in schools. The scavenger hunt aspect of the lesson plan complements the written task on page 49 of the MJR workbook (world leader, school leader etc.).

MJR Through Leadership

<http://garrattpublishing.com.au/pdf/MJR-teacher-resources/LeadershipLesson/MJR%20Through%20Leadership.pdf>

- b) **Imagine Leadership**

The value and importance of leadership in society.

<https://www.youtube.com/watch?v=TuuTIQ0FzEU>
(6:05 minutes)

2.5 Forgiveness

Song with lyrics.

Forgiveness by Matthew West

<https://www.youtube.com/watch?v=JfIRQLKjAQY>
(4:14 minutes)

2.6 Habits

- a) **Stop wasting your time!**

This Prince Ea Youtube clip gives great examples of how to improve your time-wasting habits.

<https://www.youtube.com/watch?v=INVixA8kFdM>
(3:08 minutes)

- b) **Great Teamwork!**

This clip features a school in Port Elizabeth, South Africa. Woodridge College. As part of the outdoor education day, they train for weeks to try and get all six students over the wall the fastest.

<https://www.youtube.com/watch?v=RIbsWi6uqVY>
(0:38 seconds)

Creating a Vibe Or Positive Attitude LESSON

Positive Attitude

See MJR page 53, 54, 59, 70, 102, 114, 120, 138, 144, 145

A Positive Vibe

Help create a positive vibe plus leadership attributes

Learning Intention – Emphasise – YOU have the Power to create a positive vibe

OR Negative Vibe

A Grateful Day with Brother David Steindl-Rast

Ten years ago, Br David recorded A Good Day, which has been watched well over 1 million times. This timeless message is now updated with beautiful, high-resolution video footage.

https://www.youtube.com/watch?v=zSt7k_q_qRU#action=share
(5:22 minutes)

OR Opening song – Sidewalk Prophets – Smile

There's always a reason to always choose joy – the storm only lasts for a while, so smile.

An inspirational song featuring the words for the song in the video.

<https://www.youtube.com/watch?v=15V2sXSI8Co>
(3:02 minutes)

OR Train ride

Train Passengers Sing Over the Rainbow!

<https://www.youtube.com/watch?v=xctzp0dp9uc>
(4:37 minutes)

Also reference these pages

- Three people who have a positive attitude
- Attitudes are contagious
- Value the power of GTS (Greet, Treat, Speak)
- Taking good with the bad plus
 - BABAGOI (Build a Bridge and Get Over It)
- WEST (Welcome, Encourage, Sorry, Thank You)
- See Goodness in Others
- People skills
- Ability to make good decisions
- Heroes & the Greta Effect
- Paying 10 bills – Don't take parents/carers for granted
- A day wasted if you don't reflect
- My Future Lies in my hands
- Set your Goals – To create a positive Vibe

see page 9

see page 10

see pages 12 & 62

see pages 15 & 16

see pages 24 to 29, 79 & 80

see page 120

see page 38

see page 44

see page 66 & 67

see pages 132 to 142

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2.7 Leadership (page 76)

When faced with a problem, consider

IIITBIIUTM

(If It Is To Be It Is Up To Me).

What sort of impact are you having at the moment:

- here
- home
- with friends?

2.8 Leadership words (synonyms)

- Investigate a list of synonyms for the word 'Leadership' using Google or a dictionary.
- Form a group and choose one word from the list.
- Discuss why you have chosen that word, and share your reason with the rest of the class.
- On the inside cover (white shiny part) use a white board marker to write your word. Make it as decorative as you like, and ask your teacher to photograph it when you have finished.

2.9 What is a leader?

- Look through the first 30 pages of the MJR Book.
- Choose a page that will assist you in becoming a leader.
- What does a leader do?
- Ash Barty's mentor helped her soar in tennis and in life — and his advice can help you too**
<https://www.abc.net.au/news/2019-11-15/ash-barty-mentor-ben-crowe-advice-for-on-and-off-sports-field/11704022>

2.10 A leader's job

It is a leader's job to show those around them how beautiful/talented/capable they are by:

- including them
- listening carefully
- knowing when to take a step forward OR a step back.

2:11 Teenage Affluenza

Teenage affluenza is spreading fast. This is a great satirical video that reminds us we lead such lucky lives. It was created for the 40 hour famine fundraiser.

Teenage affluenza is spreading fast

<https://www.youtube.com/watch?v=KFZz6ICzpjI&t>
(5:20 minutes)

OKAY WITH A SMILE LESSON

This is a life skill too many children do not connect with at home or at school because they backchat.

see pages 8 to 17

see page 19

see page 62

see page 10

LEARNING INTENTION

To ensure that students recognise that there is more potential in an 'OK – with a smile' than back chatting parents/teachers.

SCRIPTURE

Colossians 3:20

Children, obey [your] parents in all things: for this is well pleasing unto the Lord.

ACRONYMS

WEST – Welcome, Encourage, Sorry, Thank you

EAST – Exclude, Argue, Sulk, Talk back

FOR the TEACHER

This exercise relates to:

- 1) MJR (gr 5/6 book)
Plus many other pages about moaning and groaning.
Also Page 62 GTS, and page 10 'Contagious Attitudes'.

FOR the STUDENTS – ACTIVITIES

1. Firstly ask the students how many of them backchat their parents/guardians? Discuss what atmosphere this brings to a home – unhappiness, selfish etc.
2. Discuss that the WEST acronym has an opposite in EAST – E (Exclude) A (Argue) S (Sulk) T (Talk Back).
3. Chore activity
 - a) Play a trick on the students by writing the word 'Dishwasher' on the board with a sheet over the top of it and say that you are going to read their minds.
 - b) Choose a student and ask them to think about their house – and especially their kitchen – then ask them to think of one chore in the kitchen they don't like doing. Then say 'I am going to read your mind'. Get the student to state the job they don't like doing in the kitchen (an amazing number say 'Emptying the dishwasher').
 - c) If they answer 'Emptying the dishwasher', reveal the word hidden behind the sheet.
 - d) If they respond with a different answer, ask the rest of the class what their answer would be. Then reveal the word dishwasher when it is mentioned.
 - e) Then ask who argues or talks back about doing chores like the emptying of the dishwasher. Explore what atmosphere it creates when there is an argument about chores.
 - f) Choose someone to come to the front of the class and write on their hand 'OK' and place a smile in the O. (Or ask them to write it on a small piece of paper.) Now ask the student what they argue about at home. For example going to bed, getting up in the morning, the amount of screen time they have, or when they are allowed to use their computers or phones.
 - g) Ask the student to act out a scenario like 'Time for bed' and include the arguments they might normally use for not going to bed. Then, reenact the scene, but this time get the student to hold up their hand/ piece of paper and answer 'OK – with a smile'. Ask them to imagine what response they might get from their parent/carer when faced with this positive attitude. Ask them to try it tonight and report back the next morning.

- h) Get the students to turn to a journal page in their MJR books. In the middle of an empty page draw a large OK with a smile in the O.
 - i) Get the students to write around the OK words (in red pen) they use when arguing or talking back
 - ii) In another pen colour, write how, when and where they are going to try and use OK with a smile in the future. Talk about breaking BAD habits.
- i) At the bottom of the page, write today's date and then 'From today I am striving to NOT talk back, especially'
[fill in when and to whom they talk back to].

Now write REFLECTION

Ask the students to write about who this habit affects and how it might be better to create an attitude that they were praised for and perhaps inspired others.

During the term it is essential to keep revisiting their experiences with these areas especially by notifying the community in the newsletter or a great way is by using the 'SeeSaw' app to make parents aware.

TAKE AWAY LESSON ON HOPE

'Don't be afraid, I am Hope. While I am still burning we can relight the other candles – Peace, Faith, and Love.'

see pages 21, 81, 127

Start with **The Four Candles prayer**. Finish by getting everyone to say the prayer together.

Discuss the role of the fourth candle – the candle of hope. Explore if students think this is true in their lives or those around them.

The Four Candles Prayer

<https://www.youtube.com/watch?v=jclpM8cVXQU>

(3:12 minutes)

1) Make Jesus Real

- Easter story – why is this a story of HOPE? (127)
- Happiness & Inner Peace (81)
- Search for the secrets – dreams/hope for the future (21)

2) Never Giving Up Hope

- A great Youtube for year 5 – 12's is Nick Vujicic about NEVER giving up HOPE – please be aware that Nick discusses suicide but it is a deep look at NGU (never give up) and that we all need hope.

Nick Vujicic Speech: Never Give Up

https://www.youtube.com/watch?v=AN_zSoBldRw

(3:03 minutes)

- Ask the students to further investigate Nick plus look at his friendship with Bethany Hamilton, the surfer who lost her arm in a shark attack. Nick has and continues to achieve so much through his positivity and love of Jesus.
- **'No arms, no legs, no worries!'**
<https://www.dailymail.co.uk/news/article-7416273/Australian-Nick-Vujicic-born-no-arms-legs-contemplated-suicide-bullied.html>

3) Follow Some Rules

With so many students and families watching the 'Last Dance' about Michael Jordan's career, the following 10 rules can be associated in so many things we attempt in our lives.

SUCCESS Has NOTHING to Do With LUCK!

<https://www.youtube.com/watch?v=NidqtkXq9Yg>

(9:11 minutes)

4) The Sound of Hope

Hope can look like different things to different people. Watch this group called The Key of Hope Choir to find out how they experience hope:

Key of Hope Choir singing Iyo yo yo

[https://www.facebook.com/keyofhope/](https://www.facebook.com/keyofhope/videos/10155767081579847/?v=10155767081579847)

[videos/10155767081579847/?v=10155767081579847](https://www.facebook.com/keyofhope/videos/10155767081579847/?v=10155767081579847)

(3:34 minutes)