

Session 1

Introduction

Key learning

Pupils are introduced to the concept of hope, a key theme in the sessions to follow, understanding that hope is a powerful force that can have a positive impact on their lives.



Before the session

You will need:

- Slides for this session, with sound
- Quiet space for reflection

Story

Be Curious (Community)



Song

Play calming music at the start of the session
– we've shared an example in the slide deck, or
you can find your own music online.

Notes

Discussing the habits

It is essential to help pupils develop habits that will enhance their engagement and understanding.

The *Difference* habits – **Be Curious**, **Be Present**, and **Reimagine** – will help pupils approach the resources with an open mind, active engagement, and creative thinking.



Film

Show your class the KS1 *Difference* habits video.

We recommend playing the KS1 *Difference* habits video as a gentle and engaging way to introduce the key ideas of the course. We'd encourage you to replay this video at any point during the course – it can be a helpful reminder of the habits or a prompt for reflection as pupils grow in their understanding.

Discussion

What does hope mean?

Start with the key question above to gauge children's level of understanding. Explain that hope is when we believe something can go right, more than go wrong.

For example:

- I am hopeful that it will be sunny tomorrow.
- I am hopeful that I will have a lovely playtime.
- I am hopeful I will make friends in my new class.

Notes



Bible passage

"And now, O Lord, for what do I wait? My hope is in you."

Psalm 39:7 (ESV)

Explain that this verse is about letting go of worry and trusting that we are not alone in difficult times. Christians believe that God is always with them, and this belief can help them find hope and strength when life is challenging.

Invite pupils to share where they see similar principles and values in their faith, or other worldviews, cultures, or community traditions.



Film

Load the video of The Windmill Farmer – but don't press play yet! The film is provided in the resources

Show children the still of the film and ask them:

- What do you see?
- What do you think?
- What do you know?
- What do you want to know?

Space

Be Present (Embrace)

 **Notes**



Film

Play **The Windmill Farmer** until 2:32 – pause when the farmer returns inside after the rain.

Suggested questions for discussion:

- How did he care for the windmill seeds?
- How do you think he felt when the weather changed?
- Do you think he should have hope? Why? Why not?



Film

Continue to watch the rest of the film.

- How do you think he felt after the storm had passed?



difference.



Activity Guided imagery

Notes

Read this to your pupils:

Let's all close our eyes. Imagine you are a small seed in the ground. It's dark, and you can hear the rain falling. But deep inside, you feel something warm and bright. It's hope. Slowly, you start to grow. You push through the soil and feel the sunshine on your leaves. You keep growing until you become a tall, strong tree. How do you feel now?

Pupils are welcome to put actions to this exercise.

Suggested questions for discussion:

- What did you feel when you were growing into a tree?
- How can we use hope in our own lives when things feel hard?

Sanctuary

Reimagine (Power)



Reflection

You may want to read this reflection aloud to your pupils.

Just like the farmer, there will be times when storms enter our lives. It's important to be hopeful that things will get better, and the storms will pass. Having hope helps us think about all the good things that can go right.



Prayer

Dear God,

Teach us to be patient and to have hope when things go wrong. We trust that you will guide us through difficult storms and into the light.

We put our faith in you.

Amen.

 **Notes**



End of session 1

difference.