

Session 4

Pursuing Justice

Key learning

Pupils explore the concept of justice as an important part of peacemaking – they are invited to recognise that the world is not as it should be, and to join with others to pursue a just and flourishing world.



Before the session

You will need:

- Slides for this session, with sound
- PE equipment to make an obstacle course (cones, mats, etc.)
- *Optional:* Blindfolds for children



difference.

1

 **Notes**

Session 4

Story

Be Curious (Community)

Notes



Song

Play the song *Love, Peace, and Happiness* by iSingPop.

Ask:

- How does your body feel?

Discuss with your pupils how to take notice of how their body feels (their heartbeat, their mind, their breathing) however it is appropriate to do so from their own understanding.



Film

Work through a mindfulness video to 'calm bodies' – we've included an example is included in the resources

Support the children with focusing, pausing the video if required.

Use a different mindfulness/calming technique if preferred to try and help the children calm their bodies.

Ask:

- How do you feel?

Discuss with children how their body feels, helping them understand what 'peace' and 'calm' feel like.

difference.

Space

Be Present (Embrace)



Activity

Lead a partner

Set up an obstacle course for the children in the hall/ classroom/playground and put them into pairs. Have one partner cover their eyes with material whilst the other person leads them through the course – and then have them swap roles.

The purpose of this activity is for children to feel out of their comfort zone engaging in this exercise, but to also trust their partner. Discuss with the leader how they can be calm and gentle with their partner.

Ask:

- How might we help our partner feel calm?
- What did you feel in your tummy?
- What were you thinking?
- Did you notice anything else?
- How did you feel letting your partner lead you?

Elicit discussions around fear and courage. Children may also discuss trusting their partner.

For example, some children may recognise feeling scared or worried, but they trusted their partner to lead them.

Some may have felt scared and didn't like the sensation of not being able to see what was coming next – discuss the idea of fearing what we can't see.

Notes



Bible passage

"Do all you can to live in peace with everyone."

Romans 12:18 (NLT)

Discuss what this means in terms of being kind to others, trying not to get angry, and encouraging people.

Discussion

Ask:

- How can we live more peacefully?

Revisit the discussion around being kind to others and trying not to argue from the previous session. Remind children of when they felt calm at the start of the session. Bring back the idea of 'noticing our feelings' and talk through what we can learn from the feelings in our body, e.g. when we feel calm, we may feel happy; when we have butterflies in our tummy, we may feel scared.

Highlight appropriate examples with children, such as crossing a busy road: feeling scared here reminds us to keep safe. Ask children for their own examples so they understand why it's also normal to feel scared sometimes.

Discuss the idea of 'peace' in the context of how our body feels.

Suggested questions for discussion:

- When did you feel most at peace in this session?
- Why is it important to feel calm and peaceful?
- Why do we need peace in the world?

Sanctuary

Reimagine (Power)

Notes



Film

Play the *Kid President* video showing how he wants to make the world a better place.

Pause and discuss ideas as the video progresses. Ask children what message they would want to share with the world – for example, be kind to one another etc.

Refer to the video where Kid President showed how love helps other people.

Ask:

- How does sharing love help spread more peace?

Discussion

Talk together about what it means to make the world a more awesome place. You could start with a classroom example, like how to create a kind and caring classroom, or think outside the classroom, such as being kind to others at break time or helping someone who's feeling left out.

You could also consider things from a national or global perspective, such as less pollution.

Explore how this can help bring more peace and happiness.

Ask:

- How would you make the world more awesome or better?
- How would you make the world fairer?



Reflection

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

It's important for us to notice feelings in our bodies, as they give us important messages. Sometimes our bodies may tell us we are afraid, and sometimes they may tell us we are calm.

When we feel less scared, our body starts to feel peace and we like this feeling! This means we are less likely to have arguments with other people and more likely to be kind to them. We want to look for more ways to live peacefully in our day to day lives.

Feeling peace inside our bodies also helps us to help others to be more awesome! We want to spread love so that other people can also feel happier in our world.



Prayer

Dear God,

Thank you for helping us to listen to the feelings in our body and know the difference between feeling scared and feeling calm.

Help us to find peace and to pass this onto others in acts of kindness. We know that the world will thrive when everyone is able to live more peacefully with one another.

Amen.

Notes

End of session 4