# Session 1 Introduction

## **Key learning**

Sharing memories enables empathy, trust, and respect, helping pupils understand the importance of community, friendship, and valuing every member.



# **Before the session**

#### You will need:

- Slides for this session, with sound
- A small soft ball or "talking stick" for the memorysharing circle
- Chairs arranged in a circle or clear floor space

# Story

**Be Curious (Community)** 



# Song

Play the song *This is the Day* (The *Difference* Song) to create an invitational space ready for learning.

Notes



**Film** 

Play the *Difference* Transition video and allow time for initial reflections and discussions about the *Difference* habits.





**Film** 

Show the pupils a short clip/animation about memories.

You might like to show your pupils a short clip from Soul by Disney Pixar (or a similar film) that explores the importance of memories and how they shape who we are.



Ask your pupils to form a circle, either sitting on the floor or in chairs.

Explain that this activity is about sharing positive memories related to friendships or school experiences. Highlight the importance of listening respectfully and not interrupting when someone is speaking.



**Teacher note**: This can be done as a whole class or small group activity.

### **Explain the activity:**

This circle creates an opportunity to share positive memories about friendship or school.

Emphasise respectful listening and the importance of confidentiality. What's shared in the circle is not to be shared outside the circle without the person's permission, and the stories stay in the circle (unless someone is unsafe). This helps everyone everyone feel respected and valued.

#### Set the tone:

Start by sharing your own memory to model the kind of sharing you're inviting. Encourage quieter pupils to take part so that everyone has the chance to be heard.

#### How it works:

Use a soft ball or object to indicate the speaker. The pupil holding it shares a short (1–2 minute) positive memory; perhaps involving a friend, a fun event, or a special moment at school. They then pass the object to someone else.

#### After everyone has shared:

Invite pupils to reflect on what they heard.

#### Ask:

- Were there any common themes?
- What did you learn about each other?

## **Prompt questions:**

- What's a moment at school that made you smile?
- Can you remember a time someone was kind to you?
- What makes you feel like you belong somewhere at school, in a group, or with friends?
- Have you ever helped someone else feel like they belonged?
- What's a memory of a fun time with friends?

difference.



#### Notes

Notes

# **Space**

## **Be Present (Embrace)**

Picture the habits.

Begin with a simple discussion about the three habits.

#### Ask pupils:

- What does it mean to **Be Curious** about others and the world?
- How can we Be Present with someone; really listening to how they feel and understanding what they say?
- What might it look like to Reimagine a better world or a kinder way to solve a problem?

Pupils will create three mini artworks that illustrate what the habits mean to them (one for each habit). This can be done using A5 paper or three sections on a larger sheet. They may choose any style: drawing, painting, collage, or mixed media.

## **Prompts:**

#### **Be Curious**

- Draw a time when you discovered something surprising about a person or place.
- Show what curiosity looks like maybe someone exploring, asking questions, or noticing something others missed.
- Create an image of people learning from each other's differences.

#### **Be Present**

- Draw a picture of someone helping a friend feel calm, safe, or included.
- What does it look like when people really listen and understand each other? Show that moment.

 Show a time when it took courage for someone to share their perspective or story.

Illustrate a time when someone was kind and paid attention to how someone else felt.

#### Reimagine

- If you could change one thing to make the world more kind or fair, what would it be? Show it in your drawing.
- Imagine a school, town, or world where everyone feels they belong. What would that look like?

What inspired your picture?

# Sanctuary

Reimagine (Power)



## Bible passage

"So that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it."

1 Corinthians 12:25-26 (NIV)

This passage highlights the importance of community and sharing experiences. Just as the body works together in unity, this activity encourages pupils to listen to each other's stories, celebrate the joys of others, Notes

and reflect on shared experiences. By passing the ball and hearing from each classmate, they build stronger connections and a sense of belonging, just as the body of Christ supports and uplifts every member.

#### **∿** Notes



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

Friendship is a precious gift that brings joy, laughter, and comfort. Friends lift us up, walk beside us, and make life's journey richer. They celebrate our successes, support us in struggles, and remind us that we are never alone.

Being a good friend is just as important as having good friends. It means listening, showing kindness, and being there through both the happy and difficult times. Friendship isn't just about what we receive – it's also about what we give.



## **Prayer**

Dear God,

Thank you for the friends who make us smile, for the laughter we share and the fun we have together. Thank you for the kind words, the happy moments, and the memories that make our hearts feel warm.

Help us to be good friends too – to listen, to share, and to care for one another. May our friendships be full of joy, kindness, and love – just as you love each of us.

Amen.

## **End of session 1**