

Students Name \_\_\_\_\_ Class \_\_\_\_\_

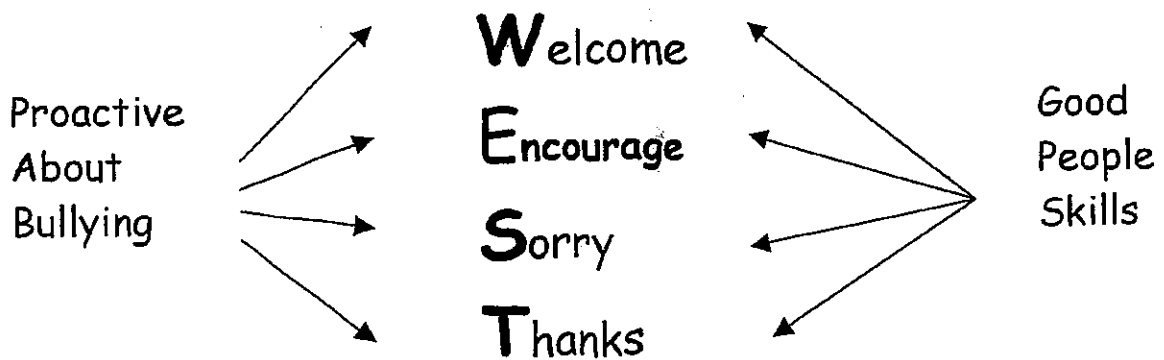


# Making Jesus Real in Year 5



We gratefully acknowledge the work of Michael Jones and Sandra Gunning of Henschke Primary School Wagga Wagga who are largely responsible for this booklet. We also thank the Hobart CEO for permission to use pages from their publication of MJR.

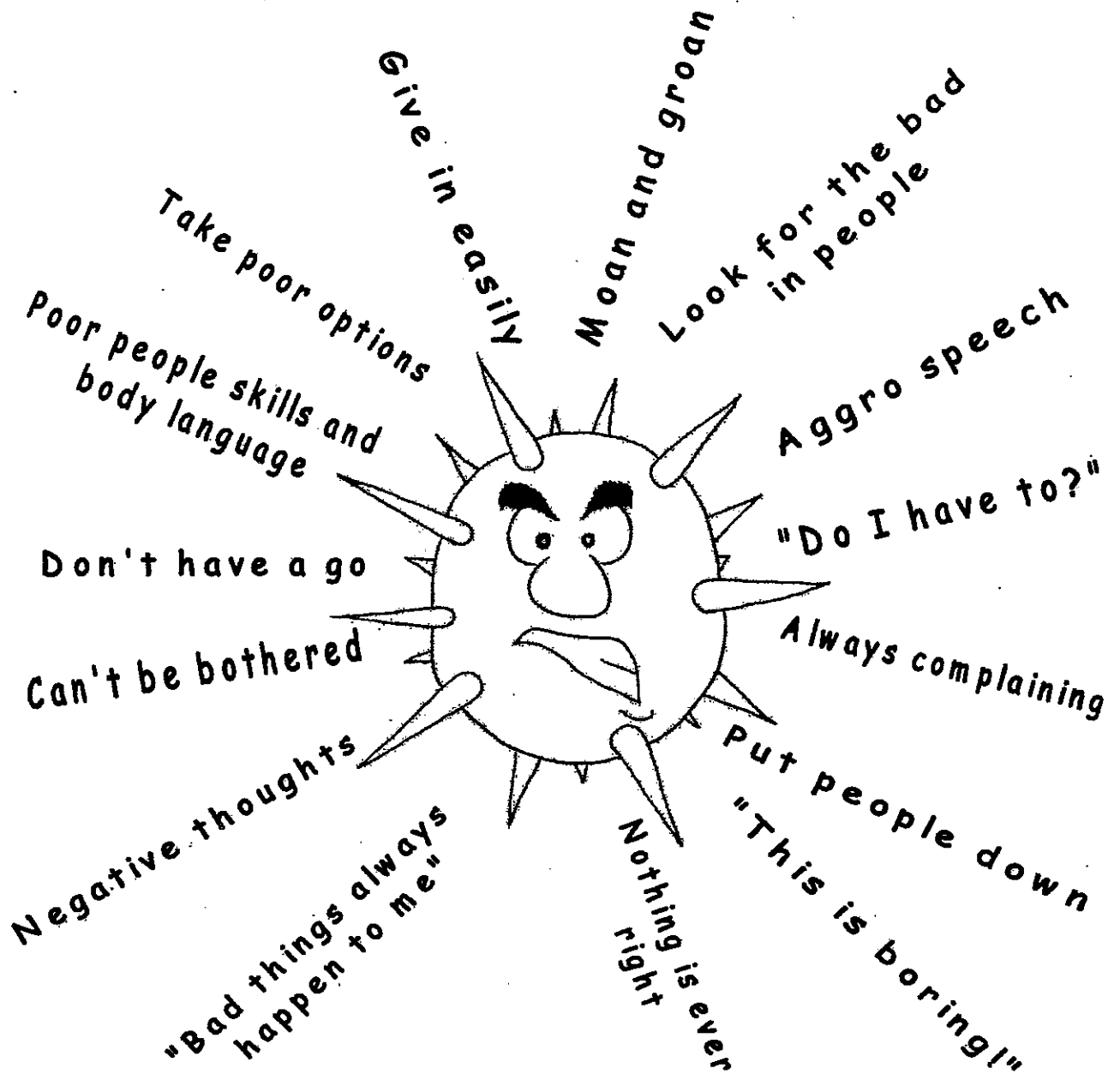
# HAPPY CHAPPY



## ACTIVITY

Circle four things that you would like to be.  
Use a different colour and circle three things that you are.

# Nastie Pastie



**Exclude**

**Argue**

**Sulk**

**Talkback**

## ACTIVITY

Circle five things that you don't want to be.



**I and only I am  
responsible for my  
own GROWTH as a  
PERSON**

**My THREE "OH YEAH" I can  
improve on during this year are:**

**1  
2  
3**

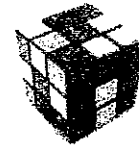
# DO YOU TURN PEOPLE ON OR OFF?

Give yourself a score for the turn-offs listed under each category.

Things that turn people off	I do it a lot 1 point	I do it a little 2 points	I rarely do this 3 points
<b>Coming on too strong, too soon</b>			
○ Acting 'needy' and wanting too much to be liked			
○ Revealing too much, too quickly to someone about your feelings			
<b>Being negative</b>			
○ Bad-mouthing others			
○ Not respecting others' ideas			
○ Moaning and groaning			
○ Complaining			
○ Criticising			
○ Putting others down			
<b>Ego-tripping</b>			
○ Talking constantly about yourself			
○ Showing off			
○ Not negotiating, insisting on getting your way			
○ Competing in conversation			
<b>Being boring</b>			
○ Being obsessed with trivia, or a single topic			
○ Giving too much detail and not getting to the point			
○ Talking about topics which have no interest for the other person			
<b>Being a sham</b>			
○ Telling lies about yourself			
○ Pretending to be things you really aren't			
<b>Not self disclosing, staying shut-off</b>			
○ Not telling others much about yourself			
<b>Insensitivity</b>			
○ Revealing others' secrets			
○ Being unreliable			
○ Being greedy			
○ Not being prepared to help			
<b>Scores</b>			
66-45	You probably attract people fairly easily		
44-31	You don't turn people off, but you could improve		
30 or less	Have a look where you scored poorly and try to change these things		



# PROBLEMS



# ARE OPPORTUNITIES WITH PRICKLES ON THEM

If you can tackle your problems and handle them well it will help to make you a better and stronger person

## PROBLEMS YOU MIGHT FACE

- 1) LEFT OUT OF A SPORTING TEAM
- 2) BATTILING WITH SUBJECTS AT SCHOOL
- 3) PARENTS BEING IN CONFLICT WITH THEIR CHILDREN AND DEALING CONSTRUCTIVELY WITH IT
- 4) NOT BEING INVITED TO A BIRTHDAY PARTY
- 5) BEING BULLIED AND PUT DOWN
- 6) DEATH IN A FAMILY
- 7) CLASHES WITH SIBLINGS
- 8) PARENTS SAYING "NO"



WHAT ARE THE PROBLEMS YOU  
NEED TO DEAL WITH ?

## BE DETERMINED

### DON'T GIVE UP OR FEEL SORRY FOR YOURSELF

Almost every person who has achieved greatness in life, whether it is in music, dance, acting, sports or studies has had a number of setbacks along the way - often major setbacks. Most sporting greats have often had knee reconstructions, broken limbs, etc. Most actors have had long bouts of unemployment. It is only the determined who succeed, not the people who feel sorry for themselves. Can you think of some examples of this? You might like to do some research on someone who overcame setbacks to achieve success.

#### ACTIVITY

Question: Have I picked myself up from disappointments, or do I sulk and blame others when events don't turn out the way I want them to? Umpiring decisions??

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I had no shoes and I complained until I met a man who had no feet.

Question: What does that mean?

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## SEARCH FOR THE HERO INSIDE YOURSELF

A song "Search for the Hero" came out a few years ago urging us to believe in ourselves (M People, 1995). It said, only you can build a bridge across the stream (lyrics are on the next page). If we wait for others to do things for us, then we will never succeed - it is really backing up the old Australian motto of: "Have a go"

#### ACTIVITY

Who are some heroes?

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Any Australian heroes?

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What are some of their qualities?

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### *Search for the Hero (Lyrics)*

Sometimes the river flows but nothing breathes.  
A train arrives but never leaves.  
It's a shame.  
Oh life like love that walks out of the door.  
Of being rich or being poor.  
Such a shame.  
But it's then, then that faith arrives.  
To make you feel at least alive.  
And that's why you should keep on aiming high.  
Just seek yourself and you will shine

**(CHORUS)**

**You've got to search for the hero inside yourself.  
Search for the secrets you hide.  
Search for the hero inside yourself.  
Until you find the key to your life.**

In this life long and hard though it may seem  
Live it as you'd live a dream.  
Aim so high.  
Just keep the flame of truth burning bright.  
The missing treasure you must find.  
Because you and only you alone.  
Can build a bridge across the stream.  
Weave your spell in life's rich tapestry.  
Your passport to a feel supreme.

**(CHORUS)**

Search inside yourself. (You've got to search) (x2)

**(CHORUS) (x2)**

You've got to.  
(search inside yourself) (x3)

Search

*(M People, Sony, 1995)*

## TAKING THE GOOD WITH THE BAD

At an early age in life we realise that we have great times, good times, ordinary times and not so good times. Life is like that. If we dwell too much on the not so good and think that is our lot in life, then it will be. It is important to take the hard times on the chin, try to be positive and get on with life. At times that is easier to say than do, particularly at the death of a loved one or a pet, but we are talking about the ordinary little things that get us down.

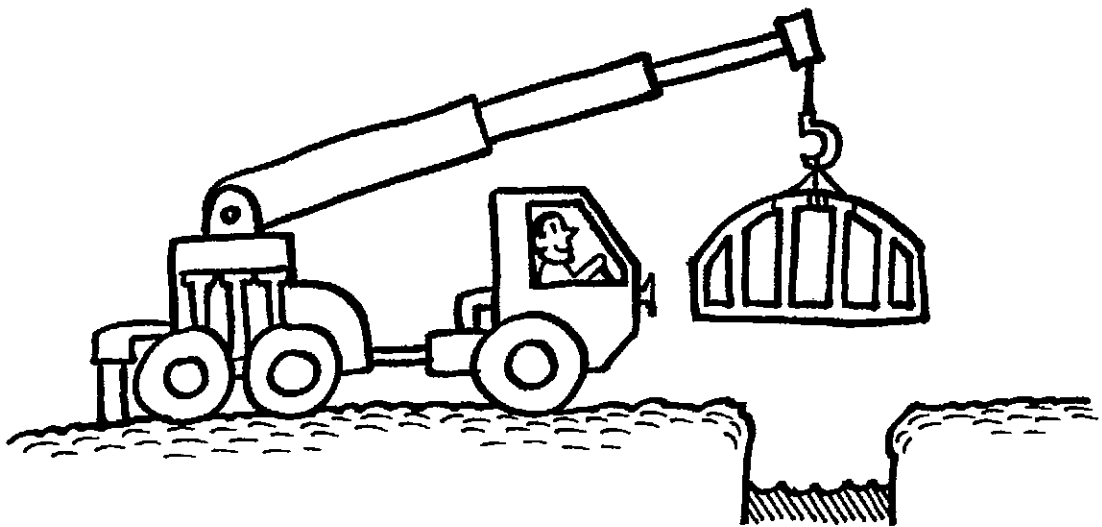
- *Some people are always Moaning and Groaning. It is their first reaction to anything they don't like.*

### Question:

When was the last time that I accepted a disappointment in my life and didn't moan? What about umpiring decisions? Even in the schoolyard, have you noticed anyone in your team who accepts decisions well?

## BUILD A BRIDGE AND GET OVER IT!

When a problem comes our way, very often we can drop our bundle and give up, or get our parents or another adult to solve it. Sometimes you hear the expression "accept a challenge". You can feel a lot better about yourself if you can build a bridge and get over a problem. Obviously if there are really big problems you need help from parents and teachers. For the small things that can upset us, such as not having your joggers, hat or bathers and you have to miss an activity, try and manage them yourself - build a bridge and get over the small problem. This is clearly linked with being resilient.



NEALS

# BE A DEFUSER NOT AN ESCALATOR

By the time we get to Grade 5 or 6 some of us are very good at stirring or baiting our brothers, sisters, parents or classmates.

We know what annoys them and how they get annoyed.

When we go into any situation in the playground or in the classroom or even at home do we do things to make the situation worse or do we do things to calm the situation down?

Are we peacemakers of situations or stirrers??????????

## "ESCALATORS"

Would make smart comments, point and blame, or raise their voices. They would be Larry Losers and takers.

## "DEFUSERS"

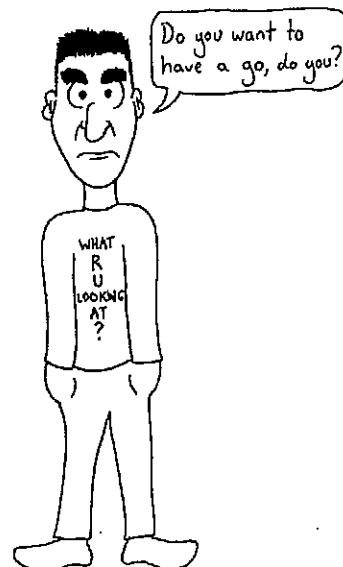
Would say sorry, be calm and want to solve the problem rather than make it worse. They would accept responsibility if they had made a mistake and forgive the other person once the situation passed. They would be winners and gridders and happy chappies.

## TEAM WORK makes THE DREAM WORK!

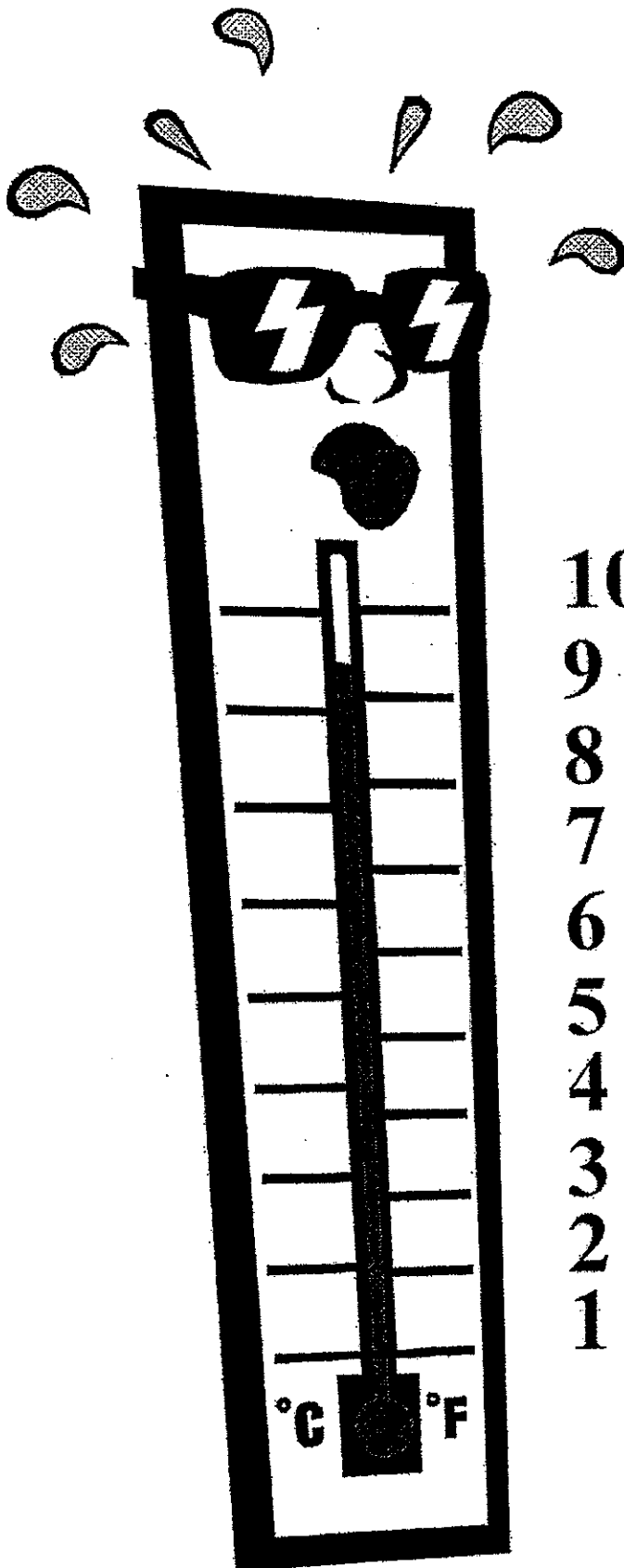
Defuser



Escalator



# Emotional Thermometer



- 10** Exceptionally Strong
- 9**
- 8** Pretty Strong
- 7**
- 6**
- 5** Medium
- 4**
- 3** Pretty Weak
- 2**
- 1** Nothing Happening

# THE POWER OF REFLECTION

YESTERDAY IS HISTORY, TOMORROW IS A MYSTERY  
AND TODAY IS A GIFT  
THAT'S WHY WE CALL IT THE PRESENT

Have you ever stood so close to a painting that you can only see the colours of dark brown, light green, fawn, orange, off white, and blue? Take a few steps back and you can tell it is a landscape of a valley, trees, creek, clouds and sky. It is only when we step back, that the picture becomes clearer.

The same happens with our daily life. If we can use our video camera-mind - rewind your memory and see the gifts that we received during the day. Positive people, even when they have a bad day, can pick some small comment, smile, compliment, wave, a thank you, encouraging word, apology, saw someone helping someone else, or a total stranger opened the door for you, kids lending you a biro or ruler or picking up something you have accidentally dropped. There is a sign in the Grade 6 room at Larmenier School, Launceston, that says " God Moments Happen All The Time". This is true, but we have to be SWITCHED ON, to pick them up.

We are instruments for Christ - just go back to the last activity of picking up the Gospel message through people.

We often see the joy of life (God Moments) in people's reactions to events like catching a fish, throwing or kicking a goal in real life or on TV, getting a wicket, coming back after the term holidays and catching up with friends, dancing, playing a musical instrument well, winning a computer game or a card game, winning money on a scratchie or the joy of laughter in the yard retelling events that have happened.

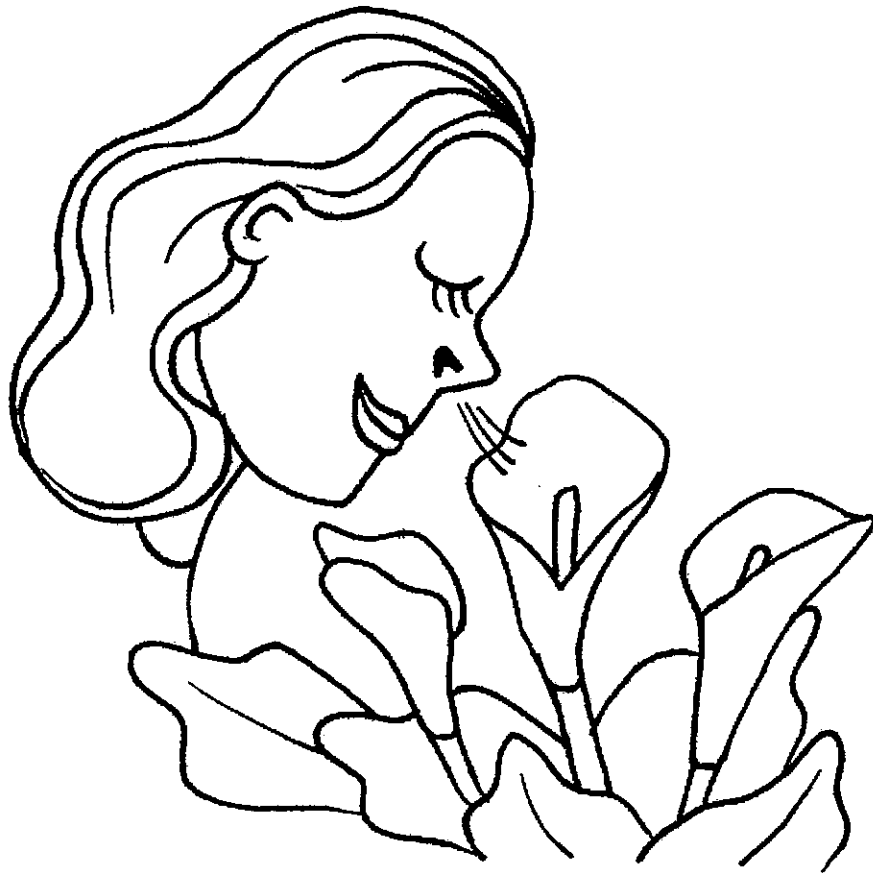
This is what we mean by the Spirituality of the Nitty Gritty, but we only pick up on them when we reflect on them for 40 seconds out of the 86,400 seconds in 24 hours or the 43, 200 seconds in our conscious hours.

Very often we learn hard lessons of The Cross (we suffer), and Jesus speaks to us through sorrow, disappointment, loss, etc. Recently a driver was fined \$110.00 and 3 demerit points after being picked up for not wearing a seat belt. On reflection, when he had cooled down, he was able to say "That was a God Moment, as I have been careless with the wearing of my seat belt and it would probably save my life in an accident - I'll be a lot more conscious of wearing it."

## SUMMING UP

A day without 40 seconds of reflection is a day wasted. You can only pick out the lessons or God Moments of the day when you ask the question: "What was the highlight of my day," or "Where was Jesus in my life today?" he is there - you have to look to find him. Each day he is in a different event or person.

Raise the Bar and Get Switched On and press the REWIND button in your mind - life will take on new meaning.



# MAKE LIFE HAPPEN

## LIFE IS WHAT YOU MAKE IT

If we sit back and wait nothing much will ever come our way. To achieve in life we have to put the effort into whatever our interests may be, e.g. dancing, drama, music and sport. We have to put effort into school and home life and we have to challenge ourselves. At Senior Primary it is healthy to develop outside interests. It also helps develop our people skills, and B.I.Y. helps make us more interesting people.

### ACTIVITY

#### Questions:

*Do I sit back and wait for opportunities or do I become involved and make life happen?*

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*What hobbies and interests do I have?*

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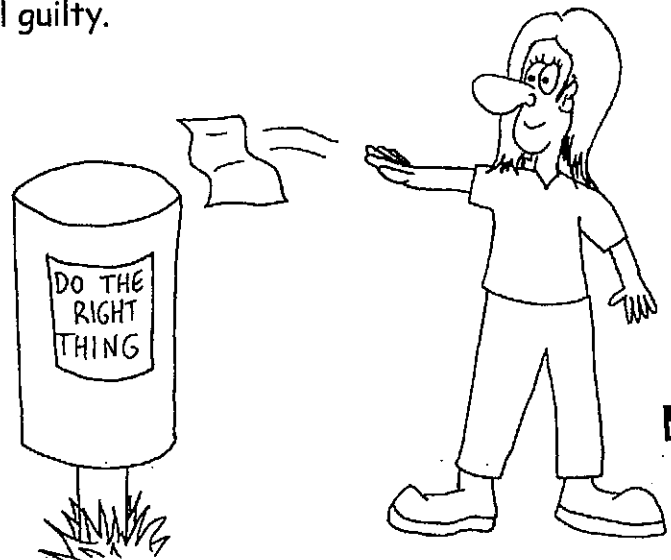
*What would be some I could try this year that I don't do now?*

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## HAPPINESS COMES FROM DOING THE RIGHT THING

We all want happiness and we tend to think that things like toys, computer games, sports gear, etc. will give us happiness. If we are doing the right thing by our parents and teachers we will be happy as our consciences are clear. As soon as we do negative things we feel guilty.



Sometimes we think we will be happy when we get "this" for our birthday or "that" for Christmas. "I'll be happy when I get to Secondary school." "I'll be happy when I get a car." etc.

**We should live for NOW.**

Remember that "now" is when you live not last week or next week.

Compared to 80% of children your age around the World you are extremely fortunate to have the opportunities available to you. So many billions of children live without food, fresh water from taps, or electricity. They have only one set of clothes, no shoes, etc.

**Part of being happy is being grateful for what you have not what you haven't got.**

List ten things you have that you take for granted:

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# A SELF EVALUATION

1. How well do I work with other people in my class, especially those who are not my friends?
2. How well do I rate my people skills?
3. How well do I take the good with the bad?
4. How often do I volunteer for jobs?
5. How often do I take the initiative?
6. Am I prepared to pack up other people's things, or do I just worry about my own?
7. Can I listen and do what others suggest? Or do I yell over the top of everyone?
8. Can I do what others suggest? Or do I make everyone follow my ideas?
9. Can I share with others, even if they don't have anything to offer in return?
10. How well do I do as I'm asked? T.A.H.
11. Am I a good newsperson?
12. Do I spit the dummy when I don't get my own way?
13. Can I see God Moments in the joy of others?
14. Was I welcoming to other people?
15. Did I thank other people who helped me?
16. Do I believe in myself?

# THOUGHTS ON LEADERSHIP

LEADERSHIP is something special. It is found in people who want to better themselves, their club, school and society.

LEADERSHIP is not selfish. It is real leadership.

Real leadership reaches out to others,  
Sets a good example,  
Shows others the best 'in them'  
And inspires them to seek the best 'in life' and in others.

LEADERSHIP is generosity in ACTION...

It respects others,  
It is not overpowering,  
It is not an ego trip.

We all need LEADERSHIP in ourselves and in others.

We need it 'in us' so we can realise that we have to 'USE' our talents,

Give of ourselves and open up to those around us.

We need LEADERSHIP in others because we are not supermen or Superwomen. We need to be directed too, we need to see greatness in others so we can be encouraged always to keep trying, to keep living as a full person.

*Leaders take responsibility when the opportunity is at hand. They carry out a job smoothly without fanfare.*

*Leaders are going places because they are always on the move.*

*Leaders are alert to situations that might call for help.*

*Leaders know how to talk - they realise that talking is an important way of communication...they talk with confidence, reason and patience.*

*They talk in such a way that they make others feel at ease, that others understand them, that others are edified.*

*Leaders generally think before they speak. They speak with integrity and sincere honesty.*

Leaders know there is a time and a place for everything. There is a time to be serious, a time to joke, a time to relax, a time to work, a time to play and a time to hustle. Above all, leaders have the unique sensitivity to know exactly when the time is for these things.

Leaders dare to be different. That is why leaders really live... life is always something of an exciting challenge to them, something of a mysterious hush, something of a gift. Leaders want to be a part of this gift called 'LIFE'.

*Based on notes compiled by John J Schweska*