

**Lesson Topic: #HOPE@CHRISTMAS**

**KEY STAGE: KS3**

**RSE Curriculum Areas:**

- Christian Belief/Celebration
- Facing/dealing with difficulties
- Helping others
- Maintaining Mental Health/Wellbeing

**RESOURCES PROVIDED BY THE SENSE:**

- Video material including song & spoken word
- Christmas Story Handout Sheets A, B & C

**EXTRAS:**

- Pens / Pencils & White Scrap Paper

**KEYWORDS:**

- Hope, belief, fears, uncertainty, faith, help

**LEARNING OBJECTIVES:**

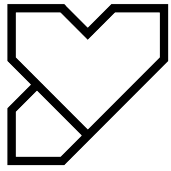
- To explore the idea of hope within the Christian nativity.
- To understand the importance of hope in mental well-being.

**Outcomes:**

- **All will identify and describe several of the key areas of hope within the Christmas Nativity and how this relates to the main characters in the story.**
- **Most will recognise the need for hope within human beings and understand that a lack of hope is detrimental to a persons mental health and well-being.**
- **Some will analyse the reasons that hope might be present or lacking for a person and will be able to offer a possible solution where hope is needed.**

**Differentiation:**

- Variety of learning styles catered for:
  - Auditory
  - Visual
  - Kinaesthetic
  - Interpersonal
  - Intrapersonal
  - Verbal
  - Reading/writing
- Stretch questions
- Extension activity



## LESSON RUNNING ORDER

### STARTER: (4 mins)

**4 mins**

Introductory video:  
The Sense introduce themselves plus the lesson theme and objectives

### ACTIVITIES: (40 mins)

**12 mins**

1. Hope Snowballs (see teaching notes)

**2 mins**

2. Share - Ask the class if anyone is willing to say what gives them hope?

**6 mins**

3. Video - "Hope at Christmas" - The Sense chat plus spoken word

**10 mins**

4. Small group work - Christmas Story Handouts - Looking at different parts the Christmas story to identify and discuss areas of hope for the characters involved and for the students (see teaching notes)

**5 mins**

5. Feedback from discussion

**5 mins**

6. Video - The Sense "Down & Out" - A song considering the message of hope.

### OPTIONAL EXTRAS

**15 mins**

**Extension activity - Live Zoom call:**

Think of some questions to ask members of The Sense about their belief in and experience of hope.

**10 mins**

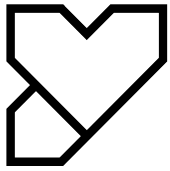
**Stretch questions:**

How does the Christmas story offer hope to me?  
In what ways could I offer hope to other people in the Christmas season?

### PLENARY: (5 mins)

**5 mins**

Gimme 3 - List 3 things you know now that you didn't know at the start of the lesson. Which is the most surprising? Find a partner and share your top choice with them, explaining why you chose it.



## TEACHING NOTES

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**Starter** This is a 4 minute video introduction from The Sense which introduces both the band and the lesson theme and objectives.

### **Activities:**

1. **Hope Snowballs** Each person in the class writes out their own definition of Hope on a piece of white paper.

**Option 1.** They then lightly scrunch up the paper to make a 'snowball' and on the count of three everyone throws their 'snowball' upwards and into the room. Everyone then finds a 'snowball' and partners with one other in the room. In pairs they unfold the paper, read out the two definitions to each other and between them decide on the best one. As a pair they keep that one, find another pair in the room and in fours read out the two remaining definitions and vote for the best one. Bring the class back together and get each group to read out to everyone the remaining best definitions.

**Option 2.** The same as above but without the 'snowball' throwing. (The 'snowball' effect is created as they come up with definitions as individuals, then pairs, then fours, then the whole class).

2. **Share** This is just a quick fire question to ask if any of the students are willing to share with the class something that gives them hope.
3. **Hope at Christmas Video.** The Sense share some of the things they look forward to and what gives them hope at Christmas. This is followed by a spoken word about Jesus being the gift of hope for Christians.
4. **Christmas Story Handouts.** Divide the class into small groups of 4-6 and give them one of the Christmas story hand-outs A, B or C (see content below) to read and discuss the questions about hope.

- A. In a book of the Bible called Luke, in chapter 1, a teenage girl called Mary is told by a messenger from God that she will unexpectedly become pregnant and give birth to a baby boy called Jesus who will become very great and will be called the Son of God. Mary is fearful and confused at first but then comes to accept and be joyful about what is happening to her.

\* Questions:

1. What do you think brings Mary hope in this situation?
2. Have you ever faced a difficult situation and what helped you to get through it?
3. How might you be able to offer help to someone else in a similar situation?

- B. In a book of the Bible called Luke, in chapter 2, some shepherds in a field are told by a messenger from God that there is a new born baby in their town who is God's Son and has come to save them and bring them great joy. The shepherds were poor, afraid and disregarded by their society.

\* Questions

1. How do think this news gave them hope for their future?
2. What worries do you have about the future?
3. What kind of things might give you hope for the future?

- C. In a book of the Bible called Matthew, in chapter 2, some wise men from Asia travelled to a town in the Middle East called Bethlehem where they found a child called Jesus who they heard would become the most important ruler ever. They gave special gifts to Jesus but the tyrant King at the time called Herod wanted to kill Jesus. So the wise men kept the location of the child a secret so that he could flee with his family and become refugees in Egypt until Herod died.

\* Questions

1. How did the wise men bring hope in this situation?
2. Do you know anyone who is feeling threatened?
3. What could you do or say to help them and give them hope?

5. **Feedback from Discussion** If appropriate the students can feed back some of their thoughts from the small group discussion to the whole class.
6. **The Sense Song - Down & Out.** A song on video from The Sense which describes having hope even when facing a difficult situation where it seems as if there is no hope at all. This is an opportunity for students to reflect on the message of hope that they have been considering.

**Extension Activity:**

Live Zoom - Using this option gives the class a chance to interview and ask The Sense any questions about what they have heard during the lesson.