



Outline for session for Year Six children moving up to secondary school

Moving up to secondary school can be a big deal. This session helps children in year six think through the implications, share their hopes and fears and consider the Christian beliefs surrounding God’s provision and making wise choices. The stories of David used are from 1 Samuel 16-20 and 2 Samuel 5, 11 & 12.

This outline is designed with activities that take up to an hour, but which could be used in isolation as part of an act of collective worship, or adapted to work in a small school context where there are not many year sixes

What you need:

- The It’s Your Move books are [available from Eden for £17 for a pack of ten](#)
- This session works better if you are able to take along at least one young person who has time off from school because they have finished their exams
- Set of head bands made from a strip of flexible card (roughly 10cm by 60cm) and fixed to fit around the persons head with a paperclip
- Eggbert - an optional extra that can be made from a cleaned out eggshell with a smiley face drawn on it

| Time | Activity | Details/Script | Resources required | | | | | | | | | | | | | | | | | | |
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| 0.00 (5 mins) | Hello and welcome | | <ul style="list-style-type: none"> • Eggbert | | | | | | | | | | | | | | | | | | |
| Introduce the team and explain the purpose of the session Introduce Eggbert – your best friend. Who doesn’t say much but smiles a lot. Make a big deal of how much you love Eggbert and how precious he is and how he is going to watch from somewhere safe | | | | | | | | | | | | | | | | | | | | | |
| 0.05 (10 mins) | Phobia Game (Aim: to introduce the subject of fear and how it can affect us) | | <ul style="list-style-type: none"> • large print phobia cards (see document end - laminate the sheets if you are going to be using them more than once so that they don’t get scruffy) • Related objects (see table) | | | | | | | | | | | | | | | | | | |
| Ask some of the class to come and hold the objects. Then, ask the class to decide which object is linked with the phobia on each card | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Phobia</th> <th>Correct object</th> <th>Decoy object</th> </tr> </thead> <tbody> <tr> <td>arachnophobia (fear of spider)</td> <td>spider</td> <td></td> </tr> <tr> <td>claustrophobia (fear of small spaces)</td> <td>a little box or pot with a lid</td> <td>toy father christmas</td> </tr> <tr> <td>brontophobia (fear of thunderstorms)</td> <td>umbrella</td> <td>Dinosaur</td> </tr> <tr> <td>aerophobia (fear of flying)</td> <td>toy airplane</td> <td>Aero chocolate bar</td> </tr> <tr> <td>sociophobia (fear of large groups of people)</td> <td></td> <td>sock</td> </tr> </tbody> </table> | | | | Phobia | Correct object | Decoy object | arachnophobia (fear of spider) | spider | | claustrophobia (fear of small spaces) | a little box or pot with a lid | toy father christmas | brontophobia (fear of thunderstorms) | umbrella | Dinosaur | aerophobia (fear of flying) | toy airplane | Aero chocolate bar | sociophobia (fear of large groups of people) | | sock |
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Keep the sociophobia card until last and when guessed or not, explain that there is no prop for that card because they are the prop – a large group of people - and that this is one of the most common fears year sixes have about moving up to secondary school – being the smallest and youngest in a large school. Ask the class what other things worry them when they think about moving up to secondary school. Take their concerns seriously but make sure you finish on a positive note by asking what things they are looking forward to

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| 0.15 (10 mins) | Story of the shepherd boy chosen to be king (Aim: to think about how it is not what we look like that matters) | <ul style="list-style-type: none"> • Headband with David written on it |
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Ask for 7 volunteers who think they are the biggest in the class to be David’s brothers. Line them up in height order at the front of the class and then ask for a volunteer who thinks they might be the smallest in the class to be David.

The Bible tells us that God’s people, the Israelites had been nagging God for ages to give them a king. Eventually he agreed and unsurprisingly it went wrong, with Saul using his power badly and not following God’s will. God therefore told his special messenger, the prophet Samuel that he would provide a new king, and that he was to travel to the town of Bethlehem and find the chosen son of a man called Jesse. When Samuel arrived he looked at Jesse’s eldest son, Eliab [look up and down at largest volunteer] and thought he definitely looks like a king, but God said... ‘No. He isn’t the one I have chosen. People judge others by what they look like, but I judge people by what is in their hearts’. Samuel looked at Jesse’s next oldest son [go to next volunteer] and thought he looks big and strong he can be a king, but God said... No. [continue to do this for all seven sons, encouraging the audience to join in with God’s response]. Eventually Jesse ran out of son’s so Samuel asked him if he had any more. ‘well yes’ said Jesse ‘but is the youngest and is out looking after the sheep’. So David was sent for, and when Samuel saw him God said ‘Yes, this is the one, anoint him as the next king’.

Ask the brother volunteers to sit back down, but keep David at the front. Talk about how we judge other people by how they look, and also about how we worry about others judging us, particularly when we are starting a new school. But what is really important is the kind of person that we are; whether we are trustworthy and kind, etc.

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| 0.25 (5 mins) | Story of David and Goliath (Aim: to think about how God gave David strength, and how we can stand up to bullies) | <ul style="list-style-type: none"> • Adjustable head band with Goliath written on it |
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Use a tall member of your team to pretend to be Goliath

Before David became king, the people of Israel went to war with the Philistines. One day David was sent to visit his brothers who were fighting in the war, with some food and things from home. When David arrived at the battle he could hear a terrible noise. He looked down into the valley and there was this huge man who was over nine foot tall shouting up at the army of Israel “Choose your best soldier to come and fight me! If he can kill me, then our people will be your slaves. But if I kill him, then your people will be our slaves. Come on who will fight me?” [encourage your team member to repeat the words and look menacing]. But the whole of the army of Israel, even the King, was too frightened to respond to Goliath’s challenge. David was cross, David was insensed “how dare that man make fun of the army of the Living God. I’ll fight him!”



[encourage your David to look cross and repeat the words]. The soldiers tried to ignore David's courageous words but in the end they took him to King Saul who told him that it was hopeless - a small boy could not defeat a giant of a man who has been a soldier all his life. But David had faith that God would protect him in the same way that he had protected him from lions and tigers in the past. Saul even tried to give David his armour to protect him, but it was way too big and heavy, so David left the armour behind and walked down to the valley with just his shepherd's stick, his sling and five smooth stones from the stream bed. When Goliath saw David coming towards him, he was furious, shouting "Come on then! When I'm finished with you, I'll feed you to the birds and wild animals!" [encourage your Goliath to repeat the words].

David held his nerve and shouted back "I have come to fight you in the name of the Lord All-Powerful who you have insulted. God doesn't need swords or spears to save his people, He always wins his battles, and he will help us defeat you."

As Goliath came towards him David put a stone in the sling and let it fly through the air [mime the arc of the stone leaving the sling and landing on Goliath's forehead] It landed on Goliath's forehead and he fell to the ground dead [encourage your team member to fall to the ground dramatically].

David trusted God and God helped him, but sometimes it is hard for us to stand up for what is good and right, particularly when people are being bullies. Christians believe that they too can trust God just like David did, and many of them find this really helpful when they are facing difficult situations

Talk about how one of the things people are most frightened about when moving up to secondary school is being bullied. Remind the children that no one has the right to bully anyone else and most bullies are just cowards, when someone stands up to them they back off. Discuss ways that they can stand up to bullies and get them to think about how they can use body language to suggest they are confident even though they might feel a bit wobbly inside

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| 0.30 (10 mins) | Friendship quiz (Aim: to think about what is important in friendship and equip to make new friends) | <ul style="list-style-type: none"> • Pretend microphone (optional) |
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Tell your David to go and sit down for a bit and ask for two volunteers who are really good friends. Tell them that you are going to test the quality of that friendship with some questions, and get them to choose which one of them is going to leave the room. Using the pretend microphone if you wish, ask the remaining volunteer to say what they think their friend's answers would be to the following questions.

- What is your favourite colour?
- When is your birthday?
- What is your favourite music/band?
- If you had two pounds to spend would you buy a) crisps b) sweets c) chocolate?
- If you found fifty pounds in the street outside the library would you a) hand it in b) keep it?

Ask their friend to return and put the questions to them seeing if there answers match what was given.

If they do well emphasise how friendship is about communication and sharing our interests and hobbies with each other as well as our strengths and vulnerabilities

If they don't do well explain that friendship isn't always about knowing everything about someone else and they probably know all sorts of other important things about their friend.

King Saul became very jealous of David because he was already showing signs of becoming a better king than he was. Several times he tried to kill David, but it was Saul's son, Jonathan, David's good friend who often came to the rescue and saved David.



Talk about how it is important to have good friends that we trust, and how the children can keep in touch with their friends from primary school even if they go to a different secondary school. Explain that it is also important that they make new friends, and that if they are feeling nervous about that, then they can use the five questions from the friendship quiz to make a start in getting to know somebody new. Repeat the five questions counting them off on your fingers and suggesting that this might be a helpful way to remember them.

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| 0.40 (5 mins) | Story of David and Bathsheba (Aim: to think about making wise choices.) | <ul style="list-style-type: none"> • headband with Bathsheba written on it • Headband with Uriah written on it • Headband with Joab written on it |
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Ask your David to return to the front of the stage and for two more volunteers – a girl and a boy.

Eventually David became king. He was a good king. The Bible tells us that he listened to God and did what he said and his kingdom prospered. But... one day David was walking in his roof garden when he happened to see something that really caught his eye [stand behind David gently turn his head towards Bathsheba]. She was beautiful. She was very, very beautiful. She was the most beautiful girl that David had ever seen, and he really, really wanted to snog her! [if your actors are a bit uncomfortable at this stage, gently put your hands on their shoulders to reassure them] There was just one problem. Bathsheba had a husband. Uriah [put the headband on Uriah] who was a good and faithful soldier in David's army. So David came up with a cunning plan, he gave Uriah a message to take to the head of the army, Joab [Get Uriah to walk around the class room with a pretend scroll to bring back to you for you to read. While he is doing that put the Joab headband on] 'Put Uriah at the front of the fighting and abandon him so that he gets killed' [look shocked]. Joab was obedient, he put Uriah at the front of the fighting [send Uriah to the other side of the room] where he was wounded and died [encourage Uriah to die dramatically].*

What a terrible thing David had done. He took something that didn't belong to him and killed somebody in the process. God was cross. But the Bible tells us that David realised just what an awful thing he had done and was very sorry, and God forgave him. Sometimes we make unwise choices. Sometimes we do things we know are wrong, hoping we won't get caught. Sometimes we do things we think are ok, and then discover that they are not. Christians believe that God loves to forgive us when we say sorry and that it is important that we say sorry to each other too. Sometimes we make good choices too, but things still go wrong. XXXX is going to tell us about some of the wise choices you will need to make to get on in secondary school

* This story will inevitably cause some giggling but the idea is to show that the Bible covers the area of relationships which is becoming increasingly important to this age group. If you are doing this session where there are younger children, or where you do not know the school well, then you can say... 'and he really wanted her to be his wife'



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| 0.45 (10 mins) | Young person input (Aim: to get real life examples of how to cope in secondary school) | |
| <p>Ask your young person/people to talk about what it is like getting to grips with a timetable that requires you to move around the school, and making sure you don't forget PE kits, and Food-tech stuff etc. Perhaps they could share a story of where it went wrong for them, or top tips they have learnt</p> | | |
| 0.55 (5 mins) | Eggbert (Aim: to think about looking after yourself holistically) | <ul style="list-style-type: none"> • Eggbert • Mobile phone • Plastic bag for egg shell pieces |
| <p>Pretend that your phone is ringing and that you need to take the call (you could say it is the head teacher!). Leave the classroom in a hurry and hide out of sight of the door but still within earshot. While you are out the young people need to take Eggbert and say that they don't know why you are so attached to it, it is just an egg. Then they can suggest that they play catch with it. The intention is for Eggbert to get smashed. When you hear this, come back into the room finishing off your pretend call. Notice what has happened to Eggbert and pretend to cry in a really hammed up way. Then say...</p> <p><i>Actually I'm not really upset, it is after all just an eggshell! But did you know that if you hold a whole egg end to end between your index finger and your thumb. No matter how hard to squeeze you cannot break it. But as soon as that egg has a little crack in it, any kind of pressure means that it will break. You are just like an egg, you are strong, amazing, wonderful people, with all sorts of abilities and talents. But if you don't look after yourselves: drink enough water, get enough sleep, eat healthy food, etc. then you are going to develop cracks. And if you begin to feel that pressure squeezing you then you need to talk to a grown up that you trust.</i></p> | | |
| 0.60 | It's Your Move books | |
| <p><i>This It's Your Move booklet that we are giving out [give out books] is specially written for people like you who are moving up to secondary school and is packed full of good advice and tips to help you</i></p> <p>If you have time get your young people to share their favourite page. Thank your team of young people and the teachers and children for their time and for listening</p> | | |

Arachnophobia

Claustrophobia

Brontophobia

Aerophobia

Sociophobia