

1.1

Dealing with fear

Based on Episode 1: Long Journey

Key Stage 2
Lesson Plan

Learning objectives:

- To understand what it means to be afraid of something
- To know how Christians try to deal with fear

RE Links:

England:

3p) considering a range of human experiences and feelings

Isle of Man:

4C) Prophets – Standing for God – In what way do you find it difficult to do the right thing sometimes?

Northern Ireland:

Morality: respect for self

Scotland:

RME 2-09d: I am developing my understanding of how my own and other people's beliefs and values affect their lives

Scotland Roman Catholic: RERC 1-06a/ RERC 2-06a: I have examined some political, social, historical and religious elements in first-century Palestine and gained an understanding of Jesus' life on earth

Wales:

pupils should be taught to express their own feelings and opinions through a variety of means

Stimulus material:

Friends and Heroes DVD Episode 1: Long Journey

This lesson is based on the first half of the episode to 13:05 mins when Diana 'invites' the girls to join them for dinner.

Bible reference for the main story:

Daniel in the lions' den

Daniel 6:1-24a

Other resources required:

Copies of Worksheet 1.1a (enough for one per pupil)

Copies of Worksheet 1.1b (enough for one per pupil)

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Introduction:

NB – in today's lesson, you will be talking about fear – be aware that some pupils may be frightened of very real things at home or outside school. Treat their fears sensitively and be aware of school policies on how to deal with any pupil protection issues that may arise.

Explain that this is the first episode of a series of stories that are set in a place called Alexandria in Egypt, during the time of the Romans. If your class have been learning about the Romans you might like to expand this section to recap what they have already learnt.

Tell pupils that in this episode they will meet many of the main characters who will appear in the first series of Friends and Heroes.

Introduce the lesson objective. Ask pupils what it means to be afraid of something.

- Why are we afraid of things?
- How can we cope with fear? – try to share an example of how you personally deal with fears.

Activities:

Explain that in today's episode, there are many times when different characters might feel afraid.

Show Friends and Heroes DVD Episode 1: Long Journey to 9.24 mins when Diana reminds the family that they have got lots of reasons to be afraid of the Romans. Stop the DVD and ask pupils to complete Worksheet 1.1a, noting down the characters who were afraid, and when and why they felt like this.

Allow pupils about 10 mins to complete this task and then feedback, taking a note of who was afraid and what they were afraid of. Encourage pupils to speak clearly, explaining who was afraid, when and why they were afraid.

(You might like to extend this idea to think about the physical signs which showed that the characters were afraid as this links very well with the Feelings Detective poster, SEAL resources).

Tell pupils that in each of the Friends and Heroes episodes, there are Bible stories to help us to understand the theme of the episode better. The Bible stories are from both the Old Testament (before Jesus) and the New Testament (during or after Jesus' life) parts of the Bible. The Bible story they are about to see is from the Old Testament and shows how someone called Daniel faces something which must have made him feel afraid.

Show from where you stopped the DVD to 11:48 mins when Daniel is thrown into the lions' den and Darius closes the door.

- How must Daniel be feeling now?
- How must King Darius be feeling?

Draw out the idea that Daniel may have felt afraid and that Darius might have worried for his friend.



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Ask pupils what they think will happen to Daniel.

- Show the episode to 13:05 mins when Diana 'invites' the girls to join them for dinner.

We have a song about Daniel in the Lions' Den called 'Daniel'. You can add music and Song Time activities to your lesson using our music CD, *What about Love? : Bible songs inspired by Friends and Heroes Series 1*. Click here to learn more:

www.friendsandheroes.com/songtime

Reflection / Personal search / Response:

Paired talk: Ask pupils to think about why Samuel told the story.

- Whose benefit was it for?
- What did it remind the family? (that they, like Daniel could trust God when they were afraid)

Explain that when Christians are afraid, like Daniel, they ask God for help in the situation that they are in. Make sure that pupils understand that Christians believe that God will hear them and answer their prayer, even though it may not be in the way they would want or expect.

Introduce Worksheet 1.1b – *When I feel afraid* – which is an opportunity to respond to the learning objective through poetry.

Model writing a suitable first line to the poem e.g., "When I feel afraid, I turn to my friends for a helping hand." Together, write a second line and then ask pupils to complete the poem independently.

Assessment / reporting:

Can pupils explain what it means to be afraid?

Can pupils give some advice to someone who may be afraid?

Links to other subject areas:

PSHE/SEAL: SEAL links: *Good to be me; Relationships – understanding and managing feelings*

Literacy links: *Speaking and listening: presenting a spoken viewpoint*

Literacy links: *Poetry – Yrs 3-6 – various units*

Creative/other links: *Romans – shipping, silver work*

Name:

Date:



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Worksheet 1.1a

Write down which character was afraid and what they were afraid of.

Character	When are they afraid?	What are they afraid of?

Sample only
Subject to change



Name:

Date:



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Worksheet 1.1b

In the Bible, many people wrote poems which were prayers or songs to God about how they were feeling.

Continue this poem with lines of your own – try to write down things that you could do if you were feeling afraid.

When I feel afraid . . .

I turn to my friends for a helping hand,

