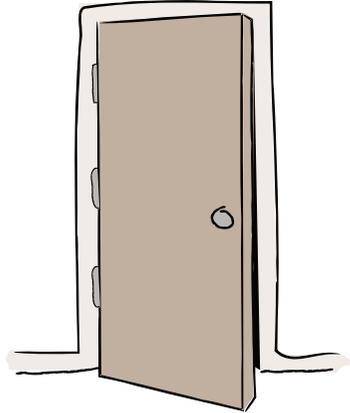


# DOOR



## Looking ahead ...

**Communities** thrive when all their members look out for and look after each other. Think about someone in your school **community**, or at home, that you know is in need of encouragement.

What could you say to build them up and make them feel better?

Write a sentence in the speech bubble.

“

---

---

---

---

---

”



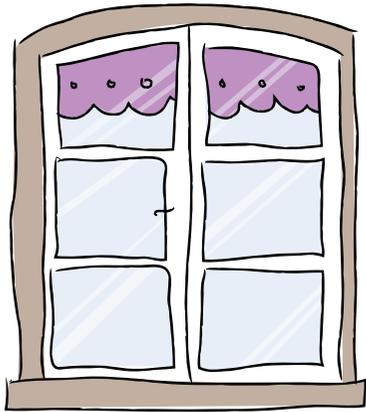
Name .....

Date .....

## VALUE: **COMMUNITY** MY REFLECTION JOURNAL

Sit comfortably on the carpet.  
Be as still as you can.  
Become aware of your breathing.  
As you look into the candle flame,  
think about why **community** is important.  
Write your ideas around the picture of the candle.

# WINDOW



## Looking out ...

In the Bible St Paul tells us to:

‘Encourage one another and build one another up.’ 1 Thessalonians 5.11

In this way friendships and **communities** will be made stronger.

What would you say to encourage two people who say the following below?

Your reply:

I feel sad today because even though I tried hard I still got 4 of my spellings wrong.

I feel bad because I let in a goal in my first football match, as the goalkeeper.

Your reply:

# MIRROR



## Looking in ...

Can you think of a time when someone in your **community** encouraged you?

Try to remember their words and write them in the speech bubble.

“ \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ ”