

THEMES

- showing kindness and love to others
- helping each other
- caring for one another

Bible Reference: 1 Samuel ch 17:1 - 50
Story of David and Goliath



ACTIVITIES

5 golden rules for anti-bullying

Discuss as a class the different things you can do to make school a kind and welcoming place for everyone.
See if they can come up with what they think are the 5 most important things mentioned in the discussion.

5 MINS

RUNNING ORDER

ON VIDEO

- Hello
- Champions not bullies
- Story of David and Goliath
- Reflection on our powers
- Prayer

YOU LEAD

- Discussion
- Discussion
- Optional Activities

Random Act of Kindness

Set the children a challenge:
They have to try to do one random act of kindness today to help someone out.

Discuss ideas together and think about what they can do to help others.

Some examples may include:

- including someone who looks lonely
- holding the door for someone
- helping someone who looks upset i.e. asking if they're okay
- complimenting someone

It could even be helping out at home, maybe helping siblings or doing chores to help parents and guardians.

7 MINS

