

**Hannah  
& Sam**

**welcare**  
*strengthening families since 1894*

**#CapeAbility**

**#persevering**

**#responsible**



Southwark Diocesan Welcare is a Charity registered in England & Wales.  
Registered charity number: 1107859      Company No: 5275749  
We work across South London & East Surrey with children up to the age of 13 and their families.

*Produced by Welcare and endorsed by Fiona Foreman (RE Adviser & Wellbeing, Mental Health and Character Education Adviser at Southwark Diocesan Board of Education) December 2019*



# Hannah & Sam

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# Hannah & Sam

## How to use the Lesson Plan/Scheme of Work

The lesson plans can be used in school or in Junior Church as part of a scheme of work or individually. The lessons are based on two stories, one Bible character and a real life example from the work of Welcare with a local child or family. The characters are portrayed as superheroes and we learn about their stories, the difficulties they face and how they cope. Each individual story focuses on one positive mental health characteristic which is followed through the lesson and all the following activities are based on these strengths. As a teacher you can select which activities and which story/stories you would like to focus on.

The stories can be acted or read aloud; we recommend making them as interactive as possible.

The stories are followed by a discussion and a range of activities that you can use, as appropriate.

The following themes are highlighted through this Hannah & Sam lesson:



**How can you be #persevering when something is hard?**



**How can you be responsible?**



**Hannah**



**Superhero from  
the Past**

## Story of Hannah Superhero

Hannah lived a long time ago and was married to a man named Elkanah. She wanted to have children very much but wasn't able to. Every year she would go with her husband to a place called Shiloh to celebrate all that God did for them.

Hannah wanted to be thankful but she was sad because she couldn't have a child. Her husband still loved her very much and tried to make her feel better but nothing seemed to work.

Finally Hannah decided that she shouldn't give up but went to the temple one evening to pray. She was very #honest about how she was feeling and was crying as she felt that God had forgotten her. But while she was praying she promised God that she would dedicate her son to Him for his whole life if God listened to her prayer.

While Hannah was praying there was a man named Eli, a priest, who was sitting nearby and saw her praying to herself, her lips were moving but Eli couldn't hear her say anything so he thought she must be drunk. After Hannah explained her situation, Eli realized that Hannah was being very honest with God and hoped that Hannah's prayer would be answered.

God remembered Hannah and gave her a son soon after they returned home. Hannah had waited so long for this child and she loved him very much, but she remembered that she made a promise to God.



## Hannah



## Superhero from the Past

When her son, Samuel was old enough she went back to the place where she had prayed and said to Eli the priest, "Excuse me, sir. Would you believe that I'm the very woman who was standing before you at this very spot, praying to God? I prayed for this child, and God gave me what I asked for. And now I have dedicated him to God. He's dedicated to God for life."

So Samuel lived with Eli and every year Hannah would pack her suitcase and visit him and bring him new clothes. It might have been hard for Hannah to see Samuel only once a year but she wanted to keep her promise. God blessed Hannah again and gave her and her husband even more sons and daughters because she was #honest and #persevered. Hannah showed that she was #responsible by trusting God.

### Discussion

1. What difficulties did Hannah face?
2. How did Hannah cope and overcome her challenges?
3. What were Hannah's superpowers?
4. Where did Hannah's superpower come from?
5. What's another word for #persevering?
6. How did Hannah #persevere through her challenges?
7. How can you #persevere?
8. Why is it important to #persevere?
9. How can you improve your #perseverance?
10. How did Hannah show that she was #responsible and #honest?



**Sam**



**Superhero from  
the Present**

## Story of Sam Superhero

Sam is a single father and lives in London with his children. He doesn't have much money and works for himself. He has never had a problem finding work but this autumn he couldn't seem to get paid work anywhere and didn't have enough money.

He started to worry about Christmas and how he was going to pay the rent and have enough food for his children. He no longer received money or support from the government so he started to feel anxious and sad. His children were cold and hungry. There was very little food in the house and they had no money to pay for heating. His daughter Lily told him that everyone has forgotten about them.

Sam didn't give up and #persevered and talked to a teacher in Lily's school about their struggles. Lily's teacher told him about Welcare and as a #responsible parent Sam filled in an online form straight away and Welcare called him 2 days later. Someone from Welcare visited to talk about what they needed and helped him to find more support and money for heating and food.

Someone from Welcare talked to Sam every week which helped Sam to stay more #positive and to #persevere.

Christmas was approaching. Welcare had a collection of toys and he went to choose some to give to his children. The best Christmas present of all was that Welcare was able to apply for funding to buy a carpet to cover the living room floor and paint to brighten up the room, just in time for Christmas. Sam was so happy to see the children being able to sit on the floor to unwrap their presents on Christmas Day.



**Sam**



**Superhero from  
the Present**

Even though Sam is an ordinary father, he showed that he was #responsible by seeking and accepting help from others. He #persevered and continued to do everything he could to look after his children well. He felt more #positive about the future.

He taught us that sometimes when things are hard, it is wise to ask help from others. Welcare was able to help Sam and his children to have a proper family Christmas.

Today in most of our centres, Welcare gives gift vouchers to families to enable families to take control of their personal circumstances.

## Discussion

1. What difficulties did Sam face?
2. How did Sam cope and overcome his challenges?
3. How did Sam #persevere through his challenges?
4. What were Sam's superpowers?
5. What does it mean to be #responsible?
6. How did Sam show that he was #responsible?
7. How can you be #responsible?
8. Why is it important to be #responsible?
9. How can you become more #responsible?

# Craft activity ideas



Hannah &  
Sam

## 1. Superhero cuffs

You will need:  
Cardboard toilet rolls  
Coloured paper  
Gluestick  
Scissors

Begin by covering your toilet roll in coloured paper. Attach cut out shapes, superhero symbols depending on which superhero the children choose to be. Use glitter, feathers, pompoms to decorate the cuffs. Once the cuffs are dry, cut the toilet roll down the back and fit it over the children's arms.

### *Relate the craft activity to the theme*

Being #responsible means that we care about our environment. Recycling reduces the need for using materials that create pollution. When we recycle, materials are changed into new products which helps with protecting our natural resources.

## 2. Word key ring

You will need:  
Card paper  
Sticker letters  
Keyrings  
Hole punch  
Paper cutter

The children choose a paper style, then they choose the right letters for perseverance and stick them on the paper. Next, punch a hole in the centre and attach the keyring. A Bible verse can also be written on the back of the keyring. James 1: 2-4 Bookmarks can also be made following the same instructions without the keyrings.

### *Relate the craft activity to the theme*

As Christians we #persevere in following God through prayer and serving God. One day we might have to do something hard like being there for children who others ignore or forgiving our brother and sister when they hurt us. God will be pleased when we #persevere in doing what is right.



# Games/Activities Ideas

## 1. Building a tower

You will need:

Wooden/lego blocks

How to play:

Divide children into three teams. They compete against the other in building the highest tower within a set timeframe.

### *Relate the game to the theme*

Ask the losing teams how they feel about losing. Perseverance is about trying to continue even when things are hard or you might not win or someone might be better at something. It's about learning to handle your emotions even when you are not happy.

## 2. Pairs compass walk

You will need:

Scarves

How to play:

Ask the children to get into pairs. One person is blindfolded, the other will give instructions. Choose different objects that the blindfolded children will need to get to, show them what it is and then blindfold them. The blindfolded child will need to get to the objects following instructions. The sighted person will walk behind their partner making sure that they don't hit any obstacles. Swap roles and repeat the game.

### *Relate the game to the theme*

Ask the blindfolded child and the sighted child how they felt. Did they trust the sighted person? Why? Why not? How did you feel about having someone looking out for you as you tried to get to your destination blindfolded? How did you feel about being #responsible for someone else's safety? All of us are responsible for our own actions and we all have different responsibilities in life. We become more responsible when we look out for others who need help and put other's needs before our own.

## 3. Lean walk

How to play:

Ask children to get into pairs. Standing side by side, ask both children to lean sideways towards their partner shoulder to shoulder. Ask each child to move their feet away from their partner together until they feel comfortable. The objective of the game is to walk together to the end of the other side of the room. Warn the children about dangers and not pushing past reasonable boundaries.

### *Relate the game to the theme*

What did you notice as you walked together? All positive relationships are based on mutual trust and commitment and we can help each other to achieve our goal. By learning from our mistakes we become more #responsible and learn to be more #persevering.

# My problem solving plan

## Step 1

The problem I am facing at the moment is

---

## Step 2

Different ways I can solve the problem

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Step 3

Think about what would happen for each of the solution you wrote above.

## Step 4

Circle the solution that you are going to try.

# Reflective activities

## 1. Complete house chores

Ask the children to complete the following chores at home and ask them to report back at the end of the week.

Turn off lights when he/she leaves her room. Hang up towel after a bath.

Put toys away when finished playing with them. Say thank you to teachers, doctors, babysitters and everyone they meet.

Carry dishes to the kitchen after eating. Set the table. Wipe out sink after brushing teeth.

Turn off all the lights in house when family is leaving the house. Feed a pet.

Tidy up his/her room. Dust a room. Open and hold the door for others. Load dishwasher/put dishes away.

## 2. Coping tools

Ask children to think about what helps them when things are difficult, ask them write a list at home and bring it to the next class. Give them some examples: reading a book, listening to an audio book, running, jumping on a trampoline, drawing, taking a bath, listening to music, using a stress ball.

## Songs

"Be responsible" by Patty Shukla Kids TV

<https://www.youtube.com/watch?v=JGQAp2PY8yY> Be responsible video

"Never give up" by Hillsong kids

<https://www.youtube.com/watch?v=15R6SNZ-K1g> Never give up

"Don't give up" by Sesame Street

<https://www.youtube.com/watch?v=RuEG9t-lvBA> Don't give up

## Memory verse challenge

Let students know that there will be prizes given to the three students who remember the most memory verses by the end of the Campaign.

# Inspirational Memory Verse

**SAM #responsible**

The price of greatness is responsibility.

-Winston Churchill



**SAM #responsible**

The price of greatness is responsibility.

-Winston Churchill



**SAM #responsible**

The price of greatness is responsibility.

-Winston Churchill



**SAM #responsible**

The price of greatness is responsibility.

-Winston Churchill



**SAM #responsible**

The price of greatness is responsibility.

-Winston Churchill



**SAM #responsible**

The price of greatness is responsibility.

-Winston Churchill



# Bible Memory Verse

## HANNAH #persevering

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

-Galatians 6:9



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