



**Moses
& Carly**

welcare
strengthening families since 1894

#CapeAbility

#resilient

#caring



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.



Moses & Carly

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Moses Memory Verse

Moses & Carly

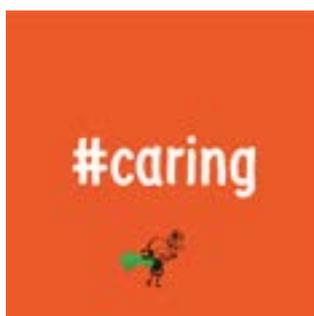
How to use the Lesson Plan/Scheme of Work

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 throughout this Moses & Carly lesson:



How can we be caring to others?



How can you become resilient?



Moses



**Superhero from
the Past**

Story of Moses superhero

Moses was an ordinary baby, born to a Hebrew slave woman in Egypt. The Hebrew people were also called Israelites. As it happens there were more and more Israelites than ever before and the new king, the Pharaoh didn't like that they were living in his country, Egypt, and he worried that they might take over. He made all of them slaves and made them work very hard and treated them very badly. But he still wasn't happy so decided that any new-born Hebrew baby boy would be killed. Wow, this was very mean! This is the time when Moses was born, he was born in a terrible time. His mum put him in a basket after she couldn't hide him anymore and placed the basket in some tall grass in the Nile River.

Pharaoh's daughter, Bithiah went down to the Nile River to bathe and found him. She felt sorry for the baby boy so decided to adopt him and look after him. Moses grew up as an Egyptian prince but he soon learnt that he was a Hebrew. When he grew older he couldn't just watch how badly the Hebrews were treated and took action. He killed an Egyptian man when he saw him beating and hurting a Hebrew man and because of this he had to run away to another land. One day God spoke to him through a burning bush and told him to go back to Egypt to free the Israelites. Even though he was afraid, he returned and after many warnings and using amazing powers granted from God, Pharaoh finally let them all go. Their journey was full of challenges as Pharaoh changed his mind after they left but Moses was patient, showed #resilience and never gave up.

All his life Moses #cared for the Israelites and he led them out of slavery to a free land. His love for others drove his actions and he was selfless. He became one of the most influential leaders of the Old Testament. Moses was an ordinary hero, he wasn't perfect and made mistakes but because he trusted God, God used him for extraordinary things.

Discussion/Circle Time

1. What difficulties did Moses face?
2. How did Moses cope and overcome his challenges?
3. What was/were Moses's superpower/s?
4. How did Moses #care for the Israelites?
5. Where did Moses's superpower come from?
6. What was Bithiah's superpower?
7. How did Bithiah #care for Moses?
8. How did Moses show #resilience?
9. Was it right for Moses to kill the Egyptian man?
10. How can you #care for others?
11. Would Moses have agreed with our Memory Verse for him (Our great power is from God not from ourselves. 2 Corinthians 4:7, see page 13)





Carly



**Superhero from
the Present**

Story of Carly superhero

Carly is eight years old and lives in London with her mum and four siblings. Her family doesn't have much money and don't have money for her school uniform and books.

Her home life was very hard. She couldn't sleep and her mum was always sad and worried. Her baby brother slept next to her because they didn't have enough money for a cot and she had to share her bed with her mum. She didn't know how to cope so she started to hurt herself. Sometimes she was too tired and stressed to go to school because she had just moved house and it took her ninety minutes to get to school every day.

One day Carly's mum brought her to Welcare and Carly met Sam, the Family Support Worker. Carly started to be more open and #honest about how she was feeling after she got to know Sam a little more. Sam was #caring and she bought her an indoor tent filled with pillows, fairy lights and a blanket so that she could sleep better. Sam also made sure that she had money for her school uniform and helped her talk about how she was feeling and be more #positive. She even got tickets for bowling and the cinema. Welcare also helped Carly's mum to find more support and money for food and other things the family needed.

Carly's family is getting on much better now; everyone can properly rest in their own beds. Carly is not worried any more and she no longer hurts herself. The children go to a school much closer to where they are living.

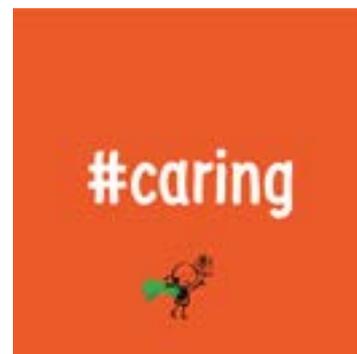
Carly is an ordinary girl but she has learnt to be #resilient, even though she faced many challenges, she asked for help and was #honest about how she was feeling. She was less worried and no longer hurt herself, she knew what she needed and learnt how to be more #resilient and how to deal with challenges.

She can teach us us to be #honest and talk to others when things are hard and overwhelming. She also teaches us that rest is important and also knowing ourselves, knowing our feelings and learning how we cope through difficulties so that we can learn to be more #resilient when life is hard.

To read more click on the following link. <https://welcare.org/our-services/family-stories/carlys-story/>

Discussion/Circle Time

1. What difficulties did Carly face?
2. How did Carly cope and overcome her challenges?
3. What was/were Carly's superpower/s?
4. What was Sam's superpower?
5. What does it mean to be #resilient? What's another expression for #resilience?
6. How did Carly show #resilience?
7. How did Sam show that she was #caring?
8. How can you become #resilient?
6. Why is it important to be #resilient?
7. How can you improve your #resilience?



Activity 1

Match superhero powers with Moses and Carly superhero. Choose three superhero powers that you would like to have as your own superhero powers. Why did you choose them?

| | | | |
|-------------------------------------|--------------------------|---|----------------------------------|
| I care about others. | I solve problems. | I do my best! | I like a challenge! |
| I don't give up! | I stay positive! | I am resilient! | I learn from my mistakes! |
| I am helpful. I help others! | | If I am sad, I talk to someone about it. | I show respect to others. |
| I am truthful and honest. | I am responsible. | I am thoughtful. | I listen to others. |

Craft activity ideas



**Moses &
Carly**

Resilience & Care decorations

Give each child a large letter cut out of an A4 sheet of paper to make the words #resilience and #care and ask them to work as a team to decorate the letters.

Make a friendship bracelet

Make a friendship bracelet with beads and the following quote "Don't give up." and ask the children to give it to their friend who is struggling with something to show them that they #care about them.

Never give up badge

Buy a badge making kit (you can find examples on [Ebay](#) or on [Amazon](#)), get children to design and make their own never give up badges. The badge making kit can be used in other activities and the children can be encouraged to collect their superhero quality badges throughout the Campaign.

Games/Activities Ideas



Moses & Carly

1. Running through hula hoops

You will need:

Lots of hula hoops

How to play:

You will need to gather about 10 hula hoops and put them in your school hall/ church hall, then ask 10 volunteers to hold the hula hoops a similar distance from each other making two different lines. Split the class into two as this game is a competition. The children will need to go through one hula hoop into another until they reach the end of the line. Whichever group finishes first is the winner. Inspire your kids to run through the hula hoops and reach the last hula hoop just like a superhero.

Relate the game to the theme

Life is challenging sometimes and it can feel like we are going from one challenge to another. But by not giving up we learn to be more #resilient.

2. Superhero obstacle course

Organise an obstacle course in your hall. Tie a small cape on each child's shoulders and ask them to complete the course, pretending they are superheroes. Set a small trampoline at the end of the obstacle course. Children can jump on it to fly through the air like their favorite superhero.

Relate the game to the theme

#Resilience is also about trying new approaches if something isn't working.

When you weren't able to complete part of the course, how did you change your approach? Are there other ways that you could have completed the obstacle course?

3. Mingle, mingle

Get the whole group together. The teacher running the game calls out numbers. Everyone in class would then have to form a group that has the right number of children.

If there are students who are not linked together then they are eliminated from the next round. Or alternatively, to keep everyone involved longer, you can give each child five stickers to start with and they lose one sticker every time they are not linked in a group, when they have no stickers left, they sit down.

Relate the game to the theme

#Caring for others means that we look out for them, we work together as a team and we are kind to everyone.

Reflective activities

1. Ideas for what to do when we feel stuck

Ask the children to come up with strategies for what to do when they are stuck or are facing a difficulty. Write a list together.

2. Acts of kindness challenge

All students need to come up with an act of kindness activity and they will need to complete this by the next #CapeAbility lesson.

4. Memory verse challenge

3. #CapeAbility care box

Create and decorate a box to leave in the back of the classroom and write #CapeAbility Care Box on it. Encourage students to write positive messages, thank you notes, messages of encouragement to their classmates or teachers. You can open the box every few days and read the notes to the class.

Songs

"Never Give Up" by Cindy Jordan

"Count on me" by Bruno Mars

"Lean on Me" by Bill Withers

"Give Me Your Eyes" by Brandon Heath

"Let your light shine" by Super Strong God

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.

Bibliography

Watty, P. (1930), *The little engine that could*, The Platt and Munk Inc. Publishers

Inspirational Memory Verse

CARLY #resilient

I THINK I CAN.
I THINK I CAN.
I THINK I CAN.
I KNOW I CAN.



-THE LITTLE ENGINE THAT COULD

CARLY #resilient

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-THE LITTLE ENGINE THAT COULD

Bible Superhero Memory Verse

MOSES #caring

Our great power is
from God not from
ourselves.
2 Corinthians 4:7



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