

LIVING YOUR BEST LIFE



1. As the pupils enter

Have the **webpage open** and display images and / or play your chosen music.

2. Introduction

*Today we're thinking about **acceptance**. Can anybody tell me what the word means? [Gather responses.] How can we show people that they are loved and accepted? [Gather responses.] It's really easy to show people that you welcome them and accept them when they are like you. This doesn't necessarily mean that they look like you - although they might - but that they may be similar to you in personality. Perhaps they enjoy the same sports as you, or like the same subjects at school. Perhaps they enjoy playing the same games at break, or maybe they just enjoy talking about the same things as you.*

What is more challenging is how we can make people feel accepted when they are completely different to us - and when we may not understand them very well. We're going to watch a short video now about a man who did not feel at all accepted. In fact, nearly everyone he had known had turned their back on him. He had a disease called leprosy and people were scared to go near him, even though they couldn't catch the disease in that way. It's based on a well-known story from the Bible...

3. Play the video

The duration is 4' 51". Final words: '...to see you Living Your Best Life.'

4. Time to talk

Discuss:

- Why had all the people turned their backs on Benjamin?
- Why did Benjamin's real friends feel they needed to help him in secret?
- Who was the only person that properly showed Benjamin compassion?

Explain:

- How people were scared of Benjamin being different and they didn't know how to act around him.
- That no matter how different we think we are, there is always at least one thing that we can find in common if we try.

The activity to find some of the things we share:

Ask everyone to stand up (or put a hand up) if the statements you say apply to them: if you like chocolate...if you enjoy playing football...if you like reading...if you like painting...if you have a brother...or a sister...etc. At the end explain that we all have differences and similarities and these need to be embraced and, when we can, we need to show compassion for those who are being left out.

[Link to video page](#)



5. Opportunity to sing

An opportunity to sing your chosen song. Suggestions on the webpage.

6. Opportunity to reflect

*Close your eyes...
And think of someone you know who might be feeling left out at the moment...
Or someone that you don't really speak to - perhaps because they seem different to you...
Can you think of a way that you can make that person feel more accepted..?
Perhaps here in school...or at home...
or somewhere else..?*

7. Opportunity for prayer

Use your usual form of address ('Dear God', 'Lord', 'Close your eyes and reflect' etc) and:

*Thank you for all that I have.
Thank you for my friends and family and for my health.
Help me to open my eyes and see other people around me and to feel compassion for them.
Help me to accept everyone, no matter how different they might be.
Amen.*