



1. As pupils enter

Display some images of superheroes as the children enter and play your chosen music.

2. Introduction

Ask the children to look at the images of a few different superheroes. Ask them which one is the best (in their opinion). Do you think any of these is the perfect superhero? Why or why not?

Explain that the story in the video is about the value of humility. If we only thought about all the things we are great at, we might get proud - not pride in doing something well, but the kind of pride that makes us think that we are better than others. The value of humility reminds us that none of us is perfect, that we can know and accept our own strengths and weaknesses.

3. Play the video

Duration: 4' 14". The final words are: 'See you again soon. Bye!'

4. After the video - Time to talk

Lead a discussion about the story *Jupiter and the Animals* by asking:

- Jupiter thinks the animals are being proud. What does this mean to you? (The animals are thinking of themselves more highly than the others - they are criticising other animals and not reflecting on themselves; they are insulting other animals and putting them down)
- Does Jupiter actually help anyone? (No)
- The story is about the value of *humility*. How could the animals have been humble when Jupiter offered to help? (They could have thought about their own weaknesses and not acted as if they were better than anyone else)
- When can we sometimes get proud? (If we think that we are really good at something and don't accept help from others, we might be proud. If we know we all have strengths and weaknesses and we don't think we are better than others, then we are humble)
- Do you think it's important to be humble? Why?

5. Opportunity to sing

An opportunity to sing your chosen song.

Video page



6. Opportunity to reflect

*Let's think about the following words... **Humility is not thinking less of yourself; humility is thinking of yourself less.***

Let's think about times when we choose to put others' needs first... We might hold a door open for someone else... ask someone how they are... or take care of someone when they are unhappy... Think about one thing that you could do for someone else today that would brighten their day...

7. Opportunity for prayer

Begin with your usual form of address ('Dear God', 'Let us pray', etc) and: *Thank you for the story of 'Jupiter and the Animals'.*

Thank you that it teaches us about humility and that sometimes we criticise other people instead of being humble and noticing our own strengths and weaknesses. Help us to think about the needs of other people and to encourage others to do so too. Amen.