

Make Jesus Real

A
BOOK
FOR
LIFE

TEACHER RESOURCES SECTION 1 – VALUES & ATTITUDES



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TASMANIAN CATHOLIC EDUCATION OFFICE

SECTION 1

VALUES & ATTITUDES

Jesus lives in us when you	8
Have a positive attitude	9
Attitudes are contagious – is yours worth catching?	10
You are in charge of your attitude to life	11
Valuing the power of GTS	12
Which would you rather be?	13
Positive signs.....	14
Taking the good with the bad	15
Build a bridge ... and get over it	16
Negative attitude	17
What’s in it for me (WIIFM)?	18
What’s in it for others (WIIFO)?	18
Be a Grinner and a Winner, not a Moaner and a Groaner	19
Be a giver, not a taker	21
Which one are you?	22
Be determined	23
WEST is	24
Welcome.....	25
Encourage	26
Sorry	28
Thanks.....	29
Manners & respect	30
Generosity	31
Claim the Blame.....	32
Taking the easy options	33
Win the hard ball	34
Go-karts	35
To forgive others and yourself ...	36

TAKE AWAY FROM SECTION 1

**Students and staff
need to find at
least one area of
this important life
learning theme,
'Values & Attitudes',
that can improve
yours and others'
lives around you.**

INTRODUCTION

Many of our schools' **Mission & Vision** statements relate to the importance of **Values & Attitudes**. These will be connected to your school's charism and what philosophies your school was founded upon.

Of course, these **Values & Attitudes** are guided by the words, teachings and actions of Jesus. Therefore this is a great place to begin with when using this MJR workbook. Many times, during the school year, there will be a need to return to – and constantly review – the various values and attitudes we are trying to instil in our students.

LEARNING INTENTIONS

We are learning that...

- we are in charge of our attitudes and choices
- Jesus taught us, through His parables, some key Gospel Values
- being a WEST person can improve connections and relationships
- attitudes are contagious
- strong Christian values will make yours and others' lives better.

ACARA CONNECTION

YEAR 5/ 6 – HPE

- Identify how valuing diversity positively influences the wellbeing of the community - ACPPS060
- Practise skills to establish and manage relationships - ACPPS055
- Plan and practise strategies to promote health, safety and wellbeing - ACPPS054
- Demonstrate ethical behaviour and fair play that aligns with rules when participating in a range of physical activities - ACPMP069

SUCCESS CRITERIA

Students will be able to

- express to others (and themselves) certain values they want to cultivate in their lives
- to understand that everyone makes mistakes and that they are part of every person's journey
- identify moments in their lives when their attitude needs to change.

SCRIPTURE

Philippians 2:5

Have this attitude in yourselves which was also in Christ Jesus.

1:1 Values and attitudes – general

1. Skateboarding in a wheelchair
Arroyo Grande man impresses Tony Hawk on Ellen video.
Tony Hawk surprises wheelchair skateboarder
<https://www.youtube.com/watch?v=6tNit-5l58s>
(6:16 minutes)
2. Sophie Delezio’s Incredible Outlook On Life
Anh’s Brush With Fame
As a child, Sophie Delezio survived two horrific accidents. Now an independent and optimistic eighteen-year-old, she refuses to let disability hold her back
<https://www.youtube.com/watch?v=1gUfu42fqCk>
(5:02 minutes)
3. **Ironman Triathlon**
This is the story of Dick & Rick Hoyt, the most inspirational father and son team to race in an IRONMAN.
Dick & Rick Hoyt
<https://www.youtube.com/watch?v=dDnrLv6z-mM>
(6:39 minutes)

see page 9

1:2 Positive Thinking

Positive Thinking Brings About Positive Attitude
<https://www.youtube.com/watch?v=ZQ703DkGKJw>
(5:08 minutes)

see pages 10, 11, 30

1:3 Attitudes

Nick Vujcic was born without arms and legs, he is now one of the best motivational speakers there is.
Nick Vujcic ‘No Arms, No Legs, No Worries!’
<https://www.youtube.com/watch?v=vAVbMggSU48>
(4:10 minutes)

see page 12

1:4 GTS – Greet, Treat, and Speak

PowerPoint from Rockhampton Diocese
<https://docs.google.com/presentation/d/1zhC790UtupRaSlriRkJ5FxuIVvEinv5NnKwGLPJ2M/edit#slide=id.p>

see page 15

1:5 Taking the good with the bad

1 in a million moments in sports!
<https://www.youtube.com/watch?v=JVgabQ5L9uk>
(8:22 minutes)

see page 17

1:6 Negative attitude

Power of attitude by Mac Anderson
https://www.youtube.com/watch?v=wkffx_NbzEg
(3:32 minutes)

see page 19

1:7 Be a winner and a grinner)

Song – 'Smile' by Sidewalk Prophets

<https://www.youtube.com/watch?v=15V2sXSJ8Co>

(3:02 minutes)

see page 20

1:8 Negative mindset

Not being a moaner and a groaner, making use of what you have and being content - watch before doing activity on

TMB Panyee FC short film

<https://www.youtube.com/watch?v=jU4oA3kkAWU>

(5:14 minutes)

see page 21

1:9 Be a Giver, Not a Taker

Watch the Mr Bean Video

Even though Mr Bean talks in this video, the students will be able to identify with the character (and perhaps act out or identify what he could do differently to be a giver).

At the hospital

<https://www.youtube.com/watch?v=OoI57NeMwCc>

(6:12 minutes)

see page 23

1:10 Be determined (and attitudes in general)

The Teenage Double Amputee Fighting To Race Again | Billy Monger's Incredible Story

Billy Monger drives an F1 car for the first time after losing his legs.

Outstanding Youtube clip about a 16-year-old who overcomes so much! Lewis Hamilton gets behind the wheel with Billy Monger

Lewis Hamilton gets behind the wheel with Billy Monger

<https://www.youtube.com/watch?v=reGtIKtvvC8>

(3:25 minutes)

1:12 Manners & Respect (30)

As an extension of the word activity about respect, ask students to create their own word scramble using the idea of MANNERS.

see page 30

1:13 Go Karts – (35)

A look at self-motivation.

see page 35

1:14 True Grit! – (48)

Marty's PODCAST resource complements the GRIT activity on page 48 in terms of all of us being a work in progress and the Journey of LENNIE.

Episode Four: We are all a work in progress

<https://open.spotify.com/show/4VDJEOncL2UVvL7AqPX91Y>

Worksheet

https://www.garrattpublishing.com.au/pdf/MJR-teacher-resources/Bulletins/BulletinResources/Episode_FOUR_3-2-1.pdf

1:15 Never Giving Up (NGU) and being determined – (48)

see page 48

Lesson plan extension

<http://garrattpublishing.com.au/pdf/MJR-teacher-resources/OlympicsResourceAug2016.pdf>

1:16 Not all heroes wear capes – (66)

Two very different types of heroes meet face to face

<https://www.youtube.com/watch?v=asjpT1Rk6R8>

(2:58 minutes)

see page 66

1:17 Resilience – The Thai cave rescue – (69)

This looks at understanding resilience, and the idea of ‘spirit’ and how it can affect those around you.

<http://garrattpublishing.com.au/pdf/MJR-teacher-resources/ThaiRescueLesson.pdf>

see page 69

1:18 WEST is about being sacramental people (114)

This is a general lesson plan that can be used to cover attitudes and people chasing their dreams/to be the best version of themselves. It’s a bit confusing to follow and will need Learning intention/success criteria but is a nice little extension task or main activity task.

WEST Upper Primary Slide Deck

https://docs.google.com/presentation/d/1MX0IEMRj6T5iGzN_L7n2qA3MQ-1NjIqJ0alqIT444/edit#slide=id.g56021e1b95_0_68

see page 114

WHAT DO YOU VALUE?

A great exercise to help students (and staff) identify their own values.

1. How do you spend your money?

2. What movies, books, songs and famous people do you love?

- Why do you love these things or people so much?

- Do you see any themes or personality traits that resonate with you?

- If so, what are they?

3. What personal traits do you get complimented on the most?

WHAT DO YOU VALUE?

4. Imagine you are reviewing your life as an 80-year old. What would you answer in relation to the following questions?

- I spent too much time worrying about...

- I wish I spent more time...

- If I could live my life again, I would

- What are the values in your ideal relationship?

- What are you most inspired about?

ATTITUDE SPINNING WHEEL

LEARNING INTENTION

Identifying Attitudes I will need,
so as to achieve my DREAMS!

[TEACHERS – you will need to photocopy these two sheets on to cardboard.]

SCRIPTURE

Philippians 2: 3-5

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus.

Hard question

What is the difference between values and attitudes? Relate your answer to Jesus.

ACRONYMS

NGU - Never Give Up

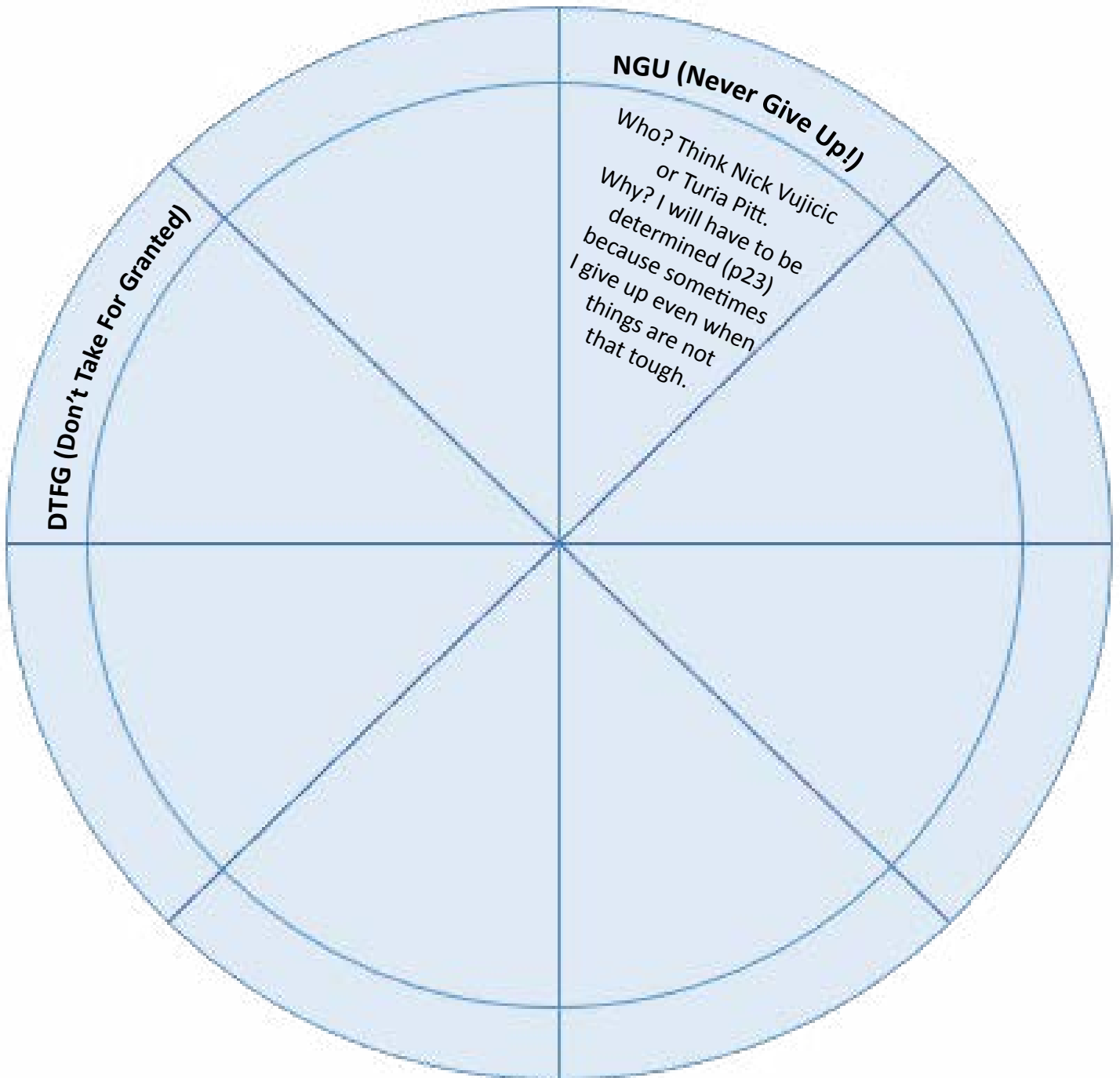
DTFG - Don't Take For Granted

1. Flick through the MJR book and find **8** attitudes that you feel you need to achieve your dreams or to succeed in being a person of QUALITY! Two examples have already been chosen for you – NGU (Never Give Up) and DTFG (Don't Take for Granted).

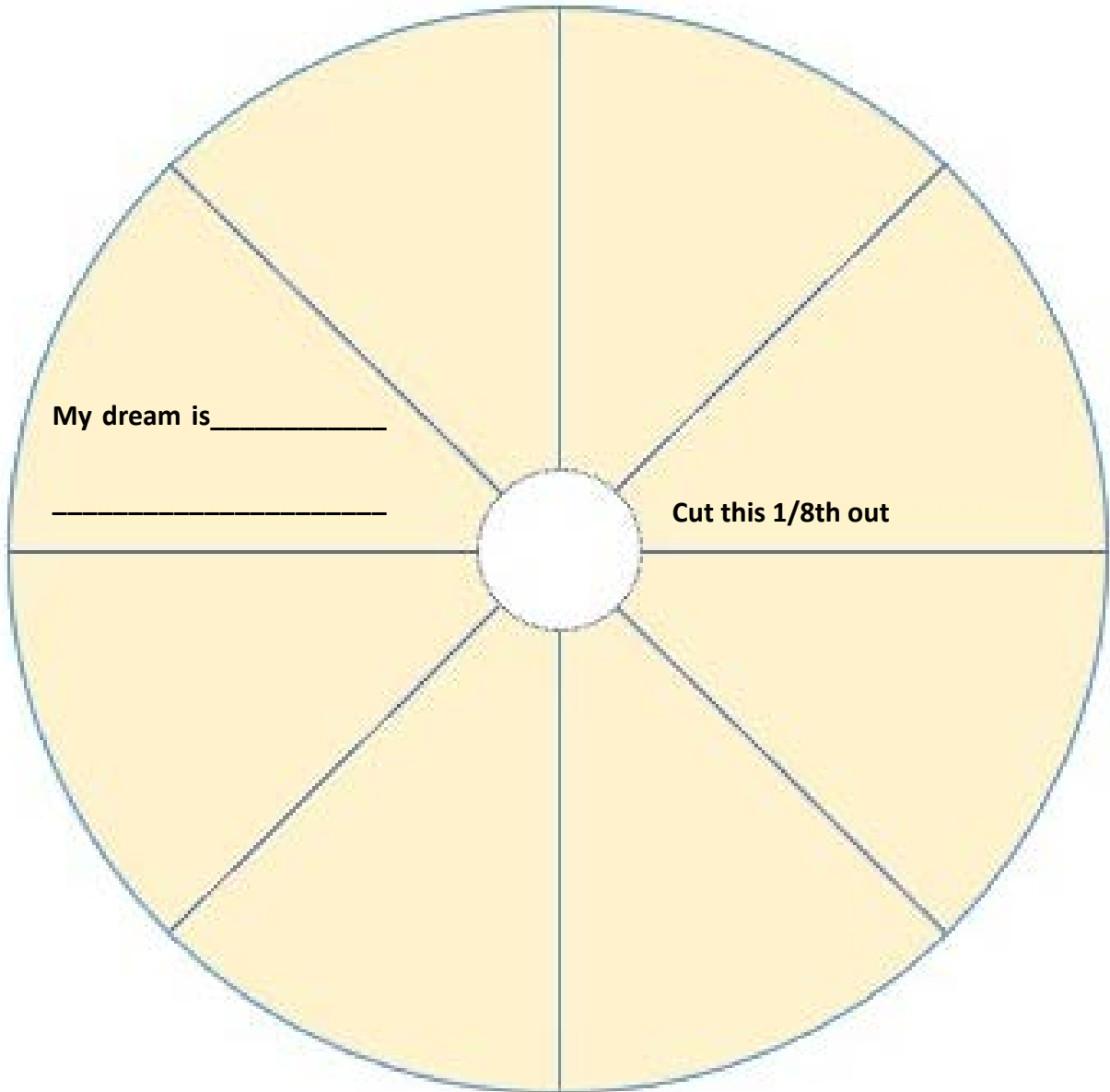
For other examples, go to The 'Greta Effect' page 67.

2. Carefully finish the DTFG by writing about role models you have seen with a DTFG attitude (e.g. parents, coaches, teachers, friends) and why you DTFG.
3. Fill in the other **6** attitudes – with a description of why these will be important to you in the future.
4. Fill in your dream and lightly colour the top 'My dream ... sheet' in different colours to make them stand out. Cut out the shaded 1/8th.
5. Cut out both circles and then place the second circle on top of this main circle – clip them together using a paper split pin.
6. Take it home, show people at home, put it on the fridge and get it out over the next few years so that it will constantly remind you of attitudes you will strive to gain to achieve your dreams.

ATTITUDE SPINNING WHEEL



MY DREAM



INTEGRITY AND VALUES



This is a simple but fun activity to challenge students/staff about integrity and their values. Select four students/staff and hand them a sheet with the following names **Everybody**, **Somebody**, **Nobody** or **Anybody**.

Read out the story (below) and then ask them what it could relate to in the school community(e.g. picking up papers). As an added extra, talk about 'Not me!' as an extra person. For example, 'Who left the plates on the table?' Not Me. 'Who used the last of the orange juice?' Not me! 'Who didn't clean their room?' Not me!

Everybody, Somebody, Nobody and Anybody

Once upon a time, there were four people named **Everybody**, **Somebody**, **Nobody** and **Anybody**.

When there was an important job to be done, **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it. When **Nobody** did it, **Everybody** got angry because it was **Everybody's** job. **Everybody** thought that **Somebody** would do it, but **Nobody** realised that **Nobody** would do it. So it ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done in the first place!

– by Chris Osgood

(Taken from 'Spiritual Reflections', compiled by St Vincent de Paul Society, Parramatta Diocese, 2003)

You could also explore the following questions...

see page 83

REFLECTION QUESTIONS

1. We have all been one of these four characters at some time in our lives. Which of the people featured in the story do you associate with the most?

2. Which 'person' that you sometimes are do you feel you need to challenge in your life?

3. What are some actions you can take to change this?

4. What are some other reflections you have about this story?

RESPECT...WHAT DOES IT HAVE TO DO WITH ME?

This unit / topic can be used in conjunction with the PowerPoint presentation called **Respect**, which can be found in the resources section of the MJR website or by clicking here.

WHAT YOU WILL NEED

- *Make Jesus Real* or *Spirit of Jesus Books*
- Post-It notes
- Print out and place on wall/whiteboard the resources below. These can be downloaded from here: <https://garrattpublishing.com.au/pdf/MJR-teacher-resources/RespectLesson/RespectLesson.pdf>
 - 1_RESPECT.pdf
 - 2_Respect_Questions.pdf
 - 3A_Respect_WordSheet.pdf
 - 3B_Respect_WordSheet_Blank.pdf (give to students)
 - 4_Slide2_GiveItToGetIt.pdf
 - 5_Slide15_WalkTheTalk.pdf



1. Display Slide 2 from the Respect Lesson PowerPoint presentation (above). Explain to students that we will come back to this poster at the end of this topic but ask them to begin thinking about it.

Let's look at your post-it notes.



What is respect?
Where do you respect?
Who do you respect?

2. Ask the students to write down on the post-it notes what they think respect is or means. Show them the 3 Respect Questions:

- What is respect?
- Where should you show it?
- Whom should you show it to?

Ask students to stick their notes under the appropriate question.

RESPECT...WHAT DOES IT HAVE TO DO WITH ME?

3. Show the **Mr Bean at the Hospital** video

Where he does not respect any body and he is all about 'self'.

Mr Bean at the hospital

www.youtube.com/watch?v=OoI57NeMwCc

(6:12)

- Discuss the parts that stand out for the students.



4. Show the **Slap Her** video

Ask for students' reactions to the following video

Slap Her

www.youtube.com/watch?v=b2OckQ_mbiQ.

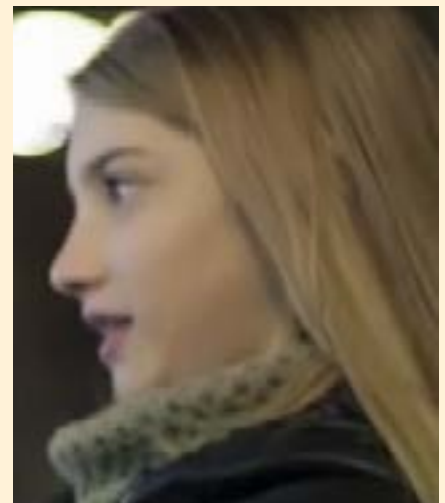
(3:19 minutes)

NOTE: This is a very confronting video. Only show Grade 6 students.



5. Ask the boys, 'Who are the women in your lives? For example, mothers, sisters, grandmothers, teachers, friends?' Then ask the following questions:

- Why do they need respect?
- Have you let yourself down in regard to respecting women? How?
- What is happening sometimes in our society with regard to disrespecting women?



6. Following on from this, make the point...

EVERYONE
should be
respected

RESPECT...WHAT DOES IT HAVE TO DO WITH ME?



7. Show the MOST INSPIRING & BEAUTIFUL MOMENTS OF RESPECT IN **SPORTS video**

<https://www.youtube.com/watch?v=3kExLLTZvaE>

(5:55 minutes)

- Ask the students to choose their favourite clip.



8. Show this video.

PNBHS Tribute Haka for Mr Dawson Tamatea

www.youtube.com/watch?v=M6Qtc_zlGhc

(3:03 minutes)

- What does respect look and sound like?

Self-respect

9. SELF-RESPECT

- What is this?
- Discuss why some people may have little or no self-respect.

RESPECT...WHAT DOES IT HAVE TO DO WITH ME?

10. Some hints about what self-respect is ALL about:

- Being honest with yourself and others.
- Valuing education.
- Valuing exercise and nutrition.
- Learning to listen well.
- Understanding the importance of manners.
- Understanding the impact of SORRY.
- Hanging out with eagles not turkeys.
- Taking responsibility for your actions.

11. So, what does all this have to do with you?

- Using the letters of RESPECT, ask the students to find as many words that start with each letter or use the word sheet (3_Respect_WordSheet.pdf) to select a word – BUT they must give a reason WHY they selected that word in relation to RESPECT.

R _____

E _____

S _____

P _____

E _____

C _____

T _____

RESPECT...WHAT DOES IT HAVE TO DO WITH ME?

12. Display PowerPoint Slide 15

- What does this mean?
- We are ALL good at 'Talking the Talk',
- BUT not actioning what we talk about.



13. Display PowerPoint Slide 2 again

- We started with this poster and finished with it, WHY?



Red Questions

Relate to 'Respect'

Green Questions

Relate to how you will use 'Respect' in your world

see pages 7 - 10

Having a positive attitude.

Question: Why are these connected to Respect?

see page 16

Build a bridge and get over it (BABAGOI)

This looks at dealing with your own problems and encouraging resilience.

Question for YOUR situation: Is moaning and groaning your first reaction when you encounter disappointment?

see page 21 & 22

Be a give not a taker ... Which one are you?

Question: This may be obvious, but why do we respect a giver and not a taker?

see page 35

Go Karts and Billycarts

Explain that sometimes we need pushing by others, but that it is great to get into the habit of being able to push/MOTIVATE ourselves.

see page 38

Communication and body language

Stress how important it is to carry your body in the right way.

Question: Would you respect someone whose shoulders are down and they 'mope' around?

Question for YOUR Situation: Is this you sometimes?

see page 58

If you want to fly like an eagle

Question: Eagles & turkeys – what does it mean?

Question for YOUR Situation: Who do you respect because they have made great decisions in this area?

see page 60

People Skills

Fill out the table listing Some good people skills and some areas to avoid.

see page 67

The 'Greta Effect'

Question: Research how Greta Thunberg has challenged leaders around the world about their disregard for improving climate change.

Question for YOUR Situation: Look at the Greta's values that she has used to raise awareness of climate change. Which value could you use in your life to help you achieve your goals?

see page 120

Seeing Goodness in others. Qualities we admire in people.

Do these as a class.

Question for YOUR Situation: Discover ONE main quality in a person you respect. Write it down.