# **Disposition:** Being Temperate, Exercising Self Discipline and Cultivating Serene Contentment

## **Lesson:** Two

### **Question/LO:** What behaviour choices do I make?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning from experience  *To show that people of faith draw an inner contentment from their relationship with, or understanding of, God.* | *The first 2 activities are 5 minute warm ups to get the children thinking, the main teaching point is point 3.*  1. Ask the children a series of questions around the theme of how you would feel if… e.g. you lost your favourite toy, you get a new puppy, someone copies your work…etc.  2. Move from feelings to reactions. Ask the children to describe what these feelings look like in their behaviour. Talk to the children about the feelings they have just explained and add in actions that go with them. | n/a |
| Learning from faith and non-religious worldviews | 3. Ask the children to retell the story of Cain and Abel from the last lesson. In that story we saw Cain’s feelings of jealousy lead to feelings of anger and then to the act of murder.  Cain’s act of murder then led him to lie to God. Using familiar ‘good feeling’ and ‘bad feeling’ words (e.g. love, pity, caring and jealousy, anger and selfishness) encourage the children to make the link with ‘good’ and ‘bad’ actions (e.g. sharing, helping, be friendly and bullying, lying and hurting). | n/a |