

# Schools learning resource

## Drink from the well

*A reflective resource to support assemblies, collective worship and SMSC development*

### Introduction

We live in extraordinary and confusing times. Our lives both in school and outside of school have, in many ways, been transformed. We've had to learn to live with new restrictions on our lives and adjust to the 'new normal'. For Christian Aid, as for many of the young people in our schools, the issues that concerned us pre Covid 19, continue to be as relevant and urgent now as then - issues around climate justice and the imbalance of wealth and power within the world. These reflective resources, 'Drink from the Well', are designed to be used flexibly and to be adapted for your context; they can be used as a basis for an assembly, for Collective Worship or for a time of reflection to support personal wellbeing and SMSC across the curriculum. This set of resources will be added to on a regular basis and, to begin with, they will focus on the values which underpin the work of Christian Aid. We will seek to use a wide range of materials as a starting point for reflection and to introduce pupils to different voices from across the world.

### Life giving water!

#### ❖ Gather round the well – think, talk, and learn together

Show slide/picture 1

I wonder what you see. I wonder where the path leads to. What do you imagine surrounds this walkway?

Show slide/picture 2

What do you see now?

The first picture was taken with an ordinary lens on a camera, but the second photo was taken using a wider lens. When you look at picture 1 followed by picture 2 your view changes, you see much more and appreciate far more of the possibilities. Seeing things from different angles and in different ways is very important as it helps us understand the big picture. But we also need to look at things closely and in detail to really understand how our world works. These reflective sessions 'Drink from the Well' are designed to help you to look inwards and to look outwards, to help you reflect deeply about life and the world in which we live – to look at things closely and to look at the big picture too. The photos were taken in the city of Salisbury which is in the South West of England. The pathway is part of a river walk and this picture is taken as you walk into the centre of the city, towards the Cathedral. The city is famous for its Cathedral and for the Charter market which has been held in the centre of the city since 1227. It is also well known as the place where 5 rivers meet. These rivers are an important part of the landscape and a beautiful part of nature - a part of the water network in the area. Looking at the river can help us think and learn about the importance of water.

Water is very important. Did you know that up to 60% of the human body is made up of water? Every cell in our body contains water – how amazing!

We also need water in our everyday lives.

Think about the past week and try to count all the different ways in which you have used water. Share your ideas

Water is important for

- drinking and keeping us healthy
- using in cooking
- keeping us clean
- washing our clothes
- for taking care of animals
- for helping to create energy

It's one of the most important free resources that we have on the planet.

In the UK and Ireland, we are very fortunate to have clean and safe water to use in our homes. Water is collected from rivers, reservoirs and from underground and then, only after being cleaned and specially treated, it can be used in our daily lives.

Yet, across the world, 785 million people don't have access to safe drinking water and rely on streams, ponds, canals, and open wells. Our changing climate, which causes our weather to become more unpredictable, is also making their lives harder. Some places don't get as much rain as they used to, and droughts have become more frequent - this can make it hard to grow crops and to have easy access to life giving water.

Show slide/picture 3 [Kawite and community]

This is Kawite.

Kawite and her family live in a small village in Ethiopia. For the past ten years Kawite and her community have faced changing weather patterns – it is raining less due to climate change.

Kawite and her daughters have travelled up to five hours every day to fetch water, and this meant her children often missed school and there was little time to go to the market to buy food. Without easy access to water it was difficult to do everyday tasks and to grow crops or feed their animals.

Christian Aid, a charity which works to put an end to poverty, and their local partners worked alongside Kawite's community, supporting the village to build their own pond which now provides a new and reliable water source.

The community pond saves Kawite hours of precious time which she can now spend at home with her family and has helped build a better future for her community.

**'The pond is not only for me. It has changed the life of this village,' – Kawite**

### ❖ **Drink deeply from the well – reflect on your learning**

Without enough water, and clean water, we find it difficult to live healthy lives. It is important for individuals and communities. Water is vital – it is life giving. Perhaps you could think about the importance of water each time you use some today.

In the same way that water helps to keep our body healthy and gives us life, there are other things which help keep our minds and emotions healthy and nourish us as people – these may be the things that inspire us and help us to live our lives more fully. All sorts of things are 'life giving': music, poetry, a maths puzzle, something someone says, an amazing fact, a film, the way someone lives their life, our beliefs and values – any of these, and many more, things can inspire us every single day.

### ❖ **Go refreshed – respond and act**

For many Christians the poems in the Bible are a source of inspiration. One of the most famous is Psalm 23 which speaks about God being like a shepherd who leads his followers by peaceful, nourishing waters:

***The Lord is my shepherd; I have everything I need. He lets me rest in fields of green grass and leads me to quiet pools of fresh water. He gives me new strength. He guides me in right paths, as he has promised.***

*Psalm 23:1-3*

Why do you think many Christians remember these words and find them helpful?

Questions to think about today:

What/Who inspires you? What helps you to feel peaceful? What helps you to think deeply?

Can you talk about things that have changed your school or local community for the better?

# All you need is love!

## ❖ Gather round the well – think, talk, and learn together

Many songs have been written about love! Hundreds and thousands! Lots of words have been used to describe what love is like and music composed to help us understand how love feels.

I wonder how you would finish this sentence:

'Love is.....'

Can you join your ideas together to make a class or family poem about love? Perhaps, at another time, you could create some music to accompany a reading of your poem.

Although we talk about love being a feeling, it is also something which people live out through their actions. We can show love by the way we treat one another and the way in which we care for one another. Can you think of some examples of this?

As you think about the last few months, I wonder if you can give examples of where family, friends and neighbours have shown care and love to one another in your local community. How have you shown love and care to your family and friends?

Communities across the UK and Ireland have reached out to help and support each other. Even the simple act of washing our hands with soap and water has become a way of caring for ourselves and others during the coronavirus pandemic.

Show slide/picture 1 [quote]

**"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."**

— *Desmond Tutu*

**"We are made for loving. If we don't love, we will be like plants without water."**

— *Desmond Tutu*

I wonder how you respond to these words – do you agree with them? What do you think Desmond Tutu meant by them?

Christian Aid is a charity which believes our actions, motivated by love and generosity, can change the world for the better. These can be large actions but are often the combination of many small actions.

Christian Aid works with people living in poverty, no matter what their faith is or if they have none. It's called Christian Aid because it was started by Christians who believed that all people are precious and loved by God and that we should care for one another. Christian Aid has one big aim which is to end poverty altogether and to help all communities to become places of hope.

Christian Aid believes that even in some of the world's toughest places love builds hope.... and by taking small actions together we can make a big difference.

Currently, Christian Aid is asking people to support their global neighbours across the world as we all experience the effects of the coronavirus.

Meet Imote and his brothers and sisters – as you listen to their story notice how Imote shows love to his family

Show slide/ picture 2 [Imote and family]

Imote loryue is 21 years old and now cares for his nine brothers and sisters. He has an orange farm where he grows fruit to sell at the market so that his brothers and sisters can afford to go to school and so that the family have food to eat.

Sadly, due to the coronavirus pandemic, he has been unable to sell the produce from his farm, leaving him unable to buy food or basic household goods. His brothers and sisters are also unable to go to school because of coronavirus.

Christian Aid knows that coronavirus impacts all of us and effects the health of our neighbours near and far. But love unites us all.

Imote received cash support from Christian Aid so he can now continue to look after his young family even during this difficult time.

## ❖ Drink deeply from the well – reflect on your learning

One of the earliest followers of Jesus, called Paul, wrote some words to describe love. He described love as if it were a person – describing love's characteristics. Many Christians use these words to help them understand what love is like.

***<sup>4</sup> Love is patient and kind. Love is not jealous, it does not brag, and it is not proud. <sup>5</sup> Love is not rude, it is not selfish, and it cannot be made angry easily. Love does not remember wrongs done against it. <sup>6</sup> Love is never happy when others do wrong, but it is always happy with the truth. <sup>7</sup> Love never gives up on people. It never stops trusting, never loses hope, and never quits. <sup>8</sup> Love will never end.***

1 Corinthians 13  
Easy-to-Read Version

Are there any lines which surprise you? Which parts do you like best of all? Do you think these words describe love as being something which is always easy to show?

Although these words about love are challenging, they inspire many people and have an impact on how they choose to live their lives. When we love, our view of the world changes and things like hope and compassion seem more possible.

As we saw in Imote's story, love builds hope and can transform lives, as well as the world.

## ❖ Go refreshed – respond and act

Think about how love is described in the words written by Paul – see if you can notice when people show these characteristics today. Are there small actions which you or your class could take to make a difference to the lives of your global neighbour?

## Optional prayer activities:

Drink from the well









If you are using the resources above for Collective Worship, you might like to use one of these prayer activities:

Give each pupil a water droplet shape cut out of card or paper. Get two bowls, one smaller than the other, and a jug of water. Place the smaller bowl inside the larger one. Slowly pour water into the bowl until it overflows. As you pour, notice the ripples in the water and the movement of the water as it spills over the sides of the bowl. Think about the things you are thankful for. As the ripples of water in the bowls become still, allow yourself to sit quietly for a few moments. Spend a few moments thinking about Kawite, her family and community. Write thankyou prayers or prayers for Kawite and her community on the 'water droplets' and make a display around the water bowls.

Perhaps you could make a prayer/reflection chain? Spend a few moments thinking about the words 'love builds hope'. I wonder, what are your hopes and dreams for the world? Make loops for a prayer/reflection chain to hang in the classroom – write or draw your hopes for the world on each loop.

## I pause.... I wonder....

Use the following questions as daily check ins – either at the start, middle or end of the day. The purpose of these questions is to give a short 'breathing' space to help pupils step back, slow down and reflect on their thoughts and feelings

-  How are you feeling today?
-  What are you thankful for?
-  What did you notice on your way to school? Was there something special or beautiful?
-  What has gone well today?
-  What has gone less well?
-  Who has shown kindness today?
-  What has been unexpected about today?
-  What are you looking forward to?