

Lead on ... Session Three

Feeling afraid but choosing to be brave

Aim: To help children realise that feelings of fear are normal when we face new challenges.

Warm up Activity:

Ask children to write their names on their matchboxes and put in a certain place to be used at the end of the session (and DON'T FORGET to do this!)

Sit in a circle and encourage each group member to finish the sentence 'I feel scared when ..' It will be helpful if the leader sets the example by starting the activity with her own sentence.

At the end of the activity briefly discuss that everyone, even grown ups, feel afraid sometimes. Sometimes our feelings of fear are important to keep us safe. (Ask children if they can think of a few examples and how our feelings of fear could be helpful to keep us safe e.g. if a fast car is coming towards you will move out the way).

Looking at the Bible:

Explain that even grown ups feel anxious, or even afraid, when they have to do something new.

Tell children that today we will think about a beautiful queen, who felt very afraid but who chose to do the brave thing. (Use Lead on ... booklet page 20 re: Queen Esther as a base to create a story.

(In preparation read Esther 2 – 8., but focus on the key aspects of Esther's bravery, even though she was afraid, saving her people).

With younger children bring along dressing up clothes and props to recreate the story, after the initial telling, with the leader taking the part of narrator and encouraging the children to role-play the story, with a leader taking the role of narrator. Involve all the children in some way.

Discussion:

1. Have you ever been called into the headmaster's (or headmistress') office? How did you feel?

(Encourage a few children to share their experiences).

2. Imagine how Queen Esther must have felt going to the king, when she knew that if he felt cross he might tell the soldiers to kill her?

3. What would have happened to all her people if she hadn't been brave?

4. What happened because she was brave?

Activity:

Provide A3 sheets of paper, rulers, felt tip pens and crayons. Encourage children to make a comic strip of the story. (If time is very limited the group may choose to create a comic

strip of the story by each person doing one picture and then taping these together in correct order.)

With pre-readers, draw a single picture about the story.

Conclusion: Ask children to take turns to show the contents of their matchboxes. Use the opportunity to give encouragement to children (for remembering / for trying/ for thinking of unusual items / for collecting many items).

Talk about how important some of these particular items in the matchbox might be – even though they are little. Help children to recognise that even though they may be *little* / smaller than the adults, and even though they may feel afraid sometimes, God has a plan for them too!

Encourage them to think of some way they can tell someone that God loves them this week – even though they may feel a little scared to do this. (Only do this if you can ensure that there is a reliable carer/ parent who will support the child in this plan).