

Title: Belonging

Word of the week: Hiraeth

1. Thought of the day: "Family is a place where you are meant to belong."

Activity: Consider the following quote:

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible — the kind of atmosphere that is found in a nurturing family".- Virginia Satir

Class discussion:

- Do you agree with the quote?
- What would it look like if families operated in this way?
- Is this a reality for you with your family?

2. Thought of the day:

"Greater love has no one than this, that someone lay down his life for his friends." Jesus of Nazareth

Activity: Have the class come up with a working definition of friendship as a class.

Test this definition against the following in a class discussion (explain out quotes if needed):

"Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival." - C.S Lewis

"A friend loves at all times, and a brother is born for adversity." - Proverbs of the Bible

"Look at your 5 closest friends, those 5 friends are who you are. If you don't like who you are, you know what you have to do." - Will Smith

3. Thought of the day: "A community in its healthiest state is a collective of individuals who care for each-other, co-operate together and seek to build up and drive others on to be the best they could possibly be." Anon

Activity: Community task.

Blindfold a student and have them find an object in the class without any help. When they cannot find it after 30 seconds, bring them back to the front and move the object to another place.

Next choose another volunteer who works with the first, making no contact, but using only one word they choose to help. Bring them back to the front after 30 seconds.

Get another volunteer who can use another word. Build this up until there are at least 3 people helping, and allow them to find the object.