**Rhythm of Life Church Schools Edition - Primary**

**WHAT IS A RHYTHM OF LIFE?**

Christians believe that they should live their lives following the example of Jesus – becoming more like him in what they do, say, think and feel. Remembering that they are in the presence of God wherever they are or whatever they are doing, Christians believe that they can become kinder, more honest, trustworthy and generous people as they allow God, the example of Jesus and the Holy Spirit to guide them in their attitudes and behaviours every day.

In the Diocese of Bristol, we encourage everyone to explore what it means to grow and flourish, be it at school, in church or at home and find rhythms of life that enable growth. We can choose actions and activities that we commit to doing regularly. Things that help us to follow Jesus, serve others and transform our communities. The aim is to create a rhythm based on things that Jesus did in his own life and said that his friends and disciples should do too. This handout gives some introductory thoughts on how Church schools in the Diocese of Bristol can explore Rhythms of School Life that create space and time for spiritual growth.

Jesus says, "I have come in order that you might have life—life in all its fullness." John 10.10

**Create a School Rhythm of Life together that helps children and staff thrive.**

**Things which help us follow Jesus:**

PRAYER AND REFLECTION - Make some space in the school day for quiet and reflection. Consider where in our school we have quiet spaces that we can go to pause, think and pray.

WORSHIP - Talk about how we show that collective worship is a special time in our school day. How does it include everyone? How does it help us think about ourselves, others, the world around us and God? Offer to do something to help with collective worship like reading or welcoming. Think about and share what you enjoy about collective worship, how it helps you and what you could do to make it even better.

REST - Think about how you can best use the time in your day to ensure that there is a good balance of schoolwork, rest and play. Try sitting somewhere quiet and focusing on just breathing.

**Things which help us serve one another:**

LOVE - Think about how we welcome people in our school and include everyone in what we are doing. Listen really carefully to others when they are sad, lonely or frightened, and help them get the help they need. Be kind and share well with everyone, especially when it's hard because people have been unkind.

GENEROSITY - Think of something to be thankful for every day. Come up with some ideas for sharing and really looking after what you have and do it! Discuss in class what you can do to save energy and resources in school and at home. Think about what you can do to help make life a bit easier for someone else.

**Things that transform our world:**

COMMUNITY - Think about how you get involved in your local community. What could we do to help our local community? Perhaps take part in the Archbishops’ Young Leaders Award - we can all be the change we want to see.

Questions:

* How could you create space for Godly and healthy Rhythms of Life in our school?
* How can we encourage children to create their own rhythms?
* What will we all do differently each day, week or month?
* What one specific thing do you do already or will start doing in each of the six areas above?

My personal commitment, things I’m going to do:

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Our school commitment, things we’re going to do:

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