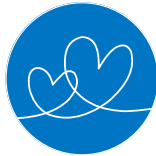




RHYTHM OF LIFE

CHURCH SCHOOLS EDITION – PRIMARY



Prayer and Reflection

Worship

Love

Generosity

Community

Rest

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.

The Rhythm of Life is a framework that the Diocese of York are using to help everyone explore what it means to grow and flourish, be it at school, in church or at home. The six rhythms or 'habits' suggest ideas for actions and activities that people can choose to commit to doing. The rhythms are based on things that Jesus did in his own life and said that his friends and disciples should do too.

This handout suggests how Church schools in the Diocese of York can explore this Rhythm of Life together.

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



MY RHYTHM OF LIFE

Things I could do

Questions

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.

- How could you put the Rhythms of Life into action?
- What will you do differently each day, week or month?
- What one specific thing do you do already or will start doing for each of the six Rhythms?

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.

Things I'm going to do

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.

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.

REST



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

