



RIGHT TRACKS

I CAN TALK TO YOU

FAITH-BASED ASSEMBLY



Aim

- To learn that talking about our feelings can help us
- To learn that Christians share their feelings with Jesus through prayer



Resources

- PowerPoint presentation
- 'I can Talk to You' video
- Balloon Reflection sheet (optional)
- Balloon sticker (optional)



Bible verses

'Give all your worries to him, because he cares for you.'

(1 Peter 5:7 *ICB*)

'God's there, listening for all who pray, for all who pray and mean it.'

(Psalm 145:18 *MSG*)



You will need:

- An inflated balloon on display and a deflated balloon to blow up (plus spares just in case)
- A balloon pump (optional)
- A bag/sack with four inflated balloons, each tied with an elastic band (do not tie the balloon neck itself). On each balloon draw an expression: angry, sad, thoughtful/peaceful and happy. Inside the happy balloon you may wish to have some confetti.
- A pair of sharp scissors - check with the school's health and safety policy
- A brush to sweep up the confetti afterwards
- If using the balloon sheets, print enough for each pupil, and give a bundle for each class.
- If using the balloon stickers, insert the image into a sheet of circular sticker labels, then print

Check with the school in advance in case loud noises (balloon pops) are triggers for any pupil and adapt the assembly if necessary.





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INTRODUCTION



Slide 1 - Balloons

Introduce yourself and welcome pupils to assembly. Have an inflated balloon on display.

Who likes balloons? I thought so - a lot of us love them. Balloons are fun and great for parties. But there is always one thing about balloons that I do not enjoy. Any guesses? *Take a few responses and respond positively to the suggestions.* For me, it is having to blow them up, to inflate them. *Show the deflated balloon.*

Blow up the balloon as you talk. Take your time. Try to overemphasise how hard it is to inflate, with excess huffing and puffing, losing some air, or pretending it is hard to use the balloon pump.

Blowing up balloons takes a lot of puff! You need lots of breath. You must hold the opening tightly, so no air is lost ... and you have to start all over again. And then, of course, you must judge when you have the perfect size for your balloon. Too little air and your balloon is sad and not very big. Too much air and ... *Tease the pupils that the balloon might pop - hold the balloon far from you and wince.* The balloon will become too full of air ... and POP! But it looks like this balloon is going to be OK! Whew! *Tie the balloon using the balloon neck.*

MAIN TALK



Slide 2 - The pop

Maybe it is not the inflating that I don't like; perhaps it is the danger of popping that I don't enjoy about balloons. Maybe it is the surprise of the pop, the not knowing if or when it is going to pop that makes it a scary type of surprise.

I could be happily here with my balloon, thinking that everything is fine, and not have a clue that the balloon is about to explode. That the pressure inside the balloon keeps building and building, the skin of the balloon gets tighter and tighter, until finally there is too much inside the balloon - and it EXPLODES!

Do you ever get that feeling, that you might explode? I'm not talking about when you eat too much, if you eat and eat and eat, and your stomach feels so full that you feel like you might pop. I'm talking about when you have a lot of emotion inside you and it builds and builds until you can't keep it in any more.





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Slide 3 - Anger

Take the angry balloon out of the bag. Any guesses which emotion this balloon represents? Take a few responses.

Anger. Feeling mad. Annoyed. Frustrated. These are very powerful emotions, and we all get these feelings. They tell us something is wrong, and that we should really do something about it. But what if you don't know what to do? Just like a balloon filling with too much air, anger and frustration can build up inside us too. And if we are not careful, we can explode in ways that might hurt ourselves or others, with our words and actions.

There are lots of things we can do to help us when we are feeling angry. *Snip the elastic band from the balloon but keep hold of the neck. Release the air from the balloon slowly as you talk.*

One way to deal with our anger is to talk to somebody about it. When we share our feelings about what is making us feel angry or frustrated or annoyed, it can help to identify the source of our anger, it can help us feel better about our anger, and help us feel more in control. Talking about our anger can help us figure out why we are angry and what we might do about it.

Have a think about who you would talk to when you are feeling angry. Who would listen and understand and help you with your anger? *Pause for a few moments.*



Slide 4 - Sad

Take the sad balloon out of the bag. Any guesses which emotion this balloon represents? Take a few responses.

Sad. Unhappy. Miserable. Upset. These feelings happen to us all. Perhaps something has happened to make us feel this way. Perhaps we don't understand why we are feeling sad. Feeling sad tells us something isn't right and we need some care and attention. These emotions may not always be so obvious for others to spot, like anger, but if we have them for too long, they can feel like the only feeling we have and explode inside us.

There are lots of things we can do to help us when we are feeling sad. *Snip the elastic band from the balloon but keep hold of the neck. Release the air from the balloon slowly as you talk.*





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One way to deal with our sadness is to talk to somebody about it. When we share our feelings about what is making us feel sad or unhappy or miserable, it can help us to understand what is making us feel sad. It lets the other person give you comfort and care and empathy - showing that they understand the feelings you are experiencing. Sharing our sad feelings with someone will lessen the sadness and start to let other feelings in.

Have a think about who you would talk to when you are feeling sad. Who would listen and understand and help you with your sadness? *Pause for a few moments.*



Slides 5 & 6 - Christian perspective

We all need someone to talk to about how we are feeling, someone who really understands us and cares for us and wants good things for us. Christians believe there is one person who is always ready and willing to listen to how they are feeling - and that is Jesus.

The Bible, the Christian holy book, encourages Christians to pray to Jesus, to talk to him.

‘Give all your worries to him, because he cares for you.’

(1 Peter 5:7 ICB)

For Christians, talking to Jesus, praying to him, can take many, many different forms. *Demonstrate the prayer positions - if you are able to:*

- A common way for Christians to pray is with hands together, head down and praying in silence ... or talking out loud.
- Some Christians pray with their hands open, or one hand is held up high.
- Some will pray while walking.
- Some will pray while doing art.
- Some will pray while playing music or singing.
- Some will pray while writing.
- Some will pray while silently reflecting on what they have read from the Bible.
- And some will pray while running.

There are so many ways Christians will find to pray, because they know it is important to share with Jesus how they are feeling, because Jesus wants to know what is in our hearts and is always available to listen. And that means Christians can pray at any time, anywhere!





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Slide 7 - Thoughtful/peaceful

Of course, sometimes - hopefully most of the time - everything is going really well. *Take the thoughtful/peaceful balloon out of the bag.* Any guesses which emotion this balloon represents? Take a few responses.

Feeling good. Peaceful. OK. Content. Things are fine and peaceful. It's good to take a moment and appreciate that things are good - it also helps us to remember when things are not going so well.

In fact, when things are going well, it's lovely news to share. *Snip the elastic band from the balloon but keep hold of the neck. Release the air from the balloon slowly as you talk.*

So who would you share how you are feeling when you are feeling OK? Who would listen and understand and be happy to know things are going well for you? *Pause for a few moments.*



Slide 8 - Second Bible verse

Christians know that Jesus is there to listen when things are going badly and when things are going well. The important thing is to always share exactly what is in your heart.

'God's there, listening for all who pray, for all who pray and mean it.'

(Psalm 145:18 MSG)



Slide 9 - Salvation Army perspective

The Salvation Army is a Christian church and a charity and knows the importance of prayer, of talking to Jesus. The Salvation Army encourages people to share everything in their life with Jesus in prayer, and to pray in imaginative and inspiring ways.

And so The Salvation Army has written a song about sharing all your feelings with Jesus. But just before we hear it, there is one more emotion for us to talk about.

'God took the man and put him in the Garden of Eden to farm the land and to take care of it.'

(Genesis 2:15 GOD'S WORD)





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Slide 10 - Happy

Take the happy balloon out of the bag. Any guesses which emotion this balloon represents? Take a few responses.

Happy. Joyful. Amazing. Ecstatic. Who would you share these feelings with? *Pause for a few moments.*

And of course, these are emotions that we can't wait to share with everyone! To spread that wonderful feeling around! *Pop the happy balloon, spreading the confetti. Be prepared for some silliness - but the song will help calm things down.*

SONG



Slide 11 - Song

And now, here's the song I mentioned earlier.

Play the song 'I Can Talk to You' and encourage pupils to join in.



REFLECTION

Slide 12 - Reflection

Let's take a moment to reflect on why it is important to share how we are feeling. Who is it you can talk to, to share how you are feeling? Perhaps it is always the same person, perhaps it is a different person depending on how we are feeling. *Pause for a short reflection time.*



Slide 13 - Balloon sheet (optional)

Display the balloon sheet. Explain that the pupils can draw an emotion on each balloon and write the name of the person/s they would talk to about it on the label below.

Give a class bundle to each teacher, or to a pupil from each class if the teacher is not there.



Slide 14 - Goodbye

Thank the pupils and staff for letting you be a part of their assembly.

You may wish to give pupils a balloon sticker (or the sheets of stickers to each teacher) as they leave.

Play the song 'I Can Talk to You' as pupils leave.

