***Strategies for Responding to Scripture***

***3, 2, 1***

Write 3 facts about the passage

Write 2 questions you have about the passage

Write 1 connection you can make to your own life.

***Art Analysis Guide***

Who or what is depicted in the artwork?

What mood is created and how is this achieved?

What colours, tones and textures are shown?

From what viewpoint is the artist creating the artwork?

What connections can you see between different parts of the artwork?

What location or locations are suggested in the artwork? How is this done?

What does the artwork convey about God and humankind?

What connections can you make with the artwork?

***Before and After Strategy***

Draw or write what happened before the passage and after the passage.

***Head, Heart, Hands***

After reading a scripture passage, students choose a character and write

What might this character be thinking?

What might this character be feeling?

What might this character be doing? (or do after this?)

***Chatterbox the Story***

Make a chatterbox. Under the triangles, write four facts about the passage. On the squares write a thematic word from the passage.

***Cloze***

After reading a passage, use a simpler version with words whited out for the students to fill in.

***Vocab Web***

Using important vocab and concepts from the passage, students space these out over a large sheet then using lines connect together ones that are related to each other and write how they are related on the lines.

***Flap Book***



***Guided Meditation***

***Structure of the Guided Meditation***

A simple structure for Guided Meditations and reflections is:

Relaxation Phase – leading students through a deliberate process of relaxation through breath awareness, muscle relaxation, listening exercises or concentration on an object or image.

Contemplation / Meditation Phase – the focus and purpose of the exercise

Concluding Phase – leading students back out of their heightened state of relaxation and awareness to return to the ‘here and now’.

Caution

It is important to realise that guided meditations use imagery and metaphor in ways that can occasionally trigger powerful emotional responses from participants. It is advisable that teachers using guided meditation are alert to this possibility and follow up appropriately with students.

***Sample Guided Meditation script***

*Relaxation Phase:*

“ When you are ready to begin, start by getting yourself into a comfortable position that you will be able to maintain for about twenty minutes.

To begin, start by taking three deep slow breaths...pausing after you inhale and then exhaling fully and completely. Imagine that as you exhale you can begin to release thoughts, tensions, even discomforts with the warm breath that you breathe out and away. (pause)

(After these first three slow breaths) now continue to breathe slowly, but naturally. Feel yourself taking another step deeper into relaxation and comfort with every outward breath. As you breathe slowly and naturally, turn your attention to the relaxation that is beginning in your arms and down into your hands. Your arms begin to feel slightly heavier; your muscles feel loose and flexible. Your arms feel slightly warmer, as if, blood and energy can flow more freely and easily all the way down your arms ... as if it were flowing down, through wide open blood vessels, and slowly, but freely, pulsing down into the hand and fingers. (pause)

As you continue to breathe slowly and gently, begin to become aware of the relaxation starting down into your legs and feet. Your legs begin to feel slightly heavier; your muscles feel loose and flexible. Your legs feel slightly warmer; the blood and energy can flow more freely and easily, all the way down your legs, through wide open blood vessels and you can feel it slowly but freely pulsing down into your foot and toes. (pause)

Feel yourself beginning to sink back into what you are sitting or lying upon, as the tensions just begin to melt away.

Even the muscles of your lower back can begin to relax even better. You can feel the muscles of your back begin to soften or loosen as you slowly breathe away any unwanted tensions. The relaxation can begin to spread to the other muscles of your back, even spreading up into your upper back and your shoulders. Perhaps your shoulders can drop down into a more comfortable position and your neck relaxes, allowing your head to sink back … completely relaxed. Even the muscles of your head and face can relax even better.

Imagine yourself outdoors on a warm and pleasant day. You imagine that you are standing near a pond of water, where the water is calm and clear, and the surface is smooth. You can feel the warmth of the sunlight... If you were to drop a rock or a stone into the water, you could watch as the waves or the ripples spread across the surface of the pond in every direction. And imagine that you can send soothing and cleansing waves of relaxation down from the top of your head, in every direction, to soothe, heal, and cleanse every muscle and cell of your body.

Now, as you watch this pond of water, it can once again become calm and still. The water can begin to settle, to become calm and clear. Even the surface can once again become calm and smooth. You turn away from the pond and follow a pathway that takes you to a perfect place... a place where you can be by yourself, and feel calm and comfortable.

Once you arrive there, you can look around to find the most comfortable place to lie down. As you drift over to that spot, you just sink back into whatever you would be sitting or lying upon. As you settle back, perhaps you can even feel the warmth of the sunlight gently shining down on you. You can begin to soak up the warmth as the tensions just melt away. You hear the sounds that surround you. Like the sounds of running water, or the sounds of birds, or of the warm breezes. Perhaps you can even smell the fragrance of salt air, flowers, grass, or of the woods that surround you.”

*Contemplation / Meditation Phase:*

At this point in the process, the leader guides the participants in their reflection on a specific topic. Common themes for this contemplation/meditation phase are:

Encountering Jesus – realising that Jesus has entered the perfect, peaceful place and participants are led into a conversation with Jesus about their life – the emphasis is on listening to what it is that Jesus says in response.

Projecting forward – participants imagine themselves in 5, 10, 15, 20 years’ time. This can focus on their potential, goals they have for their life, the skills they have now that will assist them to achieve their future self, or a visioning of futures for themselves and the world.

Affirmation – participants are led to acknowledge their strengths and talents through imagining a picture-screen film of their achievements in life or through imaging a sculpture of themselves as others see them.

Reconciliation – participants are invited to call to mind the face of someone that they have hurt or wronged recently, they can relive the hurtful scenario and the way in which they would have preferred to handle the situation or rehearse what they would like to say to the person now.

*Concluding Phase:*

Now, it is time to leave your perfect, peaceful place. Know that you can return here any time that you want or need to. Take one final look around the place you are in and then picture yourself standing and moving out of the place, back the way you came. You can begin to see yourself returning to this room, bringing the feelings of calmness and comfort back with you to a more fully waking state. Feel the floor or the chair beneath you and slowly awaken, letting the feelings of calmness, comfort, health and joy return with you to a fully waking state.

Take a deep breath, letting the calmness, comfort, and relaxation return with you to a fully waking state. Take another deep breath and stretch, becoming wide awake, feeling refreshed and alert.

***Hamburger Strategy***

Using a hamburger outline, students write in:

The burger – what was the most important part (the meat) of the story?

The salad – what other aspects (ingredients) were important to the story?

The top bun – who was in the story?

The bottom bun – where did the story happen?