### **REFLECTION IDEAS**



# New Starts & Changes (The story of Joseph) Genesis chapters 37-48

We might find ourselves in new, different, and sometimes difficult situations that are outside of our control, but we should always do our best and try to do the right thing wherever we are. Joseph's life was a bit of a roller-coaster ride with lots of ups and downs, but he tried his best and discovered that God was with him and helped him, even when things seemed tough. We too might need to be brave and resilient in the face of new challenges.

### Reflection

- How can I make good choices in the good times and the bad times?
- How can I try to keep going even when things are hard?
- What does it mean to develop resilience?
- Can I choose to be determined and courageous in a new challenge that I will face?
- Who do I trust to help and encourage me through changes and challenges? Family, friends, teachers, God?

## **Story Links**

Watch a version of the story here: https://youtu.be/NQ7wLTBnF84

### Inspire Prayer Space Activity – Wall of Resilience

#### Equipment

- Paper bricks or brick wall paper
- Pens or pencils
- Blu tac, tape or pins

#### Description

- This activity gives pupils the opportunity to think about what or who strengthens and helps them when they are in new or challenging situation, what gives them resilience.
- We can think of life as a bit like a wall: as we live it we add different strengths and sills to our wall of confidence and resilience. Christians believe that God can help when facing changes and challenges.

#### Instructions

- In life we have to cope with changes and challenges, with new and sometimes difficult situations. Some things and people can encourage, strengthen and build us up, increasing our resilience our ability to keep going and make good choices.
- Choose a brick and think of something or someone that helps and encourages you through changes and challenges, when you might be having a hard time. Write or draw this onto your brick, adding to your wall of resilience in your life.

Adapted from a Prayer Spaces in Schools resource

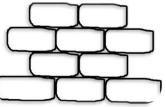


See below for activity sheet



inspire prayer paces

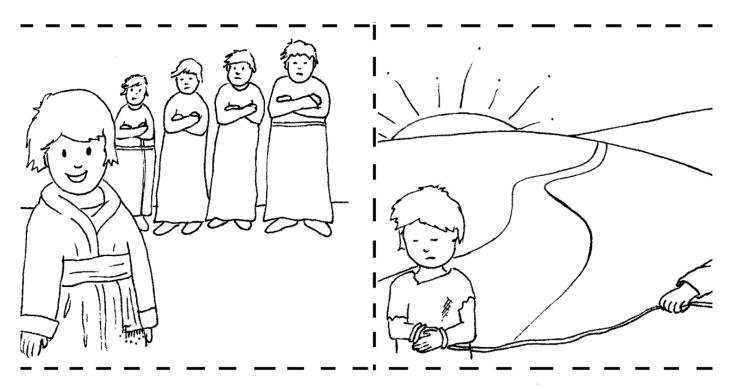




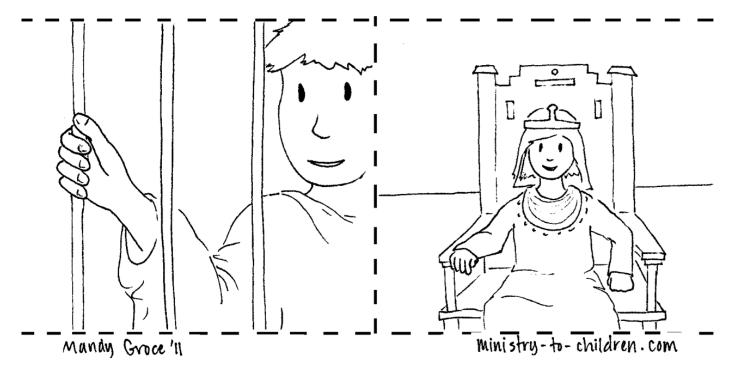
# **New Starts – Joseph picture story**

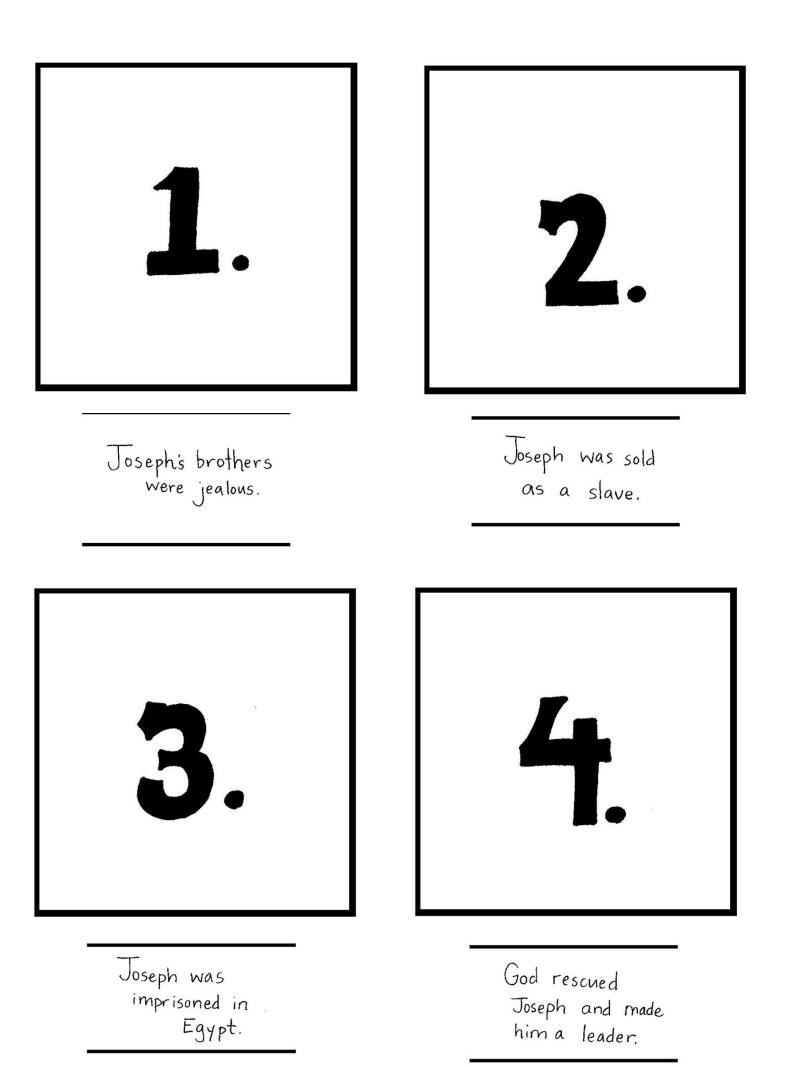
Genesis chapters 37-48.

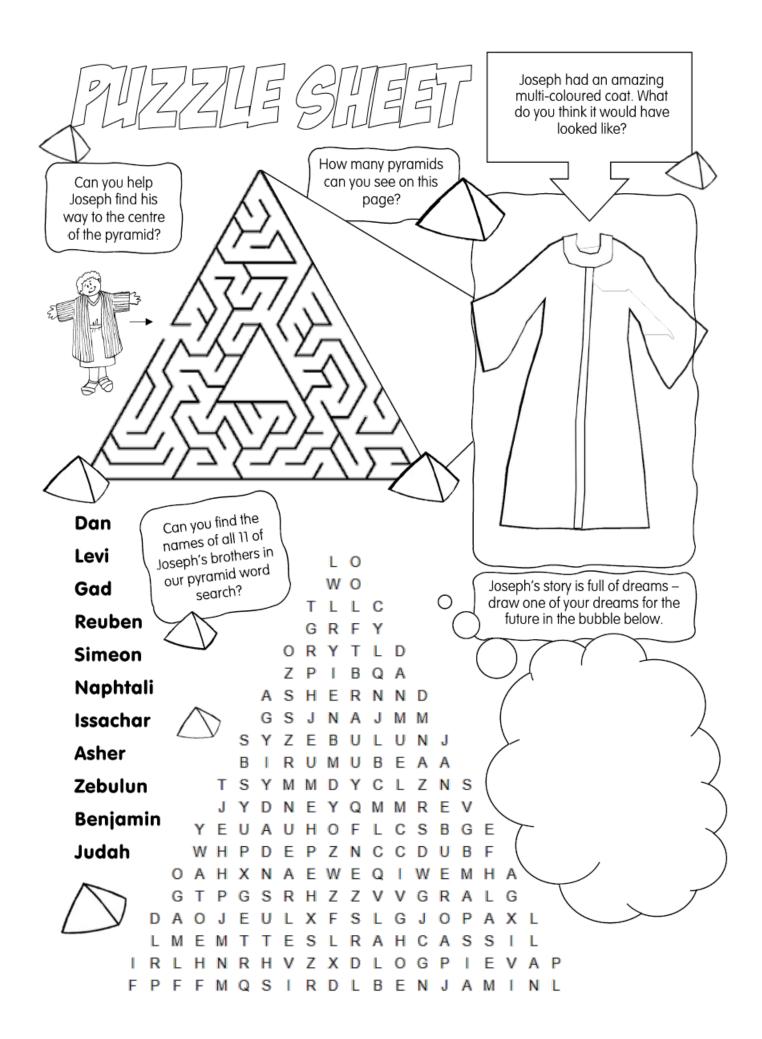
Colour and cut out the four pictures of Joseph's life, and them stick them onto the story page.



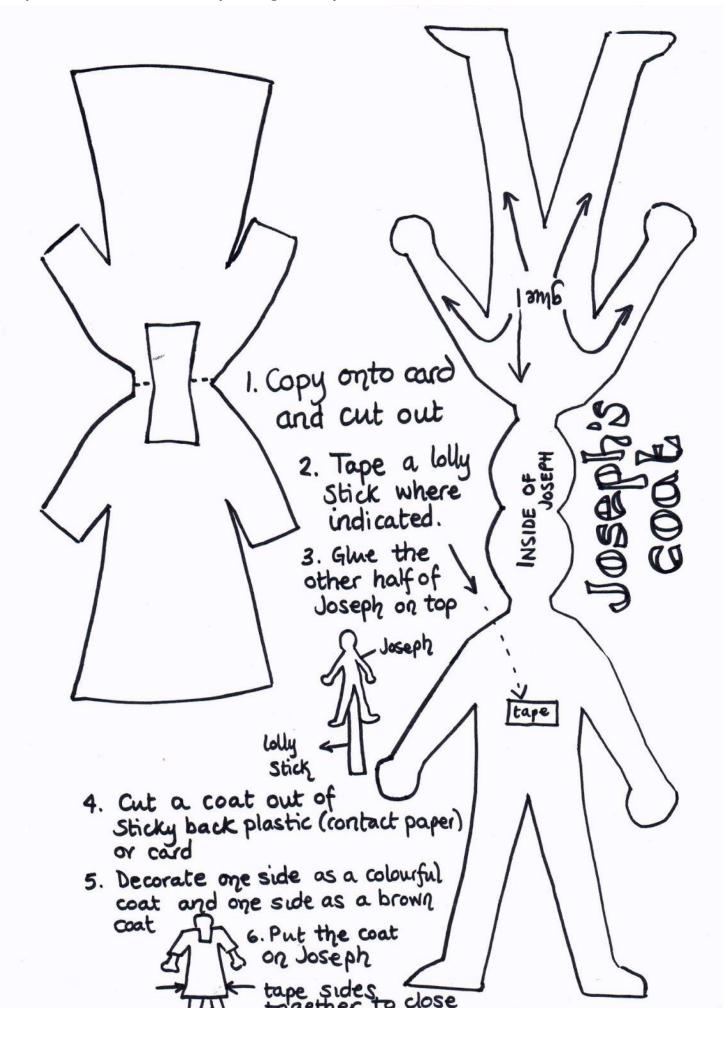
God's Plans for Joseph ... Genesis 37-40





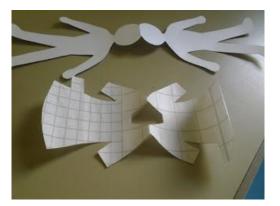


Joseph's coat - craft and story telling activity





1. Cut out the Joseph shape



2. Cut out the coat shape in either sticky back plastic (contact paper) or card.



3. Fold Joseph over and tape lolly stick to the inside of the shape and glue the two halves together.



4. Decorate one half of the coat shape with lots of colours and make the other side brown. Fold the coat over at the top and slip Joseph's head through the neck hole. Tape the sides of the coat together so it stays on the figure.



5. Give the figure a smiley face (coloured coat side)



6. and a sad face (brown coat side).

Use the puppet to tell the ups and downs of Joseph's story