



[13-18s]
experience the challenge



A sense of belonging

13-18s can work through the activities alone or with support from an adult.

Engage

Can you think of the last time that you truly felt like you belonged? Make a list of the different ways (positive and negative) which people can feel that they belong in society such as supporting sports, nationality, clothes, music tastes, gangs, friends, family, GB, online communities and faith beliefs. Where do you get your sense of belonging from? Do you feel that you 'belong' in GB?

Explore

Although many of us do feel a sense of belonging, there are many in our communities who are deliberately excluded.

Use national and local newspapers to explore the stories of different members of the community who aren't accepted and may suffer from discrimination. Look through the newspapers and make collages of examples. These may include refugees, immigrants, prisoners, homeless, travellers, young mothers, people on benefits, the elderly and people with disabilities and mental health problems.

Use the collages to reflect on the different ways that these people are excluded from the community. Is their exclusion justified? Is there any group missing from the list and does this reflect their greater exclusion as they aren't mentioned in the media?

Useful resource

Check out this YouTube video at www.youtube.com – a passionate modern monologue about the woman at the well.

You could write a monologue too; perhaps choose a different person that Jesus encountered and how He promoted a sense of belonging?

Empower

During this global pandemic, there are many people in the community around us who feel that they don't belong or perhaps have a deepened sense of loneliness. These could be elderly people, young people who can't see their friends, or people who have families far away.

Respecting social distancing measures, is there anything that you could do to help improve their sense of belonging? This could be creating a card to post through their door or encouraging your family to support the local foodbank. You could donate some of your pocket money to buy supplies.



Connect

Jesus met many people who didn't have any sense of belonging. They were shunned and ostracised by society, yet Jesus treated them with respect and love. Read John Ch.8:1-11 in the Bible or on www.biblegateway.com. This is the story of when Jesus meets the Samaritan woman at the well. This woman was so unfairly despised by the people in her community she went to the well at the hottest part of the day when no one would be there.

After reading the passages, reflect on the following questions:

- How would it have felt like to be shunned?
- How did Jesus treat the individual?
- How can Jesus' actions influence our treatment of others? Who are the people that we need to accept?