

# School Leader's Guide

## Come and See: The Beatitudes



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# Contents

Introduction	3
Beatitudes text (to print out)	4
Beatitudes... remixed (to print out)	5
Beatitudes... for social media (to print out)	6

## Six sessions

### Week one

Top secret (years 1-6)	7
Living your best life (years 6-11)	8

### Week two

Mess (years 1-6)	9
Back to who we're made to be (years 6-11)	10

### Week three

Upside-down (years 1-6)	11
Choosing our role models (years 6-11)	12

### Week four

Mending (years 1-6)	13
Medicine and superheroes (years 6-11)	14

### Week five

Becoming (years 1-6)	15
The impact of the Holy Spirit (years 6-11)	16

### Week six

The big picture (years 1-6)	17
The narrow way: good habits (years 6-11)	18
Notes pages	19
About Come and See	21
Acknowledgements	21

# Introduction

**Welcome to the schools' resource for *Come and See: The Beatitudes*. We have tried to make the resources as simple and as accessible as possible. There are six sessions that can all be used either in an assembly, classroom, or a small group. Each session has been designed to complement and work alongside the *Space Makers* contemplative toolkit if your school has access to that resource (see page 21), but it is not an essential component of the sessions.**

## Understanding Lent

Lent is when Christians remember Jesus going into the wilderness for 40 days and 40 nights after he had been baptised. During this time he was tempted by the devil, but he did not give in.

For Christians, Lent forms the lead up to Easter. They use this time to reflect on and prepare for Easter, which is when they remember the death and resurrection of Jesus.

## Six sessions for you to use

There is a session to use each week during Lent (though the materials could be used at any time of the school year). There are activities and written sessions for KS1 and KS2 (years 1 to 6) and videos for final year of KS2 and KS3 (years 6 to 11). Each session approaches a theme and each theme links to the Beatitudes from Jesus's Sermon on the Mount. These sessions have multiple elements, making them suitable for use in lessons, collective worship, assemblies, or small groups.

## Films

Six films, recorded by some of the school chaplains in this diocese, are most suited to school years 6 to 11. The films can be downloaded or watched online in advance from the Come and See resource hub at [odbe.org.uk/come-and-see](http://odbe.org.uk/come-and-see)

Each film covers a theme and has prompts to pause and discuss some of the questions provided. The films can be used standalone or alongside the sessions set out in this guide.

## Understanding the Beatitudes

The Beatitudes are the core values of the Christian faith. They offer a way of life which is different from the world's values and a way of living in Jesus's family.

Jesus says that it is the poor in spirit, the mourners, the meek, those who seek righteousness, those who are merciful, pure in heart, the peacemakers and the persecuted who are blessed; the people who are not served by this world, but serve this world, that make it a better place altogether.

## Your school's vision

Before you set off as a school into the next six weeks of *Come and See*, we encourage you to read the Beatitudes together, either as a whole school or in year groups.

As you read the verses you might like to wonder whether any of the Beatitudes fit with your school vision. You'll find the text overleaf in response form, as well as a remixed version and then a version for how we should live our lives online.

## Resources and online content

Feel free to print out any or all sheets on pages 5-7 for the classroom wall. If you're reading a paper copy of this resource, you'll find all links and electronic resources on the website:

**[odbe.org.uk/come-and-see](http://odbe.org.uk/come-and-see)**

# Matthew 5:1-11

## the Beatitudes

**Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.**

He said:

Blessed are the poor in spirit,  
**for theirs is the kingdom of heaven.**

Blessed are those who mourn,  
**for they will be comforted.**

Blessed are the meek,  
**for they will inherit the earth.**

Blessed are those who hunger and thirst for righteousness,  
**for they will be filled.**

Blessed are the merciful,  
**for they will be shown mercy.**

Blessed are the pure in heart,  
**for they will see God.**

Blessed are the peacemakers,  
**for they will be called children of God.**

Blessed are those who are persecuted because of righteousness,  
**for theirs is the kingdom of heaven.**

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

**Rejoice and be glad, because great is your reward in heaven.**

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# The Beatitudes

## ...remixed

**At the beginning of the Sermon on the Mount, Jesus encourages eight beautiful qualities that are still relevant for us today. What does each blessing mean for each of us?**

You are blessed when you know you are empty without God,  
***then you can know you are a member of His family.***

You are blessed when you are sad for things that have gone or changed,  
***then you are held by God.***

You are blessed when you let go of your own importance,  
***then you have all there is to have.***

You are blessed when you are desperate to see the rightness of God's Kingdom come, just like when you are hungry and thirsty before teatime;  
***then you'll see the Kingdom and it will be like a party feast.***

You are blessed when you are deeply kind and compassionate.  
***Kindness and compassion will also come to you.***

You are blessed when you are right with God in your inside you - your heart, mind and soul,  
***then you will see God all around you.***

You are blessed when you work to bring peace in the middle of trouble and fighting and fear,  
***then you are living as a child in God's Family.***

You are blessed when people hate you or laugh at you because you are a member of God's family,  
***then you are held even more tightly by God and can be certain of your place in His family.***

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# The Beatitudes and social media

**At the beginning of the Sermon on the Mount, Jesus commends eight beautiful qualities. But what do the Beatitudes mean for social media and life online?**

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

***I will remember that my identity comes from being made and loved by God, not from my online profile.***

Blessed are those who mourn, for they will be comforted.

***This world is full of grief and suffering. I will tread softly and post with gentleness and compassion.***

Blessed are the meek, for they will inherit the earth.

***I will not boast or brag online, nor will I pull others down.***

Blessed are those who hunger and thirst for righteousness, for they will be filled.

***There are many wrongs to be righted. I will not be afraid to name them and look for justice in the world.***

Blessed are the merciful, for they will receive mercy.

***I will not judge others but be generous online. I will be conscious of my own failings.***

Blessed are the pure in heart, for they will see God.

***I will be truthful and honest, and I will not pretend to be what I am not.***

Blessed are the peacemakers, for they will be called children of God

***I will seek to reconcile those of different views with imagination and good humour.***

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

***I will not add to the store of hate in the world, but I will try to be courageous in standing up for what is right and true.***

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# Week one: Top Secret

## Activities and resources for years 1-6

<b>Aim</b>	To see that we are part of <b>God's top-secret plan</b> (vision) to bring Jesus' light into the world. To be salt and light.
<b>Passage</b>	Matthew 5:13–16 ( <b>Salt &amp; Light</b> )
<b>Overview</b>	Christians believe that the Beatitudes show Jesus' vision for humanity, a grand plan for the world. But how will this plan work? This week we will be looking at the Beatitudes through the reflection of a mirror. We will explore how we could reflect love and light into the world.
<b>Activity</b>	<b>What's in the box?</b>
<b>Materials: Mirror &amp; Box</b>	Place a mirror in a box. Ask each child to come to the front of the class and look at God's secret plan for the world. They will see their reflection in the mirror. They are not allowed to tell anyone what they have seen or that it is a mirror.
<b>Invitation</b>	Invite the children to come to the front of the classroom and see what is in the box. You may want to use the following words as an invitation. "You are invited to come and see what's in the box, come and see God's top-secret plan for the world. You must keep the secret."
<b>Question</b>	Once all the children have had the chance to discover that they are the miraculous plan for the world ask the young people the following questions:  Who 'shines' with light or reflects deep goodness in your life?  How do I or how could I be more like them?
<b>Prayer</b>	<i>Dear God, help me to reflect your light and love in the world, to help everyone I meet see you more clearly. Amen.</i>
<b>Space Makers</b>	You can use the Stilling exercise on page 9 (classroom card 1a). Emphasise the clear water.
<b>Collective Worship song</b>	All things bright and beautiful (Come and Praise 3)  Big Family of God <a href="https://youtu.be/UEvJzOxm6zs">youtu.be/UEvJzOxm6zs</a>
<b>Extension activity:</b>	Make your own miracle glasses. Imagine what it would be like to look at the world through God's eyes.  <a href="https://youtu.be/ffYWRFGFFNg">youtu.be/ffYWRFGFFNg</a>

# Week one: Your best life

## Film and discussion topics for years 6-11



Jesus came to live with us some 2000 years ago and during his life on earth he preached the sermon on the mount in which he gives his disciples His vision for how we should all be living our best lives. He teaches us eight ways to live, which, when we live them out, means that we shine like a light in the world.

The first two pause questions in the film encourage the class to think about famous people or influencers:

- Which A-lister or influencer is your favourite?
- Why do you like this person?

The next pause questions get the class thinking about what we value vs. the qualities Jesus teaches us. Who would shine out to Him as an A-lister?

1. If you were to give an award to a person in your life today (for example, a member of family or friend or teacher) who you admire and shines out for you. Who would it be?
2. Describe why you think this person deserves the award.

### Takeaway

It's not easy to live the way Jesus asks of us in the Beatitudes, but seeing glimpses of it in other people, reminds us that it is the only way to truly live a happy and fulfilled life. And that's living your best life!

### Download or view the films

All six films are available to stream from YouTube or Vimeo. A download link is available too if you do not have reliable WiFi in the classroom. Streaming and download links can be found at [odbe.org.uk/come-and-see](https://odbe.org.uk/come-and-see)



# Week two: Mess

## Activities and resources for years 1-6

<b>Aim</b>	Understanding <b>God's love for us</b> even when we get things wrong
<b>Passage</b>	John 3:16 ( <b>God's Love</b> )
<b>Overview</b>	Life means that we are going to get our hands dirty. The world is not perfect but Christians believe that God loves us so much that no matter how messy things get we can always come to him so He can help us clear up.
<b>Materials</b>	Jam, glue or paint and warm soapy water
<b>Activity</b>	<b>Washing Hands</b> Get the children to wash their hands.
<b>Invitation</b>	Invite the children to come to the front of the classroom and put their hands in the jam, glue, or paint. Let them get their hands nice and messy. Then get the children to wash their hands.
<b>Question</b>	I wonder what makes us feel muddy, messy and unhappy? I wonder why those things make us feel that way?
<b>Prayer</b>	<i>Dear God, thank you that you are there to help us even when we do the wrong things in life.</i>
<b>Space Makers</b>	You can use the Noticing exercise on page 13 (classroom card 2). Emphasise the fourth finger.
<b>Collective Worship song</b>	<ul style="list-style-type: none"><li>• He's got the whole world (<i>Come and Praise</i> 19)</li><li>• Jesus, strong and kind <a href="https://youtu.be/T5Y8s-Sz_ac">https://youtu.be/T5Y8s-Sz_ac</a></li></ul>
<b>Extension activity:</b>	<b>Mirror writing</b> – have a go at writing a message or drawing a picture. Hold a mirror to the edge and look in the mirror. Can you read the writing? What happens to your picture? What would you need to do in order for your writing to be readable in the mirror? Can you have a go?

# Week two: Back to how we are supposed to be

## Film and discussion topics for years 6-11



There are so many different areas of life where there is a disconnect between our expectations of the way things should be, and the shortfall of the reality of these same situations. Sometimes it's situations in the world that we experience this gap with, such as the climate, poverty, bullying, slavery, racism, sexism, ableism, or war.

Sometimes it's situations in our communities that we experience this disconnect with, such as bullying, favouritism, being isolated, being treated unfairly, or being accused of something we didn't do. Maybe it's a class being punished for the actions of a few, or even just seeing someone putting their needs above the needs of others by pushing in a queue, or not cleaning up a mess they've made.

The world we live in makes us believe we need to live a certain way, but when Jesus gave us the Beatitudes, he did it to call us back to how we are supposed to be.

### Pause question

- We know what we should do but so often do not do it. We all fall short of who we could be, and who we are called to be. How do we live with those wrong choices?
- What would it feel and look like if all the world's mess could be cleared up?

### Takeaway

Jesus came to help us close this gap and draw us closer back to God and the way things are supposed to be.

# Week three:

## Upside down world

### Activities and resources for years 1-6

<b>Aim</b>	Learning that there is a different way to <b>see God's world</b> within our world.
<b>Passage</b>	Matthew 4:18-22
<b>Overview</b>	Christians believe that Jesus the Son of God reveals God's character to us. The character of Jesus is reflected in the Beatitudes, an example of how we can live better in our world, so that even the least, the last and the lost are equally valued.
<b>Materials</b>	<b>Tablespoon</b> - spoon will need to be clean and shiny
<b>Invitation</b>	Invite the children to look at the spoon. Ask them to look at themselves in the spoon on both sides.
<b>Activity</b>	<b>Upside Down World...</b> Draw a picture of an upside-down world, where everything is upside down. Upside-down trees, houses, people.
<b>Questions</b>	1. What did you notice about your reflection in the spoon? 2. What do you think a reflection of God is like?
<b>Reflections</b>	God's kingdom is an upside-down kingdom. This means that although it may seem like the world we live in, it challenges us to live our lives differently and to value everyone as equal and precious, just like Jesus did.
<b>Prayer</b>	<i>Dear God, thank you for the world we live in, help us to become more like you.</i>
<b>Space Makers</b>	You can use the Dwelling exercise on page 17 (classroom card 3).
<b>Collective Worship song</b>	Go tell it on the mountain ( <i>Come and Praise</i> , 24)
<b>Extension activity:</b>	Write the headlines for the <i>Upside-Down Newspaper</i> in which everyone is equal and precious.  What would the headlines be? What would the pictures be?

# Week three: Role models

## Film and discussion topics for years 6-11



As we journey through school, we will often wonder who we might end up being when we grow up and go out into the wider world. We can look to others to see how they live their lives out in the world to see if they can be a good example for us to follow. Role models are for all of life, not just for when we're at school.

### Pause questions

1. How can we tell what Jesus is like?
2. What did you like about the portrait of Jesus in the Beatitudes?
3. Do you think you reflect any of the characteristics of Jesus?

### Takeaway

Jesus can be a role model for us even if we're not a Christian. He came to teach us not just by the words he said, but by the way he lived and the way he treated others. We can be more like him. We don't always get it right because we are human. But, each day is a new day and a new start. Each day we can begin again.

# Week four: Mending

## Activities and resources for years 1-6

<b>Aim</b>	Understanding that Jesus wants to <b>heal us and restore us</b> .
<b>Passage</b>	Matthew 9:2-8 (The healing power of forgiveness)
<b>Overview</b>	The world can often be full of hurt, sorrow and pain. Christians believe that the Beatitudes offer a different way of living. One of those ways is forgiveness; forgiving ourselves as well as others is a better way to live and be free.
<b>Materials</b>	Paper, glue
<b>Invitation</b>	Invite the children to be still for a few moments and think about their friends, people in their class and people in their family.
<b>Activity</b>	<p><b>Paper Chains</b> - Make a paper chain. Explain that the chain is made up of all the children in a particular class, group or school. Although all the children in the group are not best friends, they are all joined in a special way. This is because they are in the same class, group or school, so they will go through life together in some way, spending a lot of time every week in each other's company.</p> <p>Ask for a volunteer to hold one end of the paper chain while you keep hold of the other end. Explain that all the people in the chain are joined together, but when a friendship between two people breaks apart, it affects all those around them. Pull the paper chain so that it snaps. Explain that it is only one connection in the chain that has broken, but the whole chain has collapsed because of it.</p>
<b>Question</b>	<ol style="list-style-type: none"> <li>1. I wonder where you see the hurting places in the world today?</li> <li>2. Who needs healing and help?</li> <li>3. I wonder if you have forgiven or been forgiven (recently or a while ago)?</li> <li>4. Is there anyone you need to say sorry to?</li> </ol>
<b>Reflections</b>	Jesus' vision for our world is one in which we are made whole in his eyes. His work is to bring healing and forgiveness to each one of us, no matter how apart from ourselves and one another we might feel. Christians believe that Jesus wants to restore us to the person he made us to be. He wants us to learn to live in harmony with one another. Sometimes we say hurtful things to one another. Forgiveness is not always easy, but it is the first step, like a medicine to start us on the right path.
<b>Prayer</b>	<i>Dear God, thank you that you have given us friends. Please help us to be good friends. Please help us to sort out arguments quickly. Please help us to be quick to forgive, and always to look for good in other people.</i>
<b>Space Makers</b>	You can use the Mending exercise on page 21 (classroom card 4).
<b>Collective Worship song</b>	<p>When I needed a neighbour (<i>Come and Praise</i> 65)</p> <p>Man Looks on the Outside <a href="https://youtu.be/yoQwSChEhtU">youtu.be/yoQwSChEhtU</a></p> <p>Sometimes I feel afraid <a href="https://youtu.be/u_aYlXyBbeE">youtu.be/u_aYlXyBbeE</a></p>
<b>Extension activity:</b>	<p>Paper Chains</p> <p><a href="https://youtu.be/5_f484MQQx8">youtu.be/5_f484MQQx8</a></p>



# Week four: Medicine and superheroes

## Film and discussion topics for years 6-11



If you could have any superpower, what would it be? Flying, super strength, time travel, super speed? In superhero films the hero usually uses her or his powers for the good of the world to avert disaster and to curb the dark powers of enemy forces. These are films that depict a world in which things are broken and in need of help and healing.

### Pause questions

1. Where do you see the hurting places in the world today?
2. Who needs healing and help?

Christians believe that the Beatitudes offer a different way of living. One of those ways is forgiveness: forgiving ourselves as well as others is a better way to live and be free.

3. Have you ever experienced forgiveness, either receiving it or giving it?
4. Have you ever felt forgiven by God? How did it feel?

### Takeaway

Unlike most super-hero stories, God asks us to become like super-heroes. When we experience the depth and power of God's love and forgiveness ourselves, then we can begin to offer it to others too.

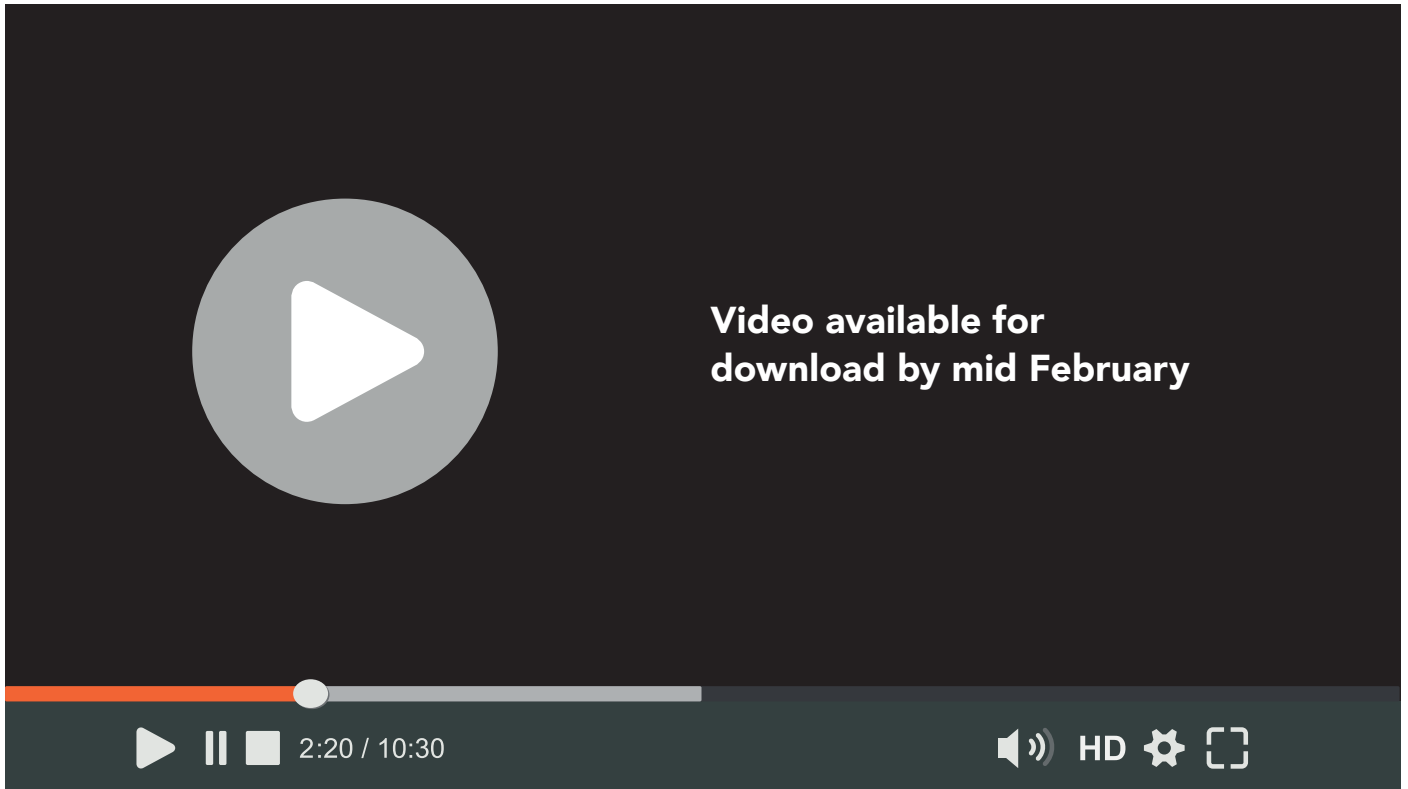
# Week five: Becoming

## Activities and resources for years 1-6

<b>Aim</b>	Christians believe that Jesus restores us to His likeness; he takes our brokenness and makes us more beautiful. He gives us the <b>gift of the Holy Spirit</b> so that we can become more like Jesus.
<b>Passage</b>	Matthew 7.24-29
<b>Overview</b>	Christians believe in God the Holy Spirit who helps them to become more like Jesus (the Beatitudes)
<b>Materials</b>	A variety of bowls and water
<b>Activity</b>	Ask the children to look at the different types of bowls. Perhaps they can pour some water in them.
<b>Invitation</b>	Invite the children to touch and feel the bowls.
<b>Questions</b>	<ol style="list-style-type: none"> <li>1. What did you notice about the bowl?</li> <li>2. What can bowls be used for?</li> <li>3. What if the bowl was broken? Would it still hold the water?</li> <li>4. I wonder if you ever felt let down by God or others?</li> <li>5. If you have ever been let down, how was that fixed?</li> </ol>
<b>Reflections</b>	<b>'Kintsugi'</b> [kintsu-g-i] is a Japanese technique for repairing pottery with seams of gold. The word means <b>'golden joinery'</b> in Japanese. This repairs the brokenness in a way that makes the object more beautiful, than it was prior to being broken. Instead of hiding the scars, it makes a feature of them. Christians believe that God's Holy Spirit helps to repair and add the unique character of Jesus to their lives. The bowl could symbolise your life and the water the Holy Spirit.
<b>Prayer</b>	<i>Dear God, fill me with your Holy Spirit that I might live like Jesus. Amen.</i>
<b>Space Makers</b>	You can use the Stilling exercise on page 9 (classroom card 1a).
<b>Collective Worship Song</b>	<p>My Lighthouse  <a href="https://youtu.be/IFBZJGSgyVQ">youtu.be/IFBZJGSgyVQ</a></p> <p>Father, we adore you (possible as a round)  <a href="https://www.youtube.com/watch?v=cQ_qohUEunY">https://www.youtube.com/watch?v=cQ_qohUEunY</a></p> <p>Move  <a href="https://youtu.be/Z30aqTEYJPA">youtu.be/Z30aqTEYJPA</a></p>
<b>Extension Activity:</b>	<b>Mending Hearts</b> - Cut out the shape of a heart on an A4 piece of card. Once you have cut out the heart, randomly cut the heart into a few pieces, perhaps 4-6. You will then have a puzzle. Using a piece of paper, glue the heart back together on to the paper. Then place glue on the cracked areas and put some gold/silver glitter or yellow or gold paint on the cracks.

# Week five: The impact of the Holy Spirit

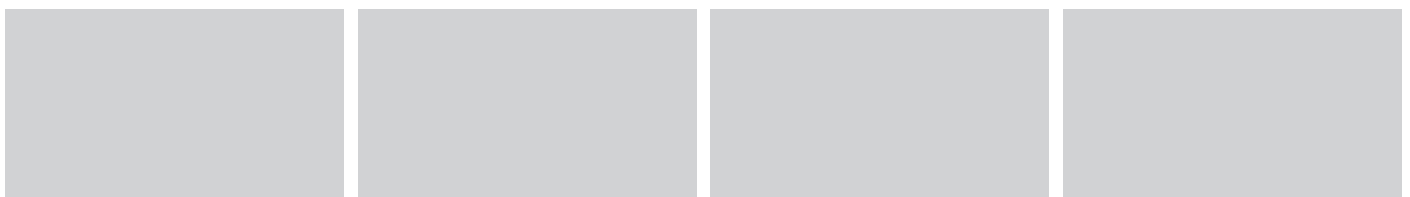
Film and discussion topics for years 6-11



There's a change of pace in week five as one of our chaplains shares his personal story of coming to faith after feeling badly let down by God.

## Pause questions

1. What experiences in life have caused you to question or wonder about God's existence?
2. If God exists, how do you think he might affect people's lives?
3. What's the burning question you would ask God?



# Week six: The big picture

## Activities and resources for years 1-6

<b>Aim</b>	To show that we are all different and are a part of <b>God's big story</b>
<b>Passage</b>	Ephesians 2.10
<b>Overview</b>	Christians believe that the Beatitudes provide a big picture of how the world could be. We have talked a lot about light and reflections over the past six weeks. However, it is important to recognise that we all have different ways of bringing change to the world, and it requires us to take up good habits which will help us contribute to God's big story. Some people describe saints or holy people as those people who God's light shines through, a bit like a saint in a stained glass window.
<b>Materials</b>	Images of stained-glass windows
<b>Activity</b>	Show images of stained-glass windows. Many windows in churches tell stories. <a href="http://visitstainedglass.uk">visitstainedglass.uk</a>
<b>Invitation</b>	Invite the children to look at some images of stained-glass windows. Invite them to have a go at guessing what story the picture might be showing.  Read the Story of Mother Teresa: <a href="http://nobelprize.org/prizes/peace/1979/teresa/biographical">nobelprize.org/prizes/peace/1979/teresa/biographical</a>
<b>Question</b>	<ol style="list-style-type: none"><li>1. What stories did you see in the images?</li><li>2. What did you notice about the glass?</li><li>3. I wonder what might stop the light shining through the glass?</li><li>4. I wonder who your favourite saint/person/hero is?</li><li>5. I wonder what habits you have and whether they are good for you?</li><li>6. I wonder what good habits saints have?</li><li>7. I wonder what might help you develop good or holy habits?</li></ol>
<b>Prayer</b>	<i>Dear God, I thank you that we are all different, help me with your spirit to develop good habits and be more like you and uniquely myself. Amen.</i>
<b>Space Makers</b>	You can use the Blessing exercise on page 25 (classroom cards 5a or 5b).
<b>Collective Worship song</b>	<ul style="list-style-type: none"><li>• Thank you, Lord (<i>Come and Praise</i> 32)</li><li>• Shine Jesus Shine <a href="https://youtu.be/A-Fe7wCdrSw">youtu.be/A-Fe7wCdrSw</a></li><li>• My Lighthouse <a href="https://youtu.be/IFBZJGSgyVQ">youtu.be/IFBZJGSgyVQ</a></li></ul>
<b>Extension activity:</b>	Make a stained-glass window <a href="http://artfulparent.com/tissue-paper-stained-glass">artfulparent.com/tissue-paper-stained-glass</a>

# Week six: The narrow way: good habits

## Film and discussion topics for years 6-11



We've been thinking about the words of Jesus from over 2,000 years ago, called the Beatitudes: a set of eight statements that define the Christian faith. In some ways the Beatitudes are the opposite of what the world tells us to be like.

This final film discusses what it means to develop good habits in our lives. How can we keep up good habits and who can help us to do that?

### Pause questions

1. What habits do you have and are they good for you?
2. What good habits do saints have / what habits might Jesus be teaching us through the Beatitudes?
3. What might help you develop good or holy habits?









# About Come and See in a school setting

*Come and See* takes place during Lent each year. It's our big, warm open invitation to everyone, for everyone for an adventure in faith and trust. It's something for the local churches, schools and the whole community... including children and young people. It's completely free and all are welcome.

*Valuing All God's Children* (2017) asks that Church schools are inclusive places in their spiritual and ethical DNA. While the prayers, scripture and some of the practices offered in this guide are Christian, the sessions are designed to be invitational, inclusive, and useful to people of confident faith, uncertain faith, different faiths or other world views.

When religious passages are offered for contemplation, they are not being 'taught'. Rather, participants are encouraged to take their own meaning from what they hear.

Come and See is also offered in a church context with daily reflections. While the headings and content used are slightly different, the material follows the same six-week pattern as the school materials presented here. Find the full range of Come and See resources at [oxford.anglican.org](https://oxford.anglican.org)

## Acknowledgements

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Beatitudes... remixed (page 5) courtesy of Yvonne Morris and Ian Macdonald.

Find out more at [oxford.anglican.org/children](https://oxford.anglican.org/children)

Beatitudes... for social media (page 6) courtesy of the Bishop of Oxford.

Find out more at [blogs.oxford.anglican.org/lets-make-social-media-kinder](https://blogs.oxford.anglican.org/lets-make-social-media-kinder)

Mending activity, page 13, courtesy of Rebecca Parkinson

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