



5. Look up!

Age range: Primary

Theme: We gather as a community for collective worship that is **inspiring, invitational and inclusive**, reflecting the fact that we are a part of a diverse school family and the wider church community. *This is part of our new series 'Songs from the heart'. You may need to tailor this script to suit the needs, age range & levels of concerns of your school community, which of course includes adults as well as children. This assembly continues our exploration into the Psalms, with a dip into Psalm 121, a psalm of comfort when life gets hard. It contains an invitation to 'Look up!', which provided David with hope for his life in times of trial and can be an encouragement to us to keep looking outwards, an important mental health message when we find our hearts to be heavy. As with other scripts this term, it's no accident that we are using questions to probe children's thinking throughout this series, as questions are very much at the heart of David's words in the Psalms!*



How does this link to your school's Christian vision & values?

Use this section to reference your school's values and the things that are a part of your school's unique vision. Today, we will use some words from Psalm 121 to reflect on how David looked up, to God as the source of comfort and help. There is also opportunity to get outside and enjoy some of the signs of Spring that are likely to be showing all around – for many, this hope in nature is also a great source of comfort.

Resources:

- The PowerPoint slides are numbered with a point in the script so you can find your way, and the parts in **bold** show you where to click on to activate the next slide or animation.
- For the game at the start, you will need to invent some 'Simon says....' statements that are all to do with looking, as well as some to try to catch children out.
- If time allows you to return to this theme at a later point in your school week, you might like to send your children out with your class camera or tablet, to capture some photos of things they notice that make their heart happy, to share with your class.
- You will need some people-shaped outlines to write in this week, or you could get outdoors and create a class collage of photos of things that help you to 'Look up' or 'look to God.'

Gathering:

Slides 1-3: Use these new gathering words for this term, or your usual greeting if you prefer.

Leader: As we gather together,

ALL: ...we bring our hearts.

Leader: As we gather together,

ALL: ...we share our thoughts.

Leader: As community together,

ALL: We serve one another.



Signs for greeting: click on links

Hearts: [British Sign Language BSL Video Dictionary - heart](#) (or you could use your hands as shown in the image)

Thoughts: [British Sign Language BSL Video Dictionary - thought](#)

Serve: [British Sign Language BSL Video Dictionary - serve](#) (or you could just open your hands in front of you)

Engaging:

- **Slide 4: 'Simon says....'** Play 'Simon says....' [you could change the name on the slide to your name...] You need to ensure that all of the 'Simon says...' instructions relate to somewhere to look e.g. 'Simon says look out of the window.' 'Simon says 'Look up at the ceiling.' You will obviously need to tailor these to suit your specific environment! Ask children / adults if they noticed anything about the 'Simon says...' instructions.
- **Slide 5:** Hopefully someone will realise that they were all instructions about **looking!** 'We're going to think today about how the things we look at can help keep our hearts happy and our thoughts positive – and about something that David the Psalmist (Song-writer) wrote about where he looked in times of trouble.
- **Slide 6:** We've talked a lot at school about keeping our minds happy and positive: it's more difficult to do this if we're worried or maybe life is difficult.



- **Slide 7: Songs from the heart**

As we know from stories of his life, David the Psalmist often found himself in difficult circumstances. A lot of his songs and poems tell us about how he felt, and what he did about those feelings.

- **Slide 8:** David wrote: **I lift my eyes to the mountains. But where does my help come from? It comes from God, who made heaven and earth....He will watch over your coming and going, now and forever.** *Psalm 121:1-2 & 8* Looking up from his problems at the majesty of the mountains gave David a different perspective. It reminded him that God was bigger than any problem he might be facing and that lifting his eyes up helped him also to lift his heart. (If you want to read the whole Psalm, then do: it is very child-friendly and accessible.) In this song from David's heart, we hear that he recognised that the God who made the world would look after him – as he says later on, that God watched over him all the time, day and night. This gave David great confidence and comfort when things were hard.
- I wonder if there are things around us at the moment that might also help to lift our own hearts? Here are a few of my favourites, some of them especially Spring-y!
- **Slide 9:** Daffodils
- **Slide 10:** Magnolia blossom
- **Slide 11:** Frogspawn
- **Slide 12:** 'Pussy' Willow buds
- **Slide 13:** Lambs
- **Slide 14:** Cherry blossom
- **Slide 15:** Raindrops
- **Slide 16:** Baby rabbits – they're called 'kittens'!
- **Slide 17:** I wonder how looking at all these things made you feel? *[if possible, give children time to chat to the person next to them]* In these days where there are lots of difficult things happening in our world, it's good to find other things to look at – things that gladden our hearts and remind us to be grateful. Even just going outside can make all the difference.... *Maybe you could find some time in your week to go and do some outdoor learning and take photos of something that makes your heart glad?*

Slide 18: Responding (and words for worship):

...so let's take a few moments now to do that, to be still and quiet, and think about our own responses to what we've heard today....

....We've been thinking today about looking....

...I wonder if the things we look at can change how we think and how we feel....

....I wonder how looking at Springtime might help us to feel more positive?.....

...we've also heard some words that David the Psalmist wrote....

....about looking up to the mountains, and finding God....

....take some time in the quietness to think to yourself now.....

I'm going to turn my thoughts into a prayer now, as I ask God to help us. There's a part you can join in with if you'd like to make the prayer your own: the words are the same each time –

Slide 19: 'Help us to look up' – but if you'd prefer not to pray, then just sit quietly with your own thoughts.

Dear God

When we're worried or concerned

'Help us to look up' and find help from those around us

When our hearts feel heavy or sad

'Help us to look up' and find small things to be grateful for

As David looked to the mountains,

'Help us to look up' and find you

Slide 20: Amen



Slide 21: And so a challenge: I wonder whether we could find one small thing each day to be grateful for? Maybe it might help us to get through any difficult days?

Slide 22: And who doesn't need a cute cat picture as a reminder, to Look up....and look out!

Sending: Slide 23

Leader: As we leave this place and time and go into the day ahead,

All:may we serve one another in our **thoughts** and **words** and **actions**.



Signs for response: click on links

Thoughts: [British Sign Language BSL Video Dictionary - thought \(signbsl.com\)](#)

Words (use 3rd definition): [British Sign Language BSL Video Dictionary - word \(signbsl.com\)](#)

Actions: [British Sign Language BSL Video Dictionary - action \(signbsl.com\)](#)

To sing / listen to:

[God is watching](#) (BBC)



Ideas for classroom reflection: there are a few ideas to choose from this week

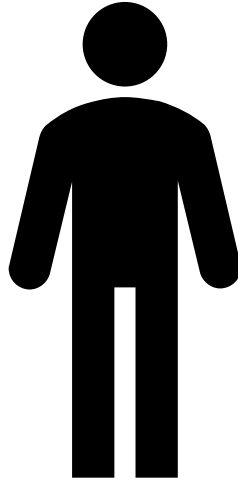
People shapes: draw/write who helps you when you are feeling down, OR....

Write your own version of David's words about where your help comes from or what reminds you to look to God, OR....



Go outside and 'Look up!' – take some photos that make your heart glad or help you to 'look to God.'





David found hope and comfort in knowing that God would care for him. This thought lifted his heart in hard times.



I wonder who you turn to when you need help, or what lifts your heart?



Talk together about your ideas.



**Take an outline of a person and draw or write your ideas.
Or go outside and take some photos of things in nature that lift your heart.**