

MJR — A SHARED EXPERIENCE

Share the wonderful experience of MJR resources with teachers, schools, and principals you know!

Dear Parents, Carers (...and Teachers)

During these trying times, many children and young people struggle to express their concerns or feelings with others. We have carefully chosen an array of topics to help facilitate and engage in discussion at home. We are confident that these materials will lead to a fruitful exchange of ideas between you and your child.

MJR Users

If you already own one of the MJR books featured below, just turn to the suggested pages and follow the steps on how to use the worksheets.

New to MJR

If you are new to MJR and don't have a book – don't panic. **Garratt Publishing has made the selected pages available online for your convenience.**

Year Levels Pages

Choose the Year Level you require, then click on the topic you are interested in exploring – for example Resilience – and it will take you to the worksheet pages for this subject.

OR

Topic Pages

To view a specific topic, choose the topic sheet, then click on the year level for the worksheet you are interested in.

How to use the pages

Remember that these MJR resources are created to help establish strong relationships, so don't rush as you work your way through the worksheets. Ensure there is discussion before your child begins the activities and follow up with further discussion after they complete the worksheet.

1. Read or get your child to read the worksheet.
2. Take your time to discuss the topic and concept. You may find that your children are keen to tell you where or how it impacts on their daily lives. Please volunteer your own thoughts/ideas so they have your point of view.
3. Then work through the activities. You can print out the worksheets, but they can also just be written out on paper.

Keep the following ideas in mind when using the MJR resources

STORIES

Share your stories about the topic and let your child share their stories and ideas.

ACRONYMS

MJRers use acronyms all the time because they stick! For example, you could refer to the **WEST** acronym – **W**elcome/**E**ncourage/say **S**orry & say **T**hank you.

During this difficult time, why not keep reminding your child about being a WEST person? It will make home life MUCH EASIER!

VISUALS

Let your child respond to the topic questions through drawing, or painting, or building something from bits and pieces around the home. Check out inspirational people through Google or YouTube.

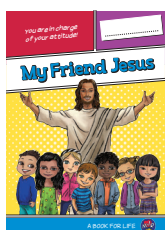
CHALLENGE

Don't supply the answers. Learning in a hands-on approach will reinforce the learning process.

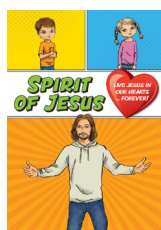
REFLECT

Make time for daily reflection at the dinner table or before going to sleep. Reflection is a very powerful tool and can help reinforce the positive messages found in the MJR worksheets.

Finally, remember to have fun. These pastoral care skills are not just for this moment in time, but are skills your children can draw upon for the rest of their lives.



LP – LOWER PRIMARY
(PREP-YEAR 2)



MP – MIDDLE PRIMARY
(YEAR 3 & 4)

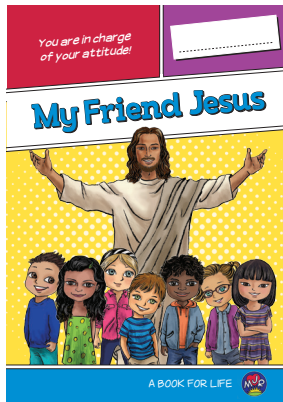


UP - UPPER PRIMARY
(YEAR 5 & 6)

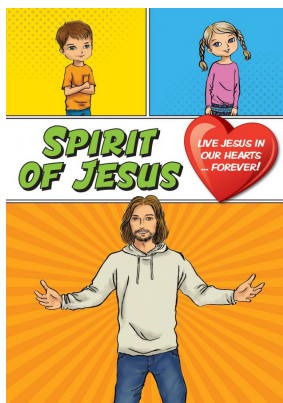


SEC - SECONDARY
(YEAR 7 & 8)

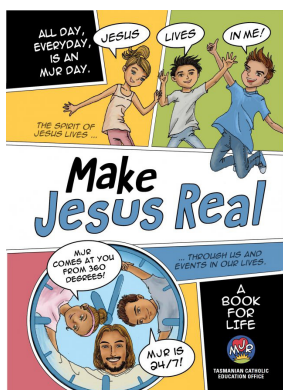
PASTORAL CARE IDEAS FOR HOME



LP – LOWER PRIMARY
(PREP-YEAR 2)



MP – MIDDLE PRIMARY
(YEAR 3 & 4)



UP - UPPER PRIMARY
(YEAR 5 & 6)



SEC - SECONDARY
(YEAR 7 & 8)

Make Jesus Real (MJR) Pastoral Care Ideas for Parents/Carers for Children and Families who are at home...

These are **REAL ideas** to help engage students who are self-isolating during these troubled times and to aid them to maintain a positive attitude to life.

These ideas are sourced from the current MJR workbook journals which are used and enjoyed by students across our nation. **You don't have to own these books to enjoy the following activities**, but if you'd like access more of the rich offerings found in each book, they **can be purchased from Garratt Publishing at www.garrattpublishing.com.au/category/mjr**.

Journalling

Parents/Carers, journalling is a powerful tool for reflection and a good way to clarify thinking and goals. It can help us focus on positive messages as we collect and clarify our thoughts and feelings.

Journalling is also a snapshot in time that we can look back and reflect on. We would encourage all family members to journal at this time as a great way to deal with stress and modelling behaviour for younger family members.

If you don't have access to journal pages in the MJR books, you can use an exercise book or computer.

Encourage your housebound students to use their journals to describe how they are feeling, and then share this information at mealtimes. For those younger children, encourage them to draw pictures or create some art that will help express their ideas.



OTG - SECONDARY
(ONLINE TEACHER GUIDE
YEAR 7 & 8)

Make Jesus Real is aligned to Religious Education and Values Education programs throughout Australia.

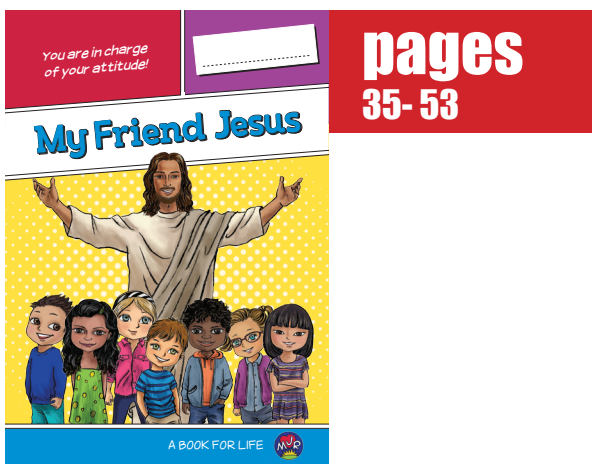
MJR Values • Qualities • Ideas

What attitude are you going to choose today?

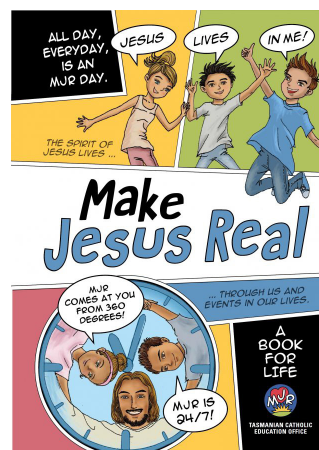
ATTITUDE

For example, in the MJR 24/7 journal we speak about being a GATE person...

Grateful
Appreciative
Thankful
Enthusiastic



pages
35- 53



pages
8, 12, 32
(negative attitude)
99
(Christ values)



pages
31-35



pages
10, 25-28,
61-64



<https://www.mjr247.com.au/lesson-plans/#tab-id-5>
<https://www.mjr247.com.au/lesson-plans/#tab-id-14>

MJR Values • Qualities • Ideas

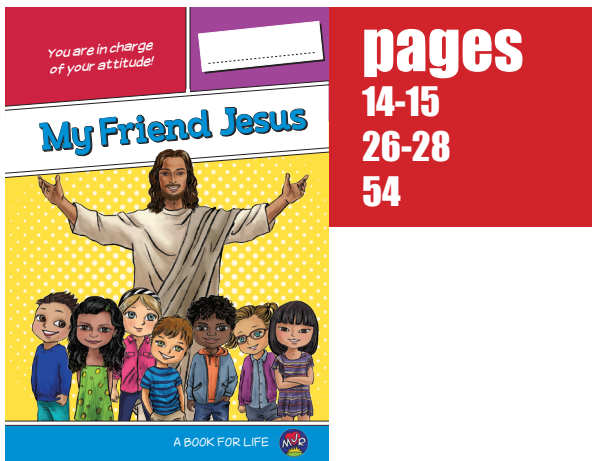
Make an
ATTITUDE
spinning
wheel

<https://garrattpublishing.com.au/pdf/MJR-teacher-resources/AttitudeSpinningWheel.pdf>

GTS

Think about GTS
— how we do this
at home during a
stressful time. How
you GTS affect
how everyone else
is feeling. (Think
about how siblings
talk to each other.)

Greet
Treat
Speak



pages
14-15
26-28
54



pages
WEST
24-30
People Skills
39



pages
25-28



pages
How do you GTS?
49-52



<https://www.mjr247.com.au/lesson-plans/#tab-id-11>

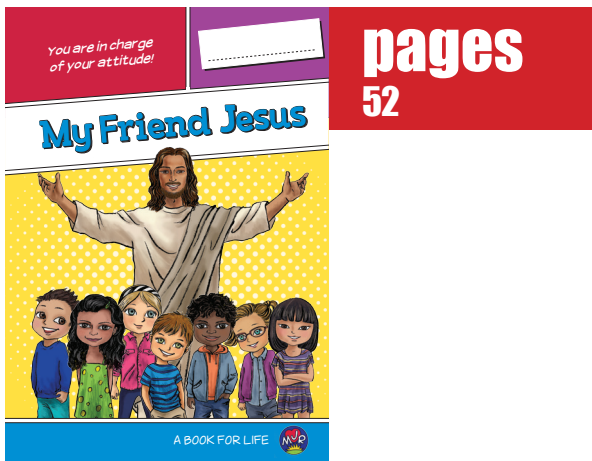
MJR Values • Qualities • Ideas

Resilience
— a quality
worth
working on

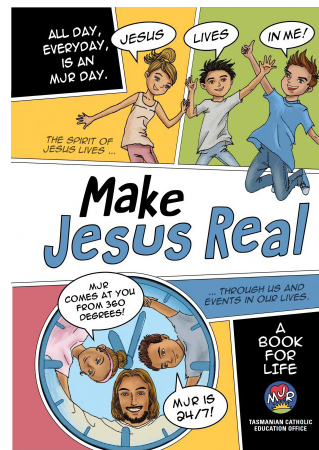
RESILIENCE

During this time, overcoming obstacles and dealing with uncomfortable issues indicates resilience. Resilience — or GRIT — is a crucial quality to focus on.

G
R
I
T



pages
52



pages
76
plus
54,57,75



page
Winning the
Hard Ball
37



pages
Grit
37-40



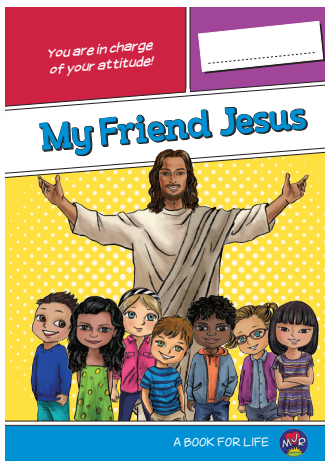
Unit 28
<https://www.mjr247.com.au/lesson-plans/#tab-id-8>

MJR Values • Qualities • Ideas

Making
Good
Choices

CHOICES

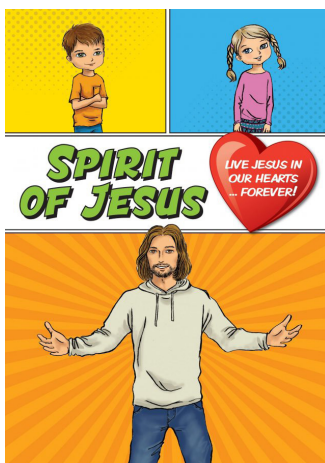
We all have choices
to make — now's
the time to make
good choices...



pages
Manners
8-20
24
26



pages
11
58



pages
49-52
70



pages
Social Media
97-100



<https://www.mjr247.com.au/lesson-plans/#tab-id-23>

MJR Values • Qualities • Ideas

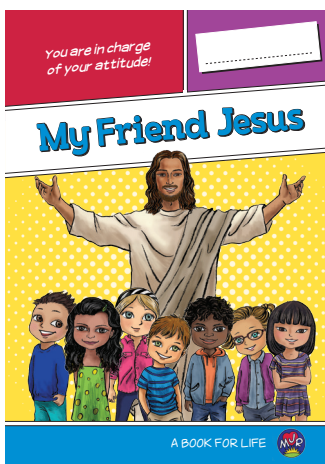
Yes — it's
time for some
TEAMWORK

<https://garrattpublishing.com.au/pdf/MJR-teacher-resources/AttitudeSpinningWheel.pdf>

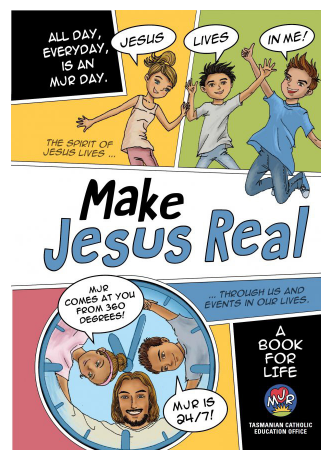
TEAM

For those of you staying at home, everyone will need to pull together as a TEAM to help life runs smoothly. We need to be mindful of our actions and how they impact on those around us.

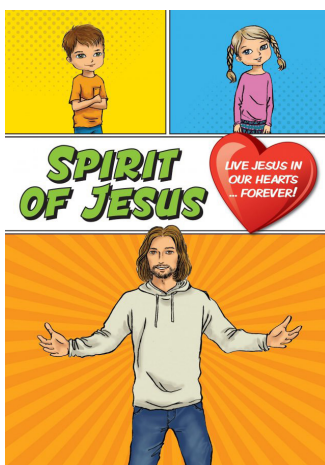
Together
Everyone
Achieves
More



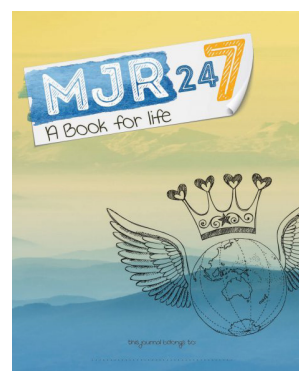
pages
44-45
55



pages
61
70



pages
18-19
29-30



pages
You are not alone
121-124



<https://www.mjr247.com.au/lesson-plans/#tab-id-29>

MJR Values • Qualities • Ideas

MJR with Kevin

For younger people, google 'MJR with Kevin'. You'll find Kevin – a bubbly and excitable puppet – featured on **YouTube** with teacher Natasha Brotherton.

Kevin and Natasha share beautiful concepts at her school. Children love these so much that they will replay the videos again and again. Look out for two new videos the pair will be sharing about Lent and Trust.

