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WEST IS ...

THESE ARE FOUR GREAT WORDS TO LIVE BY



WELCOME



ENCOURAGE



SORRY

THANKS

GO WEST

REFLECTION

GO WEST



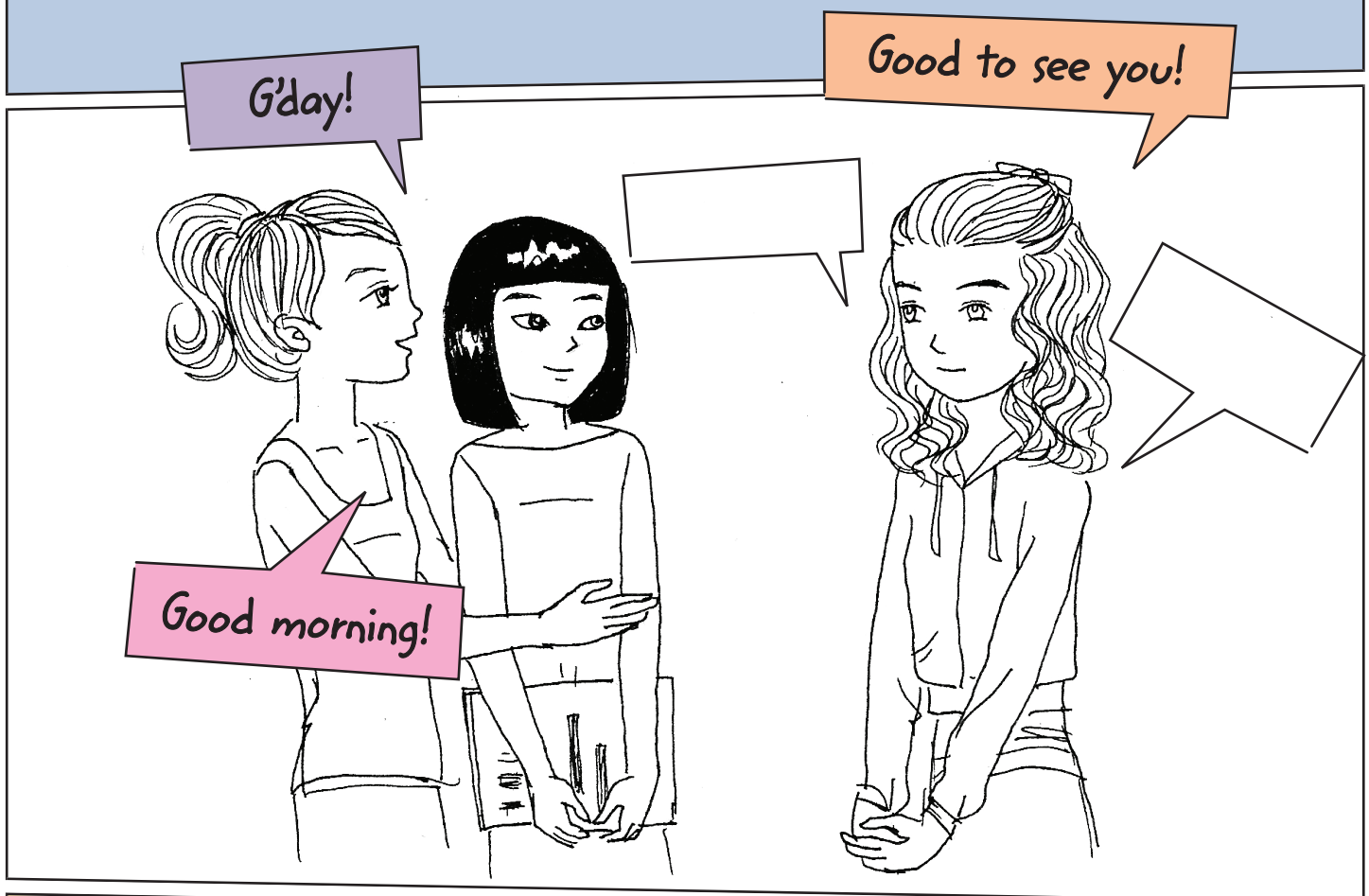
WELCOME ...

Whenever we go into a strange or new place and meet new people we always feel at ease if they welcome us with a smile or a pleasant "G'day". The question we could ask ourselves as we come to school each day and our classmates walk through the door is –

"Do I say G'day to people at school in the morning?"

"How many people did I speak to this morning?"

"Can I go outside my friendship group today?"



The wonderful Australian habit of saying "G'day" is often highlighted at special events such as the Olympics. Listen for the people who say "G'day" and hopefully imitate them.

When your best friend comes to school a good welcome could be, "Thank God you're here." Remember that school life isn't the same when he/she is away.

ENCOURAGE ...

USE THE BIG "E" WORD!



We all like to be encouraged. In any sport we see on TV, players run in and encourage one another – this encouragement always lifts people and teams. The word says it all. **Encourage** – we are given courage by a word or a smile that lifts us to do better. Use words such as "well done", "great effort", "sensational", "you're fantastic".

Write your own encouraging words:



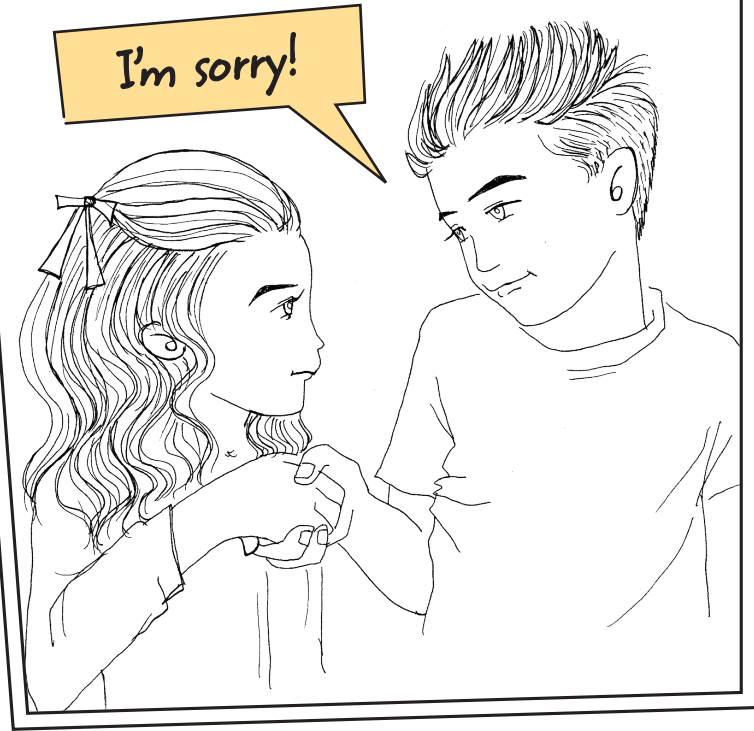
ACTIVITY

It is a sign of a big-hearted person to be able to admit when he/she are in the wrong and apologise.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

SORRY ...

"Sorry" is a small word that is so important. It is a great quality to recognise that you have done something wrong, admit it and say sorry. Some people, on the other hand, will deny aggressively to parents and teachers even though they are in the wrong and they know it. Big-hearted people can say "sorry" or apologise, and it is an important life skill to have.



To be able to say sorry, you firstly have to admit to yourself that you need to apologise and that takes HUMILITY, strength of character and Mental Toughness. So it certainly isn't a sign of weakness in a person to be able to say sorry and mean it, but a sign of strength.

REFLECTION

THANKS ...

USE THE BIG "T" WORD
TEN TIMES A DAY

The word "**thanks**" is a small word that seems to be forgotten in so many cases. We all like to be thanked for the small things we do for others. The following questions might be able to help us.

STUDENTS: When was the last time I thanked Mum (or Dad) for ironing my clothes, cooking my meals? When did I last thank my parent or guardian for driving me to school, to sport, dancing, etc? When did I last thank Dad and Mum for the food and clothes I have and the love they give? Do I say the word "**thanks**" to my friends at school and the parents at the canteen?

PARENTS: Are we grateful for the interest of the school in our children and do we say "**thanks**"?

TEACHERS: Are we grateful for the support of parents, principals and students? Do we say "**thanks**" to those people?

Are we grateful to God for the country we live in? We only have to look at the millions of refugees that are on our TV screens to see how lucky we are.

Do we still want more when so many do not have enough to live with dignity? Do we feel hard done by while others are doing it really tough with poverty and injustice? Are we grateful for our eyes, ears, and legs and our health? Are we grateful for the everyday beauty of the sunrise, the sky, trees, birds and creatures?

ACTIVITY

The small things in life are probably more important than the big things. WEST is a good example. How do you feel when people praise you, smile at you, etc? What are some more small things that we can do to make other people feel good?

THANKS FOR EVERYTHING!

HERE'S A TRIBUTE PAGE TO ANYONE YOU NEED TO THANK



PEOPLE SKILLS...

Your educators, that is, your parents and teachers and eventually your employers, are encouraging you to learn different skills. Maths, English, music, art and sport etc. are wonderful skills to learn but sometimes we can overlook or fail to recognise "People Skills". All our life we will deal with different people from our family, our school life from prep to high school, sporting clubs and employment, so it is important that we become aware of people skills. We are not all blessed with wonderful personalities but there are definitely people skills that we can acquire.

ACTIVITY

List some good people skills and list some habits to avoid, after discussion with your teacher in class.

SOME GOOD PEOPLE SKILLS	SOME AREAS TO AVOID
1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____
4. _____ _____	4. _____ _____
5. _____ _____	5. _____ _____