

Examples of the type of differences you will find in the new *Spirit of Jesus Third Edition*

OLDER EDITION OF SOJ

NEW THIRD EDITION OF SOJ

WHAT'S DIFFERENT?

SPIRITUALITY

PART
1

WHAT IS THE SPIRIT OF JESUS?

Spirit is sometimes a difficult word to understand. We often hear the word 'spirit' being mentioned. The spirit of Jesus is something that we can feel in our hearts and see through other people.

If we have the spirit of Jesus in our hearts, then we are:

- kind
- compassionate
- welcoming
- cheerful
- friendly
- encouraging
- giving
- forgiving
- thankful

We can see the spirit of Jesus working through each other and we can say, "There is the spirit of Jesus!"



REFLECTION

Where did you see the spirit of Jesus today?

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SECTION

1

SPIRITUALITY

1

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REFLECTION

Where did you see the spirit of Jesus today?

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The new design aligns with the style of the *MJR Years 5-6 Third Edition*.

NEW THIRD EDITION OF SOJ

HOW DOES MINDFULNESS HELP?

Mindfulness is **paying attention to:**

- your thoughts
- what your body feels like
- what you are hearing
- and anything else that is around you and happening **right now.**

It's important that you stay very still and quiet and just simply notice.

HOW DID YOU FEEL?

- HAPPY
- PEACEFUL
- GOOD MOOD
- KINDER TO OTHERS
- CALM

STRETCH THE MOMENT

1. Sit down and close your eyes.
2. In your mind, hold a picture of what you have just seen.
3. Open your eyes.
4. Close your eyes again and listen to the sounds around you.
5. Now pay closer attention and find some more sounds.
6. Now, try to remember a great time in your life. Stretch the moment by picturing it clearly in your mind. Try to remember the details: the sights, sounds, even the smells.



WHAT'S DIFFERENT?

New contemporary content.

This is an example of a new activity.

OLDER EDITION OF SOJ

DOES DOING THE RIGHT THING MAKE YOU HAPPY?

Have you ever seen someone being teased or picked on?

How did it make you feel?

Did you stand up for them or did you walk away or, even worse, stand by and let it happen?

Imagine that you were in that situation, would you want someone to stand up for you? It's hard to do but it makes the situation better and you feel better.

HAPPINESS COMES WHEN YOU DO THE RIGHT THING, EVEN THOUGH IT'S HARD.

ACTIVITY

Courage is doing the right thing when everyone else is doing wrong!

What do you think this means?

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Do you think that doing the right thing makes you happy?

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NEW THIRD EDITION OF SOJ

DOES DOING THE RIGHT THING MAKE YOU HAPPY?

Have you ever seen someone being teased or picked on?

How did it make you feel?

Did you just watch and let it happen? Did you walk away? Or did you stand by them and support them?

Imagine you were the person being picked on. Would you want someone to stand up for you? Supporting someone who is being teased or bullied can be hard to do. Don't be afraid to ask a teacher to step in and help if you feel things are out of your control. Sometimes, though, it just takes one person prepared to 'do the right thing' for the teasing to stop.

HAPPINESS COMES WHEN YOU DO THE RIGHT THING, EVEN THOUGH IT'S HARD.

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Do you think that doing the right thing makes you happy?

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WHAT'S DIFFERENT?

The introduction to this activity has been updated and new content added.

The clip art has been replaced with an MJR character.

OLDER EDITION OF SOJ

WHAT DOES KINDNESS MEAN?

REFLECTION

No act of kindness, no matter how small, is wasted. Discuss with your group what this means.

How can you show kindness in your life?



WHY IS GENTLENESS IMPORTANT?

ACTIVITY

Why is it important to be gentle in your classroom?

Name 5 things that you need to be gentle with.

- 1.
- 2.
- 3.
- 4.
- 5.

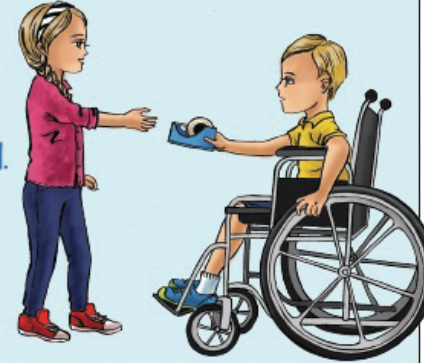
NEW THIRD EDITION OF SOJ

What does KINDNESS mean?

REFLECTION

No act of kindness, no matter how small, is wasted.

- Discuss with your group what this means.
- How can you show kindness in your life?



Why is GENTLENESS important?

ACTIVITY

Why is it important to be gentle in your classroom?

Name 5 things that you need to be gentle with.

- 1.
- 2.
- 3.
- 4.
- 5.

WHAT'S DIFFERENT?

Sticky notes have been replaced with *MJR* characters giving a visual prompt for the lesson.

More space has been added for students to answer questions.

OLDER EDITION OF SOJ

WHO DO YOU LOVE?

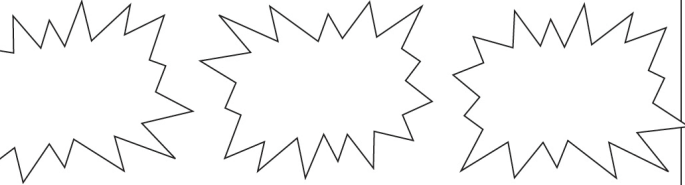
**FILL THE WORLD WITH LOVE.
IT MAKES EVERYTHING BETTER!**

REFLECTION

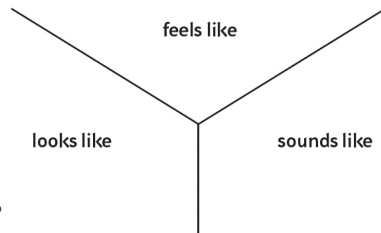
Love is a great way to show the spirit of Jesus.

Think about people you love and who love you. How do you *show* them love?

Paste in pictures that represent all of the people and things that you love.



WHAT DOES RESPECT LOOK LIKE?



How does respect look, sound and feel in your life?

NEW THIRD EDITION OF SOJ

WHO DO YOU LOVE?

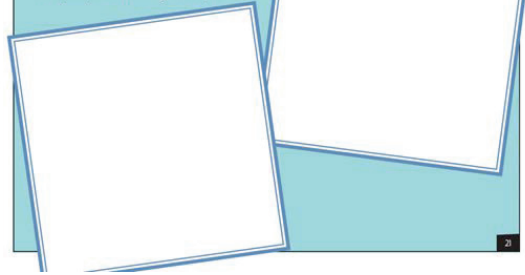
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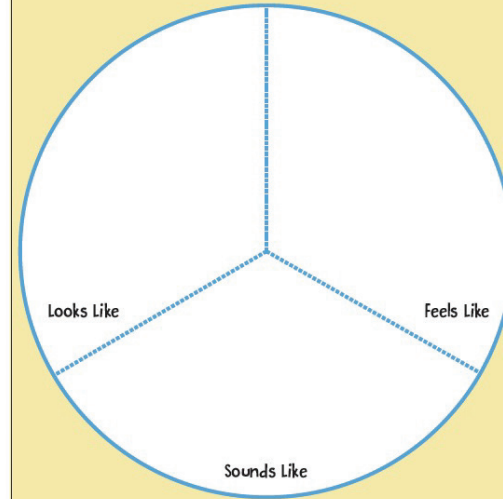
ACTIVITY

Paste in pictures that represent all of the people and things that you love.



WHAT IS RESPECT?

How does respect look, sound and feel in your life? Draw or paste in pictures that represent what RESPECT...



WHAT'S DIFFERENT?

Page was totally redesigned to allow extra space for students to engage with the activity.

Activity is more visually appealing and is spread across two pages instead of one.

OLDER EDITION OF SOJ

DO YOU ALWAYS DO YOUR BEST?

Even when it was really hard, Jesus always did his best to do what God, his father, wanted. He often prayed to God to give him the strength he needed to do what was right.



1. What is something that you do in which you always try your best?

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.....
.....

2. What makes you want to do your best?

.....
.....
.....

3. Sometimes I don't want to do my best because

.....

NEW THIRD EDITION OF SOJ

DO YOU ALWAYS TRY YOUR BEST?

Trying your best doesn't mean that you need to win the race, or get the best class mark on your school project, or do something better than your brother or sister.

Trying your best is not about measuring yourself against others but concentrating on doing the very best you can do at the time.

Even when times were hard, Jesus always tried his best to do what God, his father, wanted. He often prayed to God to give him the strength he needed to do what was right.



1. Name an activity in which you always try your best.

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.....

2. What makes you want to do your best?

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.....

3. Sometimes I can't do my best because...

.....
.....

WHAT'S DIFFERENT?

Text has been rewritten.

Images replaced with a relatable MJR character.

OLDER EDITION OF SOJ

MY FRIENDSHIP PAGE

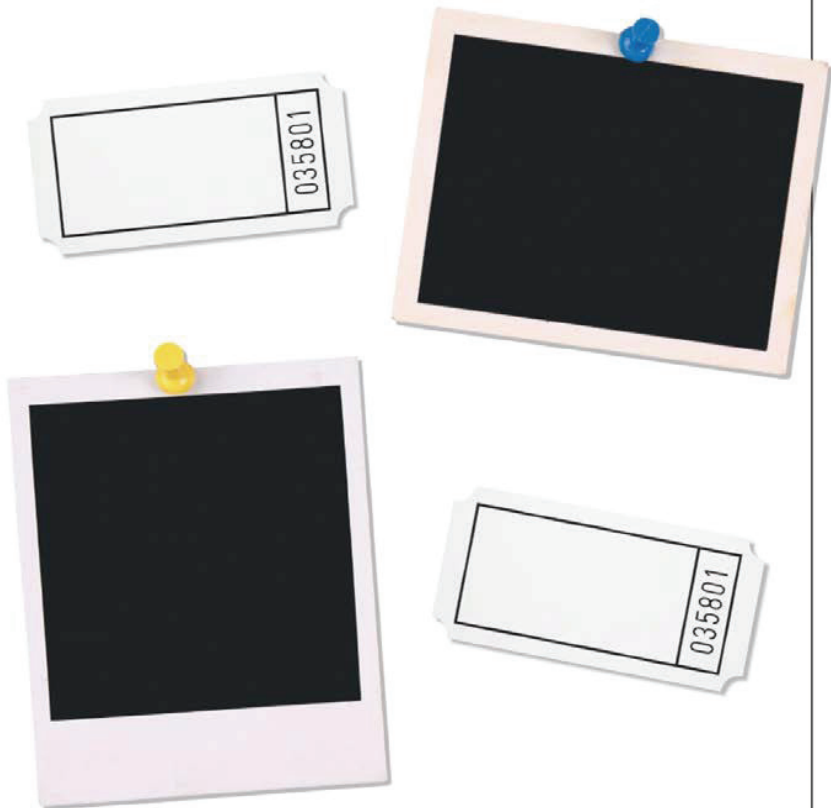
This is a special page where:

Your friends can leave you a message.

Your friends can sign their names.

You can draw your friends or find a photo.

Stick down any special tickets you may have kept from a movie or game you have gone to see with your friends.



NEW THIRD EDITION OF SOJ

MY FRIENDSHIP PAGE

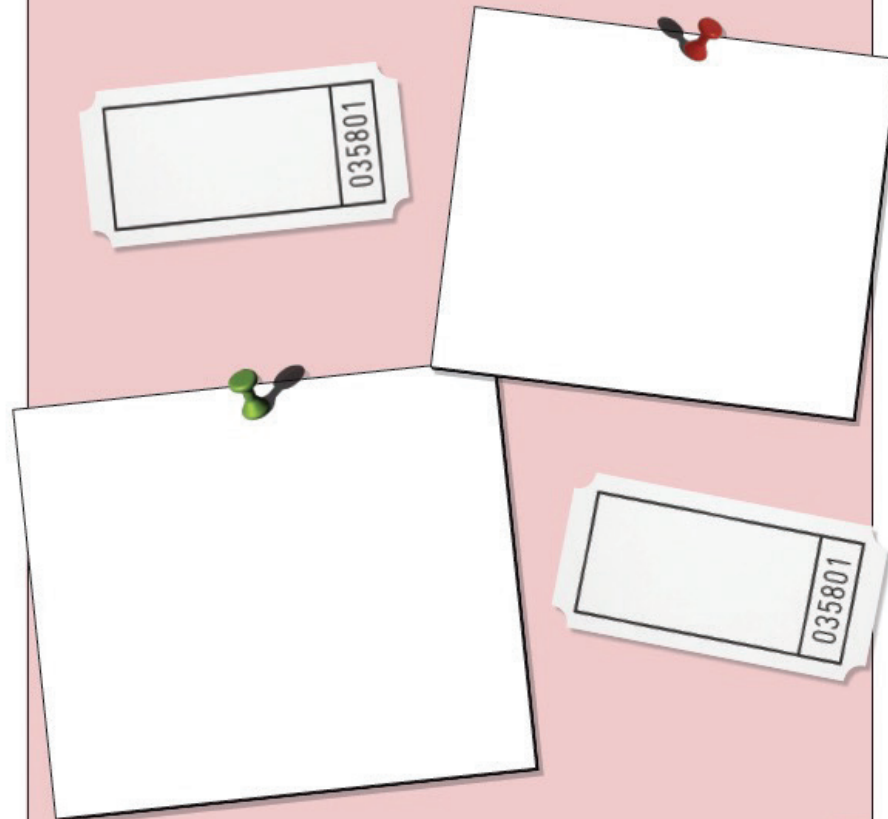
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WHAT'S DIFFERENT?

Existing illustrations replaced with white space, giving students the ability to create their own drawings.