

Season 2 Episode 4 Lesson Plan

The goal of this document is to provide an outline for what a Rock Solid TV session hosted by you might look like for your young people. It is by no means required you follow this outline word for word; only so much as it is helpful to you and your students.

When you see something highlighted in blue, that's a prompt for you to pause the video. Included are the times at which to pause. On the screen you will see an image of Liam in the right hand corner prompting you to reflect on a question. Note: You do not need to pause the video at these times. You can cover the discussion questions after the video has been completed if you wish.

Things to Prep:

- If you plan to host this session electronically, ensure you understand the capacity of your platform. If you are using Zoom, it is possible to split participants up into breakout rooms. If you have a large group, it may be advantageous to do so in order to discuss the questions provided. You will need to prep the leaders intending to host a breakout room and ensure your comfortability in utilizing this feature.
 - For a on setting up/using Zoom, please see: [How To Use Zoom Meeting and Video Conferencing \(2020\)](#)
 - For a quick overview on using breakout rooms, see: [Video Breakout Rooms](#)
 - For a more in depth tutorial on breakout rooms setup/usage, see: [How to use Zoom Breakout Rooms - Tutorial for Beginners](#)
- If you plan to begin the session with a Zoom game, take time to read through the “Zoom Games” options found in the “Additional Resources” section of the Rock Solid TV page.
- In order to share the video from your computer, you'll need to enable that feature through Zoom or whatever platform you're using. To see how using Zoom, click: [Sharing Your Screen](#)
- If you wish for your students to participate in the activities for episode 3, ensure each has access to paper and pens/pencils/markers/crayons, plasters. You may want to contact parents ahead of time.

Craft Prep: Worry Box. You will need:

- Shoe Box (or some sort of small box)
- Glue
- Scissors
- Items to decorate the box
- Paper
- pens/pencils

Suggested Overview:

Greeting: Greet each student as they join your meeting, maybe ask them about their week.

Zoom Game (Optional): SAY WHAT?

- Turn off your video. Look up a picture of a random animal. They can be real or mythological. Students then have to ask you yes or no questions to try and figure out what the animal is. First person to guess right gets a point, and you will play first person to 3 is the winner. Each time they guess right you can screen share the animal with them! Try and make them funny pictures!

Video Outline:

- Episode Intro
- Episode Focus: Anxiety. How do we overcome anxiety?
- Evidence (Scripture passage): What does Jesus say about overcoming anxiety?
Matthew 6: 25-27
- **Pause Video (at min 3:15): Colin suggests that we focus on God rather than material things and this will help fill us with joy. Why is this hard to do?**
- Rock Solid News
- Colin Cooks
- Gadget Ger: Tent Peg. This reminds us that when we're anchored in God, we don't need to worry about being blown away by the storm.
- Crafting with Claire (Worry Box):
 - **Pause Video (at min 8:46): If you want, you and the young people can use this time to decorate the box.**
 - **As they are crafting their box, remind them that the box is a place where they can share their worries with God because He cares about us and the things that make us anxious. .**
 - **When they no longer feel as though they need to address a certain worry that is in the box, the piece of paper can be ripped up and thrown in the garbage, which is a therapeutic activity in itself.**
- Witness: How do you deal with fear and anxiety?
- **Pause video (at min 11:43): According to our witness, God takes care of his children just as He feeds the birds. How much more does He care about us! How does this make you feel about your anxieties and fears?**
- Prayer with Liam
- Dask Comercial: Young people can download the app to anonymously ask questions (make sure they get their parents' okay).

Wrap Up Your Zoom Meeting: Say: Today we talked about anxiety and how God promises to take care of us. Think about one of your greatest fears or anxieties. You don't have to share it if you don't want to, but if you want to that's okay too. Write that fear or anxiety on a slip of paper. We're going to prayer about these worries and fears and then drop them into your prayer box. Give the young people time to write their fears on the slips of paper. If you didn't do the worry box, that's okay too. Have them write them down anyway. Then take some time to pray for them and the fears they wrote. They don't need to share them if they're not comfortable, you can simply say "Dear Lord, we know that you care about us and our fear. We also know that you promise to provide for us all that we need. So we give to you the worries and fears we wrote on our papers. Please give each person here Your peace. Amen".

Leave Meeting Game (optional): To leave the meeting, have your students play "Rock Paper Scissors" with you on their screen. Everyone is playing against you. If they tie or beat you, they can stay. If they lose, they'll need to leave the meeting. Play until there are only two students left. Then you can end the meeting.

For any questions or clarification, please email Claire Russell at: resources@yfc.ie