

Crossroads – A SHARED EXPERIENCE

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

Dear Parents and Carers...

During these trying times, many 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 adolescent.

Current Crossroads Users

If you already own the Crossroads student workbook, just turn to the suggested pages and follow the steps on how to use the worksheets.

New to Crossroads?

If you are new to Crossroads and don't have a book – don't panic.

Garratt Publishing has made the selected pages available online for your convenience.



FOR SECONDARY STUDENTS
(YEAR 7 & 8)

How to use the pages

Crossroads is a unique secondary pastoral care resource created to help engage students – via relevant topics – and asks them to think, reflect and develop a relationship with themselves, their classmates, their teachers, and their community.

This resource has two components. Firstly, there is journal section, where students are encouraged to reflect then write their thoughts, observations and discussions they have with those around them. Secondly, there are free online lessons for teachers for each of the 30 units within the book. Each lesson contains:

- Christian religious education and Crossroads learning intentions
- a direct connection to the ACARA curriculum
- relevant YouTube videos, articles, and quotes
- specially selected Christian virtues and values
- warm-up activities, main activities, prayers, reflections and extensions.

A note to teachers

Lesson plans can be found on the MJRCrossroads website here:

<https://mjrcrossroads.com.au/lessonplans/>

A note to parents

If possible, make time for daily reflection at the dinner table or before going to sleep. **Crossroads** users may want to discuss what they have encountered in the activity and journal pages, however it may take them time to process their ideas. Please note that the 'Crossroads workbook' was created as a resource for student's eyes only. This is a safe space for them to explore their ideas and work through issues that they may be experiencing. If they don't wish to share this with you at home, please don't take it personally. Keeping your channels of communication open is the best way to allow space for young people to engage with you when they are ready to.

'Crossroads is an engaging and dynamic resource that would add greatly to a Middle School curriculum. It is a thoughtful text with many activities that will challenge students to think profoundly about their life journey.'

Mr Andrew Lawrence
Deputy Head of Middle School
Yarra Valley Grammar

Crossroads Weekly Topics Planner

Based on Jesus' teachings from the Gospel, [nine core values](#) are explored through [30 topics](#). Using a 'Jesus in the now' approach, values such as compassion, courage, generosity, gratitude, integrity, kindness, resilience, respect and tolerance are explored in ways that will stimulate dialogue in your classroom.

Nine Core Values

compassion

courage

generosity

gratitude

integrity

kindness

resilience

respect

tolerance

TOPIC 1

Looking ahead

To plan ahead after reflection. When we plan we need to know that we are not alone...

TOPIC 2

What do you believe?

What does it mean to believe? It is helpful to talk about our beliefs and be prepared to explain why we think in a certain way...

TOPIC 3

Believe in yourself (B.I.Y.)

We will all have hard 'things' thrown at us in our lives and it will take the 3Fs - Faith, Family & Friends - to deal with these times...

TOPIC 4

To fit in or not to fit in? That is the question

We look at finding ways to effectively share your gifts and passions, while not compromising beliefs to fit in with others...

TOPIC 5

You are in charge of your attitude

You have many choices to make during your life journey. Your attitude is also a choice...

TOPIC 6

Problem solving

We have the capability of building a solution to almost anything if we cultivate an 'I can solve this' attitude or habit...

TOPIC 7

'I can do it' attitude

We need to realise that the act of setting and achieving goals takes practice, reflection, and a never-give-up attitude...

TOPIC 8

Grit

To have Grit is more than just having resilience...

TOPIC 9

Grief and loss

Learning to understand that grief is a natural (and often necessary) way of dealing with loss...

TOPIC 10

An attitude of gratitude

Learning to identify moments when we need to thank and appreciate what others do for us...

TOPIC 11

How do you G.T.S.? (greet, treat & speak)

When you GTS with others, it can open positive doors for you and help them with their day...

TOPIC 12

Giving – going the extra mile

Why do we need to give to others? What does it give to us? Identifying and appreciating the little things in life...

TOPIC 13

Humility

Discovering the act of being humble and being aware of others rather than focusing on ourselves...

TOPIC 14

Opening the G.A.T.E.

An attitude of gratitude not only brings happiness to others, but helps our mental and spiritual well being...

TOPIC 15

Good, better, best

Discovering the significance of these three words and how they can relate to your life...

TOPIC 16

Heart to heart

Understanding that the heart is more than just a human organ...

TOPIC 17

Kindness

Exploring and discovering that kindness creates more kindness...

TOPIC 18

What do you value?

Through discussion of Christian 'virtues' we will create a better understanding of values...

TOPIC 19

What does respect look like?

Giving respect will help you gain respect, but what does respect look like?

TOPIC 20

Mobile – friend or foe?

An opportunity to explore the concept of etiquette and manners...

TOPIC 21

This is your world

Exploring and articulating our BIG ideas for this world...

TOPIC 22

"I was there" – Making a difference

Making a connection to charitable organisations that resonate with us and understanding how we can make a difference...

TOPIC 23

Social media

Exploring the positive and negative effects that social media has on our lives...

TOPIC 24

Mental health

Understanding mental health and its connection to physical health...

TOPIC 25

Perception

Understanding 'body image' and three virtues - acceptance, confidence and contentment...

TOPIC 26

Reflective practice

Developing the skill to not just looking in a mirror but inside ourselves...

TOPIC 27

One step at a time

Discovering the power of initiative and how to use it effectively in our lives...

TOPIC 28

Mentally-strong people

Cultivating mental toughness to help us succeed with our goals...

TOPIC 29

You are not alone

Learning how to reach out for help when we're feeling troubled...

TOPIC 30

Reflection via inspiration

Taking inspiration from others to achieve our own goals...