

Peter Mitchell

MJR

Consultant



Hello to you” time poor teachers”, here are some very easy suggestions that can help you develop the Spirit of Jesus in your classrooms and in your school.

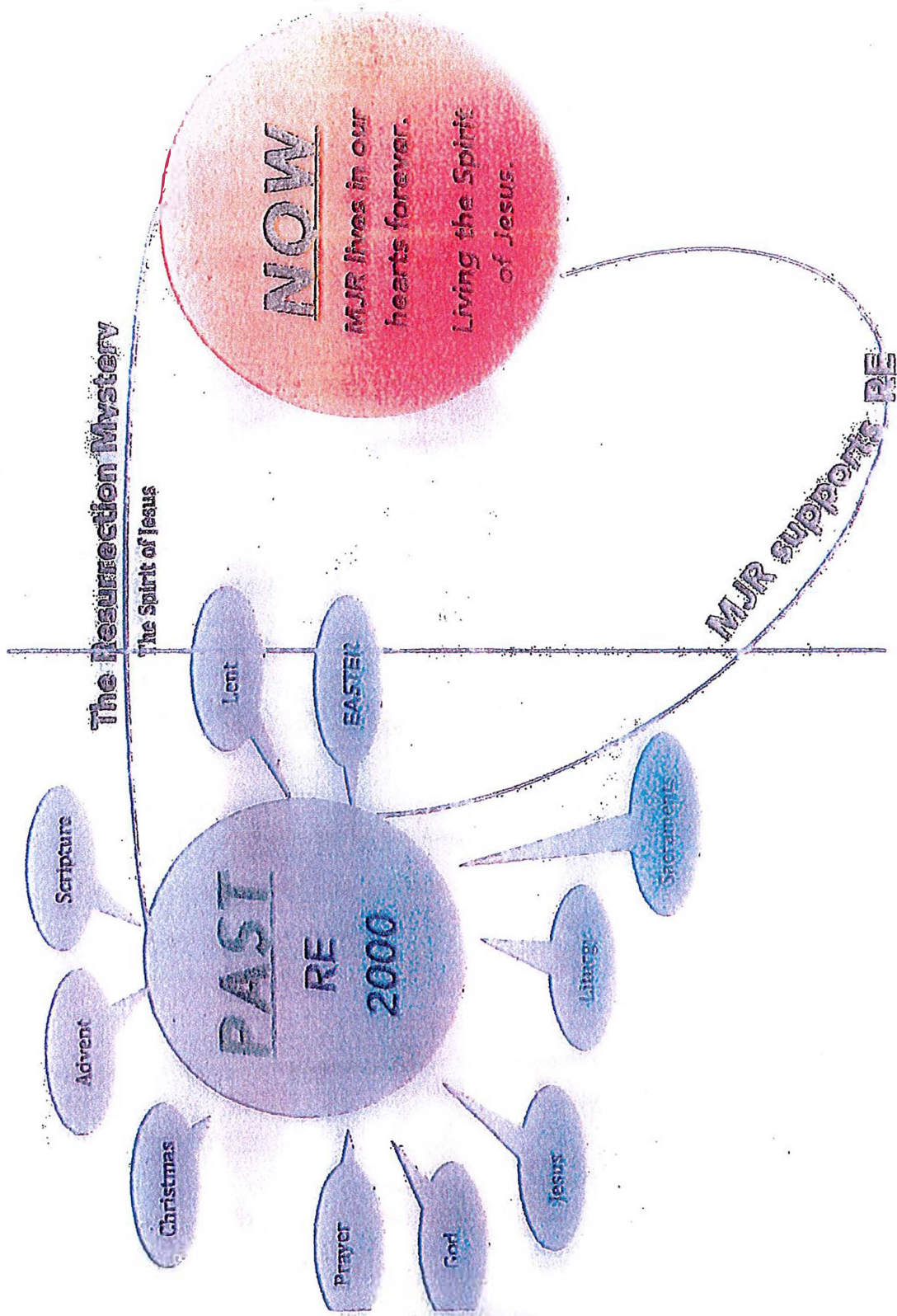
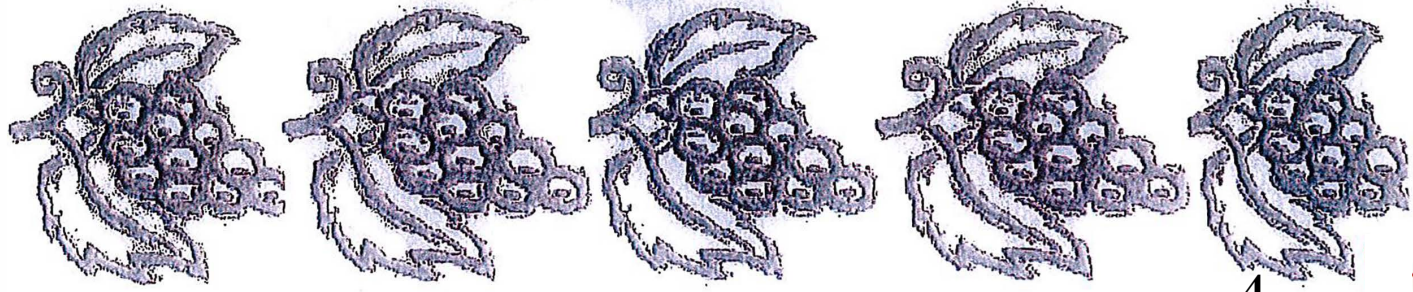
- 1) When you see a Spirit of Jesus moment happening in your class “name it”, by saying “Look there is Sarah holding the door open to Simon” them move on with the lesson. “Attitudes are contagious is yours worth catching. “Once your class start saying “There is the Spirit of Jesus” they have it.
- 2) Once a week, for 5 minutes they can go into their Heart Room, after lunch. Folded arms on the desk and putting their heads on the desk. Give them 2 minutes to be at peace. Then ask them, still with the head down, “Where did you spirit of Jesus in the last 2 days?
Them let them write in their Journals “I saw the Spirit of Jesus when.....” Gr 5&6 Use their MJR. Gr 3&4 their SOJ and Gr 2 their RE book. K to 2 sit on the mat to tell where they saw the Spirit of Jesus.
- 3) When they are thanking a person get your class to use their names. Everyone likes their name being used. Watch the SOJ grow in your class.
- 4) During recess and lunch on occasions “DOB on others doing something Good. Listen to 4 stories and see where the Gospel values are in their stories.

- 5) Great aim is to have an MJR person from your school, once a term(4 visits) to visit your class for 20 to 30 mins to do MJF, or SOJ or MJR. (The same thing really). Once a term the MJR person can email you to bring a SOJ moment in your class for staff prayer.
- 6) Try a personal “Welcoming mark” on your board (4.3) and a personal “ Good afternoon” mark (3.7). Change it each day and watch the SOJ grow in your class. (The MJR person may be the one to give the initial mark)
- 7). Notice there is virtually no preparation as it is in the books and there is no correction and no Catholic Guilt, as you don’t have to do all that is in the books. They are all 3 and 2 year cycles.
- 8) Naming your Swimming and Athletic Carnivals” St Josephs MJR Swimming Carnival”. There is so much joy, encouragement and team support. Helps parents, teachers and children to see MJR lived.
- 9) The same with Camps and Excursions. Name them MJR as MJR started with School Camps and excursions. At the end ask the reflected question. “Where did you see the Spirit of Jesus?”. At the end of the day say “ Live Jesus in our hearts F O R E V E R. Perhaps have the same prayer at the end of each school assembly.
- 10) Do your signs at your school reflect Jesus values , Kindness, Compassion ,Forgiveness, Generosity, etc. Is the name” Jesus” evident, as He is our inspirational leader.

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One of the greatest
gifts we can give
our students,
is the realisation
that they have the
Spirit of Jesus in
their hearts and
they can recognise
His Spirit in them
and others.

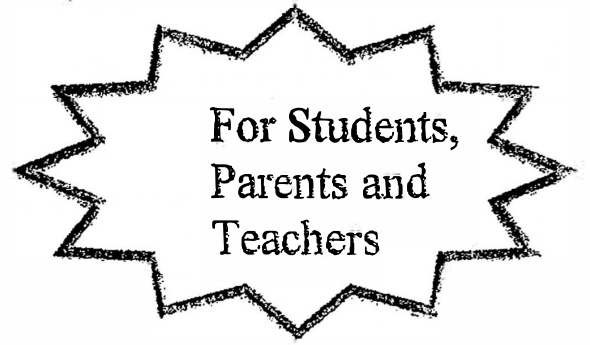
Mitch



Peter Mitchell (Mitch)

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(1) What can I do to be a better person this year?

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2) What small things can I do to be a better team player at home, and to make it a happier place?

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3) What small things can I do to be a better team player in my class and school ?

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4) Where did you see the Spirit of Jesus over the last 2 days in your life?

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5) What is your “OH YEAH “ or the best part from the SOJ lesson that made sense to you today.

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LIVE JESUS IN OUR HEARTS

F O R E V E R

“Live Jesus in our hearts, FOREVER!”



Gr 4 responses as how they are growing as a person

Peter Mitchell <[redacted]@gmail.com>

Tue, Feb 13, 2018 at 9:00 PM

To: [redacted] <[redacted]@gmail.com>, [redacted] <[redacted]@gmail.com>, [redacted] <[redacted]@gmail.com>, [redacted] <[redacted]@gmail.com>

Hello to you and Renee(I haven't got your email address).here are the Gr 4 responses to 5 questions I asked them. I have given 4 responses to each question. I was very pleased with their responses as they were "Switched on" to the SOJ message.

1)What can I do to be a better person this year.

Be more welcoming when I come to school, and be more of a "Giver" of myself.
Show more respect in the way I speak to people, thankful and helping others.
I want to be more patient, share my things more and put my hand up to answer questions.
Listen to directions and be more kind, think of others, and be thankful for what I have.

2)What small things can I do to be a better team player at home.)

Doing jobs without being asked and not to be moaning and groaning as much.
Say OK with a smile when I am asked to something at home.
Say thanks at least 4 times at home for meals, and washing my clothes and driving somewhere.
Be more cheerful and keep my room tidy.

3)What small things can I do to be a better team player in Gr 4 and at school.?

I can be more encouraging instead of saying put downs, and being a better friend.
Be more independent, listen to directions more instead of talking.
By saying "good morning and good afternoon to the teacher, before they say it to me.
Including people in my games and playing fairly, and volunteer to help more than I do.

4) Where did I see the Spirit of Jesus in my life over the last 2 days.

I saw the SOJ when Ruby and Ella helped Brooke.(helping)
When Amy playing with a new boy in Gr 2(welcoming)
When Meeke Lee asked me to play with her and Zack was sharpening our pencils(Including and being a team player)
When Mum made me breakfast and lunch and drove me to school(Love and kindness)

5) What was your "OH Yeah" moment or the best part of the SOJ lesson that made sense to you.?

I want to be "Switched on to the Spirit of Jesus in my life and go into my heart room.
I liked the video where we saw the /spirit of Jesus in people being kind and helpful.
My "OH Yeah" was that I can be a better team player at home by doing "OK with a smile"
I liked getting the WEST wrist bands and the glow in the dark stickers.
To pass the thank you test you should thank a person and use their name

I hope you enjoyed the Gr 4 responses, which I thought were very good and as the enthusiast answers to the quiz showed they certainly picked up the main messages of the SOJ Lesson

Kieran and Renee if you can do three small things

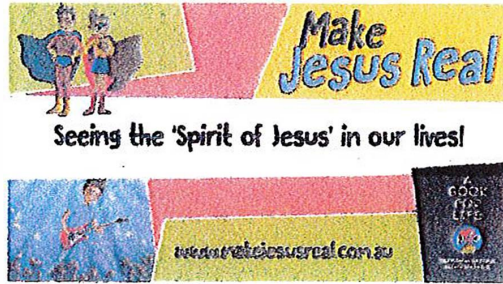
1) when you notice an S/OJ moment happening "NAME IT. At least 1 or 2 times a day. When the kids start to say " There is the Spirit of Jesus, your attitude has been contagious.

2) As we talked about after lunch once or twice a week get them to go into their "heart room" and then Journal in their SOJ books " I saw the Spirit of Jesus when...." This is what the kids will read in years to come, what they wrote as an 8,9 year old.

3) Keep the mark on the board changing each day with the "good mornings and the personal good afternoons. Also keep them up to saying Thanks and "using a person's name"

Well done Kieran and Renee I enjoyed your classes and have a great year and watch the SOJ grow in your classes as they become more gentle and respectful and let Jesus Spirit grow in your classes hearts as they try to become better people. I suggest you run off a copy for each child to keep as their goals for the year to be put in the back of their SOJ and Renee if

Reflections ... Personal growth



1. How have I grown as a person this year? What have I improved in?

2. I saw the Spirit of Jesus when ...

3. What lesson from SOJ helped me to improve?

4. What do you like about the SOJ book?

5. What can I work on over the next term to be a better person?



Gr 3& 4 responses to 5 questions

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Tue, Nov 14, 2017 at 9:20 PM

To: [karen.drew@estholic.tas.edu.au](#), [Gerard.Bullen@estholic.tas.edu.au](#),
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Hello to you all, Here are the Gr 3 and 4 responses about 5 questions I asked them about how they have grown as a person this year. They are very good. Many said similar things so I only put them in once.

1). How have I grown as a person this year. What areas have I improved on.

This year I smile more and say thanks to more people and at school I speak to the teachers by saying good morning more than I used to.

Much better at looking out for people who need help, trying to be more of a "Giver" than a "taker".

I try to help more at home by doing as I am asked cheerfully and by saying thanks to mum and dad more.

I am trying to be more positive in the way I Greet, Treat and Speak to people

Where did I see the Spirit of Jesus over the last 2 days

When I gave a turn of my kite to Rosie today and she gave me the use of her highlighters(giving, generous)

When Millie, Evie, Kade and Mrs Drew cleaned up the mess on our desks.(helping ,thinking of others)

Jane dropped her food accidentally and 5 people helped her pick up her food.(kindness , class spirit)

Saw the Spirit of Jesus when Ellie holds the door open for us often in /Gr 4 and we say "Thanks Ellie(thankful,)

Tiahni helped Kayla find the place in the SOJ book,(caring)

What lesson helped you to improve as a person from the SOJ Book ?

Happiness comes from Giving of yourself to others. You can buy happiness, it comes from within you when you do random acts of kindness.

Going to my "heart Room" see where the Spirit of Jesus is in my day.Pg 72.

Pg 42 /?How to handle your problems without moaning and groaning, and saying " I can handle this"

Pg 25 GTS. The way we Greet, /Treat and Speak to people.

The lesson I like is to thank a person properly "use their name".

What do you like about the SOJ book?

It has helped with my manners a lot, and it helps you to be a better person.

I like the colouring in, the stickers and the activities.

It is a fun book and I like writing my thoughts in it. It is colourful and interesting, and set out like a comic.

It teaches me about the Spirit of Jesus is in my heart and we should be "switchedOn" to his Spirit.

I like the activities as it makes me think how to be a better person.

What can I do this term to be a better person.

To be kind, helpful and think of others more.

To be more thankful for what I have and to be more helpful at home.

To be better at Greet /Treat and Speaking to people, kinder to my brother and not answering back.

To be more of a "Giver" and to encourage , to thank people more and be more understanding.

Helping others, more caring, not just thinking about me and be more encouraging others.

Well done to Karen and Gerard. Your classes got so many great messages from the SOJ book.. My suggestion is that you run a copy off for each child and have a chat about their responses, It might help them to help them to improve and have a positive and to live the SOJ each day. When the kids start saying "there is the Spirit of Jesus" will help with "thanking a person, using their name". It is the little things we do and say each day

Spirit of Jesus

The games and sports we play are just a tool to see how we handle the challenges that life presents and what our attitudes are to these challenges.

Do I want to have a go at learning new skills and playing new games?

- Gymnastics
- Soccer
- Footy
- Netball
- Running / Tagging Game
- Quick Cricket
- Volleyball

Am I positive by and a person?

How did I take the teacher's decisions about the game rules?

Did I complain or just play on?

How did I take which side I was in?

- a) Complain
- b) Pull a face
- c) Sulk
- d) Join in well
- e) Try very hard for my side



When our side was losing – How did I play?

- a) Try harder
- b) Give in
- c) Sulk when it was over and blame everyone else – saying "It's not fair!"

When our side won.

Did I rub it into the other?

Was I a good winner?



Did I offer congratulations on good play:

a) On my side? b) On the other side?

When I saw someone make a mistake

a) Did I laugh at them

b) Console them in a positive voice – “Better luck next time”?

c) Help them

Did I bring others into the game by passing to people who don’t always get a go? Did I build someone else up – affirm them?

Was I a good team person?

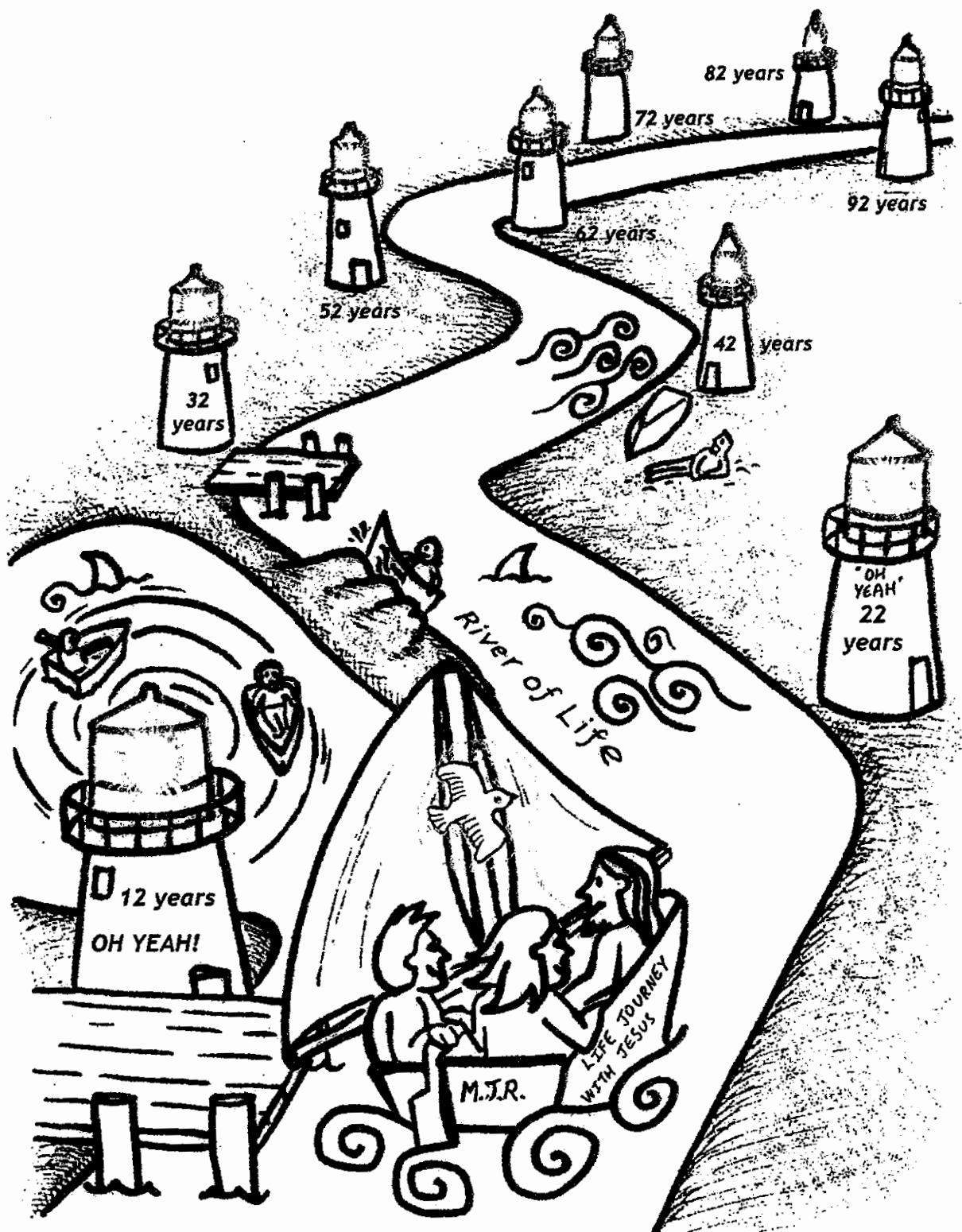
- **Volunteer to go off if there were extras**
- **Pass to others**
- **Support the team when I was off**
- **Congratulate good play**

Have I improved in my attitude to games after these few weeks? Do I believe in myself that if I try hard enough, I can improve on my ability?

During our lesson where did you see the Spirit of Jesus?

What quality did that moment show? Who was the person?

*Adapted from Catholic Education Office, Hobart



Devised and Compiled by:
Peter Mitchell
 Catholic Education Office, Hobart

*This book and journal is about values, education and Christian living.
 It is of use to teachers, students and parents.*