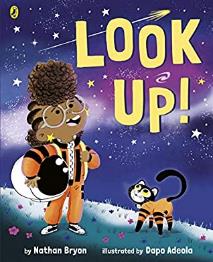
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**Look Up!**

**By Nathan Bryon**

**Key Stage 1**

**You will need:**

**PowerPoint slides, You Tube story or a copy of Look Up! by Nathan Bryon.**

**Introduction**

This reflection continues the theme of being confident of who we are and looks at God’s promise that he will look after us and has good plans for us. The girl in the story, Rocket, looks up and has hopes and dreams for the future, even when people around her think she’s being silly.

You might like to download the [Skyview app](https://www.educationalappstore.com/app/skyview-free-explore-the-universe) and show the children the constellations and planets in the sky above.

Take the children outside if possible and ask them to look down with their chins on their chests and hunch their shoulders. Ask them how it makes them feel. Ask them to put their shoulders back and lift their heads up, how do they feel now?

Ask them to work with a partner and imagine there’s an invisible golden thread lifting their heads up, practise looking up and walking tall.

**The story**

**Slide 1** Tell the children you’re going to listen to a story about a girl called Rocket who always looks up. Hold up the story Look Up! by Nathan Bryon, or look at slide 1 of the PowerPoint. What sort of person do they think Rocket is? Why do they think that?

Either click on the icon to play the You Tube story, *(Stop at 6:45 before the questions)* or read the book.

There follows a range of activities for this reflection, taking elements of the book. Teachers are advised to select the activity they may want to do depending on the age and maturity of the class. Alternatively, teachers may choose to reflect on these ideas with the children over a series of sessions.

**Slide 2** Look at the page where Rocket is looking up at the sky and her brother Jamal is looking down at his phone, what does this tell us about the character of the brother and sister?

**Slide 3** Look at the people walking along the street, who is looking down? Who’s looking up? What do you think the illustrator is trying to tell us?

**Slide 4** Rocket says her neck is aching from looking up, but she won’t stop. What is the author telling us about how important this is to Rocket?

**Slide 5** When the meteor shower comes at the end of the book, why do you think Jamal has put down his phone? What do you think he’s thinking?

Why is it important that Rocket could share the moment with her brother?

**Reflection**

**Slide 6**  Rocket is a positive person who has hopes and dreams for the future. She’s determined to live out her dreams. The Bible tells us that God has good plans for us. If you looked up, what could you imagine in your future? What small steps could you take to make this happen?

Ask the children to look up at the sky and quietly read the Bible verse to them. You might like to repeat this several times.

God says, ‘I know the plans that I have for you. I have good plans for you. I don’t plan to hurt you. I plan to give you hope and a good future.’

**Slide 7**

Finish with the **prayer** below:

Dear God,

Thank you that you have good plans for us all.

Help us to trust in you.

When we look up, help us to imagine what your plans may be,

And when we look down, give us courage to live out your plans.

Amen.