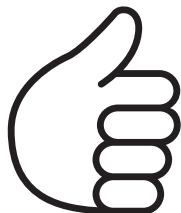


## Proverbs 31:8 Memory Verse Activity

Speak up	for	people	who
cannot	speak	for	themselves.
Protect	the	rights	of
all	who	are	helpless.
Proverbs	31	verse	8

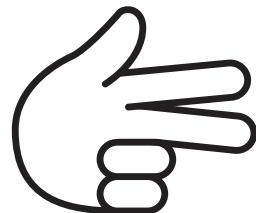
## The Ranger Prayer



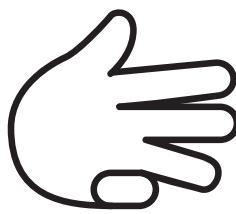
Help



me



to



Speak



up

Dear God,

When I am worried or upset

**Help me to speak up**

When I have questions or I'm not sure about something

**Help me to speak up**

When I see or hear someone else who needs help

**Help me to speak up**

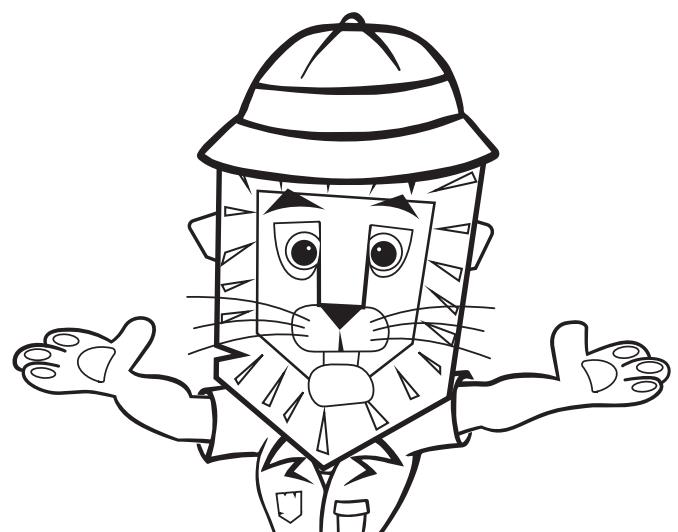
When I'm frightened or scared to tell the truth

**Help me to speak up**

Thank you for giving me people I can talk to

**Help me to speak up**

**Amen**



# Raise you roar!

“Speak up...” Provers 31:8

## Intro

Drums x 4 bars



## Chorus:

D

**One**, two, **what** you gonna do?

G

A

**Three**, four, gonna **raise** my roar

D

**One**, two, **what** you gonna do?

G

A

Gonna **raise** my roar,

G

A

coz **that's** what it's for!

G

A

Gonna **raise** my **roar**!

## Verse 1

D

**God** has given **me** a voice

G

A

Bm

I'm **using** it right **now**,

D

**It** can help me **to** stay safe

G

A

D

**Let** me tell you **how**.

D

**When** I'm worried **or** upset

G

A

Bm

I won't **keep** it to **myself**,

D

I am going to **raise** my roar,

G

A

And **tell** somebody **else**.

## Chorus (X2)

## Verse 2

Anyone can **ask** for help

Be **brave** and you can **too**

**Tell** a grown-up **that** you trust

**They'll** know what to **do**

**Just** remember **Roarry**'s words

Next **time** you feel **unsure**

**It's** OK to **speak** it out,

Go **on** and raise your **roar**!

## Chorus (X2)

## Bridge

Everybody 'Roar!'

I said 'Roar!'

Let me hear you 'Roar!'

Give me some paw

Come on and 'Roar!'

One more time 'Roar!'

Here we go...

Raise your roar!

## Chorus (X2)

## Using Roarry in your sessions

Roarry is a great tool to use in your sessions as a reminder to stay safe by raising your roar! Here's some ideas of how:

- Find a prominent place for Roarry to sit so that the children see him each session and are reminded of what they have learnt about speaking up.
- Use him to welcome people into the group. To explain who he is and that he want us all to stay safe.
- Use him as a prayer prompt at the start and end of each session to pray for love, comfort and safety for everyone. You could use Roarry's Ranger prayer.
- End every session with 'Don't forget, Roarry says Stay Safe'
- Pass Roarry around the circle and ask whoever wants to hold him to say something good about their week.
- Let children know they can hold Roarry if they are feeling unsure - keep an eye on whether there is a common theme with one child.
- Use Roarry as a 'Worry Monster' by placing a secure box with paper and pens that children can write their worries on and post into the box.
- If you do a prayer walk, take Roarry with you.
- Set up a system to 'take Roarry home' for a week and use him to pray every day - parents/carers can do this too.
- Use him in games, especially those with a parachute - see how high Roarry can fly?



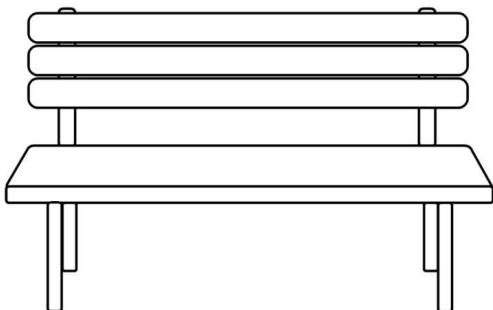
## Guess the emotion game

A fun activity to help children identify, understand, and talk about different emotions and how they feel.

Time required: about 10 mins

### You will need:

- Two chairs
- A bowl or box
- Paper cut into strips
- Pen



### Set up:

- Place the two chairs next to each other side-by-side like a bench.
- On the strips of paper write different emotions, fold them up and put them in the box or bowl.  
e.g. happy, sad, angry, disappointed, excited, embarrassed, scared, confused.

### What to do:

Choose a volunteer to come and pick an emotion out of the bowl. They shouldn't show or tell anyone what it is. They sit on one of the chairs. Select three more volunteers.

Taking turns, they each sit on the empty chair and ask the first volunteer questions. The first person must respond in line with the emotion they have. After each volunteer has had a turn the group must guess what the emotion is.

Question's could include: 'How is your day?' 'What did you have for breakfast?' 'What are your favourite lessons at school?'



## Roarry's Talk about it game

A fun board game style activity to help children talk about different emotions, how they feel, and what they can do.

**Time required:** about 20 mins

**Number of players:** 2-6

**You will need:**

- A dice
- Scissors
- Counters or playing pieces

**Set up:**

- Cut out the playing cards.
- Place all playing cards face down on the game board.
- Place all playing pieces on the Start.

**How to play:**

- Each player takes turns to roll the dice
- Move your playing piece forward by the number on the dice.
- Pick up a playing card and answer the question about the emotion on the square you are on.
- When you have finished your turn place the card back in the bottom of the pack.
- If you land on a Roarry space (a square with a lion's face) don't pick up a card, instead you must roar like a lion as loudly as you can (other players may want to cover their ears first!)
- The game ends when all players reach the finish.





What does your body feel like when you have this emotion?

Can you describe it?

Who can you talk to when you feel like this?

Is there anyone else you could talk to?

How often do you feel this?

Would it be a problem if you felt like this often?

Do you like feeling this emotion?

Can you explain why?



What animal does this emotion make you think of?

What colour would it be?

What do you do when you feel like this?

What could you do differently?

Can you remember a time you last felt this?

What did you do?

Can you think of any other words that could describe this feeling?



How do you cope when you feel this?

Is there anything you do?

What is your voice like when you feel this?

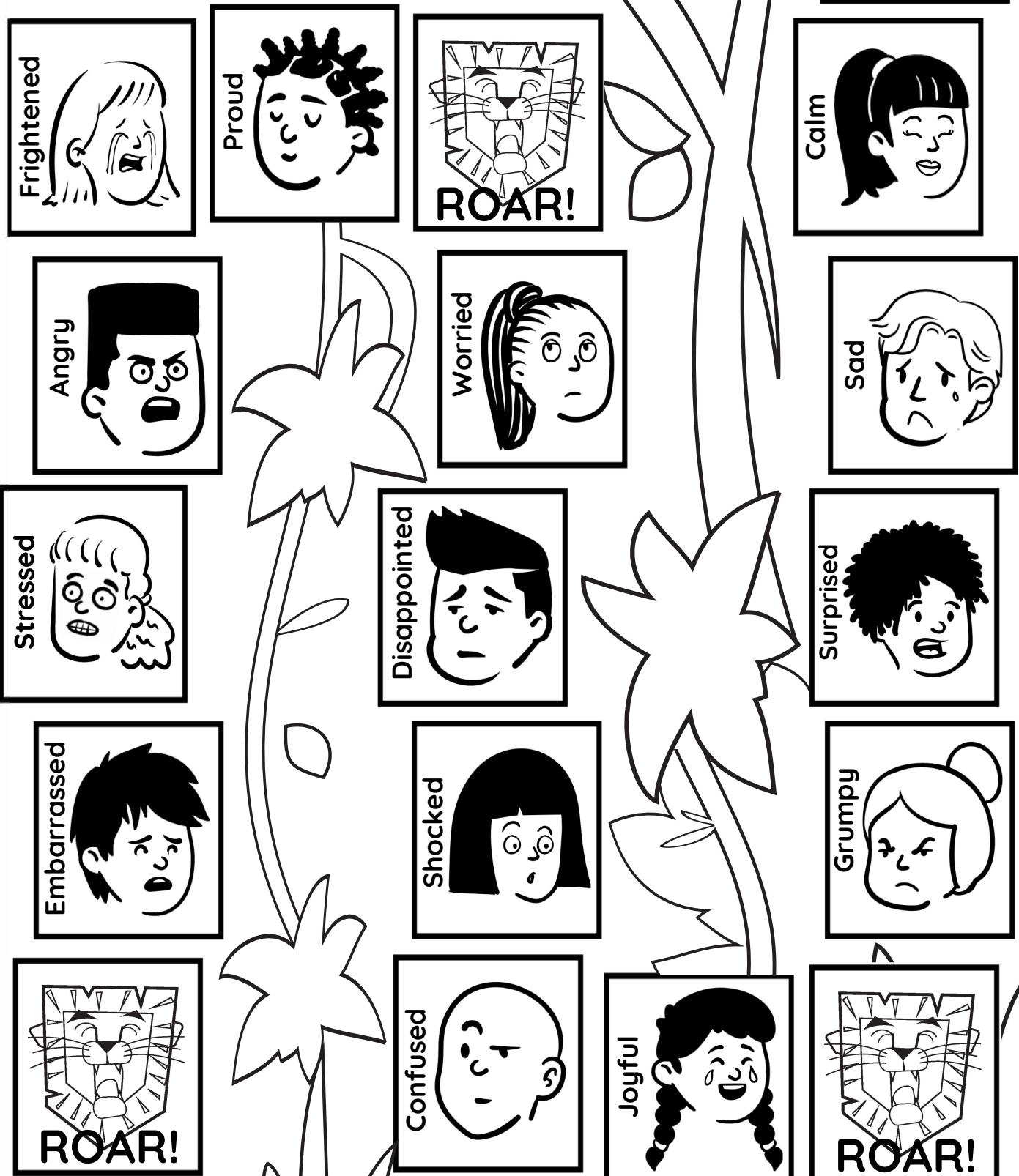
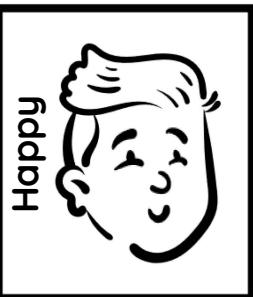
Are you loud or quiet?

If you saw a friend or family member feeling like this what would you do?

Can you think of a story in the Bible when someone was feeling like this?

PLACE  
CARDS  
HERE

START



FINISH

## Roarry's Fact Files

A fun activity to help children explore real-life examples of what it can look like to use your voice to speak up.

Time required: about 10-15 mins

### Set up:

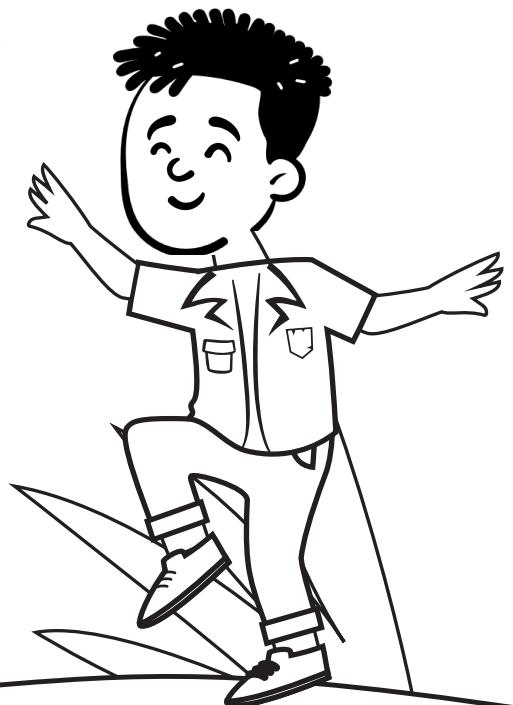
- Print the fact files
- Spread them out on a table or on the floor

### What to do:

- Ask the children to pick a fact file they like the look of or distribute them to the children at random.
- Ask them to read the fact file aloud or hold it up so it can be read by the group.
- Ask the children some or all of the following questions. Encourage them to explain their answers.

### Questions:

- How do you think this person showed courage in their actions?
- Why do you think it was important they spoke up for what they believed in?
- What challenges do you think they faced when they decided to speak up?
- What qualities do you think they had that helped them make a difference?
- What do you think we can learn from their story about standing up for what is right?
- Why do you think it is important to use our voice to help make the world a better place?
- Can you think of a situation where you might need to speak up for yourself or others?





## FACT FILE

**Name:** Rosa Parks

**Country:** U.S.A.

**Born:** 1913

**Role:** Human Rights  
Campaigner

Rosa believed that everyone should be treated fairly. Rosa, an African American woman, made a brave choice one day while riding a bus. She was told to move so a white person could sit down, but she decided to stay in her seat. This started a big change in the United States. Her decision led to many people protesting against unfair treatment. Her actions showed that standing up for what is right, even in a quiet way, can make a huge difference. Rosa's bravery continues to inspire people to speak up for fairness and equality.



## FACT FILE

**Name:** Martin Luther King Jr.

**Country:** U.S.A.

**Born:** 1929

**Role:** Church Minister

Martin Luther King Jr. believed that everyone should be treated equally, no matter what the colour of their skin. He used his voice to give many important speeches and led peaceful marches to show people that it was wrong to treat others unfairly. By speaking up, he helped change many unfair laws and inspired others to stand up for what is right. He also taught us that it is important to speak up not just for ourselves, but for others too. Martin's courage and words continue to inspire people all over the world to stand up for fairness and kindness.



## FACT FILE

**Name:** Malala Yousafzai

**Country:** Pakistan

**Born:** 1997

**Role:** Education Campaigner

Malala believed that everyone should be allowed to go to school. When she was just a teenager, she spoke out against the unfair rules in her country that stopped girls from going to school. Even though it was dangerous, Malala continued to speak up because she believed that every girl deserved the chance to learn. One day, she was hurt very badly by people who didn't want her to speak out, but she didn't give up. Malala's bravery has inspired many people around the world to fight for education and equality.



## Millicent

## FACT FILE

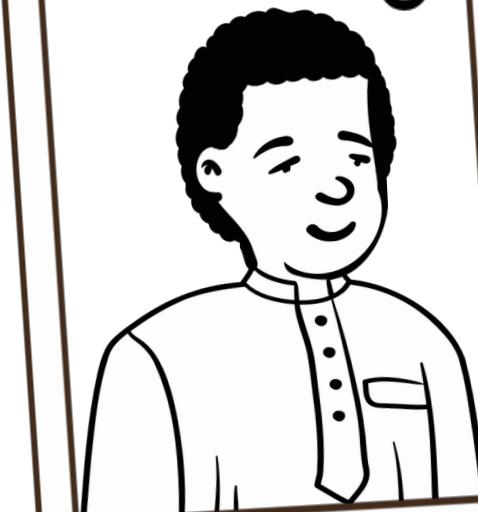
**Name:** Millicent Fawcett

**Country:** UK

**Born:** 1847

**Role:** Political Campaigner

Millicent believed that women should have the same rights as men, including the right to vote in elections. She used her voice to speak up for women's rights and worked tirelessly for many years, giving speeches and organising peaceful protests to show that women deserved to be treated equally. She helped collect signatures for petitions and spoke at public meetings to raise awareness. Thanks to her efforts, women in the UK eventually gained the right to vote. Millicent's determination and courage continue to inspire people to stand up for equality and justice.



**Nelson**

## FACT FILE

**Name:** Nelson Mandela  
**Country:** South Africa  
**Born:** 1918  
**Role:** President

Nelson believed that everyone should be treated equally. He spoke out about a system in his country which treated black people unfairly. He gave many important speeches and led peaceful protests to show that everyone should have the same rights. Even though he was put in prison for many years, he never gave up. When he was finally free, he continued to work for peace and eventually became the first black president of South Africa. Nelson's courage and determination inspire people all over the world to stand up for what is right.



## FACT FILE

**Name:** Greta Thunberg

**Country:** Sweden

**Born:** 2003

**Role:** Climate Campaigner

Greta believed that everyone should take action to look after the planet. When she was 15 years old, she started spending her Fridays outside her country's government buildings to raise awareness about the damage being done to the environment and the need for urgent action to protect the Earth. Her brave actions inspired millions of people around the world to join her in demanding that leaders take better care of our planet. Greta's determination shows that even young voices can make a big difference.



## FACT FILE

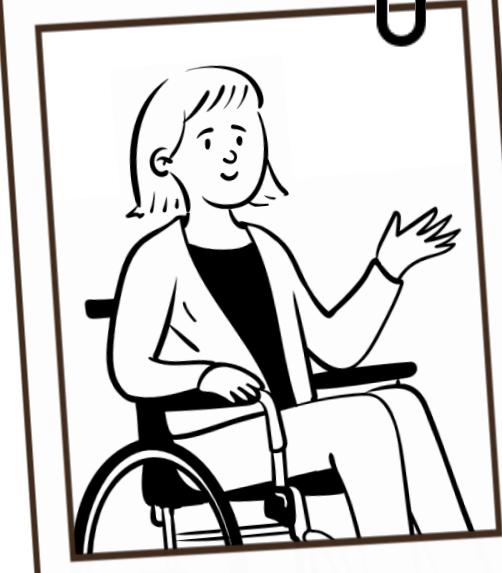
**Name:** Marcus Rashford

**Country:** UK

**Born:** 1997

**Role:** Footballer

Marcus believed that no child should go hungry, especially during school holidays. In 2020, when schools were closed due to the COVID-19 pandemic, Marcus called for the government to give free school meal vouchers to children who needed them. He shared his own experiences of receiving free meals as a child and how important they were for him. Thanks to his efforts, the government agreed to provide these vouchers, ensuring that many children had enough to eat. Marcus' actions show that speaking up can make a big difference and help others.



**Jane**

## FACT FILE

**Name:** Baroness Jane Campbell

**Country:** UK

**Born:** 1959

**Role:** Political Campaigner

Jane believed that everyone should be treated equally and with respect, no matter their abilities. She used her voice to stand up for the rights of people with disabilities and worked tirelessly to make sure they have the same opportunities as everyone else. Jane has given many important speeches and been involved in creating laws that protect the rights of disabled people. Because of her work, she was given a special job in the House of Lords, where she helps make important decisions for the country. Jane's courage continues to inspire people to speak up for equality.

# I will speak up

How  
could  
you  
speak  
up?

Write or draw here to  
show how you could raise  
your roar to speak up.

At the playground  
you see a child fall  
off the swing and  
hurt themselves.  
They look upset.  
Their grown-up is  
helping another  
child on the slide  
and hasn't seen  
them fall.

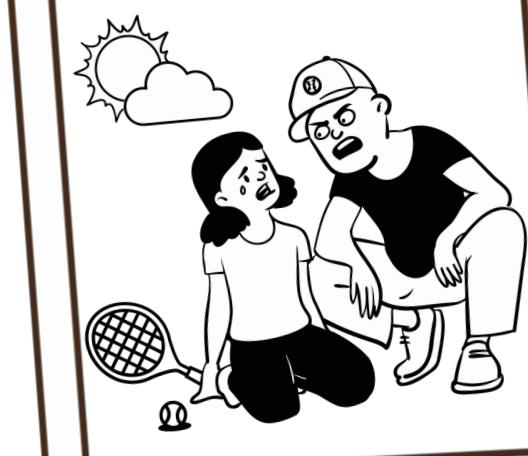
# I will speak up

How  
could  
you  
speak  
up?

Write or draw here to  
show how you could raise  
your roar to speak up.

Someone in your class doesn't like speaking out loud. They will tell you things but won't put their hand up or tell the teacher anything. During a lesson they find the learning really hard and start to get upset.

# I will speak up



How  
could  
you  
speak  
up?

Write or draw here to  
show how you could raise  
your roar to speak up.

At sports club one of the grown-ups is very loud and seems to be angry about lots of things. After the session you often see them shouting angrily at their child. Their child backs away and looks scared.

# I will speak up

How  
could  
you  
speak  
up?

Write or draw here to  
show how you could raise  
your roar to speak up.

You see a boy in the school playground who is on his own. A group of older children rush over to him and start laughing and pointing at him. The boy looks upset and is trying to get away from the group.

# I will speak up



How  
could  
you  
speak  
up?

Write or draw here to  
show how you could raise  
your roar to speak up.

A friend tells you they  
don't like being at  
home. There is  
something that is  
making them feel  
really unhappy and  
sad. They don't know  
what to do because  
they don't want to  
get their family  
into trouble.

