

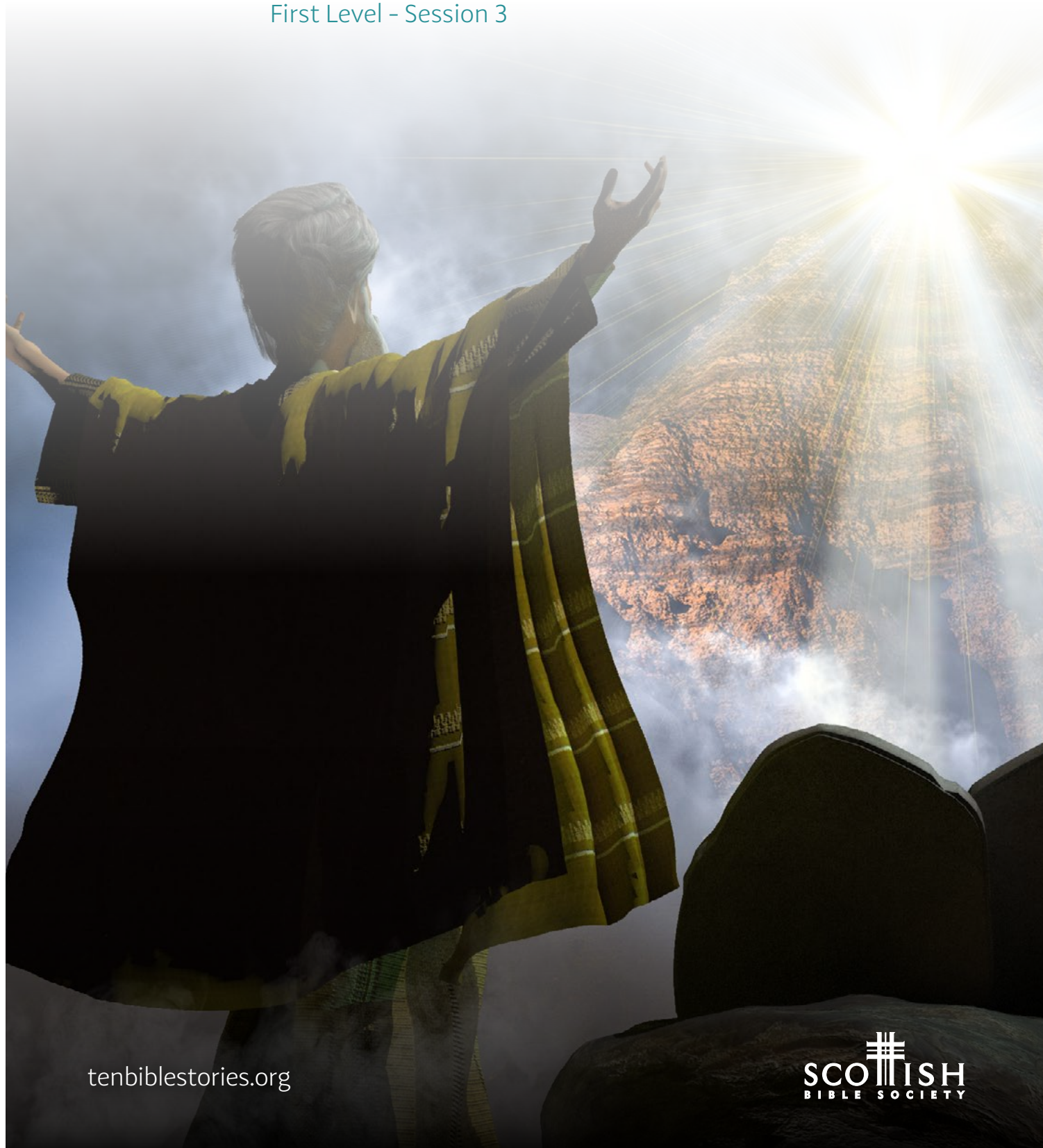


# MUST KNOW BIBLE STORIES

stories worth exploring

## The Ten Commandments

First Level - Session 3



## Session 3 – What are the Rules?

Experiences and Outcomes	Benchmarks
<p>Through exploring Bible stories, I can describe some beliefs Christians have about God and Jesus.</p> <p><b>RME 1-01a</b></p> <p>By exploring some places and investigating artefacts, I am developing my knowledge of Christian beliefs and my awareness of the role of Christianity in Scottish society and the world.</p> <p><b>RME 1-01b</b></p> <p>I can talk about my own beliefs or express them in other ways.</p> <p><b>RME 1-01c</b></p> <p>Having explored biblical and other Christian stories, I can show my developing understanding of key values of Christianity and how they might be put into action in people's lives and communities.</p> <p><b>RME 1-02a</b></p> <p>I can describe the key features of the values of Christianity which are expressed in the stories.</p> <p><b>RME 1-02b</b></p> <p>I am developing respect for others and my understanding of their beliefs and values.</p> <p><b>RME 1-07a</b></p>	<p>Describes, discusses and expresses an opinion with at least one reason on at least one belief from Christianity.</p> <p>Describes and discusses at least one personal belief and at least one example of how own beliefs might affect actions.</p> <p>Describes and discusses at least one value from Christianity, illustrating how this value could be put into practise.</p> <p>Describes and discusses at least one personal value and at least one example of how own values might affect actions.</p>



## Suggested Learning Intentions

- Children will have the opportunity to explore the 10 Commandments and consider the values contained in them.
- Children will have the opportunity to share their ideas and listen carefully to others.



## Suggested Success Criteria

- I can describe 1 or 2 of the 10 Commandments and provide examples of what following them might look like in everyday life.
- I can express which of the 10 Commandments I think are important and which I would find hard to follow. I can explain why.
- I can share my opinion and show active listening when others are talking.



## Resources Required for this Session

A way of displaying a copy of the Ten Commandments. (see over the page in the activity section for a child friendly version)

Hop scotch and bean bag.

Bowling pins labelled 1-10 and some balls.



## Notes

- Please remember that it is the intention that this learning is extended into other curricular areas as described in the introductory document.
- Suggested amounts of time per activity have been included. This is a guideline.



## Activity

1. Remind the children what we've been learning about. **5 minutes**
2. Ask the children how many rules or commandments God gave to Moses. Explain we're going to think about them in more detail. Can they remember any of the rules? **5 minutes**
3. Display a list of the commandments written in language the children will understand. (Or you might feel you could ask your class to take the commandments as they're written in the Bible and rewrite them to make them easier to understand.) See below for list of Ten Commandments (you can also find it in the resources section).

Go through them together – do we understand what they all mean?

Any questions? What do they think is the most important rule? Which rule would they find hardest to follow? **10-15 minutes**

4. Play some active games to explore the Ten Commandments. You could do as many of these as you wish:
  - a. **Hop-scotch.** Draw a hop scotch with the numbers 1-10. They throw a bean bag and see what number it lands on. Read out that commandment. Can they give an example of what they could do to show they were following that rule? Their friends could help.
  - b. **Bowling.** Have ten bowling pins labelled 1-10. They try to knock them down. Choose one of the ones they knocked down and read out that commandment. Can they give an example of something that would show they weren't following that rule? Their friends could help.
  - c. **Matching.** They have to match cards with the individual commandments on to cards with someone doing something that is keeping/breaking that commandment.

(If you think this is too hard for your children, you could ask them a question relating to the commandment that matches the number they get. Give them an example of behaviour and ask them if that's keeping the rule or breaking it) **15 minutes**

5. Come back together and discuss: Christians try to keep all ten commandments. They believe that's what God asks them to do. But what if you're not a Christian. Do you think you should still follow the rules? All of them? Some of them? Which ones? **5-10 minutes**

### The Ten Commandments.

1. You must not have any god but me.
2. You must not make or worship idols.
3. You must not misuse the name of the Lord your God.
4. Remember the sabbath day.
5. Honour your mother and father. Then you will live a long full life.
6. You must not murder.
7. You must not commit adultery.
8. You must not steal.
9. You must not testify falsely against your neighbour.
10. You must not covet your neighbour's house or anything that belongs to your neighbour.

### The Ten Commandments – an easier to understand version

1. Make God the most important thing in your life.
2. Only have one God.
3. Use God's name with respect.
4. Keep Sunday a special day.
5. Respect your parents.
6. Do not murder.
7. Be faithful in marriage. Or only have one boyfriend/girlfriend/husband/wife.
8. Do not steal.
9. Do not lie.
10. Do not be jealous of what other people have.