

No Pain, No Gain

Lesson plans for Key Stage 1 and 2

CURRICULUM LINKS

RE links

- Morality: Respect for each other
- The life of Jesus: Miracles of Jesus

Personal Development and Mutual Understanding links

- Mutual understanding in the local and wider community

LEARNING OBJECTIVES

- To have a greater understanding of what leprosy is and how it affects people physically and socially
- To understand how Jesus loved and had compassion on people who society rejected
- To understand the need to respect others regardless of our differences

Students will also have the opportunity to develop group discussion and public speaking skills; develop literacy skills; learn the importance of caring for people in need; and learn how to be active members of a wider, global community.

RESOURCES NEEDED:

1. A4 sheets of paper numbered 1 to 4
2. Print outs of [Odd One Out worksheet](#) (if using) 
3. Bible story Powerpoint slideshow or video 
4. Print outs of ['What happens next' activity](#) (if using) 
5. [Photo of Arati](#) (download) 

INTRODUCTION

Explain that the students are going to learn about leprosy, how it affects people's lives and how Jesus treated people with the disease. Many people know very little about leprosy. One of the unique features of the disease is that people who do not receive treatment or receive it too late lose sensation in their hands, feet and even their faces – so they do not feel pain. This can lead to disability and disfigurement.

1. FAST FACTS ABOUT LEPROSY

Read out the following statements and ask your students whether they think they are true or false:

1. *People can get leprosy from drinking dirty water?* False. It's not known exactly how the disease is passed on, but most likely from close contact with someone who has it over a long period of time.

2. *Only adults can get leprosy?* False. Many children contract the disease each year.
3. *Leprosy can cause blindness?* True. If someone who has leprosy is not treated quickly enough, the disease can damage nerves in the face causing eyelid muscles to stop working. The eyes are no longer protected by blinking and this can lead to blindness.
4. *Animals can get leprosy?* True. Well, two animals - Armadillos and white mice! (Use your interactive white board to search online to find a photo of one if they don't know what one looks like, or download a photo from the website).
5. *If a child has leprosy they may not be allowed to go to school?* True. In some countries, children may be forced to leave school due to stigma and the myth that leprosy is highly contagious.

2. ACTIVITY: THIS OR THAT

Mark one corner of the classroom with a number one, and another corner with a number two, and so on until there are four marked areas. Explain to the class that they have to make some decisions about things they prefer. Tell them that you are going to read out sets of words and that they have to decide which thing they prefer out of the set. They'll have four choices. If they prefer the first thing, they need to stand next to the number 1, if they prefer the second, they have to stand next to the number 2 and so on.

- A. 1. A bar of chocolate 2. A bag of sweets 3. A bag of crisps 4. An apple
- B. 1. Hockey 2. Football 3. Dance 4. Gymnastics (watching or doing)
- C. 1. Spaghetti bolognese 2. Fish Fingers and beans 3. Curry 4. Shepherd's pie
- D. 1. Monkey 2. Dog 3. Cat 4. Elephant
- E. 1. TV 2. Computer games 3. Books 4. Magazines
- F. 1. Maths 2. Music 3. PE 4. English

If you get a few children saying they don't like any of the options, explain that they have to choose the one that is as close as possible to something they do like!

Explain: Some of the options were more popular than others. But sometimes we might choose something just to fit in with the crowd and not stand out. If anyone did choose one that no-one else chose, how did they feel about it?

An alternative 'This or That' activity for younger children:

Print out copies of the worksheet: [Odd One Out](#).

Explain that the children need to circle the 'odd one out' in each set of images.

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Explain: We are going to look at what it can be like to feel left out, to be different, to feel like an outsider, and how Jesus treated people who others avoided and were fearful of.

3. BIBLE STORY: JESUS HEALS 10 MEN WITH LEPROSY (LUKE 17:11-17)

Show the illustrated Bible story using the [Powerpoint slideshow](#) or watch the video '[10 men with leprosy](#)'.

You can read out the following text to accompany the Powerpoint slideshow:

- Slide 1: Jesus is on his way to Jerusalem. His disciples are with him.
- Slide 2: A group of 10 men are sticking close together. They are not welcome in their home towns. People run away when they see them. They have a disease called leprosy. Their family and community believe that it is very contagious; they think the men must have done something wrong and that God is angry with them and punishing them with leprosy. People even call them hurtful names. As the 10 men see Jesus approaching they call out from a distance, 'Jesus, help us!'
- Slide 3: Jesus sees the men. He doesn't run away. He isn't afraid. He talks to them. He tells them to go back to their home villages, to go and see their priest. (In that day, priests were a bit like doctors. It was the priest's job to tell them whether they were well enough to go and live at home again).
- Slide 4: As the men start to make their way back home they are completely healed! They are so happy.
- Slide 5: As the men start hurrying back home, one man stops. He remembers what Jesus has done for him. He goes back. He kneels down before Jesus and says 'Thank you!' Jesus is amazed that this man has returned, even though the others haven't.
- Slide 6: Bible verse: Jesus asked... "Has no one returned to give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well."

4. ACTIVITY: WHAT HAPPENS NEXT?

For younger children

Print off the '[What happens next: pictures](#)'. PDF from the website. Cut each picture out, have enough of each image so that you can give a complete set of pictures from the story to children working in pairs. Ask them to arrange them in the order that they happened in the story.

For older children

Ask the students to write the story in their own words, with an additional paragraph at the end to explain what they think happened next. What did the priest say to the men? What did the men's families do or say? What would the men be able to do now that they are healed?

5. DISCUSS

- How do you think the men felt approaching Jesus?
- How do you think they felt when they were healed?
- Why do you think only one of the men went back to say thank you?

Explain: most of us know what it feels like to be on the outside. Maybe we've not been included in a game, invited to a party, or we've not been able to do something an older sibling is doing.

But some people are on the outside because they are different. Maybe they look different, or they do things differently to the way our family or community does.

In the story these men who had leprosy wouldn't have been able to see their wives or children. People were very afraid of catching leprosy. They were also afraid that if people saw them talking to someone with leprosy they would be left out too.

BUT Jesus spoke to them. Being different doesn't matter to Jesus. He had compassion on them and healed them.

6. ARATI'S STORY

Show the class the [photo of Arati](#).

Even today, people are afraid of leprosy. Leprosy occurs mainly in very poor countries. People who have the disease are often rejected from their homes and communities.

But The Leprosy Mission follows the example of Jesus by curing and caring for people affected by leprosy, people like Arati. This is her story.

(Invite one or more children to read the following story aloud to the whole class).

"Hi, my name is Arati. I am eight years old and I live in a country called Nepal. I have one brother who is five.

Nepal is a very beautiful country, with lots of mountains. Many people in Nepal work as farmers. My mum works for some of these farmers. Some days there isn't any work for her to do, which means she doesn't get paid, so we don't always have enough to eat.

A little while ago I noticed some funny-looking patches on my arm. I didn't want to worry my mum as we don't have much money; in our country we have to pay to see a doctor. But one

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day I touched something sharp with my hand – I didn't feel anything! So my mum took me to a skin clinic. It was a four hour bus drive! I'd never been that far away from home before.

At the clinic I felt very nervous. The doctor told me I had leprosy. That made me feel afraid. People in our village are scared of people who have leprosy. They avoid them and treat them differently; they are afraid of catching it. But the doctor told me not to be worried. She gave me some medicine that will make me better. She told me that it is not easy to catch leprosy and there is no need to be afraid of it. I don't feel worried anymore.

My doctor told us about The Leprosy Mission; it's an organisation that works in lots of different countries helping people like me. They can even help my mum learn a new skill, like dressmaking. It will mean that my mum can earn more money to pay for food and clothes. I might even be able to go to school. I would love that!"

Discuss: What country does Arati live in? How far away was the clinic from Arati's house? Why did Arati feel afraid when the doctor told her she had leprosy? What do you think it would be like to not feel any pain? How is The Leprosy Mission helping Arati and her mum?

7. LEARNING RECAP

Find out how much students have learnt

Can anyone explain what leprosy is?

Can you remember from the True or False game which animal can get leprosy?

From the Bible story, can you remember why the 10 men stood far away from Jesus?

How did Jesus treat people with leprosy?

What can we learn from how Jesus treats others?

Can you remember why Arati felt afraid when she was told she had leprosy?

What can we do to help others that we know who may feel left out or feel a bit different to everyone else?

8. PUTTING LEARNING INTO ACTION

Your class or whole school could make a valuable difference to children like Arati!

Raising funds and raising awareness of the disease and the work of The Leprosy Mission are both great ways of enabling children like Arati to have a better chance in life.

Here's some suggestions for ways the students can act on what they've learnt:

- Try the True and False quiz with parents (Download a copy from the 'No pain, no gain' website)
- Put together an assembly (you can find ideas here)
- Make posters to help educate the rest of the school
- Write and display prayers for Arati, for people in our communities who experience loneliness or rejection, and for the work of The Leprosy Mission.
- Together, plan a fundraising event. We would love every school in Northern Ireland to consider raising £200 to cure, care for and restore one person affected by leprosy.

Download the [fundraising ideas PDF](#) on the website for more suggestions of how you can encourage your class or whole school to make a difference to children like Arati!



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The Leprosy Mission is a registered charity with The Charity Commission for Northern Ireland: NIC 102620
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