



# New Year

## PRIMARY ASSEMBLY

### Additional Resources

PowerPoint presentation

### Put Your Best Foot Forward

#### Aim

- To consider ways to improve ourselves
- To recognise that Christians feel supported by God
- To find out how The Salvation Army supports others to self-improve

### Introduction

*Introduce yourself and welcome pupils to assembly. Wish pupils and staff a happy New Year.*

**Slide 1** We're starting this morning with a race! A Hopping Race! *Ask for a few volunteers - pupils and even adults! Organise a Hopping Race at the front of the assembly. Well done! How did that go? Which foot did you hop on? Can you repeat the race but hopping on the other foot? Repeat the race with participants hopping on their other foot. Discuss the results of the race. Which race was easier to do? How was it hopping on the other foot? Did you need some help with your balance?*

When we start a hopping race we usually hop with our strongest foot, our best foot. Using your best foot is the theme of this New Year assembly: 'Put your best foot forward.' **Click to reveal.** This is a phrase you may have heard being used before. It means when you start something, you put all of your effort into it.

**Slide 2** So what does 'your best foot' look like? Look at these different types of shoes and tell me what you might use them for. **Click to reveal each shoe image.** *Take a variety of responses to each shoe type. Be playful!*

### Main Talk

**Slide 3** There are many different ways we can use our feet. But where are we going to go with our feet? Where would you like to go this year? *Take a variety of responses.*

**Slide 4** As it is the New Year, it is usually a time to think about how we can make this year a better year. So let's think about that question a little differently. Where would you like to go this year - as a person? **Click to reveal.** What kind of person would you like to become this year - to be a better you?

Would you like to be: Better at sports? Better at reading? Better at doing the times tables? Or maybe it's something about your character that you would like to improve on: Better at being kinder to others? Better at sharing? Being friendlier? Being confident at sharing your ideas and opinions? Being respectful? Or by saying nice things to others? *Take a variety of responses.*

Think carefully about where you want to be. If you put your best effort into this - it might not be your foot that you use! Putting our best foot forward might not always mean using our feet - it might need to be your head or your heart.



# New Year

## PRIMARY ASSEMBLY

**Slide 5** Taking that first step into a new and better you can be a little scary. Making an effort to change something about you for the better may seem a huge thing to do. So how do you put your best foot forward in this case? Just like a baby taking its first steps in a new world, try small steps at first, and with practice you will become stronger at it. Every day try and remember what you want to improve on. Look for opportunities to practise getting better.

Keep trying - even when it seems impossible to do! When a baby is learning to walk it falls quite often at the beginning. The baby lands with a bump, but then gets up and keeps putting his feet forward.

And just like a baby taking its first steps, you are not alone. A parent watches over a baby walking, to help keep him steady. You have your friends and family, your classmates and teachers there to support you. They can give you advice and encouragement to help you on your journey to being a better you. Just remember to keep putting your best foot forward!

## Christian Perspective

**Slide 6** Display ‘Remember that I have commanded you to be determined and confident! Do not be afraid or discouraged, for I, the Lord your God, am with you wherever you go.’ (Joshua 1:9 GNT)

When Christians look for strength and courage to ‘put their best foot forward’, they put their faith and trust in God and Jesus. They ask for support and guidance and the strength to carry on changing and improving themselves. Christians also use praying - speaking to God directly - to help support them, for when things go right and for when things go wrong. They believe God is always with them, wherever they go.

## Salvation Army Perspective

**Slide 7** Sometimes in life people need help to improve their lives. Sometimes people need more help than friends and family can give, and sometimes people don’t have anyone who can help them. The Salvation Army is there to support people - whether it is a place to stay, finding a new job, or just a person to listen, to share their troubles with. The Salvation Army believes in being there to help people ‘put their best foot forward’.

## Challenge and Reflection

**Slide 8** Take a moment to think about what you wish to improve about yourself this year. What do you want to improve at? What does your best effort look like? Who will you rely on when you wobble? Will you be there for your friends and family as they try to improve too? What can you do to help others ‘put their best foot forward’?

*Pause for short reflection time.*

*Thank the pupils and staff for letting you be a part of their assembly.*



Schools and  
Colleges  
Unit