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| Use this visualisation* During the advent season when learning about the Nativity.
* To develop empathy through intimate personal encounter.
* To open discussion on homelessness, migration & healthcare for mothers and newborn babies in other parts of the world.
 | Reflection* How did being in the stable make you feel?
* Why do you think the woman was crying?
* What were your thoughts/feelings as you knelt beside the newborn?
* Did anything in the visualisation surprise you?
* Has it changed the way you view the Nativity Story?
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| Possible Outcome & Evaluation* I know that there is social inequality & not everyone has the same access to health care & basic provisions.
* I can express an opinion about what can be done to change things.
* I can show empathy & sensitivity to the struggles of others.
 | Response * What gift might you choose to give the newborn? And/or mother
* Draw, annotate & explain your reasons.
* Make a welcome card & write your own message inside.
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| The Newborn (Guided Visualisation Script)The night is cold and quiet.Dark also, but for the light of the moonand a single large star.At the inn everyone is tucked up in be safe and warm.Outside only the animals……and three unlucky travellerswho were too late.Nearby is a timber sheddraughty and smelly where the animals take shelter.Tonight it will sleep other guests.You move forward to take a closer look.Inside the smell is all animal. Unpleasant. A woman is lying on her side….her face in the moonlight is pale and tired. | She shivers and weeps…And curls her body around a small bundleshe is holding close. A man is helping her. Bringing her water and stroking her head.Take another step closer….… and notice that the bundle is a newborn babytightly wrapped in grubby cloth.Beneath paper-thin eyelids he sleeps.You watch his rosebud lips move softly as he suckles the night air.You move closer…. even closer still.Bending towards his tiny frame you stroke his head. If you want to, you can kiss his forehead with your own lips. You notice that his skin carries the scent of warm milk.You breathe in his fragrance deeply.Ssshhhh. Close. So close now…You watch and waitfor the baby to wake. |