Social & Emotional Learning
ACTION & REFLECTION

reflection	*Taking time to seriously think about something*
remorse	*A deep sense of regret or guilt*
empathy	*The ability to sense and understand how somebody else might feel*

NARRATIVE

The story of David and Goliath has many scenes that have inspired artists through the centuries. In the list of scenes below, the sequence of the story is scrambled. **Number them in the correct order, so you can retell this famous story to someone else.**

_____ **David hurls a stone with his slingshot.**

_____ **David rescues a lamb from the mouth of a bear.**

_____ **David receives royal robes, as a sign of honor.**

_____ **David volunteers to accept Goliath's challenge.**
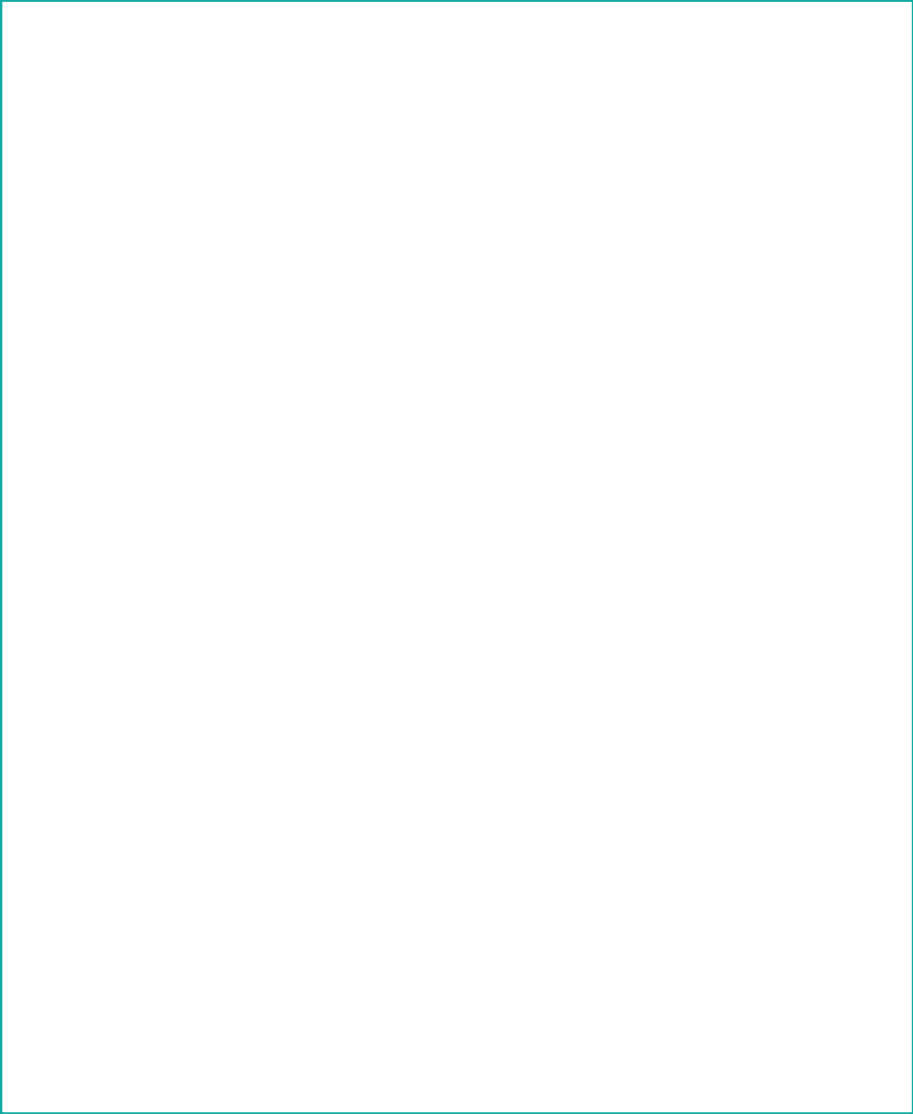
_____ **Goliath falls to the ground.**

What do you think this experience was like for David?

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Claude Vignon, David with the Head of Goliath, 1620–1623

Oil on canvas, 52 5/8 in. x 38 9/16 in., Blanton Museum of Art, The University of Texas at Austin, The Suida-Manning Collection.

Can you think of a situation in which you had to be brave? Write down some key scenes from your story.

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How did this experience affect you?

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How did your actions affect others?

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Imagine yourself dealing with a complicated, dramatic situation. Make a picture showing yourself as the person you would hope to be.

The next time you find yourself in a complicated situation, try to imagine how other people in the situation might be feeling. Be curious about different points of view. Ask questions, if appropriate.

Use this journal to note times when you practice your empathy skills — whether in real life or through reflecting on works of fiction or art.

FIND OUT MORE...

Read the full story of David and Goliath in the Bible

First book of Samuel, Chapter 17 in the New International Version (NIV), via Bible Gateway: bit.ly/SELResource6