

THOUGH MANY, WE ARE ONE

UNIT 5b

On the Lenten Journey to Holy Week

Lesson 3

Lenten Symbols

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Lesson Overview

Students will gain an understanding of the significance of the symbols used during Lent and Easter. There will be a focus on prayer in highlighting the preceding lessons and Holy Thursday and Good Friday.

Duration: 2-3 Periods (120 minutes)

CURRICULUM CONNECTIONS

Religious Education:

Fundamental Concept: PR2: The Way of Prayer: Forms and Expressions of Prayer

Grade 4 - PR2.3: Develop and present using different forms of prayer and some of the common prayers and devotions of the Church, liturgical celebrations that reveal the Mystery of Christ as it unfolds in the seasons of the liturgical year.

Grade 5 - PR1.2: Describe the variety of ways that Catholics express prayer during the communal celebration of the Mass (i.e. song, petitions, prayers...) and suggest how and why all these ways deepen our experience of prayer.

Grade 6 - PR2.1: Identify which liturgical seasons present scripture passages and show how these are expressed in the tradition of vocal and meditative prayer.

Grade 6 - CL3.3: Examine the rituals in the Church's liturgies for Ash Wednesday, Palm Sunday, and the Easter Vigil, and unravel the meaning that each symbol, gesture and word has in relationship to Christ and how it may apply to our Christian life.

ONTARIO CATHOLIC SCHOOL GRADUATE EXPECTATIONS & CATHOLIC SOCIAL TEACHINGS

The Catholic Social Teachings evident in this lesson include:

Rights and Responsibilities
Solidarity

The Ontario Catholic School Graduate Expectations evident in this lesson include:

CGE1f: Seeks intimacy with God and celebrates communion with God, others and creation through prayer and worship

CGE2e: Uses and integrates the Catholic faith tradition, in the critical analysis of the arts, media, technology and information systems to enhance the quality of life

CGE5e: Respects the rights, responsibilities and contributions of self and others

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GUIDING QUESTIONS (coming out of the Big Idea)

Big Idea:

- Prayer is structured and spontaneous, individual and communal, and is enriched by a variety of elements that deepen the experience of prayer (silence, symbols, Gospel reading, reflection, images, music).
- The Liturgical seasons are marked by specific rituals, prayers, signs, images and colours which have developed throughout the Tradition of the Church.

Scripture Passages:

Matthew 21: 20-22

LEARNING GOALS

At the end of this lesson, students will know, understand and/or be able to:

- experience the rich meaning of the Lenten symbols and have opportunities to reflect on their significance by participating in the activity centres and prayer.

Success Criteria, based on the Learning Goals, can be co-constructed as a class in language meaningful to students. The success criteria help students understand what to look for during the learning and what it looks like once they have learned. They identify the significant aspects of student performance that are assessed and/or evaluated (i.e., the “look-fors”) in relation to curriculum expectations.

INSTRUCTIONAL COMPONENTS AND CONTEXT

Terminology:

Lenten Symbols

- Light
- Candle
- Easter Lily
- Egg
- Hot Cross Buns
- Salt
- The Colour Purple
- Bare Branch
- Pretzels
- Seeds
- Fish
- Water
- Palm Branch

Materials:

- Reflection Sheet “The Fig Tree” (*See Appendix #1*)
- KWL Chart (*See Appendix #2*)
- Ingredients for Hot Cross Buns (*See Appendix #3*)
- Making an Easter Candle (*see Appendix #4*)
- Planting an Easter Lily (*See Appendix #5*)
- Ingredients for Pretzels (*See Appendix #6*)
- Lenten Symbol Jeopardy (*See Appendix #7*)
- Exit Card (*See Appendix #8*)
- Prayer for Holy Week (*See Appendix #9*)
- Construction Paper
- iPads
- Table salt
- Tree branch
- Water
- Parent volunteers

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	<p>Internet Resources:</p> <ul style="list-style-type: none"> - Lenten Prayer https://www.youtube.com/watch?v=CB-4pS-77DA - Lenten Prayer: reference catholic.Org http://www.catholic.org/prayers/prayer.php?p=1115 - “DIY - How to make Hot Cross Buns” https://www.youtube.com/watch?v=IsYIvVT5v9k - “How to Make Easter Candles” https://www.youtube.com/watch?v=ODobuJJ0PGY - Flowering Garden “How to grow Easter Lilies” https://www.youtube.com/watch?v=jvSQzeRPI7U - “How to Make Pretzels for Lent” https://www.youtube.com/watch?v=m6ekJBcrx2M - Symbols of Lent http://www.saintben.com/worship/symbols.html
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	<p>MINDS ON</p> <ul style="list-style-type: none"> • Establishing a positive learning environment • Connecting to prior learning and/or experiences • Setting the context for learning
	<p>20 Minutes</p> <p>Begin with Lenten Prayer: https://www.youtube.com/watch?v=CB-4pS-77DA (2:40)</p> <ul style="list-style-type: none"> • Students should be invited to pray the <i>Our Father</i>, <i>Hail Mary</i>, and <i>Glory Be</i> together. • A Lenten hymn may be sung at the beginning or end of the video prayer. <p>Read Matthew 21:18-22 “The Fig Tree” aloud.</p> <p>Students will complete Reflection Sheet (<i>Appendix 1</i>).</p> <p><i>*Differentiated Instruction: Students may use assistive technology or a scribe.</i></p> <p>The Purpose of Prayer is for <i>Renewal</i> and <i>Repentance</i>. During Lent and Holy Week we use symbols that relate to themes of Lent such as repentance and renewal.</p> <p>Using a Brainstorming Cooperative Learning Strategy, have students develop their ideas about religious symbols used during Lent and Easter. Students will record their ideas using a K.W.L Chart (<i>Appendix 2</i>).</p> <p>Note: Brainstorming is a group process for generating questions, ideas, and examples and is used to illustrate, expand, or explore a central idea or topic. Brainstorming involves students sharing whatever material comes to mind and recording every idea, without making judgements about the material being generated.</p> <ul style="list-style-type: none"> • The following Lenten Symbols will be explored with students: Light, Candle, Egg, Hot Cross Buns, Salt, the Colour Purple, Bare Branch, Pretzels, Seeds, Fish, Water, Easter Lily. <p>See <i>Symbols of Lent</i> http://www.saintben.com/worship/symbols.html</p>

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ACTION

- Introducing new learning or extending/reinforcing prior learning
- Providing opportunities for practice and application of learning (guided -independent)

75 - minutes - 15 minutes x 5 rotations.

Students will receive instructions on how to complete the tasks in the Lenten Symbol Activity Centres. Teachers may wish to identify further extension activities that students may be interested in and adapt plans to meet those learning needs (e.g. student wants to learn more about the origin of purple as a Lenten colour).

*****It is recommended that an adult volunteer assist at each activity centre.*****

Students will be divided into groups of 4 -6. They will rotate through each of the five activity centres in 15 minute intervals. Teachers are reminded to follow safety tips and school board protocol in planning the centres.

Activity Centre 1: “How to Make Hot Cross Buns” (*see Appendix 3*)

Activity Centre 2: “How to Make Easter Candles” (*see Appendix 4*)

Activity Centre 3: “How to Plant Easter Lilies” (*see Appendix 5*)

Activity Centre 4: “How to make Pretzels for Lent” (*see Appendix 6*)

Activity Centre 5: Create a Jeopardy Game using Lenten Symbols (*see Appendix 7*)

CONSOLIDATION

- Providing opportunities for consolidation and reflection
- Helping students demonstrate what they have learned

20 minutes

Students will complete an Exit Card (*see Appendix 8*) for the activity centres. Give students an opportunity to discuss their exit cards using a turn and talk model. (*see Appendix 8 for further details*)

End this lesson with the Prayer for Holy Week (*see Appendix 9*).

The prayer may be projected, or students may each be given a copy to place in their prayer journals or Religion notebooks.

CONTINUED LEARNING OPPORTUNITIES

Further extensions to this lesson might include:

- Teachers may wish to invite other members of the school community (e.g. reading buddies, other staff, parents, etc.) to a celebration where students can share what they have made in the Lenten Activity Centres.

APPENDIX 1

Reflection Sheet - "The Fig Tree"

Name: _____ Date: _____

1. Which symbol is present in the scripture passage Matthew 21: 20-22 The Fig Tree? What does it represent?

2. Write about your interpretation of what the scripture passage means (Matthew 21: 20-22).

3. Think about when you pray and why. Record your thoughts. List your favourite prayers in the space provided below.

Your Favourite Prayers:

APPENDIX 2

KWL Chart

<u>Know</u> What I think I Know	<u>Wonder</u> What I Want to Know	<u>Learn</u> What I Learned

APPENDIX 3

Activity Centre #1: “How to Make Hot Cross Buns”

**Teachers must ensure that modifications to ingredients are made for students who have food sensitivities or allergies.*

15 minutes

The goal will be to have a volunteer lead the activity and to prepare the dough in advance. Students can make crosses on the buns, and could help mix ingredients or knead the dough for subsequent groups.

Each student will make his/her own hot cross bun to be eaten at the end of all of the activities. This will give enough time for items to be fully baked in the oven.

Youtube Link: <https://www.youtube.com/watch?v=lsYlvVT5v9k>

Ingredients:

- 450 g of white flour
- 250 g of milk or water
- 1 beaten egg
- 50 g of sugar
- 50 g of butter
- 100 g of raisins
- 1 tsp of salt
- 1 1/2 tsp of dried yeast
- 1 tsp of cinnamon
- 1/2 tsp of nutmeg
- 1/2 tsp of ground ginger

Directions:

- 1) Pour milk into mixing cup
- 2) Add Yeast into milk and stir (leave for 10 minutes).
- 3) Pour flour into separate bowl
- 4) Add Salt and Cinnamon
- 5) Mix and add butter
- 6) Add sugar and mix generously
- 7) Then add yeast and milk mixture
- 8) Add beaten egg
- 9) Mix
- 10) Knead the dough
- 11) Spread the dough flat while adding raisins
- 12) Let the dough rise
- 13) Cut into 5-6 buns
- 14) Place into a baking tray
- 15) Add 4 tsp of water
- 16) Use food colouring to makes crosses on each buns (e.g. purple).
- 17) Bake for 10 - 15 minutes at 200 C or 400 F
- 18) Make a glaze by mixing 2 tbsp of sugar and 2tbsp of milk
- 19) When baked, brush baked hot cross buns with sugar glaze

APPENDIX 4

Activity Centre #2: “How to Make Easter Candles”

Please ensure to follow school safety procedures.

15 minutes

A parent volunteer will lead the activity and support students making the Easter Candles.

Each student will make and keep one Easter Candle.

Youtube Link:

How to: Easter Candle <https://www.youtube.com/watch?v=ODobuJJ0PGY>

Materials: Bowls
 Food Colouring
 Cups (1 per student)
 1 egg per student
 1 spoon
 1 cup of water
 1/2 cup of vinegar
 wax

Directions: 1) Pour vinegar into each cup (1 per student)
 2) Add food colouring to vinegar cups (student choice regarding the colours)
 3) Stir food colouring with vinegar
 4) Add water
 5) Place 1 egg into cup
 6) Mix the egg in the bowl
 7) Remove the egg from the bowl and let it dry
 8) Empty the egg
 9) You may want the hot wax mixed and prepared by volunteer
 Pour hot wax into each half of the egg
 10) Place the wick into wax of the candle (inside of the egg) and let it dry

APPENDIX 5

Activity Centre #3: “How to Plant Easter Lilies”

Please ensure to follow school safety procedures.

15 minutes

A volunteer will lead the activity. Each student will plant and decorate a pot for Easter Lilies..

Each student will leave their lilies on the window ledge for 3 weeks before taking the lily home.

Youtube Link:

<https://www.youtube.com/watch?v=jvSQzeRPI7U>

Title: “Flowering Garden: How to Grow Easter Lilies”

Materials: 2 bags of Earth (20 Litre bags)
1 Easter Lily Bulb for each student
Gloves
White Plastic Cups (1 per student)
Permanent Markers

Directions: 1) Students will first decorate their cups with Easter symbols
(e.g. symbols that were learnt from this lesson)
2) Names should be placed on each cup
3) Students will now place a half of cup of soil
4) Place a lily bulb into a cup
5) Fill the rest of the cup with soil
6) Ensure to cut a small portion at the bottom of the cup
7) Place cups on a tray
8) Place tray on the window ledge

Extension:

- Create a growth tracking chart of how much your lily grows daily/weekly or by the end of the 3-4 weeks.
- Create a watering schedule for students to help each other.

APPENDIX 6

Activity Centre # 4: “How to make Lenten Pretzels”

Please ensure to know whether your students have specific food allergies as you would need to modify ingredients accordingly.

15 minutes

The goal will be to have a volunteer lead the activity and for students to contribute and to making Lenten Pretzels.

Title of Youtube Video: “How to make pretzels for Lent”

Youtube Link: <https://www.youtube.com/watch?v=m6ekJBCRx2M>

Please note: Recipe will make about 8 large pretzels. Please expand /calculate ingredients accordingly for your class size.

Ingredients: 1tbsp of yeast
1 1/2 cups of warm water
1 tbsp of sugar
1 tbsp of salt
3 pinches of dried rosemary
4 cups of flour
1 egg

Directions: 1) Preheat the Oven at 425 Degrees F
2) Mix the yeast, water, sugar and salt
3) Mix in the flour one cup at a time
4) 3 pinches of rosemary (quoted from youtube video’s author that it represents Mother Mary)
5) Knead the dough but it does not need to rise
6) Tear off some dough and roll it into a coil
7) Shape the dough like praying crossed arms
8) Transfer the pretzel in a baking tray basted with olive oil
9) Beat an egg and brush the beaten egg on each pretzel
10) Sprinkle with salt
11) Bake for 15 minutes at 425 F
12) Once pretzels are slightly brown, they are cooked

APPENDIX 7

Activity Centre #5: Create a Jeopardy Game using the Lenten Symbols

15 minutes

Using the following link to create your own jeopardy game:

<https://jeopardylabs.com/play/lent>

Goal(s): Include as much criteria of what you have learned so far in regards to Symbols of Lent, Palm Sunday, Scriptures and your own knowledge regarding Holy Thursday, Good Friday and Easter Sunday.

Once completed, send the link to your teacher so that another team can play your Jeopardy game.

APPENDIX 8

Exit Card for Activity Centres

Name: _____ Date: _____

1. What two activities did you enjoy most in the Lenten Activity Centres?

1* _____

2* _____

2. What is/are your favourite Lenten Symbols?
Did you learn anything new today? Explain.

3. If you were responsible for improving one of the activity centres, what would you recommend changing and or improving?

Extension for Appendix # 8

Students will be given an opportunity to consolidate their learning by discussing their exit cards with each other. A turn and talk model is recommended. A turn and talk model of discussions involves students turning to the student next to them and discussing the concepts (e.g. exit cards) with their partner.

APPENDIX 9

Prayer for Holy Week

Loving God,

Guide my mind with your truth.

Strengthen my life by the example of Jesus.

Help me to be with Jesus in this Holy Week

as He demonstrates again His total love for me.

***He died so that I would no longer be separated from
You.***

***Help me to feel how close You are and to live in
union with You.***

Amen.

