

Religious Education & Positive Mental Health and Wellness: end of September to Thanksgiving

Grade 7 - Lesson 3

Grade 7 Religion Unit 1 Lesson 3

A Chance to Make Someone Else's Life Shine

"This little light of mine... I'm going to let it shine!"

Background

The backbone of this lesson is focused on having students acknowledge their personal Who **I AM** story and how they make a difference to self and others. The value of God, others and I, is the intricate order of developing positive healthy attitudes. When we express gratitude through thinking of others by pay –it- forward initiatives, we become 'heroes'. Celebrate Life!

Curriculum Expectation – Ontario Catholic School Graduate Expectations, Overall and Specific Expectations from related Subjects

Ontario Catholic School Graduate Expectations

CGE2a - Listens actively and critically to understand and learn in light of gospel values

CGE1d - Develops attitudes and values founded on Catholic social teaching and acts to promote social responsibility, human solidarity and the common good

CGE3d - Makes decisions in light of gospel values with an informed moral conscience

Religion Overall Expectation

LS2:Focus: Principle of Human Solidarity


Understand that the principle of human solidarity is a Christian social virtue which promotes the individual and communal sharing of material and spiritual goods, and obligates us to seek individual and communal conversation.

Religion Specific Expectation

LS2.2: Describe the forms of solidarity which can effectively address socio-economic problems (i.e. poor among themselves, between rich and poor, among workers, employers and employees, etc.) and explain through example how these forms of solidarity can promote social change (communal conversation of society) and respect for the common good.

Learning Goals

- Students will demonstrate unconditional love and unconditional forgiveness by explaining how solidarity can promote social change within a community.
- Students will demonstrate an understanding of how one act of kindness can inspire, help, or change a person's life by addressing socio-economic problem between workers, employers, employees, & students.

Instructional Components		
Prior Knowledge and/or Skills Mentor Text – A Chance to Shine Exodus 3 – The story of Moses conversation with God through the Burning Bush.	Terminology Pay-it-forward Gratitude / Appreciation Celebrate Life Unconditional Love Unconditional Forgiveness *Co construct Success Criteria*	Resources/Materials Mentor Text, Audio Version, “A Chance to Shine” by Steve Seskin and Allen Shamblin This Is My Chance To Shine. Chart Paper and Markers CD Player and Speakers Who I AM ... Thank you
Prayer/Scripture Focus		
Reading from the book of Exodus 3 ‘God called to Moses out of the bush, “Moses, Moses!” And Moses said, “Here I am.” In the name of the Father and of the Son and of the Holy Spirit, Loving God, the Great I AM , we thank you for all of the good things that you have given us; for the beauty of your creation, for our school, our teachers and for the love of our family and friends. Thank you for loving us all unconditionally and for making each one of us the special gift that we are, amen.		
Minds On	Approximately 15 Minutes	Assessment
Optional Play the audio version of the story ‘A Chance to Shine’ (5 minutes). <u>Teachers Voice</u> “In reflecting on our mentor text, ‘A Chance to Shine’ I would like to share with you my personal story of when I helped someone have a chance to shine moment....” (share personal testimony) Inside Outside Circle “How have you or how could you make someone’s life shine?” (allow time for students to share then rotate the inner circle a few spaces to the right) Distribute Who I AM ... Thank you! This handout is a rich self-reflection to students to complete as a self-awareness opportunity. [See: Who I AM ...Thank you!] Allow time for students to complete. Teacher Voice -Classroom Door Activity		<u>Anecdotal Observations</u>  Inside Outside Circle Check for Understanding through Who I AM ... Thank You reflection – add to student’s portfolio.

Action	Approximately 25 Minutes	Assessment
<p>“We are all heroes. One simple act of kindness, a smile, a friendly word or an action can ripple outward and make someone else’s life shine. A smile can bring healing. A smile can improve health. You will each receive 2 small pieces of paper that has the words This Is My Chance To Shine printed on it.” (handout)</p> <p>“Your task is to write 5-7 sentences on how you could make someone else’s life shine. Let your imagination flow. Write the same response on both papers. When you have completed this task, I will video you reading your ‘card’ so I can assess your creativity and how you have achieved success with your Learning Goal.” (review Success Criteria)</p> <p>“Once I have captured your assessment either by video or photo, please attach ONE of your cards to our classroom door to celebrate our success with addressing unconditional love, solidarity, and socio-economic issues. When you attach your ‘card’ to the door, attach it so the final result is in the shape of a cross. This symbol reminds us that with Christ all things are possible. The SECOND ‘card’ will be placed in the basket on our prayer table for a separate assignment. Thank you.”</p>		<p>Video / Digital Assessment</p> <p>Have students read their ‘card’ and explain their thinking or take a photo of them holding their ‘card’.</p> <p>Anecdotal Observations</p> <p>Resiliency</p> <p><i>The knowledge that you are equipped with the tools needed to handle the adversities that life presents. Leaning on your faith, found within God, assists you to build resiliency from within. Celebrate your life!</i></p>
Consolidation	Approximately 10 Minutes	Assessment
<p>Teacher Voice</p> <p>“In small groups of three, you will receive ONE slip of paper from the basket. Collaborating as a group, using chart paper and markers to show your thinking, answer the following question in relation to the ‘card’ that you picked from the basket.”</p> <p>1. What challenges would this person face in achieving success with their “This Is My Moment To Shine.?”</p> <p>2. What is unique to this outreach that could promote a positive healthy attitude within both the author of the idea and the person receiving ‘the shining’ moment?</p>		<p>During this activity play the following music video:</p> <p>http://www.youtube.com/watch?v=1yUK0S_cEXY</p> <p><i>This Little Light of Mine</i></p> <p>Soweto Gospel</p>

<p>Allow time for collaboration. Small groups share their ‘thinking’ with the class. This is a wonderful opportunity to video tape their presentations and show students at a later date as a reminder to outreach to others.</p>	<p>Choir</p> <p>Video tape the groups collaborating</p> <p>Display chart paper in classroom to celebrate student success.</p>
<p>Final Notes</p>	
<p>At Home Assignment: Students find an example of Who I AM... person or a ‘Chance to Shine’ moment that is evident in the community/province. Students are encouraged to watch the news, read the newspaper, or a story online that demonstrates a person’s gratitude / appreciation for another person. In 5-7 sentences, recap the story and how it demonstrates a Who I AM story or a Chance to Shine moment.</p> <p>News Bulletin Board: Create a news bulletin board of articles that demonstrate Who I AM moments locally, provincially, nationally and internationally.</p> <p>Craft: create a tiny version of the broom from the text. Take a 2” square of yellow paper and cut fringe along the bottom, up to ½ “ from the top. Take a strip of brown paper 3”x5” and roll up the long side to make a stick. Tape it together. Place the yellow piece 1” from the bottom of the stick and wrap it around the stick. Tape the yellow paper to the stick. Punch a hole in the top of the stick and thread it with string or yarn so that the broom can be hung. Write the following message on the broom, “Who I AM... allows others a chance to shine.” Celebrate your accomplishment – display your broom for others to see.</p> <p>Oprah and Dr. Brene Brown – the topic of the relationship between Gratitude and Joy ... video http://www.faithit.com/she-studied-shame-12-years-about-drop-knowledge-bomb-thatll-change-way-you-think/?c=news&utm_source=newsletter&utm_medium=email&utm_campaign=faithit_newsletter&utm_content=9/2/2014+1:24:55+PM</p>	

This is my chance to SHINE ☺

This is my chance to SHINE ☺

Who I AM... Thank You!

Name _____

You can trust that God is with you, even in difficult situations. You can also trust God to lead you to moments when you are needed to help others. One way to trust God is to thank Him often. One way to help others build a positive mental health attitude is to thank them for being who they are - often. Use this handout as a gauge to measure how thankful you are to God and to others.

1. Write the name of ONE friend that you said “thank you” to this past week.

Give yourself 5 points for the name & 10 points if you remember what you thanked them for.

_____ Points _____

2. Write the name of ONE family member you said “thank you” to this week.

Give yourself 5 points for the name & 10 points if you remember what you thanked them for.

_____ Points _____

3 Add on 15 points if you wrote a thank you note to someone this week. _____

4. Think about last Christmas. List the gifts you received.

Give yourself 1 point for each gift you said “Thank you” for and 5 points for each Thank you note you wrote to them.

Points _____

5. Give yourself 1 point for each thing you thanked God for this week. _____

6. When was the last time you said “Thank you” to your teacher? _____

20 points if it was today ~ 15 points; yesterday ~ 10 points; this week ~ 1 point; this year!

Now, take a minute to total your points and place the final number of points here _____

Less than 30 points ... **Think of ways you can be more thankful!**

31 – 40 points ... **Keep on THANKING!!!!**

More than 41 ...**Don’t stop now! Gratitude is contagious. Spread contagious. Thank You!**