

Religious Education & Positive Mental Health and Wellness: it is recommended this lesson takes place on or about **October 2** as this is the Feast Day of Guardian Angels (teachers are Guardian Angels)
Advent or Lent are also wonderful seasons for gratitude celebration

The Presentation of Who I AM and the 'gift of words'

Grade 10 – Lesson 5

Grade 10 Who I AM... Lesson 5 – The Presentation

The presentation of Who I AM and the gift of words.

Christ and Culture -Prior to this lesson, prepare Who I AM template with 'gift of words' for students

Dedicated to my children and grandchildren – Joel, Julianne, Matt, Mitchel; Ty, Arez and Celeste – you are the breath I take & the wind beneath my wings. Thanks for being my greatest gifts of all!
I love you 😊 JAM

Background

Today you will empower each student through the presentation of a Who I AM postcard. You will need to prepare the message on the postcard prior to this class. The affirmation message begins:

"Who you are makes a difference to all of us because... Thank you for being who you are!"

Prepare enough postcards that each student will receive two additional postcards for their pay-it forward challenge.

Remind students that this project is titled *Who I AM Makes A Difference Because Jesus Loves Me!* It is based on a pay-it-forward movement that demonstrates 'gratitude is contagious'.

Read Who I AM Makes A Difference Because Jesus Loves Me! information sheet to students.

[See: **Who I AM Makes A Difference Because Jesus Loves Me!**]

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

Ontario Catholic School Graduate Expectations

CGE1d - Develops attitudes founded on Catholic social teaching

CGE2c - Presents information and ideas clearly with sensitivity to others

CGE3a - Recognizes there is more grace in our world than sin and that hope is essential in facing challenges



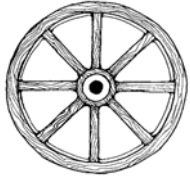
CGE4a - Demonstrates a confident and positive sense of self and respect for the dignity and welfare of others

CGE6e - Ministers to the family, school, parish, and wider community through service

Learning Goals

- Students will demonstrate a knowledge of the social teachings of the Church (Morals 4th nugget)
- Students will develop an appreciation for individuals who have made a difference in their life by expressing gratitude toward others.

<p><u>Religion Overall Expectation: Christian Morals</u> Demonstrate a knowledge of the social teachings of the Church (Morals 4th nugget)</p> <p><u>Religion Specific Expectation: Christian Morals</u> Demonstrate knowledge of the life and teachings of Jesus and the social teachings of the Church and identify their importance for moral decision-making (Morals 1st nugget)</p>		<p><u>Success Criteria (possible suggestion)</u></p> <ul style="list-style-type: none"> <i>I will achieve success in demonstrating unconditional love, appreciation and gratitude toward others by participating in the Who I AM... project.</i>
<p>Instructional Components</p>		
<p>Prior Knowledge and/or Skills Who I AM Makes A Difference Because Jesus Loves Me! project</p> <p><u>Suggested Teacher Daily Reflection</u> Gus Lloyd 60 Second Reflections http://guslloyd.com</p>	<p>Terminology Pay-it-forward Gratitude Empowerment Unconditional love Unconditional forgiveness Celebrate life</p>	<p>Resources/Materials</p> <ol style="list-style-type: none"> 1. Copies of Who I AM postcard (teacher will photocopy onto cardstock – personalize the back with a message specific to individual student). Enough copies so students will each receive one from teacher as well as 2 blank templates for students to pay-it-forward. 2. Who I AM history 3. Who I AM wheel handout 4. Who I AM challenge 5. Who I AM self-reflection to be completed several days after The Presentation
<p>Prayer/Scripture Focus</p>		
<p>Feast Day of the Guardian Angels (October 2)</p> <p>Dear Guardian Angel, You help me to face each day with faith in God and hope that I am all that I am meant to be. You help me to face each day with love of others and love of self. Angel of God, my Guardian dear, God's love for me has sent you here. Ever this day be at my side, to light and guard, to rule and guide. Amen</p>		
Minds On	Approximately 15 Minutes	Assessment
<p><u>On the day of presentation of the Gift of Words project:</u> In the name of the Father, the Son, and the Holy Spirit. Loving God, the Great I AM, I thank you that you are always with me, helping me, guiding me, leading me</p>		<p>Pay-it-forward <i>A response to one person's</i></p>

<p>and keeping me safe. Thank you for the unconditional love that you give to me. I pray now for the special people in my life to whom I can say thank you with my Gift of Words. Help me to remember that, who I am makes a difference to others and to You. In the name of the Father, the Son, the Holy Spirit, Amen</p> <ol style="list-style-type: none"> 1. Share the history of the Who I AM Makes A Difference Because Jesus Loves Me! project with students. [See: Who I AM Makes A Difference Because Jesus Loves Me!] OR show a video of “Pay It Forward” (2000) at https://www.youtube.com/watch?v=gw0Lvr4eK-k 2. Discuss the term pay-it-forward in connection to Who I AM... 3. Brainstorm the word ‘empower’. How does empower look, sound, feel? One of the goals to the Who I AM Makes A Difference Because Jesus Loves Me! project is to empower others through the use of gratitude, appreciation, thanksgiving, resiliency, and positive word choice. How can expressions of gratitude toward others build their positive mental health attitude? 	<p><i>kindness by reaching out in kindness to others.</i></p> <p>Empower <i>Make someone stronger and more confident in how they view their life.</i></p> 
<p>Action</p>	<p>Assessment</p>
<p>Teacher will present a Who I AM postcard [See: Who I AM postcard handout] to each student. The student will receive two extra templates that they have to discern (pray/think) who will receive them outside of the classroom. Students will present their ‘gift of words’ to an individual saying “Who you are makes a difference to me because ...” [See: Who I AM presentation information]</p> <p>This is the ‘gift of words’ that becomes the expression of gratitude. Remind students that they will be completing a self-reflection. They will need to remember the response/reaction from the individuals who receive a Who I AM postcard from them.</p>	
<p>Consolidation</p>	<p>Assessment</p>
<p>Distribute the Who I AM wheel to students. On each spoke of the wheel have students discern (pray/reflect/write) the name of a person who has made a difference in their life and promoted their positive mental health. Students can use this activity as a personal brainstorming session to who will receive a Who I AM postcard from them.</p> <p>Allow a few days for students to present their Who I AM postcard to others before they complete an anonymous self-reflection.</p>	<p><u>Self-Reflective assessment</u></p> 

Final Notes

The beauty of the Who I AM words and gift is it allows a 'safe' opportunity for students and teachers to express thankfulness. When Who I AM Makes A Difference Because Jesus Loves Me! is celebrated the week leading up to Thanksgiving, the project takes on a profound meaning. It becomes a thanksgiving within a Thanksgiving. By reaching out to others during a time that Christian faith calls us to spread unconditional love, unconditional forgiveness, celebration of life, and thanksgiving through small acts of outreach. Who I AM refreshes the health and wellness with all of God's children.

"Teachers are like gardeners. They provide the things needed for growth: knowledge, wisdom, advice, comfort, support, and love, enabling students to develop to their full potential. In and through this delicate act of gardening, of caring and giving, the teacher facilitates the beautiful development of the life within the seed."

(from: Filomena Tassi & Peter Tassi, 500 Prayers for Catholic Schools & Parish Youth Groups, Twenty-third Publications, 2004.)



Who I AM HISTORY

Dear Teacher

Who I AM Makes A Difference Because Jesus Loves Me!

This project is intended to be inclusive of all in the classroom. We believe you are a valued gift to others. Thank you for all that you do.

We ask that you present the 'gift of words' to any EA that assists in your class prior to presenting the gift of words to your students. This modeling will set the stage for students to understand how the 'gift of words' works and what gratitude or appreciation looks like in the 21st century classroom.

Next, you will call each student up individually. Presenting the student with the 'gift' you will say ...

“Who you are makes a difference to us because... Thank you for being you!”

Present the student with the 'gift of words'. Each grade has a uniquely crafted resource themed for that age group. Please write your message on the template so students can treasure this moment forever. Continue with entire class.

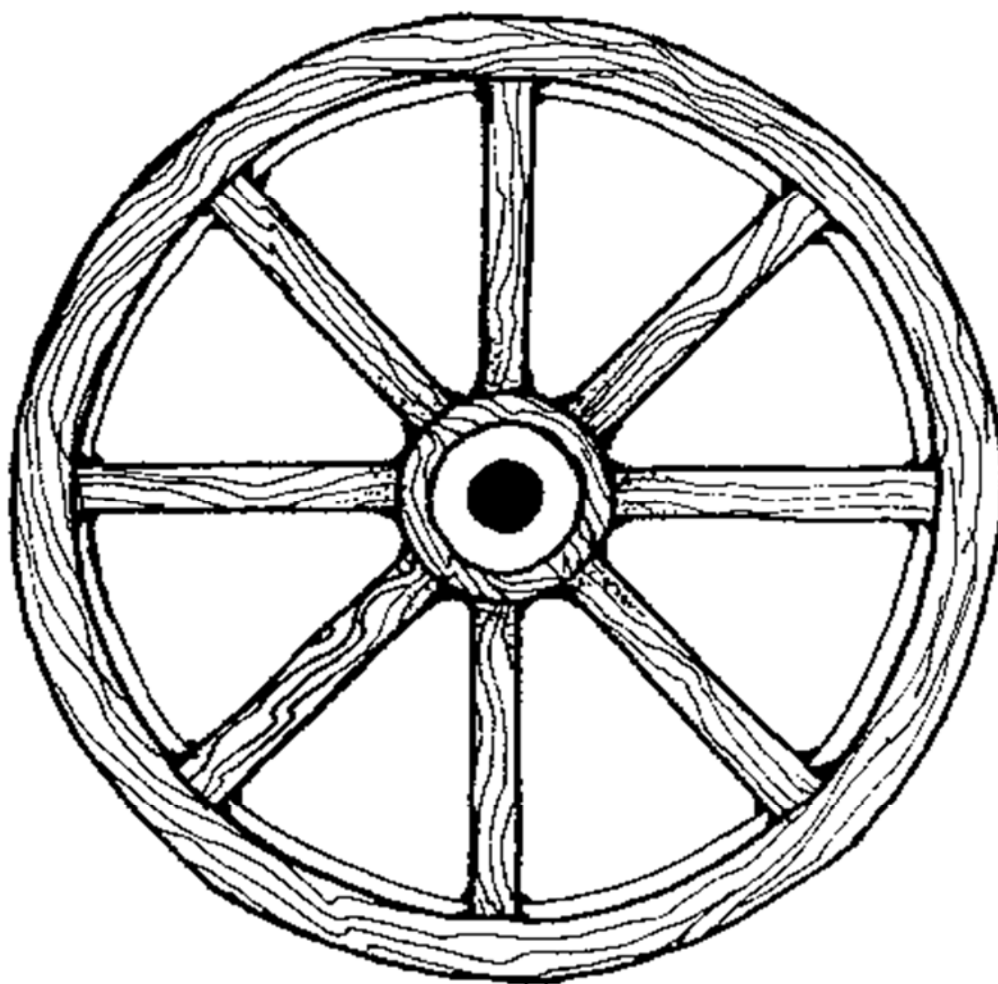
Discuss how they felt upon receiving the kind words.

Brainstorm with your students who they would give a 'gift of words'.

Who I AM Makes A Difference Because Jesus Loves Me!

Dear Student,

On each spoke of this wheel write a name of someone in your life who has made a difference in who you are or helped you become the person you are today by supporting your positive mental health. It could be a parent, grandparent, neighbour, friend, priest, coach... Thank you!



The Challenge!

Who I AM Makes A Difference Because Jesus Loves Me!

Please read this to your class.

Biblical significance to the words I AM can be found when Moses was having a conversation with God on Mount Sinai. Moses asked God who should he tell the people God was. God replied “I AM WHO I AM.” The I AM in this conversation presents the value and importance of God within our life. The I AM has a double meaning.

The I AM in our personal context also represents the value of each of us to ourselves and to others. Your teacher, your classmates, your friends and family all recognize you as a precious gift. This assignment is a small reminder of how important each of you are to all of us. You are a gift!

Each student is a V.I.P – Very Important Person. We have developed into V.I.P by the actions of others within our life – parents, priests, grandparents, teachers, extended family, and friends. Now it is your turn to share a ‘gift of words’ with others.

*Think of 2 Very Important People in your life who have helped you develop into the amazing person you are today. Think outside of the classroom and into your own personal life. Those two people can receive a **Who I AM** ‘gift of words’ from you.*

*Your challenge is to write a message on 2 **Who I AM** templates and present these to two individuals who make a difference in your life. Begin your message with the words... **“Who you are makes a difference to me because.....Thank you for being you.”***

Our goal is to Think Of Others by expressing our appreciation toward others and thanking them for being a special person in our life.

Please remember how they reacted and the words they said. We will be sharing this information through a student reflection.

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Who I AM Makes A Difference Because Jesus Loves Me!

*** to be completed several days after The Presentation***

Self-Reflection

Student Goal – T.O.O (Think Of Others)

Your Grade _____

Your School _____

* My teacher believes **Who I AM Makes A Difference** because (what did your teacher say to you when she/he presented you with your 'gift of words')

1A. Reason **Who I AM Makes A Difference** was given to **FIRST** Very Important Person

1B. Response and reaction from **FIRST** person after receiving **Who I AM Makes A Difference**

2A. Reason **Who I AM Makes A Difference** was given to **SECOND** Very Important Person

2B. Response and reaction from **SECOND** person after receiving **Who I AM Makes A Difference**

I enjoyed this assignment because it felt good to think of others.

YES ☐

NO ☐

My teacher's words made me feel _____

It was easy to think of who would receive the **Who I AM**

YES ☐

NO ☐

I know I make a difference to others by _____

If I could change the world, I would _____

If I could ask God one question, it would be _____

Thank you for participating in *Who I AM Makes A Difference Because Jesus Loves Me!*