

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

## Grade 7 - Lesson 5

### Grade 7 Who I AM... Lesson 5

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

#### Who I AM... The Presentation / The Challenge

Dedicated to my wonderful children ☺

*\* Prior to this lesson, prepare Who I AM template with gift of words for students*

#### Background

Today you will empower each student through the presentation of a Who I AM shoe. You will need to prepare the message on the Who I AM shoe 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 Who I AM shoes that each student will receive 2 additional Who I AM shoes 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.

#### 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

##### Religion Overall Expectations

LS2: Focus: Principle of Human Solidarity; is a Christian social virtue which promotes the individual & communal sharing of material, spiritual goods, & obligates us to seek individual & communal conversation.

##### Religion Specific Expectations

ML3.3 Distinguish between the human and theological virtues, and provide examples of how they work inter-dependently in the events of everyday life to guide our behaviour toward the performance of good acts in our search for holiness.



##### Learning Goals

- Students will demonstrate unconditional love and unconditional forgiveness for individuals who have made a difference in their life by expressing gratitude and appreciation toward others.

*Success Criteria (suggestion)*

*I will achieve success in demonstrating unconditional love, appreciation and gratitude toward others by participating in the Who I AM... project.*

Instructional Components		
<p><b>Prior Knowledge and/or Skills</b></p> <p>Exodus 3</p> <p>Moses, God, and The Burning Bush</p> <p>Who <b>I AM</b> Makes A Difference Because Jesus Loves Me! project</p>	<p><b>Terminology</b></p> <p>Resiliency</p> <p>Gratitude / Appreciation</p> <p>Empowerment</p> <p>Unconditional Love</p> <p>Unconditional Forgiveness</p> <p>Celebrate Life!</p> <p>Pay-it-Forward</p>	<p><b>Resources/Materials</b></p> <ol style="list-style-type: none"> <li>1. Copies of Who <b>I AM</b> shoe (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.</li> <li>2. Who <b>I AM</b> Challenge</li> <li>3. Who <b>I AM</b> History</li> <li>4. Who <b>I AM</b> Tree</li> <li>5. Who <b>I AM</b> self-reflection to be completed several days after The Presentation</li> </ol>
Prayer/Scripture Focus		
<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 10 Minutes	Assessment
<p><u>On the day of presentation of the Gift of Words project:</u></p> <p>In the name of the Father and of the Son and of the Holy Spirit, Loving God, the Great <b>I AM</b>, I thank you that you are always with me, helping me, guiding me, leading me and keeping me safe. I also thank you for the unconditional love that you give to me. I pray now for the two special people in my life to whom I can say thank you with my <b>Gift of Words</b>. Please give me the courage to speak to them and tell them what they mean to me. Help me to remember that, <b>who I am</b> makes a difference to others and to you, I pray, in the name of the Father and of the Son and of the Holy Spirit, amen.</p> <ol style="list-style-type: none"> <li>1. Share the history of the Who <b>I AM</b> Makes A Difference Because Jesus Loves Me! project with students.</li> <li>2. Discuss the term pay-it-forward in connection to Who <b>I AM</b>...</li> </ol>		<p><b>Anecdotal Observation</b></p> <p><b>Resiliency</b></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</i></p>

<p>3. Watch the video ‘Pay-it forward – Are you ready to do the world a favour?’ (3:13) <a href="http://www.youtube.com/watch?v=gw0Lvr4eK&amp;feature=player_detailpage">http://www.youtube.com/watch?v=gw0Lvr4eK&amp;feature=player_detailpage</a></p> <p>4. Brainstorm the word ‘empower’. How does empower look, sound, feel? Some of the goals to the Who <b>I AM</b> Makes A Difference Because Jesus Loves Me! project is to empower others through the use of gratitude, appreciation, thanksgiving, resiliency, positive word choice, unconditional love and unconditional forgiveness.</p> <p><b>Turn and Talk</b> with your elbow partner “How can expression of gratitude toward others build their positive mental health attitude? “</p>	<p><i>build resiliency from within. Celebrate your life!</i></p> <p><b>Anecdotal Observations</b> <b>Pay-it Forward</b> A response to one person’s kindness by reaching out in kindness to others. <b>Empower</b> Make someone stronger and more confident in how they view their life.</p>	
<b>Action</b>	<b>Approximately 40 Minutes</b>	<b>Assessment</b>
Teacher presents a Who <b>I AM</b> shoe [See: <b>Who I AM shoe handout</b> ] to each student. The student will receive 2 extra templates that they have to discern 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: <b>Who I AM presentation information</b> ] 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 <b>I AM</b> from them.		
<b>Consolidation</b>	<b>Approximately 10 Minutes</b>	<b>Assessment</b>
Distribute the Who <b>I AM</b> tree to students. On each branch of the tree have students discern and write the name of a person who has made a difference in their life by supporting them on their faith journey and promoting their positive mental health. Students can use this activity as a personal brainstorming session to who will receive a Who <b>I AM</b> ... shoe from them. Allow a few days for students to present their Who <b>I AM</b> shoe to others before they complete an anonymous self-reflection.		

### Final Notes

The beauty of the Who I AM 'gift of words' 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 and thanksgiving through small acts of kindness, Who I AM refreshes the health and wellness with all of God's children.



### 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! You are a treasure!

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. Who will receive the ‘gift of words’ from you?

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. It’s fun. It’s exciting. It’s a great way of sharing love and feeling forgiveness.

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.

jmcDonald@rccdsb

## **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 Educational Assistant 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 who you are.”**

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’.

Thank you for being who you are!

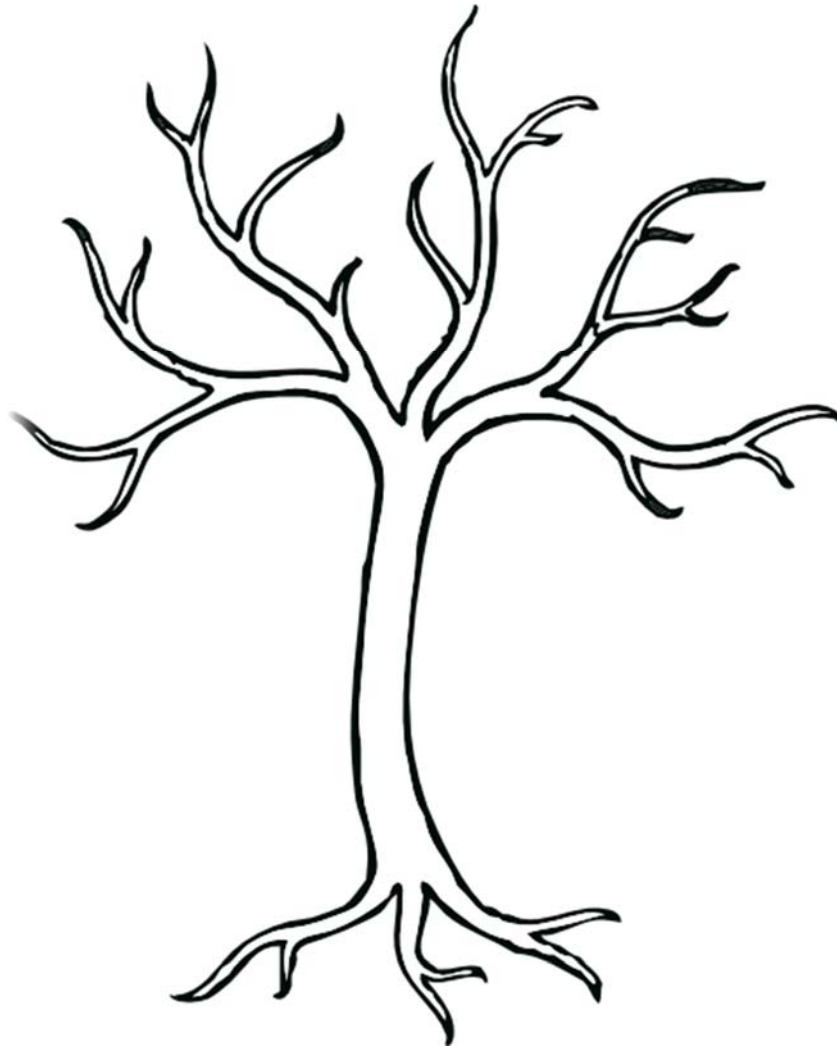
*“Teachers are like gardeners. They provide the things needed for growth: knowledge, wisdom, advice, comfort, support, and love, enabling students to develop to their full potential. In and through this delicate act of gardening, of caring and giving, the teacher facilitates the beautiful development 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 Makes A Difference Because Jesus Loves Me!**

Dear Student,

On each branch of this tree, write a name of someone in your life who has made a difference in who you are. They may have helped you become the person you are today by supporting you on your faith journey or your positive mental health attitude. It might be a parent, grandparent, neighbour, friend, priest, coach... Thank you!





**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!**