

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

BE WITH ME Unit 1 The Presentation / The Challenge

Grade 9 - Lesson 5

Grade 9 Who I AM... Lesson 5 –The presentation of Who I AM and the gift of words.

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

Dedicated to the wonderful students whom I am privileged to teach every day.

Background

Today you will empower each student through the presentation of a Who I AM... EARTH. You will need to prepare the message on the EARTH prior to this class. The affirmation message begins: **“Who you are makes a difference to all of us because...Thanks for being you.”** Also, prepare enough EARTH handouts that each student will receive two additional EARTH handouts 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

Religion Overall Expectation

Students will express connections between the relationships described in biblical events and their own life experiences.


Learning Goals

- Students will demonstrate an understanding of the relationship between Exodus 3 and their own personal life as they express appreciation and gratitude for individuals who have made a difference in their life.

*Success Criteria
(suggestion)*

<p><u>Religion Specific Expectation</u></p> <p>Students will critique contemporary values with the teachings found in the Gospels</p>	<p><i>* I will achieve success in demonstrating unconditional love, appreciation and gratitude toward others by participating in the Who I AM... project.</i></p>		
<p>Instructional Components</p>			
<p>Prior Knowledge and/or Skills</p> <p>Exodus 3</p> <p>Moses, God, and The Burning Bush</p> <p>Who I AM Makes A Difference Because Jesus Loves Me! project</p> <p><u>PRIOR TO LESSON</u></p> <p>Please have Beatitudes posted in class for easy reference. Thank you ☺</p>	<table border="1"> <tr> <td data-bbox="644 558 1019 1530"> <p>Terminology</p> <p>Gratitude/Appreciation</p> <p>Unconditional Love</p> <p>Unconditional Forgiveness</p> <p>Celebrate Life!</p> <p><u>Resiliency</u></p> <p><i>The deep knowledge and understanding that we each are equipped with the necessary tools to handle the minor and major adversities that comes with life.</i></p> <p><u>Pay-it Forward</u></p> <p>A response to one person's kindness by reaching out in kindness to others.</p> <p><u>Empower</u></p> <p>Make someone stronger and more confident in how they view their life.</p> </td><td data-bbox="1019 558 1494 1530"> <p>Resources/Materials</p> <ol style="list-style-type: none"> 1. Copies of Who I AM EARTH handout (teacher will photocopy onto cardstock – personalize the back with a message specific to individual student). Enough copies so students will each receive 1 from teacher as well as 2 blank templates for students to pay-it-forward. 2. Who I AM history 3. Who I AM challenge 4. Who I AM self-reflection to be completed several days after The Presentation 5. Who I AM Ron & Don skit </td></tr> </table>	<p>Terminology</p> <p>Gratitude/Appreciation</p> <p>Unconditional Love</p> <p>Unconditional Forgiveness</p> <p>Celebrate Life!</p> <p><u>Resiliency</u></p> <p><i>The deep knowledge and understanding that we each are equipped with the necessary tools to handle the minor and major adversities that comes with life.</i></p> <p><u>Pay-it Forward</u></p> <p>A response to one person's kindness by reaching out in kindness to others.</p> <p><u>Empower</u></p> <p>Make someone stronger and more confident in how they view their life.</p>	<p>Resources/Materials</p> <ol style="list-style-type: none"> 1. Copies of Who I AM EARTH handout (teacher will photocopy onto cardstock – personalize the back with a message specific to individual student). Enough copies so students will each receive 1 from teacher as well as 2 blank templates for students to pay-it-forward. 2. Who I AM history 3. Who I AM challenge 4. Who I AM self-reflection to be completed several days after The Presentation 5. Who I AM Ron & Don skit
<p>Terminology</p> <p>Gratitude/Appreciation</p> <p>Unconditional Love</p> <p>Unconditional Forgiveness</p> <p>Celebrate Life!</p> <p><u>Resiliency</u></p> <p><i>The deep knowledge and understanding that we each are equipped with the necessary tools to handle the minor and major adversities that comes with life.</i></p> <p><u>Pay-it Forward</u></p> <p>A response to one person's kindness by reaching out in kindness to others.</p> <p><u>Empower</u></p> <p>Make someone stronger and more confident in how they view their life.</p>	<p>Resources/Materials</p> <ol style="list-style-type: none"> 1. Copies of Who I AM EARTH handout (teacher will photocopy onto cardstock – personalize the back with a message specific to individual student). Enough copies so students will each receive 1 from teacher as well as 2 blank templates for students to pay-it-forward. 2. Who I AM history 3. Who I AM challenge 4. Who I AM self-reflection to be completed several days after The Presentation 5. Who I AM Ron & Don skit 		
<p>Prayer/Scripture Focus</p>			
<p>Feast Day of the Guardian Angels (October 2)</p> <p>Dear Guardian Angel,</p> <p>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	Assessment
<p>Teacher Voice</p> <p>“Today we are going to celebrate The Presentation and The Challenge of the Who I AM project. Before we begin, I would like 2 volunteers to participate in the reading of a skit titled Ron and Don. This skit highlights the Who I AM message as well as a lesson on Beatitudes.” (As students look over the script, teacher can read the BOLD section of the handout – everything up to the word SCRIPT.) [See: Ron & Don skit]</p> <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 I AM, 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 Gift of Words. Please give me the courage to speak to them and tell them what they mean to me. Help me to remember that, who I am 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"> 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!] 2. Discuss the term pay-it-forward in connection to Who I AM... <ol style="list-style-type: none"> 2.1 Show the pay-it-forward video http://www.youtube.com/watch?v=gw0Lvr4eK-&feature=player_detailpage Pay it Forward – Are you ready to do the world a favour? (3:13) 3. Brainstorm the word ‘empower’. 4. 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 expression of gratitude toward others build their positive mental health attitude? 	<p>Anecdotal Observations</p>
Action	Assessment
<p>Teacher will present a Who I AM... EARTH [See: Who I AM EARTH handout] to each student. The student will receive two 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 ...Thank you for being who you are.”</p>	

<p>[See: Who I AM presentation information] 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 from them.</p>	
Consolidation	Assessment
<p>Distribute the Who I AM tree to students. On each branch of the tree have student’s 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.</p> <p>Students can use this activity as a personal brainstorming session to who will receive a Who I AM EARTH from them.</p> <p>Allow a few days for students to present their Who I AM EARTH to others before they complete an anonymous self-reflection.</p>	<p>Self-Reflective Assessment</p> 
Final Notes	
<p>Final Notes</p> <p>What is the beauty of the Who I AM ‘gift of words’? It allows a ‘safe’ opportunity for students and teachers to express thankfulness, gratitude, and appreciation. 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, and thanksgiving through small acts of outreach, Who I AM refreshes the positive health and wellness within all of God’s children. Enjoy!</p> <p>Thank you for being Who U R! May God bless you with all of your future endeavours! Celebrate Life ☺</p> <p><i>“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.”</i></p> <p>(from: Filomena Tassi & Peter Tassi, 500 Prayers for Catholic Schools & Parish Youth Groups, Twenty-third Publications, 2004.)</p>	

Who I Am Makes a Difference because Jesus Loves Me!

Who I Am Makes a Difference because Jesus Loves Me!



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 – you are an ANGEL!. Thank you for all that you do.

We ask that you present the ‘gift of words’ to any Educational Assistant 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 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

“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.)

jmcdonald@rccdsb.edu.on.ca

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 through The Burning Bush. 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 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 in order to express your gratitude.

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.

jmcDonald@rccdsb

Self-Reflective Assessment – The Tree

Dear Student,

On each branch of this tree, write the 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 you on your faith journey and promoting your positive mental health. It could be a parent, grandparent, neighbour, friend, priest, coach... Thank you!



Who I AM – Bee-attitudes! Grade 9

Based On: Exodus 3:14

Big Idea: God called Moses to free His people. Through a Burning Bush, I AM WHO I AM gave Moses the blueprint to His freedom plan.

Background: God used Moses to be a great deliverer to His people and return them to the land that He had promised to Abraham and his descendants.

Type of Presentation: Ron and Don deliver a sports caster format of Who I AM information through each episode of Bible Boot Camp. Ron, grounded in a strong traditional faith formation, often challenges Don to think past professional sports and into the world of Jesus. Don loves the Lord but is often side tracked by his passion for sports broadcasting and comes across as an individual who is easily distracted. Together, Ron and Don's goal is to lead others to the value of faith, forgiveness and unconditional love through Who I AM Makes A Difference Because Jesus Loves Me!

Topics Addressed: I AM WHO I AM signifies the wonderful uniqueness of God and the priceless importance of each of us as His children. We all have magnetic energy that attracts others to our thoughts and feelings. You hold within you a powerful magnet to spiritual health and faith-filled mental wellness. Imagine the joy and happiness God's children felt when they were about to receive freedom from slavery. Whatever chains of slavery you hold tightly to, allow His freedom for us to be a priceless gift that sets you free from the heaviness of your troubles. You are a priceless gift! Thank you for being a shepherd among His sheep. When He said "Follow Me!" You replied, "Yes, Lord!"

Script

Ron – Welcome to our adventurous show "Bible Boot Camp!" Today we will feature a highlight from the Old Testament and the New Testament of what our attitude toward God should look like. I like to refer to this session as the bee-attitude because...

Don – Now hold on a minute Ron. I don't remember you telling me we were doing a session on bee-attitude. I thought you told me to dress like a bee.

Ron – That explains the yellow pants and striped black and yellow turtle neck...in July.

Don – Really? Well gee Ron. I thought our friendship was better than you making fun of the clothes I wear. Come on. Doesn't matter what I wear, I look pretty handsome.

Ron – For a BEE! Actually Don, your outfit today might be just what we need. You see Don, in the Old Testament we explored how Moses had a conversation with God around a Burning Bush. God told Moses....

Ron – I always found that Burning Bush thing fascinating. Why not a bonfire? At least then you could roast marshmallows while you talked to the Big Guy. Burning Bush never made sense.

Ron – ...God told Moses to identify Him by telling people that God was I AM Who I AM.

Don – The Great I AM Who I AM! I honestly thought that referred to soccer.

Ron – How do you get soccer out of God's name?

Don – Simple. I AM A GREAT soccer player. I went through college on a soccer scholarship.

Ron – This doesn't have anything to do with you or soccer. It has to do with God. In the Old Testament, God tells Moses who He is. We are to have respect toward Him. In the New Testament, God's Son Jesus, tells us about the Beatitudes and how we are to have an attitude ...

Don – An attitude like a bee? That would be strange! I didn't even know that bees had attitudes. Actually, I suppose they would have an attitude - if you tried to hit one and missed.

Ron – NOT an attitude like a BEE! Through God's Son Jesus, we are called to live our life with the 8 BEATITUDES!!!!

Don – So let's get this straight. God gave Moses 10 Commandments and we were to follow them but then God sends down His Son and tells Jesus 'Just give them 8 Beatitudes'. What's going on? Is God soon going to send someone else to deliver 6 Secrets?

Ron – God doesn't work like that. The Beatitudes were attitudes we were to follow and model our lives after. They were a little easier than the Commandments but equally as powerful.

Don – Holy Macaroni! 8 Beatitudes! Powerful? I think I blinked and missed something.

Ron – The Beatitudes became a beautiful blessing that one would receive upon following the new attitude. Not difficult at all. It means putting God before anything else. That is simple.

Don - Does God keep score – like a soccer game – of how many times you lived the Beatitude or does it get scored on a trust account.

Ron – Trust is very important but God doesn't keep score. The more you live the Beatitudes, the more you want to live them.

Don – I love my fancy designer sports jacket. Maybe I will just get my tailor to stitch BEATITUDES to the back of the jacket. I could start a new fashion trend. Buzzzzzz like a bee...

Ron – I’m ignoring you. The Beatitudes are recorded through the Gospel of Matthew and were taught to show people that Jesus was the way of life that promised the eternal Kingdom of Heaven.

Don – Nice story. So we have Moses who promises us a name for God called I AM WHO I AM. We have God’s Son who promises us Kingdom of Heaven through living the Beatitudes. Right?

Ron – Perfect Don. You got it! Jesus’ teachings were very innovative for His time. The Beatitude taught about humility, charity and brotherly love through a positive message.

Don – Skip the brotherly love thing. I like you as a friend and that’s it! The Moses and God relationship was about respect and obedience to God. The Jesus, as the Son of God relationship, was about humility and charity. Pause your thinking Ron for a moment – I just had a mental brain sensation...did you know that Bono from U2 says it’s not about charity – it’s about Justice. I know that doesn’t fit with what you are saying but I just read it on twitter...just thought I would throw it in there to add some excitement. When I get an amazing mental brain sensation I need to act on it immediately.

Ron – Thanks Don. You always keep me on my toes. Can you connect God, Moses, Jesus and the I AM Who I AM with the gratitude project that is sweeping through Catholic schools in Ontario?

Don – I’ll try. The Who I AM... is a project based on the pay it forward movement. It’s all about expressing gratitude toward people who make a difference in your life.

Ron – You make a difference in my life Don. Who you are Don makes a huge difference to everyone who knows you because of your passion to include sports conversation in religious dialogue.

Don – I don’t know anyone who was religious that died on a log but if you say so then who am I to argue...thanks for the nice words about me. I felt as if you really cared about me.

Ron – I do care. You make a difference to who I am. When you express gratitude toward others it becomes a contagious action. The feeling is amazing. Your challenge is to pay it forward, Don.

Don – I’ll get right on that. I will have to find someone I like first. From the chair of Don...

Ron – You can express gratitude to anyone – you don’t have to wait to find someone you like...And the desk of Ron...

Don – I want someone I like...Good night folks!