

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

May also be used during Advent or Lent as a Gratitude project.

Grade 5 - Lesson 5

Grade 5 Who I AM... Lesson 5 - The Presentation and The Challenge

WHO I AM – the value of God and the value of self through showing gratitude toward others.

Dedication –

To my husband, Martin Burger who makes a difference to me because he shares his love, humour and joy for life. He plants seeds of hope by spreading his positive attitude wherever he goes. You are truly a blessing to me. I love you!

Background information on Who I AM Makes a Difference Because Jesus Loves Me!

This presentation day is a celebration of everyone in your classroom and *Who **they are** and how they make a difference to you by helping you to form a unique positive mental health attitude grounded through the love of Jesus!*

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

Ontario Catholic School Graduate Expectations

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

CGE1g - Understands that one's purpose or *call in life* comes from God and strives to discern and live out this call throughout life's journey.

CGE1i - Integrates faith with life.

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

CGE3b - Creates, adapts, evaluates new ideas in light of the common good.

CGE4g - Examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities.

CGE5f - Exercises Christian leadership in the achievement of individual and group goals.

CGE6a - Relates to family members in a loving, compassionate and respectful manner.

CGE7e - Witnesses Catholic social teaching by promoting equality, democracy, and solidarity for a just, peaceful and compassionate society.

CGE7j - Contributes to the common good.

Religion Overall Expectations

Learning Goals

- Students will recognize the virtue of unconditional love as an instrumental tool in building and maintaining healthy relationships. They will also recognize that Jesus taught us to love others as God loves us. We show this love by kind acts, thoughts and deeds done for others.
- Students will recognize the virtue of Hope by acting out the belief that God's love transforms the world. Hope is strengthened when we nourish it through thought, action and prayer.

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| <p>BL1: Demonstrate an understanding of the important role of the Church in handing on Divine Revelation.</p> <p>LC1: Understand that in the life of the Church we are called to carry out the mission of Christ (<u>Catholic and Apostolic</u>).</p> <p><u>Religion Specific Expectations</u></p> <p>BL1.3: Describe how the Church fulfills its mission to spread the “Good News” of Christ to the world.</p> <p>LC1.3: Connect the missionary and apostolic qualities of the Christian community i.e. mission and service of the Church, to the priestly, prophetic and royal roles and responsibilities of being a Christian in the life and mission of their school community.</p> | <ul style="list-style-type: none"> • Students will recognize the virtue of Faith, as a way of not only seeing, but also believing what Christ has taught us in the Gospels and handed on to us through his church. Faith is about giving thanks and being appreciative for all of God’s blessings. • Students will understand how a sense of belonging to a community can be connected with self-acceptance, self-esteem and gratitude. |
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Instructional Components

| Prior Knowledge and/or Skills | Terminology | Resources/Materials |
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| <p>In preparation for the presentations, you will need to think of at least two to three descriptors for each student, <i>Who you are makes a difference to me because you are...</i> (see terminology section to assist you) Think about the gifts they bring each day to the class.</p> <p>* Write these descriptors onto the back of each tag so that you can read them out during the presentations and so the child has your gift of words to cherish.</p> <p>Prepare tags for students and pay it forward tags in zip lock bags. There is a line at the top of the gift of words so you can personalize the tags for each student. Refer to BLM 3 The Challenge and BLM 4 Dear Teacher. They are for you to use during the action section if you wish.</p> | <p>Examples of descriptors; <i>Who you are makes a difference to me because you are...</i> (courteous, thoughtful, positive, faithful, studious, artistic, calm, ambitious, respectful, pleasant, responsible, curious, considerate, thankful, empathetic, hopeful, gentle, articulate, giving, polite, joyful, honest, creative, sincere, humorous, etc...)</p> <p>Theological Virtues: Love Hope Faith</p> | <p>Copies of tags – personalized and laminated for students and co-workers in your class BLM 1</p> <p>Zip lock bags containing 2 tags that are laminated BLM 1</p> <p>Student reflection sheets BLM 2</p> <p>The Challenge – BLM 3</p> <p>Dear Teacher – BLM 4</p> <p>Wagon wheel – BLM 5</p> <p>Gift of words image - http://gofreedownload.net/free-vector/vector-plant/tree-in-hands-210667/#.U9bzKnx0y1s</p> <p>Internet: Images for wangari maathai quotes</p> |

| Prayer/Scripture Focus | | |
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| <p>Exodus 3:14 The Burning Bush</p> <p>Moses conversation with God. Moses asked God, who should he tell the people God was? God replied" I AM Who I AM." This conversation presents the value and importance of God within our life and the value and importance of self within the lives of others. Together, the two meanings help shape a positive mental health image and attitude that can be shared with others.</p> | | |
| Minds On | Approximately 5 Minutes | Assessment |
| <p>Using a smart board or computer show the students the following image. Search the internet: Images for wangari maathai quotes</p>  <p>Students will look at media text, 'seeds of change'. Ask students to think about the people in their life who give them seeds of hope and who change their life. They are the people who have helped you become the amazing person you are today and supported your positive mental health. Those are the people who make a difference in your life. Give the students a few minutes for quiet reflection.</p> | | |
| Action | Approximately 30 Minutes | Assessment |
| <p>Gift of Words tag:</p> <p>Explain to the students that the picture on the gift of words tag is hands pointing down with the seedling in the middle to represent God. He plants the seeds of love and hope. His unconditional love is planted in our hearts. Jesus taught us to love others as God loves us. We show this love by kind acts, thoughts and deeds done for others. The significance of this gift of words tag is the love that God gives us.</p> <p>You may wish to invite your parish priest, principal, vice-principal, secretary,</p> | | |

custodians or other school staff to your presentation.

You may wish to use BLM 3 and 4 now.

Explain to the class that today is, *Who **I AM** Makes a Difference* presentation and assignment day. You can read the following to the class:

Teacher Voice:

*"You have learned through many activities this week that "Who **YOU ARE** Makes a Difference!" The, **I AM** 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 is to all of us. Together we shape our faith and our positive mental health attitude."*

Teachers, you may begin by presenting, your 'gift of words' to an EA or another co-worker.

Begin your presentations to each student/adult by calling them up to the front of the classroom one at a time and say, " **(Name) Who you are makes a difference to me because... Thank you for being who you are!"**

Next, say your 'gift of words' to the student.

Then, hand the personalized tag to the student and start the applause!

You may wish to complete the presentation by giving a, 'gift of words' and tag to all guests that you have invited.

Encourage everyone to place their tag where they can see it each day and admire it with pride because it shows others that they are priceless and appreciated by others.

Teacher Voice:

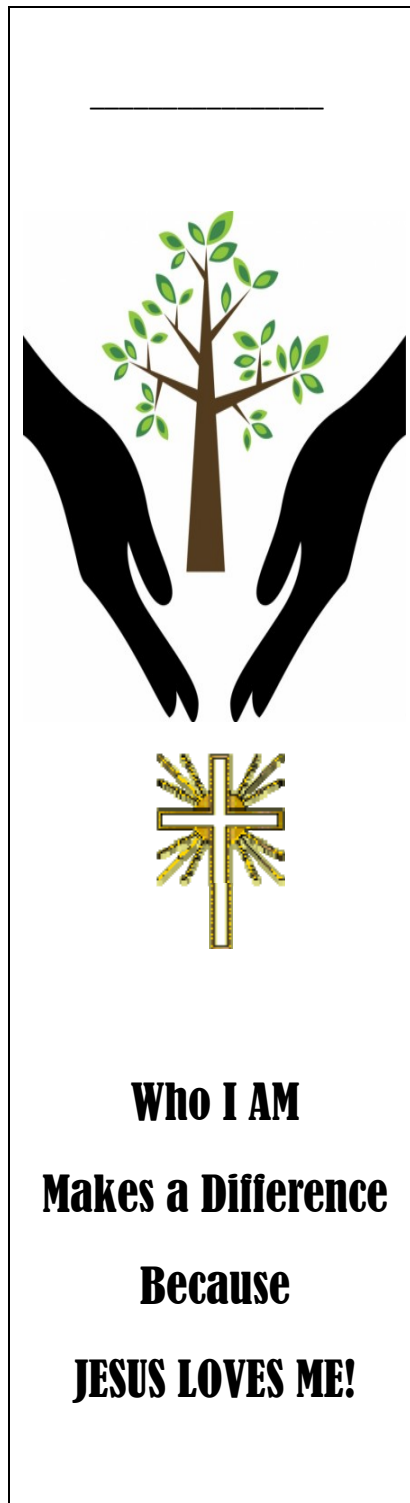
"Each of you is a V.I.P. – Very Important Person. You have developed into V.I.P's by the actions and positive mental health attitude of others within our life; your parents, guardians, grandparents, priests, teachers, extended family and friends. Now it is your turn to share a 'gift of words' with others.

Close your eyes for a minute and think of two very important people in your life who have helped you develop into the amazing person you are today. Think outside the classroom and into your own personal life. Those two special people can receive a **Who I AM Makes a Difference** 'gift of words' from you.

I am presenting each of you with a small zip lock bag that contains 2 **Who I AM Makes a Difference** tags. Our class, EA's, students and myself will each forward a

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| <p>‘gift of words’ tag onto 2 other people. Our goal is to think of others by expressing our appreciation toward others and thanking them for being a special person in your life.</p> <p>When you present this small tag to the people that make a difference in your life say, “Who you are makes a difference to me because...Thanks for being who you are!”</p> <p>Please remember how they reacted and the words they said. We will be sharing this information later in the week through student reflection.”</p> | | |
| Consolidation | Approximately 5 Minutes | Assessment |
| <p>Discuss how they felt upon receiving the kind words.</p> <p>Closing prayer: In the name of the Father and of the Son and of the Holy Spirit,</p> <p>Loving God, the Great <u>I AM</u>, I thank you that you are always with me, helping me, guiding me, keeping me safe and for the unconditional love that you give to me. Let me recognize my own strength, my own resilience, my own value and my own self-worth. I pray now for the special people in my life who I will say thank you to with my Gift of Words. Give me the courage to let my special people know how I feel about them. Help me to be the best person I can be and to remember that, Who I am makes a difference to you, we pray, in the name of the Father and of the Son and of the Holy Spirit, amen</p> | | |
| Final Notes | | |
| <p>Give students three to four days to give the ‘gift of words’ and tags to two people who have made a difference in their life. Students will reflect on their assignment orally and in written form. See BLM 2 for written reflection.</p> <p>As an extension, students could reflect on a time when words were not helpful but hurtful and how it helped them (someone they know) to develop positive mental health or resiliency. Student prompt: Is there a connection between <u>I AM</u> WHO <u>I AM</u> and Mental Health and Wellness? What is this connection?</p> | | |

BLM 1



BLM 2

Who I AM Makes a Difference Because Jesus Loves Me!

Who I AM Reflection

1. My teacher says, I make a difference because (what did your teacher say to you)...

2. What are the reasons why you gave the **Who I AM ‘gift of words’**, to your first very important person in your life?

3. What was the response and reaction from the first person after receiving **Who I AM ?**

4. What are the reasons why you gave the **Who I AM ‘gift of words’**, to your second very important person in your life?

5. What was the response and reaction from the second person after receiving **Who I AM ?**

6. My teacher’s words made me feel...

7. I know I make a difference to others by...

BLM 3

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 who you are!**”*

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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BLM 4
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 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’.

“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.)

BLM 5

Who I AM Makes A Difference Because Jesus Loves Me!

Dear Student,

The wagon wheel is a great opportunity for you to brainstorm the names of the people who will receive a 'gift of words'.

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!

