

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

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

Grade 4 - Lesson 5

Grade 4 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 children, Ella & Clark Burger who make a difference** to me because they bless me with their gifts each day. They give their hearts through kindness, their time and love. I love you both, *Just the Way You Are!**

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.

CGE1i - Integrates faith with life.

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

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

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

Religion Overall Expectations

LC2: Understand how through the Church we are encouraged to live a life of holiness.

PR1: Understand how Jesus prayed to God His Father and how he teaches us to express our prayers to God.

Religion Specific Expectations

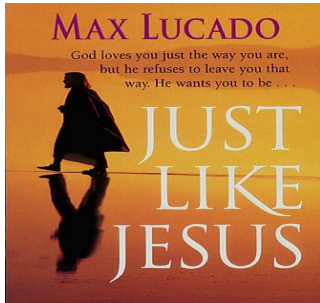
CL2.2: Identify through the passages of Scripture the gifts received by those who came to recognize the presence of Christ and who sought out an encounter with Him.

CL2.3: Identify certain gifts coming from God which, when we experience them in our lives, transform us and those who are in relationship with us.

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.
- 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

<p>LC2.2: Identify how in the Church, its practices, celebrations, service and teachings gather and form us for a life of holiness.</p> <p>PR1.1: Identify through examples of scripture how Jesus hears our prayer and in doing so allows us to increase in the virtues of faith, hope and love.</p>	<p>is about giving thanks and being appreciative for all of God's blessings.</p> <ul style="list-style-type: none"> • Students will understand how a sense of belonging to a community can be connected with self-acceptance, self-esteem and gratitude.
<p>Instructional Components</p>	
<p>Prior Knowledge and/or Skills</p> <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)</p> <p>Think about the gifts they bring each day to the class.</p> <p><i>* 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.</i></p> <p>Prepare tags for students and pay it forward tags in zip loc bags. There is a line at the top of the "gift of words". Please use this line to personalize the tags for each student. BLM 1</p> <p>Photocopy BLM 2 reflection sheets to use a few days later. See final notes for more information.</p> <p>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>Terminology:</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>Resources/Materials:</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>Student Reflection: Wagon wheel – BLM 5</p> <p>Max Lucado images – Pinterest</p> <p>Gift of words images - http://www.canstockphoto.com/vector-clipart/hold-hands.html</p> <p>Wheel image – Search internet for: wooden wheel clipart</p>

Prayer/Scripture Focus		
<p>Exodus 3:14 The Burning Bush 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. This is a gift from God.</p>		
Minds On	Approximately 10 Minutes	Assessment
<p><i>"God loves you just the way you are, but He refuses to leave you that way. He wants you to be just like Jesus. " — Max Lucado</i></p>  <p>Ask students to think about the people in their life who give them their heart and who change their life. These people love you <i>Just The Way You Are!</i> Close your eyes for a minute and think of two very important people in your life who have made a difference in who you are have helped you become the amazing person you are today and supported your positive mental health. They are the people who make a difference in your life. Give the students a few minutes for quiet reflection using BLM 5.</p>		
Action	Approximately 25 Minutes	Assessment
<p>Gift of Words tag:</p> <p>Explain to the students that the picture on the "gift of words" tag represents giving your heart like Jesus gives His love to us. He loves us without conditions. Jesus loves you <i>Just the Way You Are!</i></p> <p>You may wish to invite your parish priest, principal, vice-principal, secretary, custodians or other school staff to your presentation. You may wish to use BLM 3 and 4 now.</p> <p>Explain to the class that today is, <i>Who I AM Makes a Difference</i> Presentation and Challenge Day. Read the following to the class:</p> <p><i>"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</i></p>		

<i>shape our faith and our positive mental health attitude. Thank you for being who you are!"</i>		
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 ‘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.		
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...Thank you for being who you are!”		
Please remember how they reacted and the words they said. We will be sharing this information later in the week through student reflection. “		
Consolidation	Approximately 5 Minutes	Assessment
Discuss how they felt upon receiving the kind words.		
Closing Prayer:		
In the name of the Father and of the Son and of the Holy Spirit,		
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.	
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Final Notes

Give students a time line of 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.

Extension:

Students 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 connect between **I AM WHO I AM** and Mental Health and Wellness?

"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 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 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.

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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.”

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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!

