

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

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

## Grade 12 - Lesson 5

### Grade 12 Who I AM ... Lesson 5 – The PRESENTATION

#### CHURCH AND CULTURE

*Prior to today's lesson, prepare Who I AM template with an affirmation message for each student (referred to as the 'gift of words')*

Who I AM Makes A Difference Because Jesus Loves Me!

**Dedicated** to Mr. Clint Young, Principal Bishop Smith CH Pembroke, Ontario. Thank you for believing-in and seeing the vision for Who I AM... Your navigation of Who I AM... is a blessing to all! "May you build a ladder to the stars and climb on every rung. May you stay - forever young." Who U R is a gift!

☺ With Gratitude ~ JAM

#### Background

*God promised Moses, "I will be with you." God has made the same promise to each of us because He considers us His children. He loves YOU without conditions. His presence in YOUR life is constant. God doesn't make mistakes – He has a unique purpose for YOUR life. Celebrate life!*

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

##### Ontario Catholic School Graduate Expectations

**CGE1d** - Develops attitudes & values founded on Catholic social teaching and acts to promote social responsibility

**CGE2c** - Presents information and ideas clearly and honestly and with sensitivity to others

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

**CGE4** - Demonstrates a confident and positive sense of self and respect for the dignity and welfare of others

**CGE5e** - Respects the rights, responsibilities and contributions of self and others

**CGE7c** - Seeks and grants forgiveness

##### Religion Overall Expectation

Apply Church teaching to contemporary ethical and moral issues. (Morals 5<sup>th</sup> nugget)

##### Religion Specific Expectation

Describe how Scripture and the Catholic Tradition inform conscience and moral decision-making. (Morals 6<sup>th</sup> nugget)

##### Learning Goals

- Students will demonstrate an understanding on how Scripture and the Catholic Tradition inform conscience and moral decision-making. (Morals 6<sup>th</sup> nugget)
- Students will demonstrate an understanding for the Cardinal Virtue Fortitude as being the moral strength by which one handles difficulties and faces their adversities.
- Students will

		<p>demonstrate a deeper understanding of how others make a difference in their world.</p> <p><i>Success Criteria (possible suggestion)</i>  <i>I will achieve success in demonstrating unconditional love, appreciation and gratitude toward others by making an informed moral decision to participate in Who I <b>AM</b>... project.</i></p>
<b>Instructional Components</b>		
<p><b>Prior Knowledge and/or Skills</b>  Who <b>I AM</b> Makes A Difference Because Jesus Loves Me!</p> <p><b><u>Suggested Teacher Daily Reflection</u></b>  Gus Lloyd 60 Second Reflection  <a href="http://guslloyd.com">http://guslloyd.com</a></p>	<p><b>Terminology</b>  Gratitude  Appreciation  Adversities  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> cell phone (teacher will photocopy onto <b>cardstock</b> and write a personal message to each student) Enough copies so students will each receive one from teacher as well as 2 blank templates for students to pay-it-forward to others.</li> <li>2. Who <b>I AM</b> history</li> <li>3. Who <b>I AM</b> wheel handout</li> <li>4. Who <b>I AM</b> challenge</li> <li>5. Who <b>I AM</b> Cell Phone</li> <li>6. Who <b>I AM</b> Reflection</li> <li>7. Who <b>I AM</b> Self Reflection</li> </ol>
<b>Prayer/Scripture Focus</b>		
<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. Bring to my mind two people in my life who I am grateful for, people who have helped me, guided me or loved me in a special way. I pray now for those two special people. 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>		

Minds On	Assessment
<p><b>Teacher's Voice</b></p> <p>Please share the history of the Who <b>I AM</b> Makes A Difference Because Jesus Loves Me! project with students.</p> <p>[See: <b>Who I AM...History</b>]</p> <p>Describe what the term pay-it-forward looks like. Explain how that concept might be an important element to the success of this project.</p> <p><u>Turn and Talk</u> with your neighbour concerning the word 'empower'. What does it mean? How can it affect me personally? One 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 and positive word choice.</p>	<p>A brief conversation intended to bring students into the learning.</p> <p><b>Pay-it-forward</b></p> <p><i>A response to one person's kindness by reaching out in kindness to others.</i></p> <p><b>Empower</b></p> <p><i>Make someone stronger and more confident in how they view their life.</i></p>
Action	Assessment
<p>Teacher presents a Who <b>I AM</b> cell phone [See: Who <b>I AM</b> cell phone] to each student. An individual message of gratitude toward the student is penned on the back of the cell phone. This is the 'gift of words'. The student will receive <b>two</b> extra cell phone templates that they have to discern (pray/think) who will receive them outside of the classroom. Students present their 'gift of words' to an individual saying <b>"Who you are makes a difference to me because ... Thank you for being who you are."</b> [See: <b>Who I AM... The Challenge</b>]</p> <p>This is the 'gift of words' that becomes the expression of gratitude.</p> <p>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 <b>AM</b> cell phone from them.</p>	<p>The lesson where students experience gratitude and appreciation.</p> <p><b><u>Anecdotal notes</u></b></p>

Consolidation	Approximately 10 Minutes	Assessment
<p>Distribute the Who <b>I AM</b> tire rim to each student. On each rim students discern the name of a person who has made a difference in their life and in their positive mental health attitude.</p> <p>Students can use this activity as a personal brainstorming session to who will receive a Who <b>I AM</b> cell phone from them.</p> <p>The beauty of the Who <b>I AM</b> words and gift is it allows a 'safe' opportunity for students and teachers to express thankfulness. When Who <b>I AM</b> 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.</p> <p>By reaching out to others during a time that Christian faith calls us to spread unconditional love and thanksgiving through small acts of outreach, Who <b>I AM</b> refreshes the positive health and wellness attitude with all of God's children.</p> <p>Allow a few days for students to present their Who <b>I AM</b> cell phone to others before they complete an anonymous self-reflection.</p>		<p>Teacher supports students' thinking by encouraging student to pay-it-forward in order to connect to learning goal.</p> <p><b><u>Self-reflections</u></b></p>
<b>Final Notes</b>		
<p>Allow 4 – 5 days for students to pay-it-forward before distributing the self-reflections (at end of lesson). This activity is open, honest, and allows students time to grow deeper in appreciation and gratitude.</p> <p>The anonymous self-reflection is an enlightening experience for both student and teacher. Try it!</p> <p>Who <b>I AM</b>... is a wonderful tool for unconditional love, forgiveness and celebration of life.</p>		

## 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 21<sup>st</sup> 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’.



## 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 in Exodus 3:14 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.*

*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.*

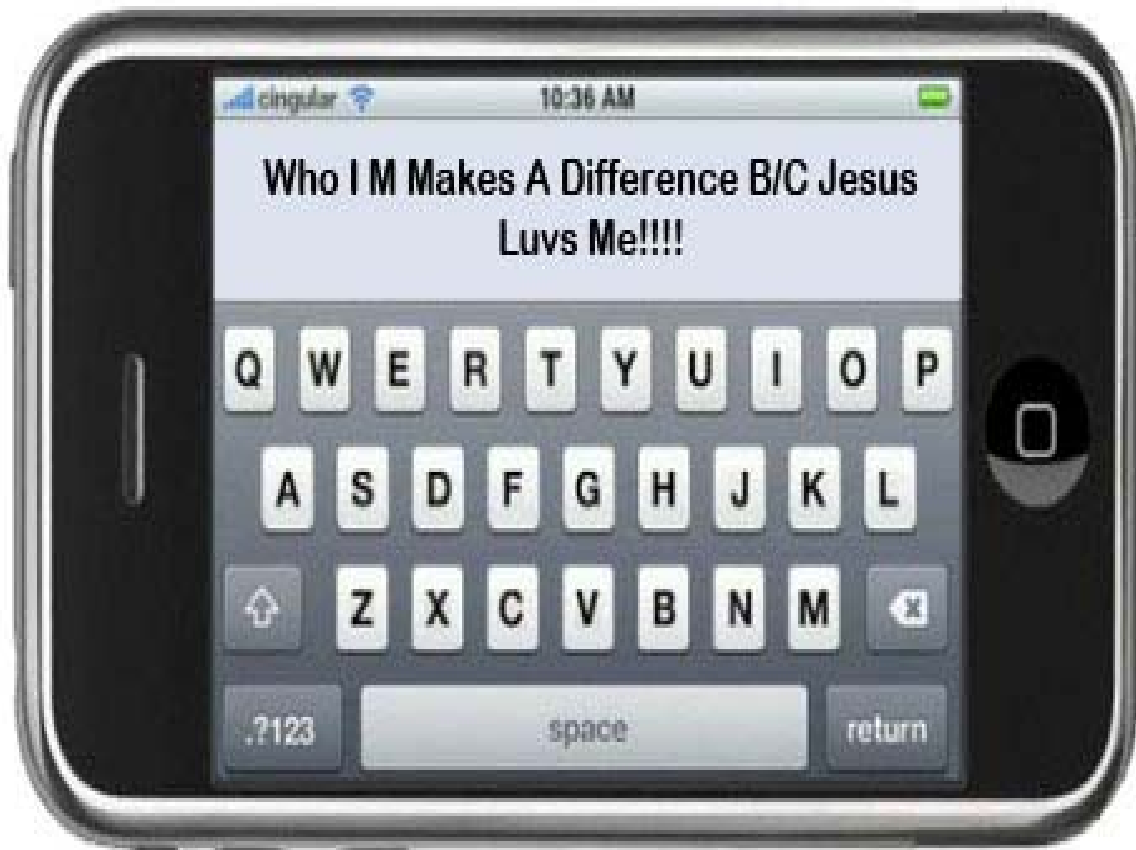
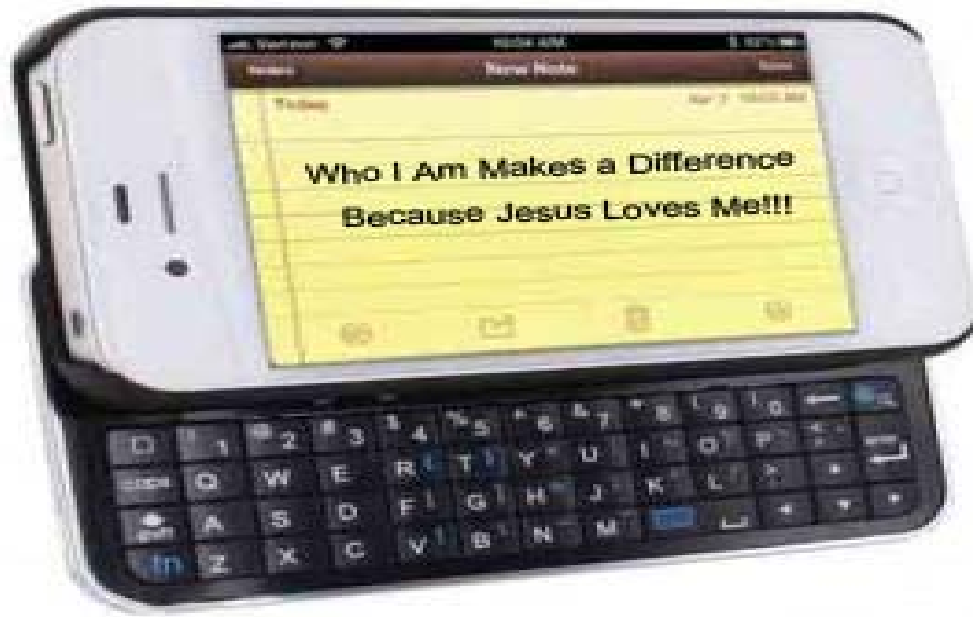
*Please remember how they reacted and the words they said. We will be sharing this information through a student reflection.*

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### **Who I AM ... Reflection!**

*God promised Moses, "I will be with you." God has made the same promise to each of us because He considers us His children. His love is without conditions. His presence is constant.*

Please circle the number that best answers the statement in relation to you.

**I text content that is contrary to my Christian faith or my family values.**

1. Never    2. Rarely    3. Weekly    4. Several times a week    5. Daily

**I have text messages that I would be embarrassed if God saw or heard about.**

1. Never    2. Rarely    3. Weekly    4. Several times a week    5. Daily

**I use text messages to learn more about my Christian faith.**

1. Never    2. Rarely    3. Weekly    4. Several times a week    5. Daily

**I text in order to bring others closer to Jesus through positive messages, words of affirmation or Who I AM moments of gratitude/appreciation.**

1. Never    2. Rarely    3. Weekly    4. Several times a week    5. Daily

**I have allowed time on my cell phone to keep me from fulfilling my responsibilities with my family.**

1. Never    2. Rarely    3. Weekly    4. Several times a week    5. Daily

**I use texting as a way to gossip about others without them knowing.**

1. Never    2. Rarely    3. Weekly    4. Several times a week    5. Daily

**I have used my cell phone as a positive coping strategy when I am upset.**

1. Never    2. Rarely    3. Weekly    4. Several times a week    5. Daily

*I will use my cell phone in positive ways that will help to build the Who I AM within myself and within others because I know that Jesus loves me 4ever. One positive way that I will change my cell phone use:*

- \_\_\_\_\_

**Self-Reflection**

*Who I AM Makes A Difference Because Jesus Loves Me!*

**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!*