

**Religious Education & Positive Mental Health and Wellness:** it is recommended this lesson takes place on or about **October 2** as this is the Feast Day of Guardian Angels (teachers are Guardian Angels) Advent or Lent are also wonderful seasons for gratitude celebration

**Grade 1 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.*

**Grade 1 Who I AM... Lesson 5 – The Presentation**

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

**Background**

Today you will empower each student through the presentation of a Who I AM sandal. You will need to prepare the message on the sandal 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!"**

Also, prepare enough sandals that each student will receive two additional sandals 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.

Dedication –

***In Honour of my husband and my two daughters, Who they are makes a difference*** to me as they are constantly offering the support and assistance I need to help me accomplish my goals. They are true blessings in my life. I am extremely grateful to call them my family. C.S.

**Curriculum Expectation – Ontario Catholic School Graduate Expectations, Overall and Specific Expectations**

**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 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

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

**CGE6e:** Ministers to the family, school, parish, and wider community through service.

**Learning Goals:**

- Students will identify two very important people in their lives. (VIP’s)
- Students will understand that showing another person how much they mean to them helps them to grow in faith and love of Jesus.

<p><b><u>Religion Overall Expectation</u></b>                  BL2: Demonstrate how in the Scriptures, the people gradually came to know God as “Father Almighty, Creator of Heaven and Earth”.</p> <p>ML3: Demonstrate an understanding that as human beings God calls us to grow in holiness.                  LS2: Focus: Human Dignity                  Understand that as human beings made in God’s image we are social by nature and are called both as individuals and as a community to offer friendship and charity to all people.                  PR1: Understand that prayer is essential to having a relationship with God, with Christ and with one another.</p> <p><b><u>Religion Specific Expectation</u></b>                  BL1.1: Examine a selection of Scripture passages to discover how God has gradually revealed his love for us: first to Adam and Eve, then through his Covenant with Noah, Abraham, Moses and the Prophets and finally through the gift of His own Son, Jesus through whom God’s full and definitive revelation is accomplished.</p> <p>ML1.3: Identify through Scripture that God has created the world we live in and made human beings to be unique and demonstrate how our human life is a gift to us and to others.</p> <p>LS1.3: Examine selected Scripture passages to identify the significance and importance of God calling a person by name and compare this to the importance of calling others by their given name as a sign of respect.</p> <p>PR1.2: Demonstrate an understanding of prayer as expressions of our relationship with God, Christ and others and learn to recite the common prayers of this living community.</p>		
<p><b>Instructional Components</b></p>		
<p><b>Prior Knowledge</b>                  Who <b><u>I AM</u></b> Makes A Difference Because Jesus Loves Me! project</p>	<p><b>Terminology</b>                  Pay-it-forward</p>	<p><b>Resources/Materials</b>                  1. Copies of Who <b><u>I AM</u></b> sandal (teacher will photocopy onto cardstock – personalize it with a message specific to individual student). Enough copies so students will each receive one from teacher as well as 2 blank</p>

		<p>templates for students to pay-it-forward.</p> <ol style="list-style-type: none"> <li>2. Who <b>I AM</b> history</li> <li>3. Pipe cleaners for sandal</li> <li>4. Prayer for presentation day</li> <li>5. Song for consolidation</li> <li>6. Who <b>I AM</b> Self Reflection</li> </ol>
<p><b>Prayer/Scripture Focus</b></p>		
<p><b>Feast Day of the Guardian Angels (October 2)</b></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>		
<p><b>Minds On</b></p>	<p><b>Approximately 5 Minutes</b></p>	<p><b>Assessment</b></p>
<p><u>On the day of presentation of the Gift of Words project:</u>          Let us pray, in the name of the Father and of the Son and of the Holy Spirit,          (Students can echo the teacher for the prayer.)</p> <p>Dear God,          I thank you for all the people who love me.          I thank you for the special people who I will give my sandals to.          Help me to tell them how much I love them,          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. [See: <b>Who I AM Makes A Difference Because Jesus Loves Me!</b>]</li> <li>2. Discuss the term pay-it-forward. Explain how that concept is the success of this project.</li> <li>3. Discuss how they can grow closer to Jesus when they tell the people they love how much they mean to them. “You are showing the people in your life that you are grateful for how their love and care.” Remind them of when God chose Moses to help Him set his people free. “God showed Moses that he could grow closer to Him if he listened to God’s words.”</li> </ol>		<p><b>Pay-it-forward</b>          A response to one person’s kindness by reaching out in kindness to others.</p>

Action	Approximately 40 Minutes	Assessment
<p>Teacher will present a Who <b>I AM</b> sandal [See: Who <b>I AM</b> sandal handout] to each student. The student will receive <b>two</b> extra templates that they have to pray/think who will receive them outside of the classroom. Students will present their ‘gift of words’ to an individual saying "<b>Who you are makes a difference to all of us because..... Thank you for being who you are!</b>" [See: <b>Who I AM presentation information</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> sandal from them.</p>		<p>Self-Reflective assessment</p>
Consolidation	Approximately 5 Minutes	Assessment
<p>Gather in a circle standing and perform a special prayer dance to the song “What I Am” by Will I Am performed with the Sesame Street characters.</p> <p><a href="http://www.youtube.com/watch?v=cyVzjoj96vs">http://www.youtube.com/watch?v=cyVzjoj96vs</a></p> <p>Dance moves:</p> <p>Move feet from side to side in front and then in back. Continue until the chorus.</p> <p><b>Oh Oh Oh</b> Pretend to play the drums.</p> <p><b>Gonna keep our heads up high</b> Clap hands up in the air.</p> <p><b>Keep on reaching high</b> Jump twice.</p> <p><b>Never gonna quit, just keep getting stronger</b> Show your muscles on one arm and then other.</p> <p><b>Nothin is gonna bring us down</b> Make a wave going down with your hand.</p> <p><b>Never giving up gotta go</b> Wave with both hands up.</p> <p><b>Because I know I’ll keep getting stronger.</b> Show your muscles on one arm and then other.</p> <p>Continue to move feet from side to side in front and in back throughout the song.</p>		

**Religious Education & Positive Mental Health and Wellness: Who I AM Makes A Difference Because Jesus Loves Me!**

When an adjective is named such as “What I am is *magical*”, have one student go to the middle of the circle and choose how to demonstrate this word. Continue every time an adjective is named.

When the prayer dance is over, discuss what they will say to their V.I.P. Ask if they heard any words in the song they would be able to use. Possible examples are: thoughtful, musical, smart, brave, helpful, special, super, proud, friendly and magical. Practice saying the sentence: "**Who you are makes a difference to me because.....Thank you for being who you are!**" Play the telephone game for extra practice using the sentences they must know for their gift of words. This game consists of one person whispering a sentence to the person next to them and then they continue by whispering the same sentence to the person next to them. The telephone message continues until the last person has heard it and they say the sentence aloud.

Allow maximum of 1 day for the students to present their Who **I AM** sandals to others before completing their self-reflection. The self-reflection could be completed as a class or scribed for each student.

**Final Notes**

The beauty of the Who **I AM** words and gift 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 outreach, Who **I AM** refreshes the health and wellness with all of God’s children.

Note: Consider pairing the students up with a buddy from an older grade to help them print the information on the sandals.

Who I AM Sandal Template



Who  
I AM  
Makes  
A Difference  
because...

\_\_\_\_\_

Who  
I AM  
Makes  
A Difference  
because...

\_\_\_\_\_

## 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'.

## Who I AM 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.*

*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.....**”*

*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.*

Presentation day prayer

Let us pray, in the name of the Father  
and of the Son and of the Holy Spirit,

Dear God,

I thank you for all the people who love me.

I thank you for the special people who I will give my sandals to.

Help me to tell them how much I love them,

I pray, in the name of the Father and of the Son

and of the Holy Spirit,

Amen



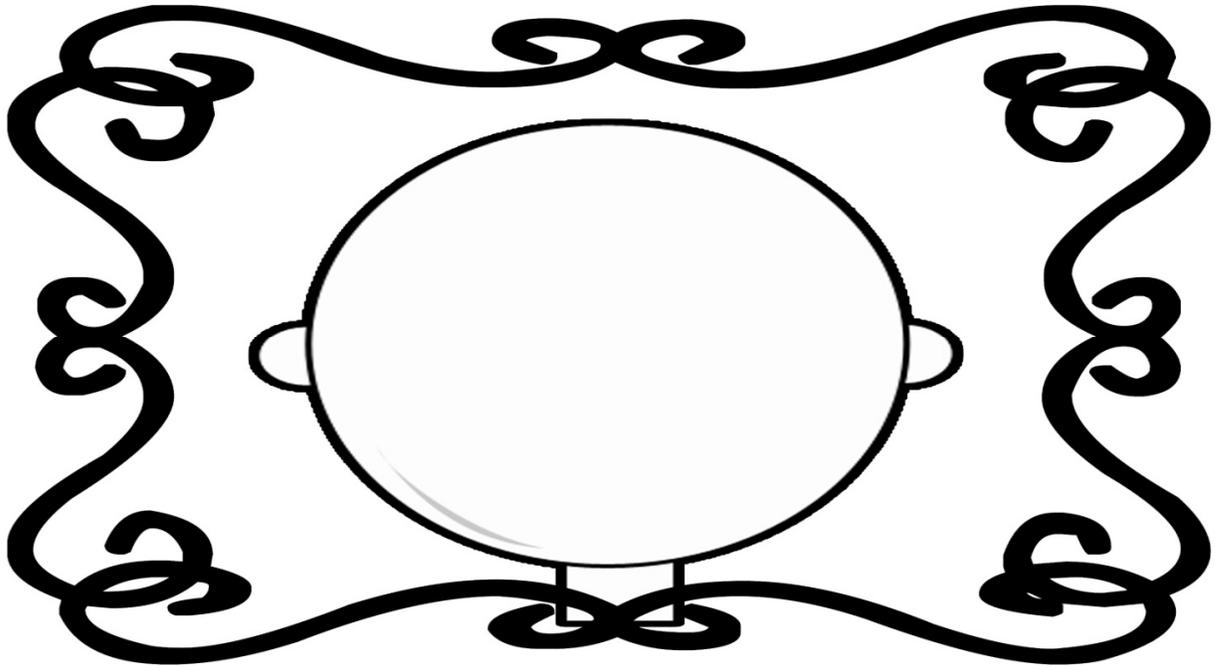


The Who I AM Self-Reflection



Name: \_\_\_\_\_

Draw your face to show how you felt when your teacher presented you with your gifts.



Draw in the box below how your VIP's reacted when you presented them with your gifts.

