

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 3 – Lesson 1

Grade 3 Who I AM... Lesson 1

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

Background information on Who I AM Makes A Difference Because Jesus Loves Me!: The meaning to the *Who I AM* project is part of the conversation God and Moses shared in the Old Testament. When God says “I AM,” He means that nothing or no one can ever change His character. He has always been the perfect and loving God right now, and He will always be the perfect and loving God forever. He is perfectly perfect and relies on no one thing to make Him perfect. All of God’s children make a difference because of their special gift. The **Who I AM** project allows us to celebrate these gifts and the special people who truly make a difference in our lives.

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

Ontario Catholic School Graduate Expectations

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

CGE3d - Makes decisions in light of gospel values with an informed moral conscience

Religion Overall Expectations

PR1: Understand how the universal call to prayer from God is revealed in scripture in the Old Testament and the New Testament.

Religion Specific Expectations

PR1.3: Reflect on a selection of Old Testament passages which reveal prayer as a response to God’s covenantal promise and link these forms of prayer to the forms of prayer promoted by the Church.

Learning Goals:

- Students will discover that God has revealed Himself to humankind gradually communicating the mystery of God in deeds and in words.
- Students will identify that prayer has many forms and expressions. Prayer is a gift from God which draws every person into a personal relationship with the living and true God.

Instructional Components		
Prior Knowledge Moses and the conversation with God through the Burning Bush.	Terminology Burning Bush Pay it forward	Resources/Materials <ul style="list-style-type: none"> - Dear teacher letter explaining the project - Possible Chapel location * - Who I AM prayer service - Who I AM Powerpoint - Music for prayer service - Dear Friend, (Jesus) letter - Prayer for other days
Prayer/Scripture Focus		
This prayer service is an introduction to the biblical significance of the passage involving Moses and the Burning Bush Exodus 3:14. It shows us that God can communicate with us in miraculous ways. God loves us very much and wants to tell us many things. That's why we need to take time to pray, and hear what God has to say.		
Minds On	Approximately 5 Minutes	Assessment
Teacher will read the background information to students. “For the next week we will be participating in a pay-it-forward project called Who I AM Makes A Difference Because Jesus Loves Me! We will learn about God’s love for us when we hear the story of Moses. We will see how Moses was called by God and how God wanted to show his love for his people. Our mission will be to show the people we love how much they mean to us. Paying it forward means to give a gift that has been given to us to someone who means a great deal to us. Let’s start thinking about the people who are important to us and the reasons they are.” Prior to prayer service, select students to read the opening prayer, the reading and the closing prayer.		

Action	Assessment
<p align="center">Approximately 25 Minutes</p> <p>Chapel or classroom Gather in the chapel for the Who I AM prayer service.</p> <p>Students take an active role by leading and participating a variety of prayers and singing a song with gestures during the Who I AM prayer service celebration.</p> <p>At the end of the Who I AM prayer service, the teacher will pause and present each student with a PERSONALIZED envelope – the student’s name is clearly written on the front of the envelope. The sealed envelope contains the Dear Friend, Love your friend Jesus letter [See: Dear Friend, Love your friend, Jesus]</p> <p>With quiet music as a background, allow students time to read the letter from Jesus. (3 minutes for quiet reading / reflection)</p> <p>Teacher will continue the prayer service by reading the letter aloud.</p> <p>*Allow one minute of silence for the power of the letter to be absorbed before continuing.</p> <p>Teacher will complete the prayer service and thank students for their respect towards the Who I AM initiative.</p>	<p>Anecdotal notes based on class discussions.</p>
Consolidation	Assessment
<p align="center">Approximately 5 Minutes</p> <p>Come together in a circle to share and discuss the story that was told and the contents of the letter they just received.</p> <p>“How did you feel reading your letter from Jesus?”</p> <p>“When Moses heard his name being called from the Burning Bush, he was not sure what he should do. What would you do if you heard God calling your name like that? Would you answer God? If you did, what would you say?”</p> <p>Allow each student to share their thoughts and feelings.</p> <p>“God wants us to be proud of who we are. God’s wish is that we are happy being us.”</p>	

Final Notes

Follow up daily with the prayer for other days [See: **Prayer for the other days**].

Dear Teacher Letter

Dear Teacher,

Welcome to Who I AM Makes A Difference Because Jesus Loves Me!

Who I AM...is a unique Catholic outreach that touches on faith formation, Religion curriculum & Mental Health and Wellness issues. It is suggested to use the Who I AM lessons prior to Thanksgiving. The goal to Who I AM is to affirm in each student the belief that they have a valid and valuable role within our community. They are our 21st century 'schools', our 'church' and our 'family'. They are a precious child of God.

The phrase Who I AM, originated in the conversation between God and Moses...on a Mount...through a Burning Bush. The value of Who I AM has two meanings. The first meaning speaks to the importance of God as the center of our life. I AM = value of God. The second meaning speaks to the priceless gift we are to self and others. I AM = value of me.

God makes a difference to us. Through His Son, unconditional love was offered to all. Who you are makes a difference to others because God blessed you with talents and gifts. The Who I AM project is a golden opportunity to experience the combination of a Religion project as well as a Mental Health and Wellness project.

On Day 1, your class will celebrate a beautiful prayer service designed specifically for their grade. The prayer service has an Old Testament focus on Exodus 3:14.

On Day 5, present your students with a small written message referred to as the 'gift of words'. Your 'gift of words' template is crafted for your grade. The 'gift of words' should begin with "Who you are makes a difference to all of us because" (humour, joy, dedication, etc). On Day 5 present each student with their 'gift of words', in front of the entire class, so fellow classmates can appreciate each other's uniqueness.

After students experience this presentation, introduce The Challenge. The Challenge is based on the pay-it-forward movement and involves each student receiving two empty 'gift of words' template. On each template, students write a short message to someone, outside of the classroom, who makes a difference in their life. It could be a friend, neighbor, coach, parent or priest etc. This action acknowledges the connectedness and interconnectedness of relationships. After school, they present the 'gift of words' to their two individuals. The ripple of gratitude becomes a wave of unconditional love. In past

Dear Teacher letter (continued)

reflections, numerous students have stated that 'gratitude becomes contagious' and are hooked on spreading kind words of appreciation to others.

Please allow one day for your students to outreach. A self-reflection is attached for the student to complete at the end. This will help consolidate their Who **I AM** experience. It is suggested the presentation of the 'gift of words' takes place on October 2 - Feast Day of the Guardian Angels. Teachers are guardian angels who walk among us - YOU make a difference!

Who **I AM** allows a thanksgiving to occur within a Thanksgiving celebration.

May the love and joy that went into authoring this project radiate outward to reward your teaching career and touch your inner spirit.

Thank you for being who you are ☺

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

Who I AM Prayer Service for Primary Division (Grade 3)

Welcome and Introduction

Opening Prayer:

In the name of the Father and of the Son and of the Holy Spirit,

Dear God, we thank you for all of the good things that you have given us and for the love of our family and our friends. Help us to love others as you love us, Amen

Reading:

[paraphrased from Exodus 3]

One day when Moses was taking care of the sheep and goats, God appeared to him as flames coming from the middle of a bush. Moses saw that the bush was on fire but that it was not burning up. God called to Moses from the middle of the bush and said, "Moses! Moses!"

Moses answered, "Yes, here I am." God said, "I am sending you to set my people free."

Moses asked him, "They don't know me, who will I say sent me to help them?" God answered him, "I AM WHO I AM. Tell them the one who is called I AM has sent you and the people will listen to what you say to them."

Reflection and Questions:

God talked to Moses from a burning bush. Moses listened to him and did what God asked him to do. God loved Moses and his people very much. He loves us too and he will always love us. We can show God that we will try to always love him and listen to him by writing our names on the leaves of our own burning bush.

What was different about the burning bush?

Who spoke to Moses from the burning bush?

Prayer activity:

Have students create flames for a classroom burning bush bulletin board. Have them each write their name on their flame.

Song: "Jesus Loves Me"

Note: with actions. See attached

Note: you can clap through the verses and use actions for the chorus

or go to trbccec.wordpress.com/music-actions/ for other actions. There are more verses at that site.

Jesus loves me! This I know,
For the Bible tells me so;
Little ones to Him belong;
They are weak, but He is strong.

Refrain:

Yes, Jesus loves me! *[thumbs up (yes), middle fingers tap each palm once (Jesus),*
Yes, Jesus loves me! *[cross arms on chest(loves me). Repeat]*
Yes, Jesus loves me!
The Bible tells me so. *[open hands together (Bible), hands to mouth on both sides(tells me)]*

Jesus loves me! This I know,
As He loved so long ago,
Taking children on His knee,
Saying, "Let them come to Me."

Jesus loves me still today,
Walking with me on my way,
Wanting as a friend to give
Light and love to all who live.

Closing Prayer:

Thank you God for all of the people who love me; for my parents and my friends.

Thank you God for making me **who I AM** and for loving me just the way I am.

Help me to always try to be the best person I can be.

And all of this we pray, in the name of the Father and of the Son and of the Holy Spirit, Amen

Powerpoint for Prayer Service

Who I AM Prayer Service



Grade 3

In the name of the Father
and of the Son
and of the Holy Spirit.



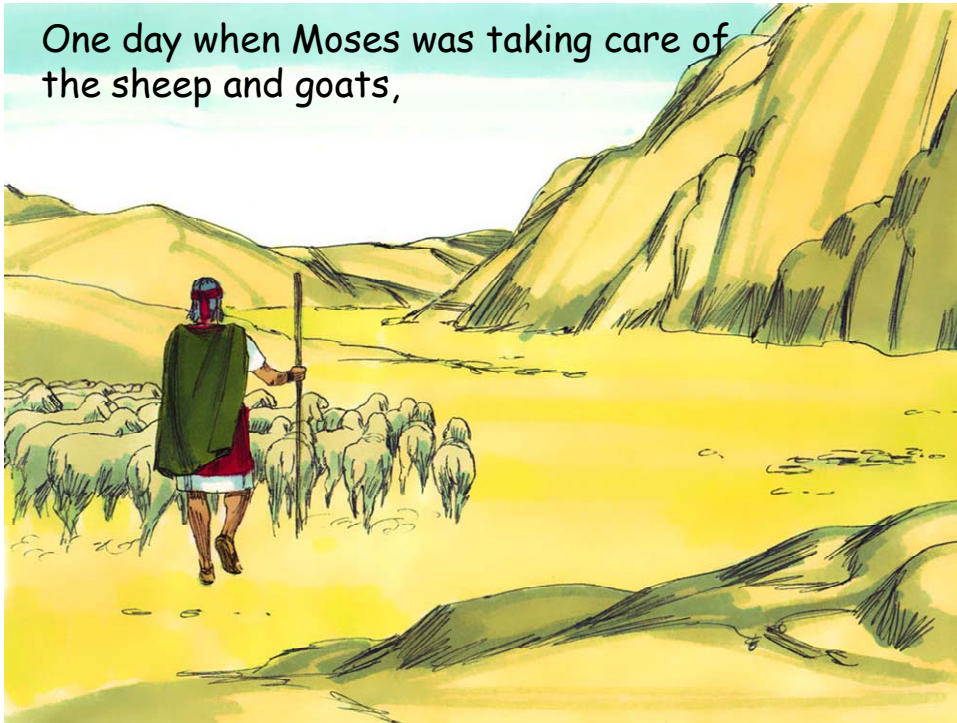
Dear God,
We thank you for
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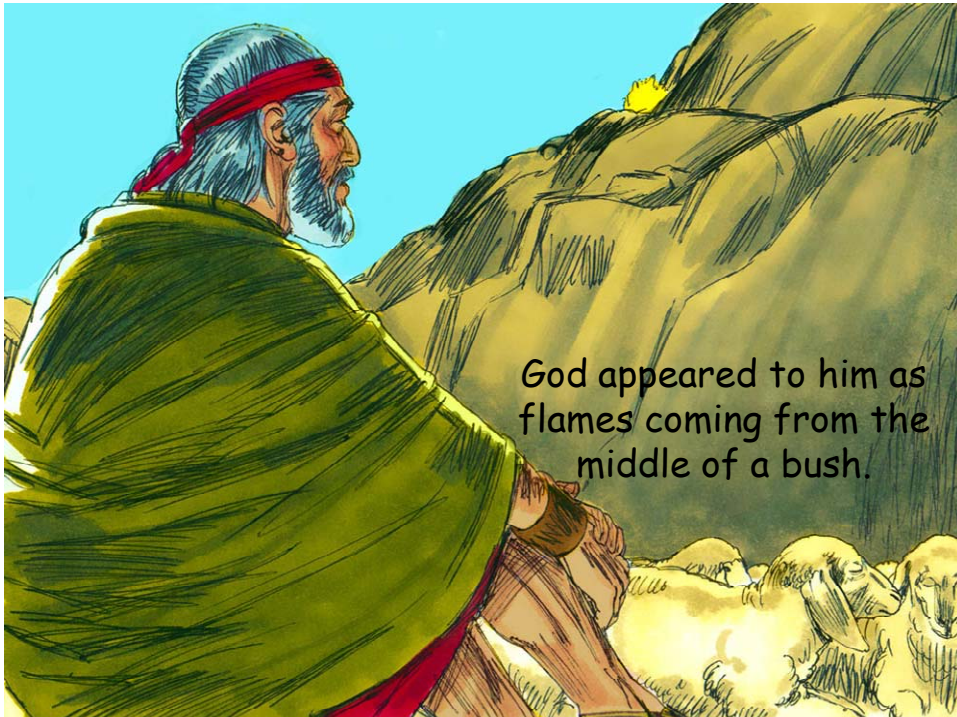
Help us to love others
as you love us,
Amen

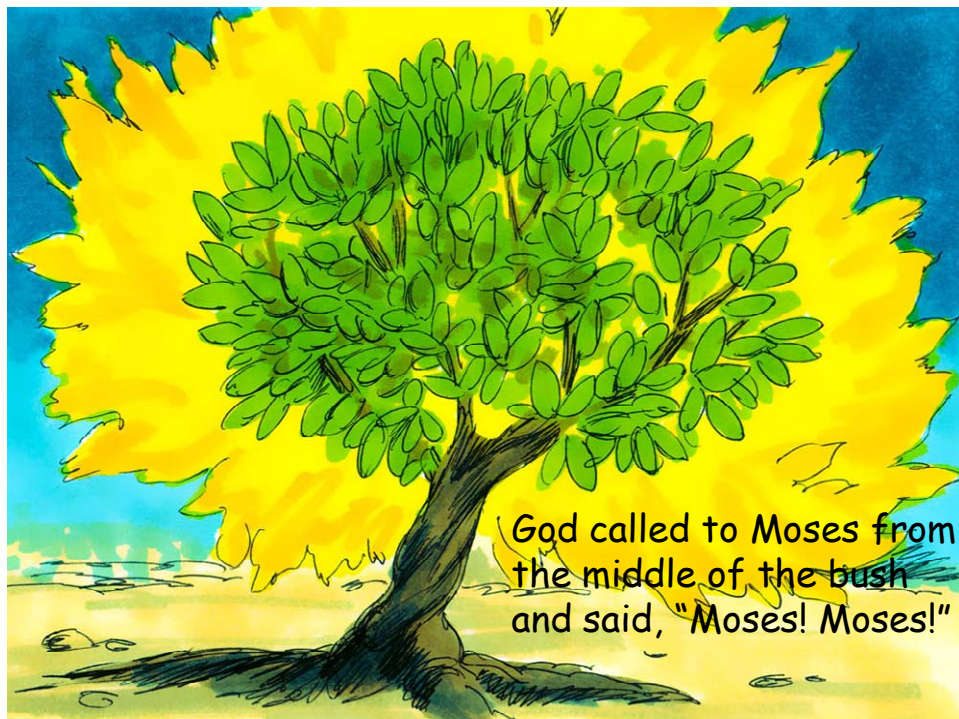
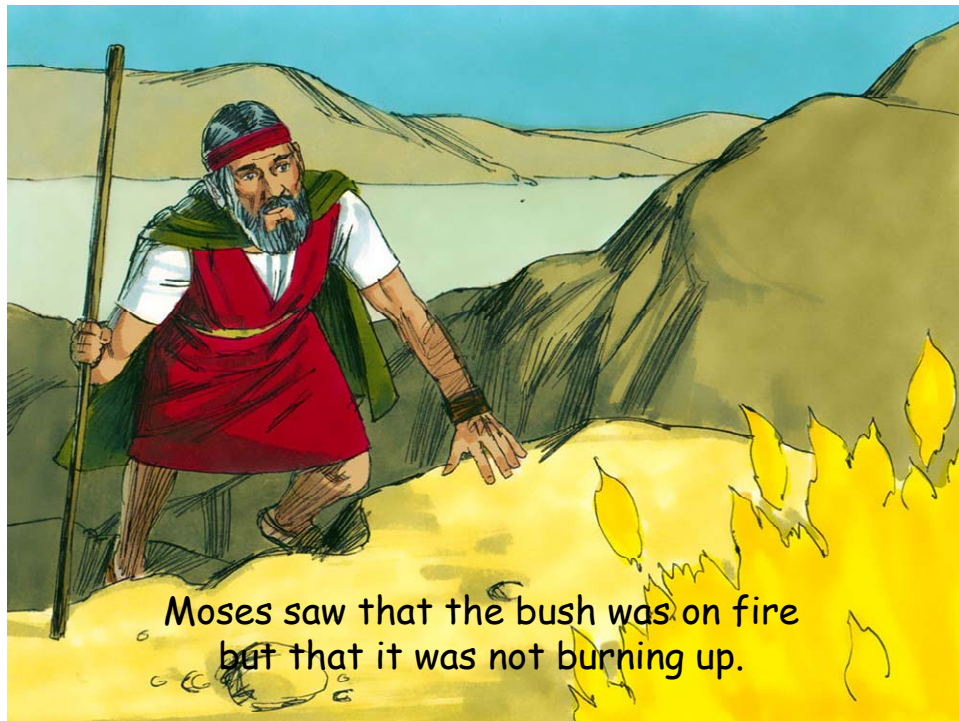


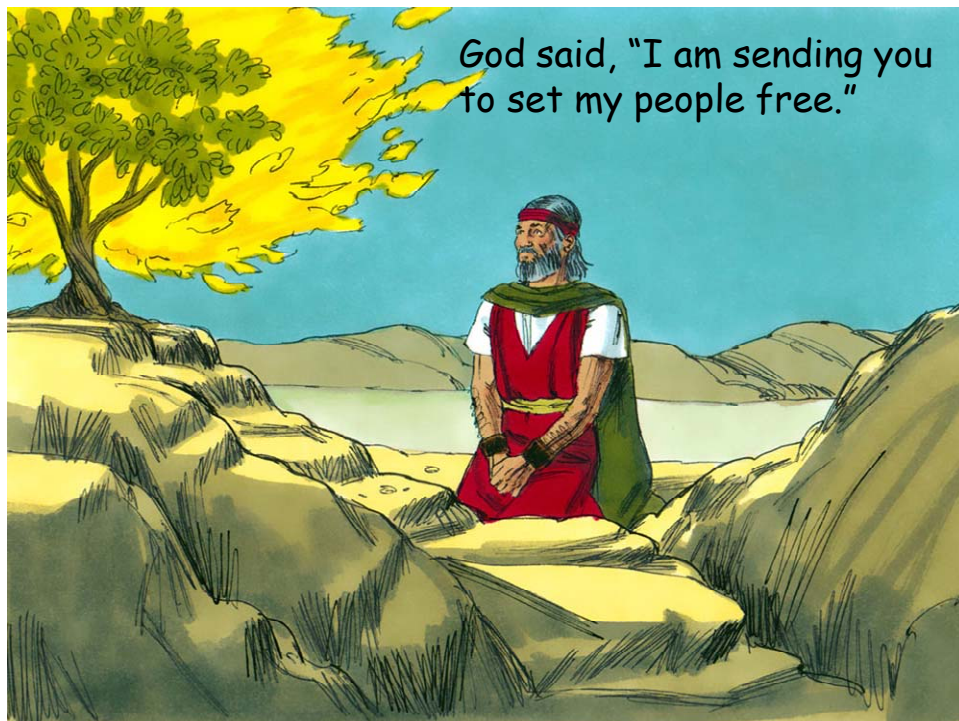
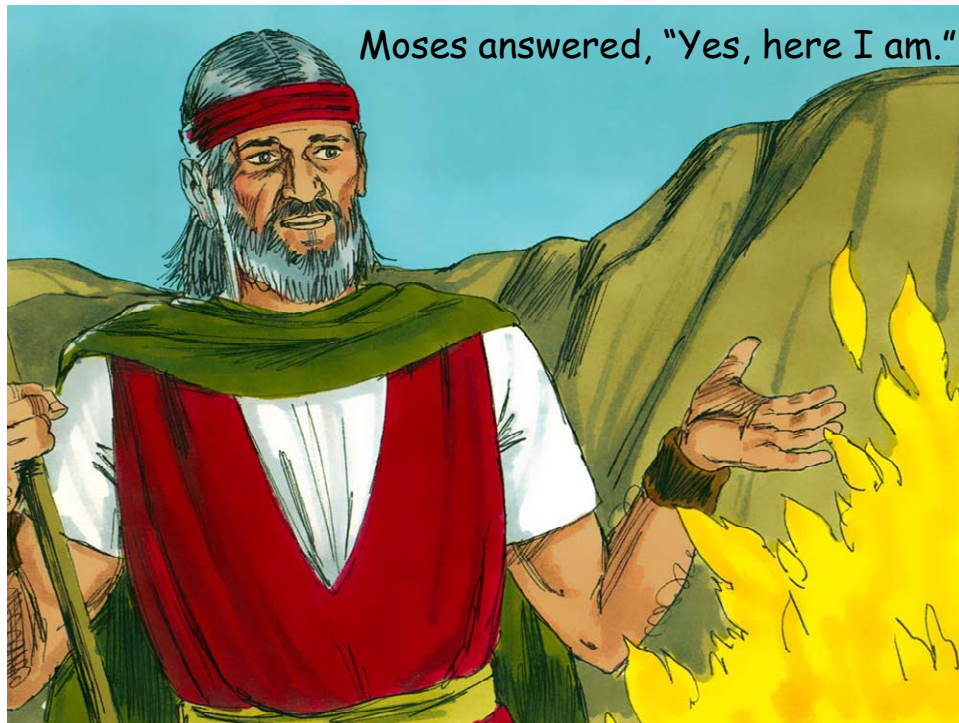
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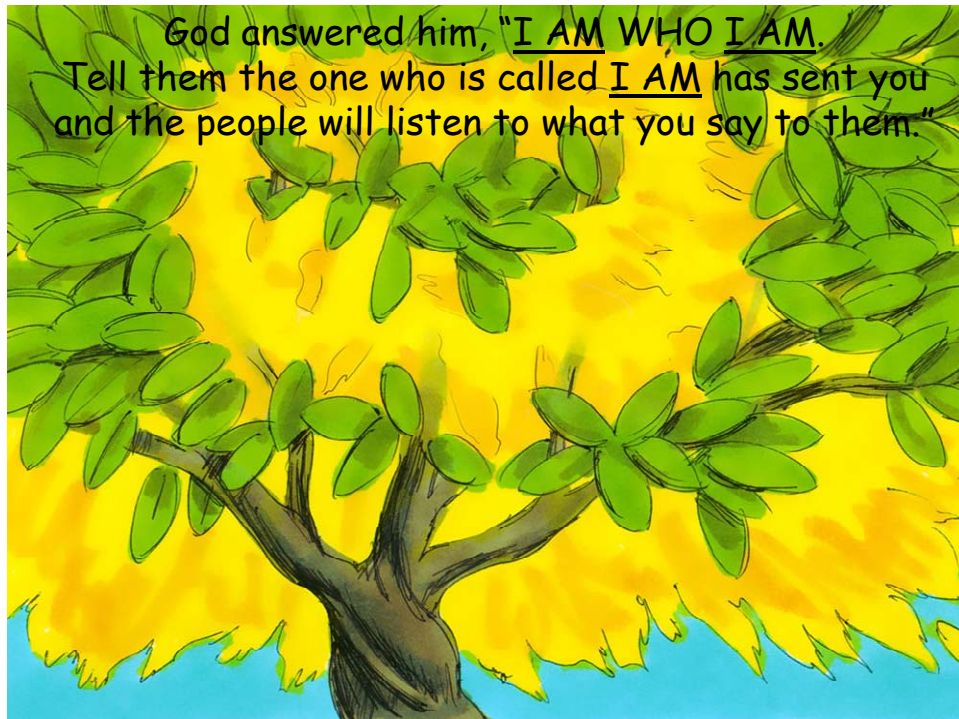
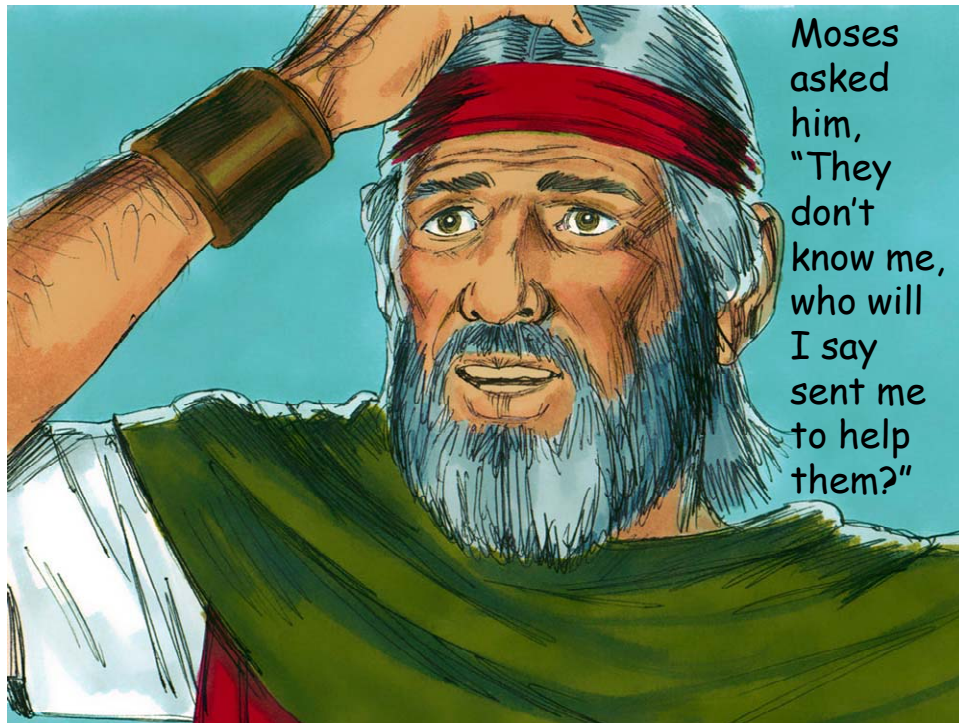


God appeared to him as flames coming from the middle of a bush.







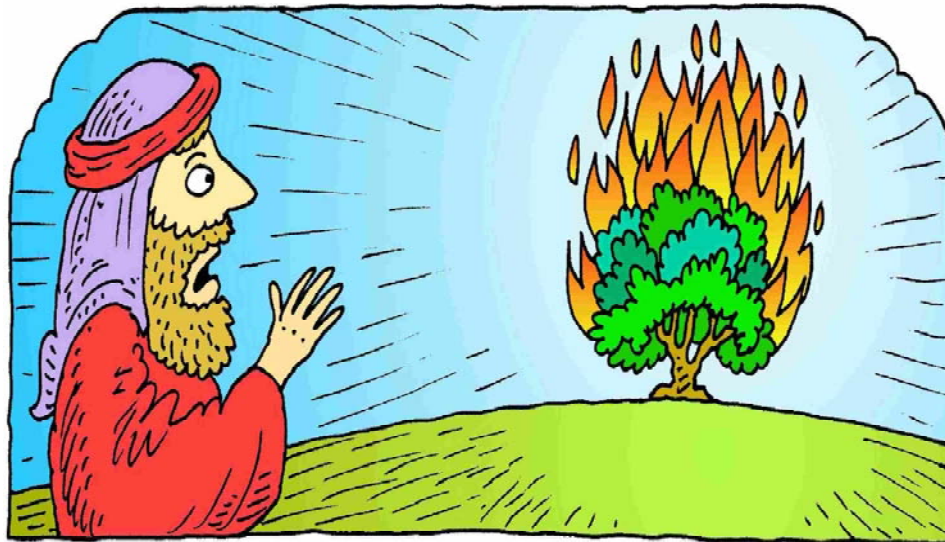


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Moses listened to him
and did what God asked him to do.
God loved Moses and his people very much.
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We can show God that we will try
to always love him and listen to him
by writing our names on the leaves
of our own burning bush.



What was different about the burning bush?

Who spoke to Moses from the burning bush?





Jesus loves me! This I know,
For the Bible tells me so;
Little ones to Him belong;
They are weak, but He is strong.

Refrain:
Yes, Jesus loves me!
Yes, Jesus loves me!
Yes, Jesus loves me!
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Jesus loves me! This I know,
As He loved so long ago,
Taking children on His knee,
Saying, "Let them come to Me."

Jesus loves me still today,
Walking with me on my way,
Wanting as a friend to give
Light and love to all who live.



PRAISE THE LORD

Thank you God for all the people who love me;
for my parents and my friends.
Thank you God for making me **who I am**
and for loving me just the way I am.
Help me to always try to be the best person I can be.
And all of this we pray,
in the name of the Father
and of the Son
and of the Holy Spirit,
Amen

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Let's find a quiet spot
to read our special message.

Prayer for Other Days

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

Thank you God for all of the people who love me;

for my parents and my friends.

Thank you God for making me **who I am** and for loving me just the way I am.

Help me to always try to be the best person I can be.

And all of this we pray, in the name of the Father and of the Son and of the Holy Spirit, Amen

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

Thank you God for all of the people who love me;
for my parents and my friends.

Thank you God for making me **who I am**
and for loving me just the way I am.

Help me to always try to be the best person I can be.

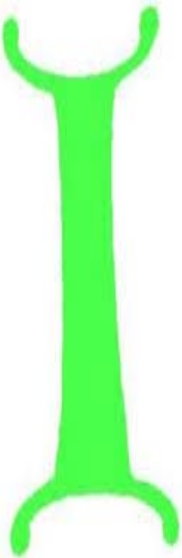
And all of this we pray, in the name of the Father and of the
Son and of the Holy Spirit,
Amen



Dear Friend Letter



Dear _____,



Your Friend,

Jesus



Flame for Burning Bush

