

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

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.

Advent or Lent are also wonderful seasons for gratitude celebration

The Presentation of Who I AM and the 'gift of words'

Grade 2 - Lesson 5

Prior to this lesson, prepare Who I AM template with gift of words for students.

Grade 2 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 Gift Box**. You will need to prepare the message on the gift Box 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 gift Boxes so that each student will receive two additional gift Boxes 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 Shelley Montgomery** Who she is makes a difference to me as she is the most empathetic and caring individual who has been there for me since I was 5 years old and who will undoubtedly be there for me when we're both 80. C.S.*

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 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

Learning Goals

- Students will demonstrate an understanding that all power comes from God and they are responsible for what they say and how they say it.

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<p>CGE5e: Respects the rights, responsibilities and contributions of self and others</p> <p>CGE6e: Ministers to the family, school, parish, and wider community through service</p> <p><u>Religion Overall Expectation</u></p> <p>ML3: Demonstrate an understanding that God wants to help us through the gift of His grace to live a Christian life and that we can respond to this gift by the way we live our lives.</p> <p>PR2: Understand that Christians have developed certain rhythms of prayer and that prayer can take many forms that are used in personal prayer, communal prayer and in the particular celebration of the liturgy.</p> <p><u>Religion Specific Expectation</u></p> <p>ML3.2: Identify how we receive grace from God and identify ways we can use the gift of Grace to help others and build up the Church.</p>	<ul style="list-style-type: none"> • Students will understand that showing another person how much they mean to them helps them to grow in faith and love of Jesus.
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Instructional Components

Prior Knowledge and/or Skills	Terminology	Resources/Materials
<p>Who I AM Makes A Difference Because Jesus Loves Me! project</p>	<p>Pay-it-forward</p> <p>Gratitude</p>	<ol style="list-style-type: none"> 1. Copies of Who I AM gift boxes (teacher will photocopy onto cardstock – personalize the box with a message specific to individual student). Enough copies so students will each receive one from teacher as well as 2 blank templates for students to pay-it-forward 2. Who I AM history 3. Who I AM presentation information 4. Who I AM Challenge 5. Who I AM gift box 6. Prayer for presentation day 7. Song for prayer dance consolidation 8. Who I AM Self Reflection for a girl and a boy.

Prayer/Scripture Focus		
<p>Feast Day of the Guardian Angels (October 2)</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>		
Minds On	Approximately 5 Minutes	Assessment
<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,</p> <p>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. I pray for the people that I am going to give my Gift of Words gift box to. Help me to tell them how I feel about 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"> 1. Share the history of the Who I AM Makes A Difference Because Jesus Loves Me! project with students. 2. Discuss the term pay-it-forward. Explain how that concept is the success of this project. 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.” Ask “Do you remember how Moses felt when he knew it was God calling to him from the burning bush? Today you will be called to grow closer to God and show others that they are special because Jesus loves them. You will get to experience some of the same feelings Moses did on that special day in the desert.” 		<p>Pay-it-forward</p> <p>A response to one person’s kindness by reaching out in kindness to others.</p>

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Action	Assessment
<p style="text-align: center;">Approximately 40 Minutes</p> <p>Teacher will present a Who I AM gift box [See: Who I AM gift box handout] to each student. The student will receive two 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 "Who you are makes a difference to all of us because..... Thank you for being who you are!" 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 AM gift box from them</p>	<p>Self-Reflective assessment</p>
Consolidation	Assessment
<p style="text-align: center;">Approximately 5 Minutes</p> <p>Gather in a circle standing and perform a special prayer dance to the song “The Summons” by John L. Bell.</p> <p>http://www.youtube.com/watch?v=V0aAkOe87mo</p> <p>The removal of shoes might elicit that moment from scripture when God asks Moses to remove his shoes as he was standing on Holy ground. The teacher begins with one movement, each student repeats the movement until everyone has had a turn. The teacher then leads with another move and repeat until the song is over.</p> <p>Dance moves: Move left foot forward and then back Move right foot forward and then back Raise arms up and bring hands into prayer formation Take two steps forward into the middle of the circle and return facing out. Turn back Go on your knees Bow Put head down on the floor</p> <p>At the end of the song, students will be on their knees and their heads will be down. Guide them with their reflection as to who they give their gift of words to. Allow maximum of 2 days for the students to present their Who I AM gift boxes to others before completing their self-reflection.</p>	

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.

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.*

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 all of us 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.

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 all of 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.

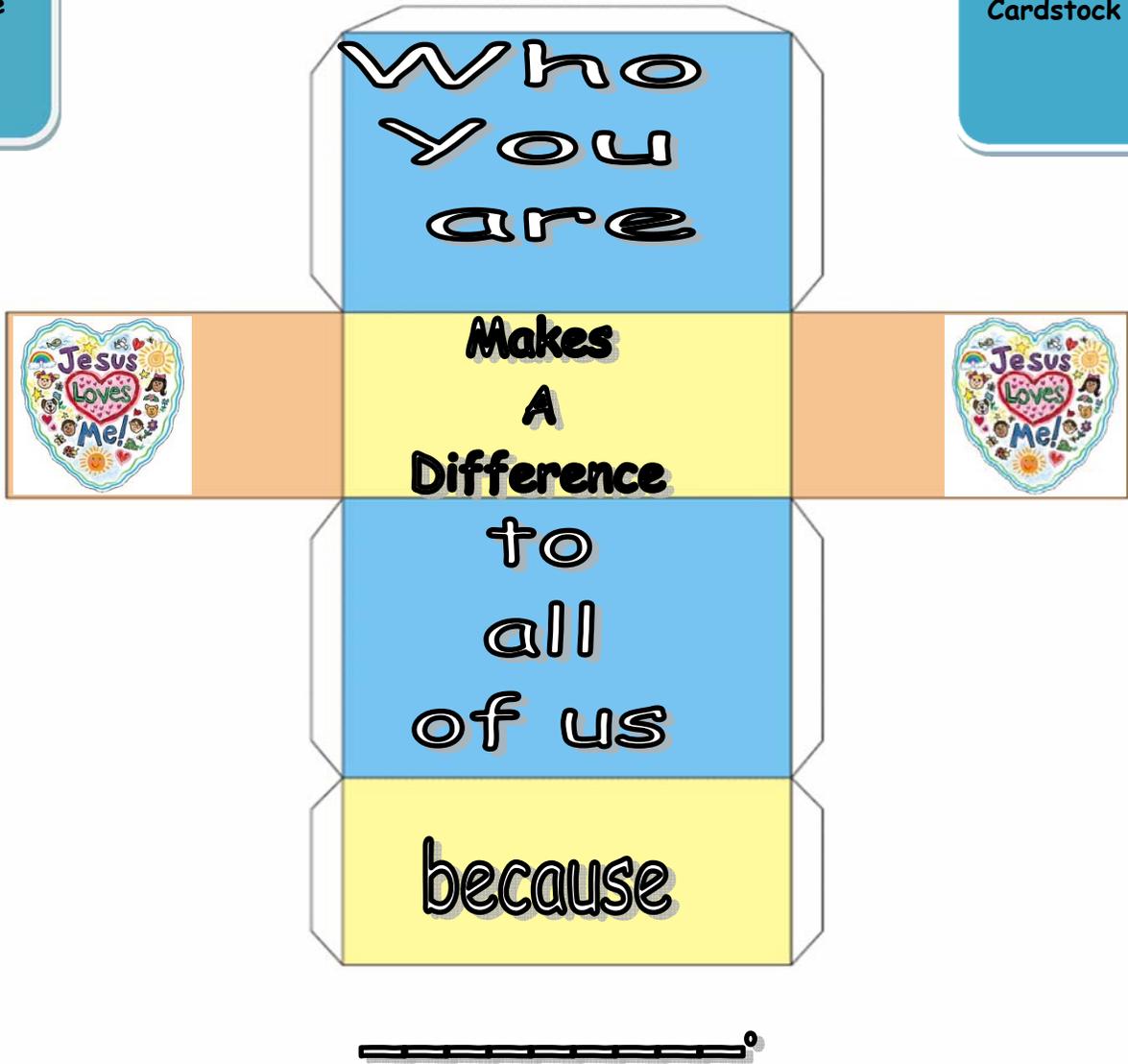
Brainstorm with your students who they would give a 'gift of words'.

The Who I AM Gift Box

Gift
Box
Template

Rectangular Prism or Cuboid

Copy
on
Cardstock



Presentation Day Prayer

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.

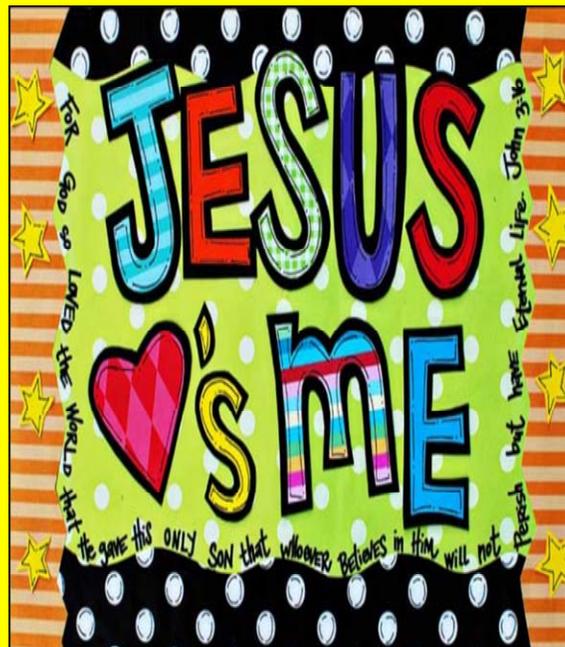
Thank you God for making me **who I am**
and for loving me just the way I am.

I pray for the people that I am going to give
my Gift of Words gift box to.

Help me to tell them how I feel about them,

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

Amen

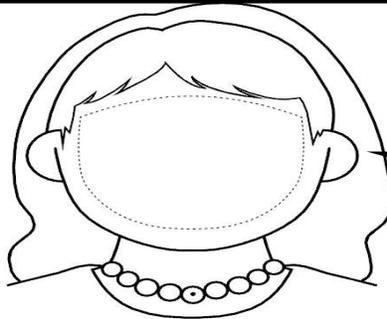


The Who I AM Self-Reflection for A Girl



Name: _____

Show on the face below how you felt when you received your gift of words and gift box from your teacher.



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

In the boxes below, show the reaction of your two very important people receiving their gift of words and gift boxes.

Very Important Person #1

Very Important Person #2

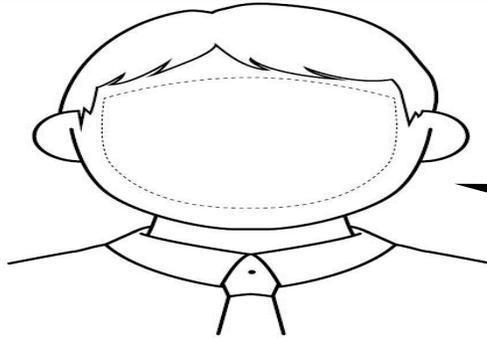


Self-Reflection for A Boy



Name: _____

Show on the face below how you felt when you received your gift of words and gift box from your teacher.



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

In the boxes below, show the reaction of your two very important people receiving their gift of words and gift boxes.

Very Important Person #1

Very Important Person #2

