

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 1 - Lesson 1

Grade 1 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. All of God’s children make a difference because of their special gift.

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

BL1: Demonstrate an understanding of the Bible (i.e. Word of God) as the inspired story of the Revelation of God that unfolds in stages and finds its fullest expression in Christ Jesus.

PR1: Understand that prayer is essential to having a relationship with God, with Christ and with one another.

Religion Specific Expectations

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.

PR1.3: Demonstrate different ways in which we express what is in our “mind and heart” and different ways our belief in God can be expressed in the activity of prayer (e.g. words, gestures, songs, movement and dance) as an expression of love and gratitude.

Learning Goals

Students will understand that prayer is a gift from God which allows us to talk to and hear His words.

Instructional Components		
<p>Prior Knowledge and/or Skills Moses and the conversation with God through the Burning Bush.</p>	<p>Terminology Burning Bush Pay it forward</p>	<p>Resources/Materials -Dear teacher: Letter explaining the project -Possible Chapel location * -Who <u>I AM</u> prayer service -Who <u>I AM</u> Powerpoint -Dear Friend, (Jesus) letter -Music for Prayer Service -Prayer for other days</p>
Prayer/Scripture Focus		
<p>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.</p>		
Minds On	Approximately 5 Minutes	Assessment
<p>Teacher will read the background information to students.</p> <p>“For the next week we will be participating in a pay-it-forward project called Who <u>I AM</u> 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.”</p>		
Action	Approximately 25 Minutes	Assessment
<p>Chapel or classroom Gather in the chapel for the Who <u>I AM</u> prayer service. Students take an active role by echoing a variety of prayer and singing a song with gestures during the Who <u>I AM</u> prayer service celebration. At the end of the Who <u>I AM</u> 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] With quiet music as a background, allow students time to read the letter from Jesus. (1 minute for quiet reading / reflection) Teacher will continue the prayer service by reading the Dear Friend letter aloud. *Allow one minute of silence for the power of the letter to be absorbed before continuing. *</p>		

Teacher will complete the prayer service and thank students for their respect toward the Who I AM initiative.		
Consolidation	Approximately 5 Minutes	Assessment
<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>“Close your eyes and imagine seeing the same burning bush Moses saw.”</p> <p>“What would you do if you saw something like that?”</p> <p>“Why do you think Moses acted the way he did when he saw and heard the burning bush speak to him?”</p> <p>“Why do you think God chose to speak to Moses through the image of a burning bush?”</p> <p>Allow each student to share their thoughts and feelings.</p> <p>“God cares for us and He wants us to be happy. God wants us to remember that He will always love us.”</p>		Anecdotal notes based on class discussions.
Final Notes		
Follow up daily with the prayer for other days [See: Prayer for the other days].		

Dear Teacher letter

Dear Teachers,

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, Positive Mental Health, Resiliency, and Spiritual Wellness. The goal of Who **I AM**... is to affirm with each of your students that they have a valid and valuable role in our community. They are our 21st century 'schools', our 'church' and our 'family'. They are a precious child of God and from God.

The phrase Who **I AM** originated in a 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 being the center of our life. I AM = value of God. The second meaning speaks to the priceless gift we are to self and to others. I AM = value of Me.

God makes a difference to us. Through His Son Jesus, unconditional love and unconditional forgiveness 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 express the combination of a Religion project with a Positive Mental Health and Wellness project.

Day 1 - a beautiful prayer service has been crafted specifically for this grade. It is the anchor to this Who **I AM**... mini-unit. The Old Testament focus will feature Exodus 3:14 while the New Testament highlights 'I AM' message from Jesus. From our scars He creates brilliant shining stars!

Day 2 - a mentor text will add a literary component to Who **I AM**... This selection of text is only to be used with this grade as the lesson is unique to the learning within. Day 3 and Day 4 will scaffold in Who **I AM** experience by building on the resiliency God has blessed upon us.

Dear Teacher letter (continued)

Day 5 - is referred as The Presentation / The Challenge. A template is attached to this lesson for you to write kind words of affirmation about each of your students. This is referred to as the 'gift of words'. Use the words, **"Who you are makes a difference to all of us because... (humour, love, smile, joy). Thank you for being who you are!"** The entire class witnesses this presentation so classmates can appreciate each other's uniqueness. Day 5 consolidates learning, knowledge, understanding of the value within God and self while recognizing healthy mental awareness and spiritual well-being.

DON'T FORGET - several days after the presentation, students complete a self-reflection 😊

The self-reflection is attached to the Day 5 lesson, but use it at your convenience.

The **Who I AM ... CHALLENGE** is based on the pay-it-forward movement. It involves each student receiving two 'gift of word' templates that they write a message on and present to two people in their life who make a difference to who they are. It could be a friend, coach, or priest. Allow a few days for students to outreach. This action acknowledges the connectedness and interconnectedness of relationships. The ripple of gratitude becomes a tsunami of unconditional love. Student reflections have stated "gratitude becomes contagious."

Teachers are angels who walk among us...thank you for being who you are!

Who I AM Prayer Service for Primary Division (JK-SK – Grade 1)

Welcome and Introduction

Opening Prayer:

Note: Done as echo. May be done in multi-grade group

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.

We thank you for the love of our family and our friends.

Help us to love others as you love us, Amen

Note: Before reading the scripture, consider lighting a candle.

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:

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.

Prayer Activity:

Write the name (or they print them) of each student on a flame
to create your own classroom burning bush bulletin board.

Song "Jesus Loves Me":

Note: you can clap through the verses and use actions for the chorus or go to trbccec.wordpress.com/music-actions/ for other actions.

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:

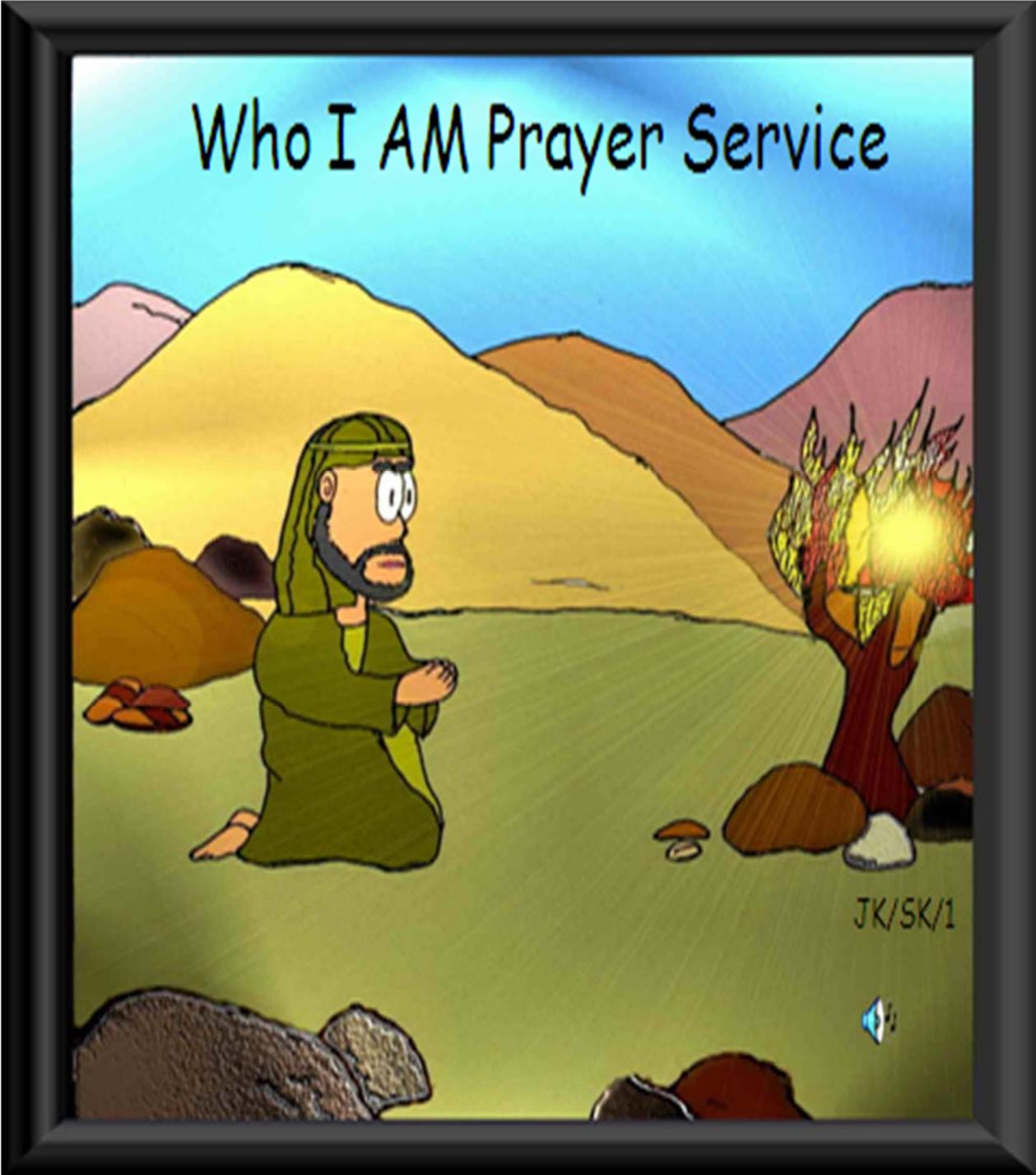
Note: Done as an echo prayer:

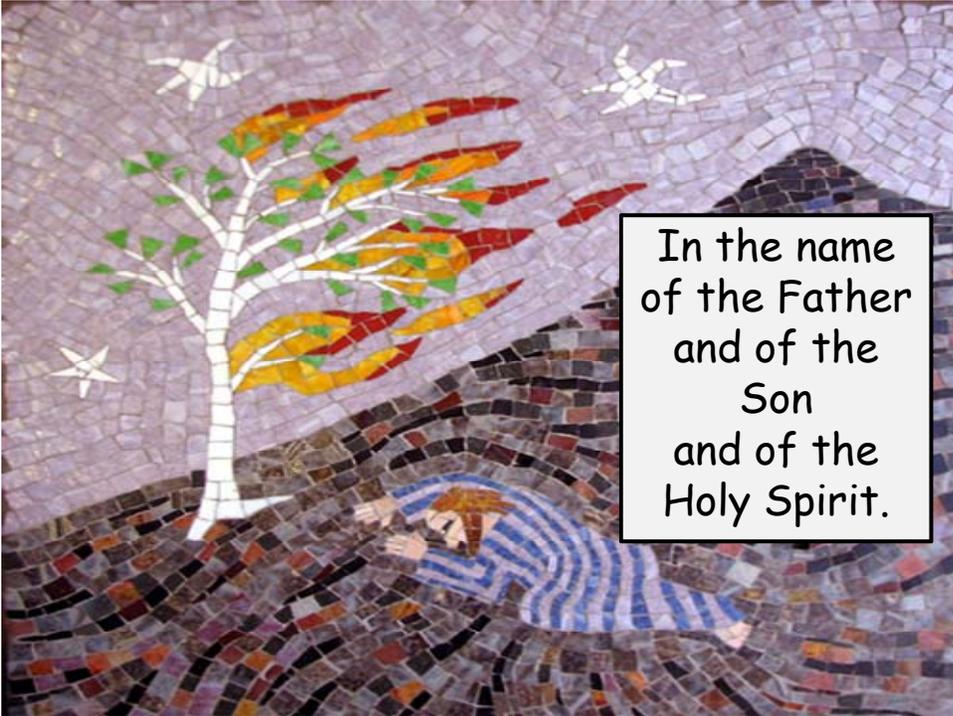
Dear God,

I thank you for	all of the people	who love me.
I thank you for	making me	who I am.
I thank you for	loving me	just the way I am.
Help me to be	the best person	I can be,

We pray, in the name of the Father and of the Son and of the Holy Spirit, Amen

Powerpoint for Prayer Service





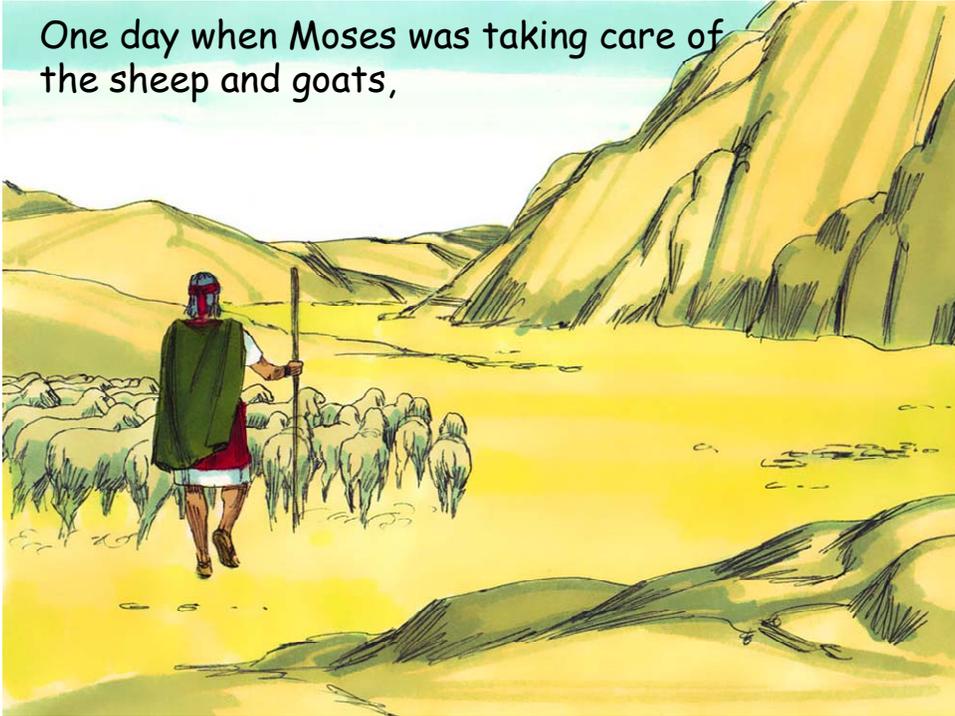
In the name
of the Father
and of the
Son
and of the
Holy Spirit.



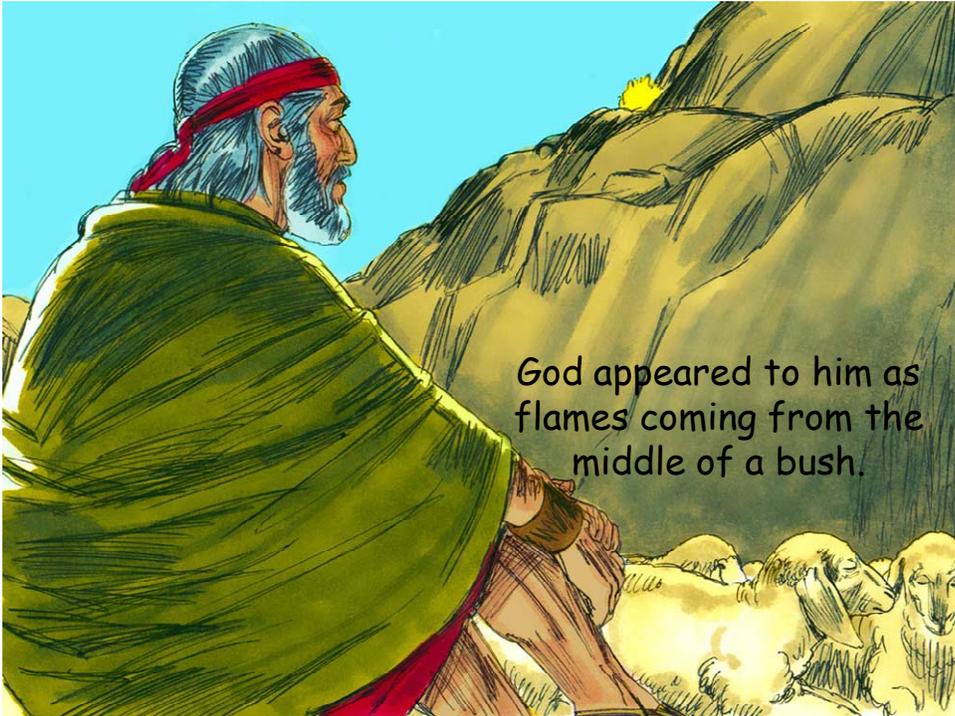
Dear God,
We thank you
for
all the good
things
that you have
given us.

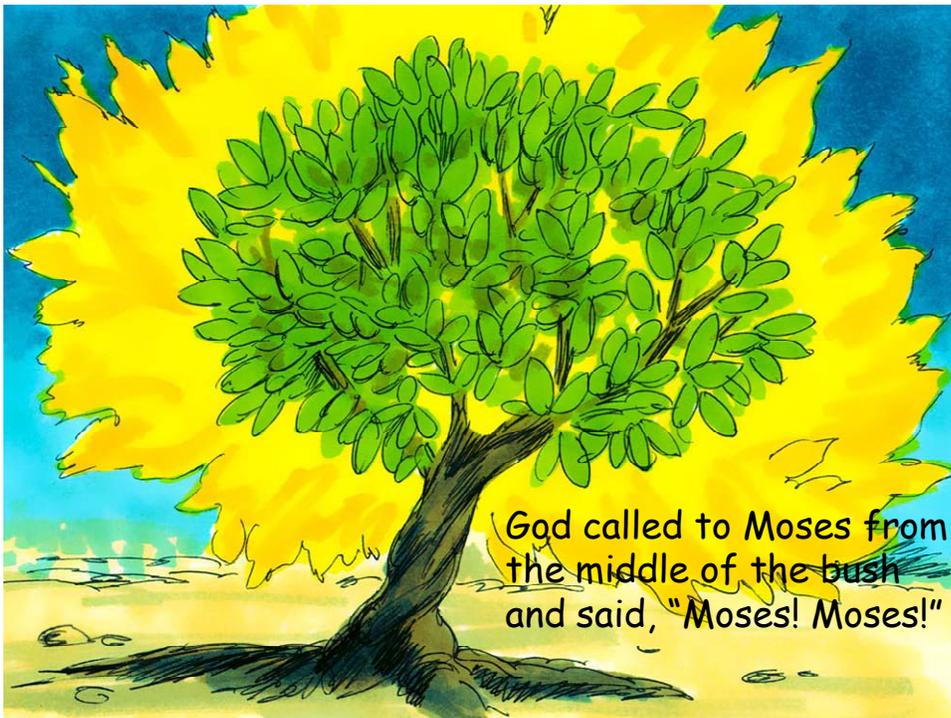


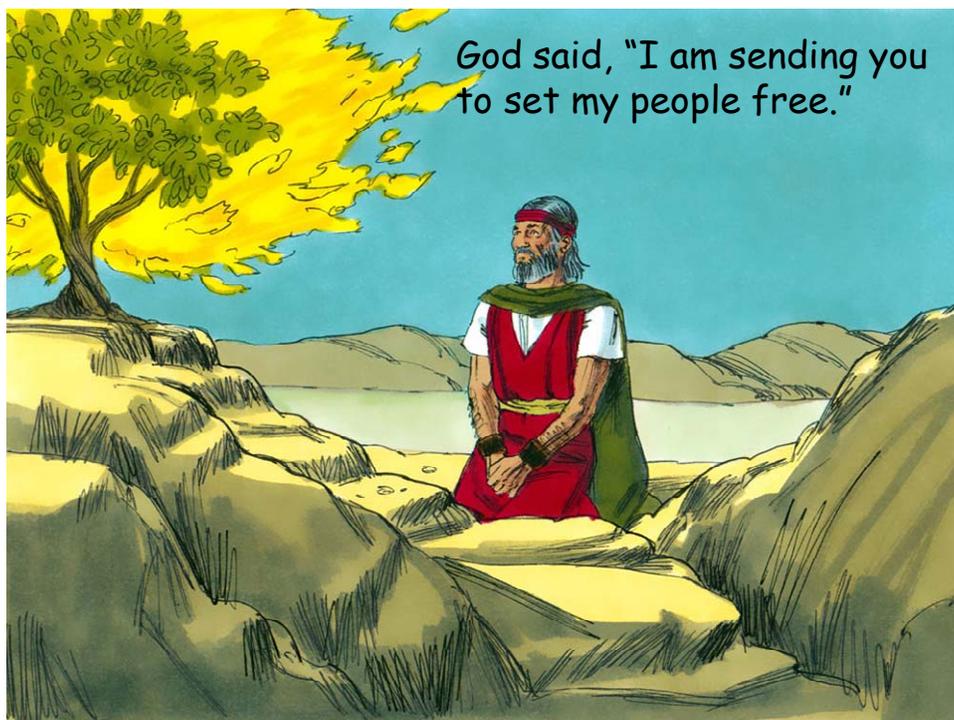
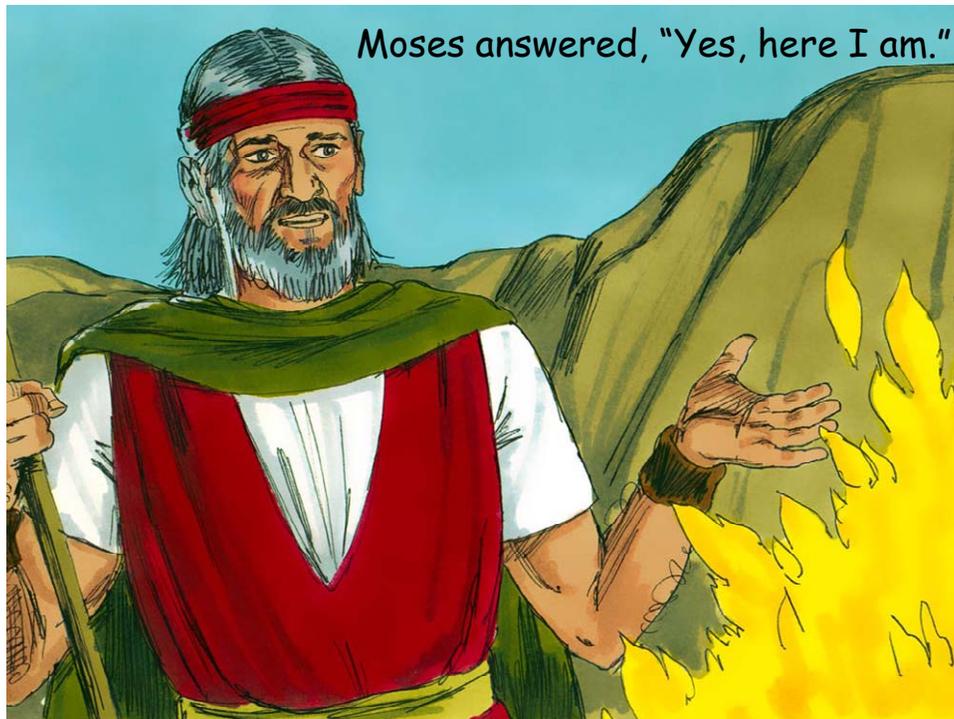
One day when Moses was taking care of the sheep and goats,

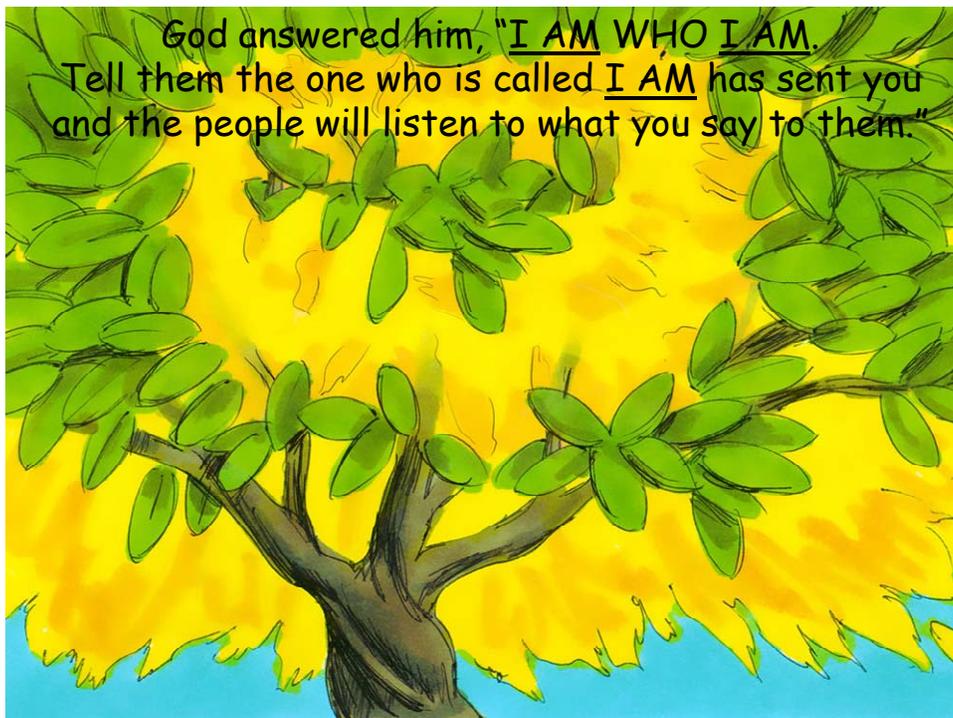
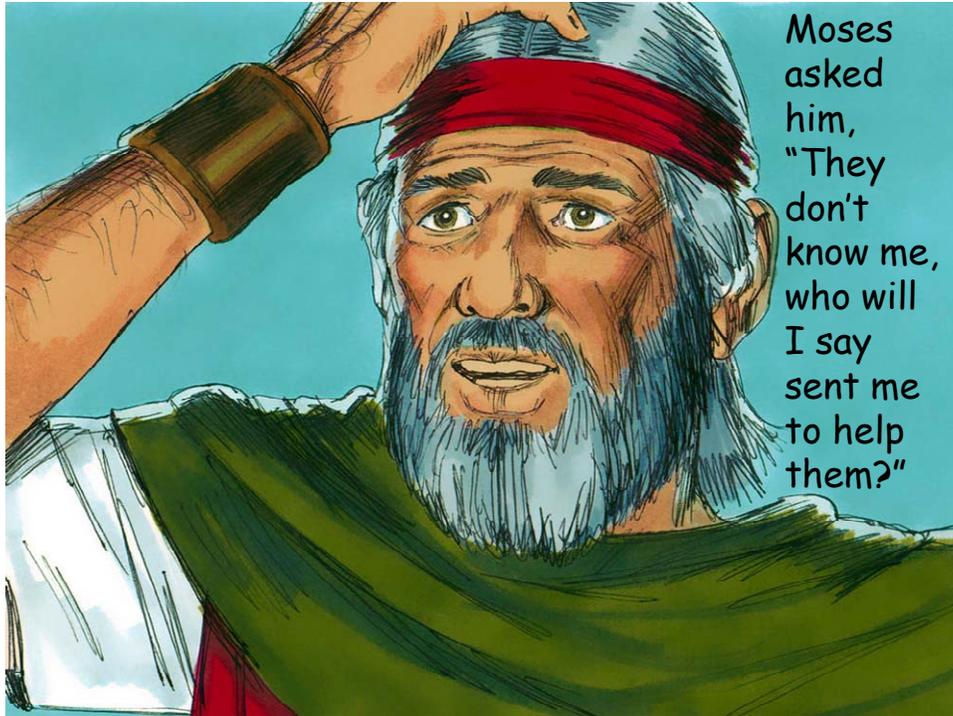


God appeared to him as flames coming from the middle of a bush.

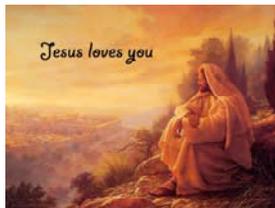








God talked to Moses from a burning bush.
Moses listened to him
and did what God asked him to do.
God loved Moses and his people very much.
He loves us too and he will always love us.
We can show God that we will try
to always love him and listen to him
by writing our names on the leaves
of our own burning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

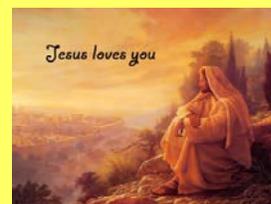


Jesus loves me! This I know,
For the Bible tells me so;
Little ones to Him belong;
They are weak, but He is strong.

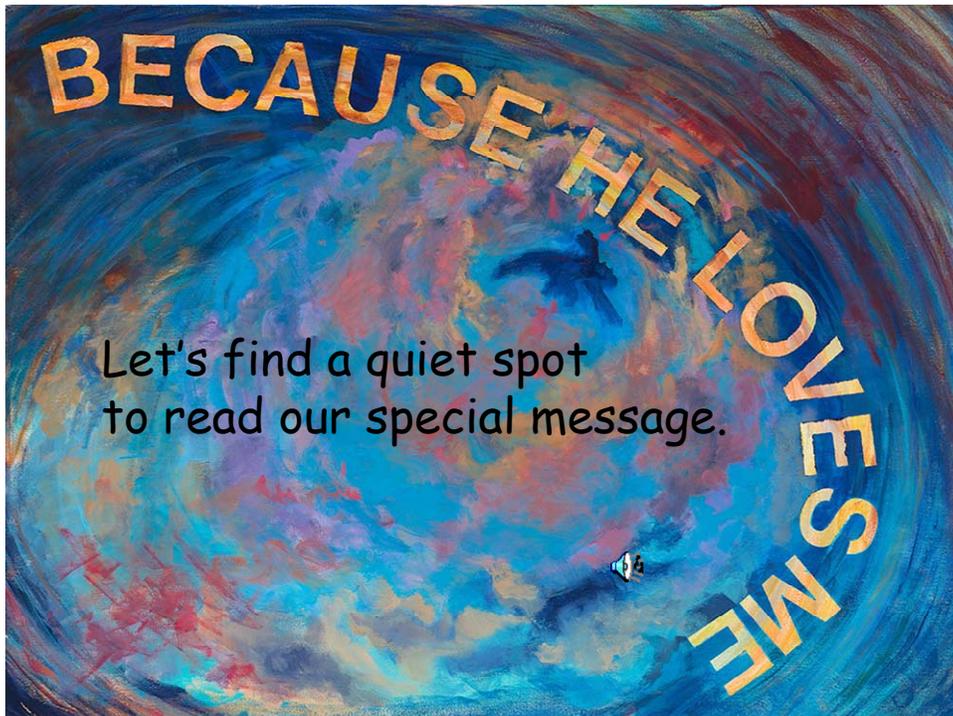
Refrain:
Yes, Jesus loves me!
Yes, Jesus loves me!
Yes, Jesus loves me!
The Bible tells me so.

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.



Dear God,
I thank you for all of the people who love me.
I thank you for making me who I am.
I thank you for loving me just the way I am.
Help me to be the best person I can be,
we pray, in the name of
the Father and of the Son and of the Holy Spirit, Amen.



Prayer for Other Days

Note: Again you echo the 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 of the people who love me.

I thank you for making me who I am.

I thank you for loving me just the way I am.

Help me to be the best person I can be,

I 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,

Dear God,

I thank you for all the people who love me.

I thank you for making me who I am.

I thank you for loving me just the way I am.

Help me to be the best person I can be.

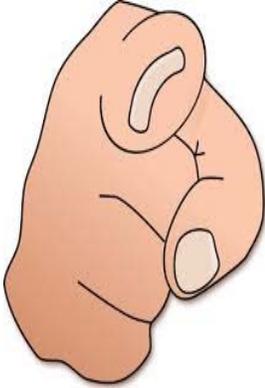
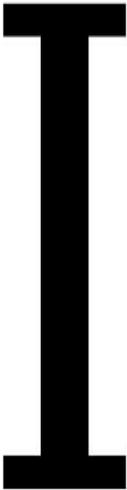
I pray, in the name of the Father
and of the Son and of the Holy Spirit,
Amen



Dear Friend Letter



Dear _____,



Your Friend,



Flame for Burning Bush

