

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 11 - Lesson 3

<p>Grade 11 Who <u>I AM</u> ... Lesson 3 - CHOICES</p> <p>World Religions “gratitude is contagious”</p> <p>Who <u>I AM</u> Makes A Difference Because Jesus Loves Me! ‘gift of words’</p>	
<p>Background <i>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. With Him by your side, resiliency and positive mental health blossom. The growth of your character is connected to your unconditional love of others and your ability to offer forgiveness. Celebrate life! Celebrate faith!</i></p>	
<p>Curriculum Expectation – Ontario Catholic School Graduate Expectations, Overall and Specific Expectations from related Subjects</p>	
<p><u>Ontario Catholic School Graduate Expectations</u> CGE4e - Sets appropriate goals and priorities in school, work and personal life CGE5f - Exercises Christian leadership in the achievement of individual and group goals CGE7d - Promotes the sacredness of life CGE7b - Accepts accountability for one's own actions</p> <p><u>Religion Overall Expectation</u> Research the moral teachings of the various world religions (Morals 4th nugget)</p> <p><u>Religion Specific Expectation</u> Examine and evaluate the role moral codes play in shaping the worldview of people of faith (Morals 5th nugget)</p>	<p>Learning Goals</p> <ul style="list-style-type: none"> • Students will research and recognize the importance of moral teachings in the various world religions. (Morals 4st nugget) <p><i>Success Criteria (possible suggestion)</i></p> <p><i>I will achieve success by using my CHOICE to express my VOICE in demonstrating understanding of how The Golden Rule affects my life. I will research The Golden Rule to discover the importance of moral teaching found within it.</i></p>

Instructional Components		
<p>Prior Knowledge and/or Skills Using the rubric as a guide, co-construct Success Criteria</p> <p><u>Suggested Teacher Daily Reflection</u> Gus Lloyd 60 Second Reflections http://guslloyd.com</p>	<p>Terminology Character Ethics Unconditional Love Golden Rule Unconditional Forgiveness Celebrate Life</p>	<p>Resources/Materials Who I AM – The Golden Rule Who I AM – choice Who I AM – rubric Clay, paper, markers</p>
Prayer/Scripture Focus		
<p>In the name of the Father and of the Son and of the Holy Spirit, Loving God, the Great I AM, 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, who I am 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	Approximately 15 Minutes	Assessment
<p>[See: Who I AM God’s Golden Rule] Ask for two student volunteers to play the role of Ron and Don in the Who I AM – God’s Golden Rule skit. As the students take a few minutes to read over their script, ask the students...</p> <p>Teacher Voice (select one or more) “What does Character Ethics mean to you?” “How do you see Character Ethics and The Golden Rule interwoven?” “How do people cultivate character traits – through Aboriginal Spirituality or through Christianity?” “Is God or The Creator an important factor in cultivating positive character traits?” “How do positive character traits foster positive mental health?”</p> <p><u>Present Who I AM – God’s Golden Rule skit.</u></p>		<p>A brief discussion/short skit intended to bring students into the learning environment.</p> <p>Character Ethics Generally, a normative stance that gives priority to cultivation of character traits such as honesty, compassion, faithfulness, courage and The Golden Rule.</p>

Action	Assessment
<p style="text-align: center;">Approximately 45 Minutes</p> <p>[See: Who I AM choice board]</p> <p>Teacher will present each student with a Who I AM choice board for students to select their Who I AM assignment. This activity can be completed as an individual task or a partner task. Students will be offered the remainder of the class to work on completing this task. A customized rubric is attached for assessment purposes.</p> <p>Teacher circulates to offer guidance and direction. [See: Who I AM rubric]</p>	<p>The main portion of the lesson involves a Choice Board to reveal student thinking through a purposeful activity.</p> <p>Golden Rule Treat others the way you want to be treated.</p>
Consolidation	Assessment
<p style="text-align: center;">Approximately 15 Minutes</p> <p>Teacher will introduce the skits by reading the BOLD typed sections. “ Based On: Exodus 3:14 and Matthew 7:12 Big Idea: In the Old Testament God called Moses to free His people. Through a Burning Bush, I AM WHO I AM gave Moses the blueprint to His freedom plan. In the New Testament God calls Jesus to deliver a new message to His people – a message about the importance of moral truth through the unconditional and accepting love found within The Golden Rule. Background: God used Moses to be a great deliverer to His people and return them to the land that He had promised to Abraham and his descendants. God uses His Son, Jesus, to teach others about inclusion, respect, acceptance, dignity, love, peace and joy. Type of Presentation: Ron and Don deliver a sports caster format of information. Ron, grounded in a strong traditional faith formation, often challenges Don to think past professional sports and into the world of Jesus. Don loves the Lord but is often distracted by his passion for sports broadcasting and comes across as an absent minded individual. Together, their goal is to lead others through the value of <u>Who I AM Makes A Difference Because Jesus Loves Me!</u> Topics Addressed: I AM WHO I AM signifying the wonderful uniqueness of God and the priceless importance of each of us as His children. The Golden Rule compliments the infamous conversation between God and Moses and draws the audience into a deeper relationship with His Son Jesus. We continue to view our energy as a magnetic force that attracts others to our thoughts and feelings. You hold within you a powerful magnet to spiritual health and faith-filled mental wellness. Imagine the joy and happiness God’s children felt when they were about to receive freedom. Imagine the joy and happiness God felt when He presented His Son, Jesus, to His Children as a priceless gift of love.”</p>	<p>Support is provided by making connections to the learning goal. Students bring clarity to their in an authentic way.</p> <p><u>Who I AM rubric</u></p> <p><u>Anecdotal notes: listening, observations</u></p> 

Final Notes

1. If possible, video tape or take pictures of the performance with Ron and Don in order to support student learning.
2. When students have completed their Who **I AM** choices, arrange to display them in the school library, local library or another appropriate location within the school/community. Celebrate student success!
3. Share the following video with students. Oprah and Dr. Brene Brown – the topic of the relationship between Gratitude and Joy ... video
http://www.faithit.com/she-studied-shame-12-years-about-drop-knowledge-bomb-thatll-change-way-you-think/?c=news&utm_source=newsletter&utm_medium=email&utm_campaign=faithit-newsletter&utm_content=9/2/2014+1:24:55+PM

“Teachers are like gardeners. They provide the things needed for growth: knowledge, wisdom, advice, comfort, support, and love, enabling students to develop to their full potential. In and through this delicate act of gardening, of caring and giving, the teacher facilitates the beautiful development of the life within the seed.”

(from: Filomena Tassi & Peter Tassi, 500 Prayers for Catholic Schools & Parish Youth Groups, Twenty-third Publications, 2004.)

Who I AM – God’s Golden Rule!

Based On: Exodus 3:14 and Matthew 7:12

Big Idea: In the Old Testament God called Moses to free His people. Through a Burning Bush, I AM WHO I AM gave Moses the blueprint to His freedom plan. In the New Testament God calls Jesus to deliver a new message to His people – a message about the importance of moral truth through the unconditional and accepting love found within The Golden Rule.

Background: God used Moses to be a great deliverer to His people and return them to the land that He had promised to Abraham and his descendants. God uses His Son, Jesus, to teach others about inclusion, respect, acceptance, dignity, love, peace and joy.

Type of Presentation: Ron and Don deliver a sports caster format of information. Ron, grounded in a strong traditional faith formation, often challenges Don to think past professional sports and into the world of Jesus. Don loves the Lord but is often distracted by his passion for sports broadcasting and comes across as an absent minded individual. Together, their goal is to lead others through the value of Who I AM Makes A Difference Because Jesus Loves Me!

Topics Addressed: I AM WHO I AM signifying the wonderful uniqueness of God and the priceless importance of each of us as His children. The Golden Rule compliments the infamous conversation between God and Moses and draws the audience into a deeper relationship with His Son Jesus. We continue to view our energy as a magnetic force that attracts others to our thoughts and feelings. You hold within you a powerful magnet to spiritual health and faith-filled mental wellness. Imagine the joy and happiness God’s children felt when they were about to receive freedom. Imagine the joy and happiness God felt when He presented His Son, Jesus, to His Children as a priceless gift of love.

Script

Ron – Welcome to another exciting episode of Bible Boot Camp. I am Ron, your host for this evening, along with my co-host Don. Today’s discussion is about The Golden Rule and how it plays out in your life.

Don – Fantastic! I was hoping we could squeeze some golf talk into today’s episode. OK folks...the golf golden rule is all about....

Ron – Hold on a minute Don. I didn’t mention anything about golf. We are talking about the message Jesus taught God’s children. It is found in the Gospel of Matthew 7:12.

Don – The golf golden rule is a message that needs to be taught as well. I don’t know about Matthew ... I found the golf golden rule in Gould and Wilkinson’s book titled ***Golf’s Golden Rule***.

Ron – Not the same thing at all, Don. The Golden Rule was delivered during Jesus’ time.

Don – My golf golden rule was delivered to me last week by Canada Post. Cost \$21.00 for the service and another \$36.95 for the purchase. Crying shame! What’s this about Jesus? Gould and Wilkinson published the golf golden rule in 2012. Jesus wasn’t around then.

Ron – I have been trying to tell you Don that we are talking about two different things. The Golden Rule that I refer to is connected to many World Religions. Christianity has a positive version of The Golden Rule recorded in the Gospels of Matthew 5:43; 22:39; Mark 12:31; Luke 10:27.

Don – So your Golden Rule doesn’t have anything to do with the golf impact zone as a measurement of a few feet before the ball and a few feet after? That’s what my golf golden rule says good golf is all about.

Ron - The Golden Rule – treat others as you would like to be treated – is at the heart of Christian religious tradition. It has absolutely nothing to do with the game of golf...

Don – I beg to differ, Ron. If you are saying this rule, that you call golden, is about treating others the way you want to be treated than jumpin-catfish I want my golf partners to treat me like a pro. This rule of gold you are talking about could be a golden opportunity for me. Everyone would treat me and see me as being more special.

Ron – Everyone already sees you as special Don.

Don – Thanks Ron. You too! But on a serious note, The Golden Rule that you are talking about has nothing to do with golf?

Ron – It has to do with positive relationships and the interactions among people.

Who **I AM**...The Golden Rule cont'd *jmj*

Don – Would this Golden Rule work at home? What about at work?

Ron – It would work anywhere. That’s the ripple effect of The Golden Rule.

Don - Hey Ron! Speaking about a ripple. I had some kid come up to me the other day and tell me that I made a huge difference in his life...said something about a ripple causing a tsunami somewhere...I couldn’t follow him...but he told me that Jesus loves me. Weirdest thing I ever experienced cause it really made me feel great inside, even though I couldn’t follow what he

was saying. I didn’t know the kid but he says he follows our show and our Bible Boot Camp helps make him a better person. Do you think that was The Golden Rule and I missed it?

Ron – Not exactly The Golden Rule, Don. That kid was sharing with you a project that was inspired by a conversation between Moses and God in the book of Exodus. When God spoke to Moses through a Burning Bush, He told Moses His identity was I AM WHO I AM...

Don – Hey Ron, I just remembered...this kid said his name was Moses. Do you think he was a relative or something?

Ron - ...The Who **I AM** Makes A Difference Because Jesus Loves Me! is a pay it forward project founded on the love of God. No, he is not a relative of the Moses found in Exodus. Did this kid give you a small gift when he told you that you made a difference?

Don – No. No gifts. Just this feather. It says ‘Who **I AM** Makes A Difference Because Jesus Loves Me!’ Hey Ron, this is what you are talking about! How come there is going to be a tsunami? Are we on high enough ground?

Ron – The tsunami is not going to affect us that way. The pay it forward outreach is compared to a tsunami because it will spread far and change the lives of many people but in a positive way. The Who **I AM** project will mend broken relationships, heal inner wounds and draw people closer to love of self and love of others.

Don – This all started with Moses? Like the old man Moses not the kid Moses who talked to me.

Ron – Not directly. He had the conversation with God. God revealed to Moses His identity. A principal and a teacher from the Ottawa Valley recognized that the title I AM WHO I AM has two messages in one name. They started the project by explaining to others that the first **I AM** message speaks about the value and importance of God as the center of our life! We are His

*Who **I AM**...The Golden Rule cont'd jmj*

children, He is our God. Through the second **I AM**, God shows us that our value and importance is connected and interconnected through our relationship with Him and with each other. The message is simple. **I AM** - God is important. **I AM** - I am important.

Don – Did this principal and teacher know anything about the golf golden rule?

Ron – We aren't going there Don! Stay focused. The Golden Rule and the Who **I AM** project are similar because they work at building connectedness within relationships that promote self-worth, love of self/others, appreciation and gratitude. In fact, the Who **I AM** project recognizes that gratitude is contagious and people enjoy sharing kind words of thankfulness with others who make a difference in their life.

Don – That kid, Moses, kind of got to me now that I know the story behind Jesus loving me.

Ron – Treat everyone the way that you want to be treated. It's a hard thing to do but you feel incredible each time you do it. Spread gratitude. You don't need a feather or gift like little Moses gave to you. Start from the heart and thank people who have made a difference in your life. Thankfulness and healthy mental attitude go a long way in your life journey.

Don – Nothing wrong with my mental attitude. I had the Doctor give me a physical just the other day and he says my mental attitude hasn't changed in years!

Ron – I think we could both work on practicing The Golden Rule and exercising Who **I AM** Makes A Difference Because Jesus Loves Me!

Don – The only exercise I need is with a golf club in my hand.

Ron – From the desk of Ron

Don – and the chair of Don, good night folks!

Who I AM... RUBRIC

The Golden Rule – Choice activity

	<i>Level 4</i>	<i>Level 3</i>	<i>Level 2</i>
Catholic Graduate Expectations: 1. Discerning believer 2. Effective communicator 3. Reflective, creative & holistic thinker 4. Self-directed, lifelong learner 5. Collaborative contributor 6. Caring family member 7. Responsible citizen	Demonstrated thorough understanding of CGE <hr/> Name of CGE	Demonstrated considerable understanding of CGE <hr/> Name of CGE	Demonstrated some understanding of CGE <hr/> Name of CGE
Understanding - Comprehension of its meaning and significance (understanding)	Student demonstrates a thorough understanding of the moral teaching within The Golden Rule.	Student demonstrates considerable understanding of the moral teaching within The Golden Rule.	Student demonstrates some understanding of moral teaching within The Golden Rule.
Thinking – The use of creative thinking skills	Student’s CHOICE demonstrates the use of creative thinking with a high degree of effectiveness to clearly show how the power of The Golden Rule can change society.	Student’s CHOICE demonstrates the use of creative thinking with considerable effectiveness to clearly show how the power of The Golden Rule can change society.	Student’s CHOICE demonstrates the use of creative thinking with some effectiveness to clearly show how the power of The Golden Rule can change society.
Communication - The conveying of meaning through various forms	Student’s CHOICE clearly expresses how The Golden Rule affects your life with a high degree of effectiveness.	Student’s CHOICE clearly expresses how The Golden Rule affects your life with considerable effectiveness.	Student’s CHOICE clearly expresses how The Golden Rule affects your life with some effectiveness.
Application - The use of knowledge and skills to make connections between Religious Education/Mental Health & Wellness and the world outside the school	Student’s CHOICE shows precise connections between The Golden Rule, Mental Health and self with a high degree of effectiveness.	Student’s CHOICE shows connections between The Golden Rule, Mental Health and self with considerable effectiveness.	Student’s CHOICE shows connections between The Golden Rule, Mental Health and self with some effectiveness.

Teacher comments _____