

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 11 - Lesson 5

<p>Grade 11 Who <u>I AM</u>... Lesson 5 – THE PRESENTATION</p> <p>The presentation of Who <u>I AM</u> and the gift of words. World Religions <i>Prior to today’s lesson, prepare Who <u>I AM</u> template with an affirmation message for each student (referred to as the ‘gift of words’)</i></p> <p>Dedicated to Mom, Dad (Sharon & Joe McDonald) and brother John (Jn 10:10). Thank you for sharing your love of the Lord, feeding my soul/spirit, nurturing my faith, and holding the ladder while I climbed to the stars. Love you lots and forever because of who U R. ☺ JAM *The Presentation of Who I AM and the ‘gift of words’*</p>	
<p>Background</p> <p>Today you will empower each student through the presentation of a Who <u>I AM</u> FEATHER. You will need to prepare the message on the FEATHER prior to this class. The affirmation message (gift of words) begins: “Who you are makes a difference to all of us because... Thank you for being you.” Prepare enough FEATHERS that each student will receive two additional FEATHERS for their pay- it forward challenge. Remind students that this project is titled Who <u>I AM</u> Makes A Difference Because Jesus Loves Me! It is based on a pay-it-forward movement that demonstrates ‘gratitude is contagious’.</p> <p>Read Who <u>I AM</u> Makes A Difference Because Jesus Loves Me! information sheet to students.</p> <p>[See: Who <u>I AM</u> Makes A Difference Because Jesus Loves Me!]</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></p> <p>CGE1d - Develops attitudes & values founded on Catholic social teaching CGE2c - Presents ideas clearly and honestly 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 of self and others CGE6e - Ministers to the family, school, parish, and wider community through service <u>Religion Overall Expectation: Family</u> explain how faith develops and deepens, recognizing that the person</p>	<p>Learning Goals</p> <ul style="list-style-type: none"> • Student’s will explain how faith develops and deepens, recognizing that the person and life of Christ is the primary guide for the spiritual journey. (Family Life 1st nugget) <p><i>Success Criteria (possible suggestion)</i></p>

<p>and life of Christ is the primary guide for the spiritual journey. (Family Life 1st nugget) Religion Specific Expectation: Family analyse the impact of family on the individual (Family Life 4th nugget)</p>		<p><i>I will achieve success in demonstrating unconditional love, appreciation and gratitude toward others by participating in the Who I AM... project</i></p>
<p>Instructional Components</p>		
<p>Prior Knowledge and/or Skills Who I AM Makes A Difference Because Jesus Loves Me! project</p> <p>Suggested Teacher Daily Reflection Gus Lloyd 60 Second Reflections http://guslloyd.com</p>	<p>Terminology Pay-it-forward Gratitude Empowerment Unconditional love Unconditional forgiveness Celebrate life!</p>	<p>Resources/Materials</p> <ol style="list-style-type: none"> 1. Copies of Who I AM FEATHER (teacher will photocopy onto cardstock and write a personal message to each student) Enough copies so students will each receive one from teacher as well as 2 blank templates for students to pay-it-forward to others. 2. Who I AM history 3. Who I AM wheel handout 4. Who I AM challenge 5. Who I AM Self Reflection
<p>Prayer/Scripture Focus</p>		
<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>		
<p>Minds On</p>	<p>Approximately 15 Minutes</p>	<p>Assessment</p>
<p>1. Share the history of the Who I AM Makes A Difference Because Jesus Loves Me! project with students. [See: Who I AM Makes A Difference Because Jesus Loves Me!] 2. Describe the term pay-it-forward.</p> <p>Teacher Voice “The concept of pay-it-forward is a part of the success to the Who I AM project. One act of kindness or words of gratitude from you can ripple outward and touch</p>		<p>Pay-it-forward <i>A response to one person’s kindness by reaching out in kindness to others.</i></p>

<p>many people. Gratitude then becomes contagious because it is a wave of appreciation.”</p> <p>3. Brainstorm the word ‘empower’. Describe what it looks like, feels like or sounds like.</p> <p>Teacher Voice</p> <p>“One of the goals to the Who I AM Makes A Difference Because Jesus Loves Me! project is to empower others through the use of gratitude, appreciation, thanksgiving and positive word choice.”</p>	<p>“Pay It Forward” (2000)</p> <p>https://www.youtube.com/watch?v=gwOLvr4eK-k</p>	
<p>Action</p>	<p>Approximately 35 Minutes</p>	<p>Assessment</p> <p>Empower</p> <p><i>Make someone stronger and more confident in how they view their life.</i></p> <p>Thank you teachers for being who you are!</p>
<p>Teacher will present a Who I AM FEATHER [See: Who I AM FEATHER 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 me because ...Thank you for being you.” [See: Who I AM presentation information]</p> <p>This is the ‘gift of words’ that becomes the expression of gratitude. Remind students that they will be completing a self-reflection in a few day. They will need to remember the response/reaction from the individuals who receive a Who I AM postcard from them.</p>		
<p>Consolidation</p>	<p>Approximately 15 Minutes</p>	<p>Assessment</p> <p>Distribute the Who I AM wheel to students. On each spoke of the wheel and have students pray/reflect/write the name of a person who has made a difference in their life and promoted their positive mental health. Students can use this activity as a personal brainstorming session to who will receive a Who I AM FEATHER from them.</p> <p>Allow a few days for students to present their Who I AM postcard to others before they complete an anonymous self-reflection.</p> <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, keeping me safe, building my resiliency and developing my positive mental health attitude. I also thank you for the unconditional love that you give to me. I pray now for the two special people in my life to whom I can say thank you with my Gift of Words. Please give me the courage to speak to them and tell them what they mean to me. 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> <div data-bbox="1266 1155 1494 1407"> </div> <p><u>Self-Reflective assessment</u></p> <div data-bbox="1266 1575 1494 1806"> </div>

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.

You may wish to laminate the FEATHERS you will present to your students once you have written their message on the back. This makes a wonderful keepsake for students to value.

"Pay It Forward" (2000) <https://www.youtube.com/watch?v=gw0Lvr4eK-k>



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 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’

Wheel of Gratitude

Who I AM Makes A Difference Because Jesus Loves Me!

Dear Student,

On each spoke of this wheel write a name of someone in your life who has made a difference in who you are, helped you become the person you are today and supported your positive mental health development. It could be a parent, grandparent, neighbour, friend, priest, coach.

WHO I AM MAKES A DIFFERENCE BECAUSE JESUS LOVES ME!!!



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 me because.....Thank you for being you!”***

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 Makes A Difference Because Jesus Loves Me!

** to be completed several days after The Presentation**

Self-Reflection

Student Goal – T.O.O (Think Of Others)

Your Grade _____

Your School _____

* My teacher believes **Who I AM Makes A Difference** because (what did your teacher say to you when she/he presented you with your ‘gift of words’)

1A. Reason **Who I AM Makes A Difference** was given to **FIRST** Very Important Person

1B. Response and reaction from **FIRST** person after receiving **Who I AM Makes A Difference**

2A. Reason **Who I AM Makes A Difference** was given to **SECOND** Very Important Person

2B. Response and reaction from **SECOND** person after receiving **Who I AM Makes A Difference**

I enjoyed this assignment because it felt good to think of others. YES NO

My teacher’s words made me feel _____

It was easy to think of who would receive the **Who I AM** YES NO

I know I make a difference to others by _____

If I could change the world, I would _____

If I could ask God one question, it would be _____

Thank you for participating in *Who I AM Makes A Difference Because Jesus Loves Me!*