

**Religious Education & Positive Mental Health and Wellness:** end of September to Thanksgiving

May be used during Advent or Lent as a Gratitude project.

## Grade 12 - Lesson 7

### **Grade 12 Who I AM ... Lesson 7 – Make A \$ Difference!**

**CHURCH AND CULTURE** - “gratitude is contagious”

Who I AM Makes A Difference Because Jesus Loves Me!

#### **Background**

*God promised Moses, “I will be with you.” God has made the same promise to each of us because He considers us His children. His loves YOU without conditions. His presence in YOUR life is constant. With God by your side, your trials will be light, your resiliency will be strong. Why did God carve me in His image? His image seems so distant. How can I draw Him closer to my world?*

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

##### **Ontario Catholic School Graduate Expectations**

**CGE1i** - integrates faith with life

**CGE2e** - uses and integrates the Catholic faith tradition, in the critical analysis of the arts, media, technology and information systems to enhance the quality of life

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

**CGE5e** - respects the rights, responsibilities and contributions of self and others

##### **Religion Overall Expectation**

Apply Church teaching to contemporary moral issues (Morals - 5<sup>th</sup> nugget)

##### **Religion Specific Expectation**


Describe how Scripture and the Catholic Tradition inform conscience and moral decision-making (Morals – 6<sup>th</sup> nugget)

##### **Learning Goals**

- Students will demonstrate understanding of the basic principles of Catholic moral teaching (Morals – 9<sup>th</sup> nugget)
- Students will demonstrate understanding of the Cardinal Virtue of Justice as seeking that which is good in every situation.
- Students will demonstrate Theological Virtue of Hope through community of trust in God’s Divine Plan.

*Success Criteria (possible suggestions)*



<p>Who <b>I AM</b> ... This or That activity [See: <b>Who I AM...This or That</b>]</p> <p><b>Purpose</b>  <i>This activity allows for students to find commonality within the class by comparing and discussing decisions in religion content. It also serves to strengthen a mental health and wellness attitude. Students have the opportunity to understand the possible positive and negative outcomes for their decisions while in a safe environment.</i></p> <p><b>Instructions</b>  <i>Cut statements into strips. Place into a bag or bowl so students can select at random. Students form a circle and randomly select one strip from the bag. Each person reads their selection to the class, answers their question and explains their reasoning. Allow time for responses. Work around the group until each person has participated.</i></p>	<p><b><u>Anecdotal Notes</u></b></p>
<p><b>Action</b> <b>Approximately 45 Minutes</b></p> <p>Who <b>I AM</b>...Makes a \$ Difference engages students in financial literacy under the umbrella of religion. [See: Who <b>I AM</b> Makes A \$ Difference]</p> <p>Student determines what financial value each letter of the alphabet holds and records the amount in the appropriate letter box. Once the dollar value is used, it cannot be repeated.</p> <p>The students read Exodus 3:14 and write the message on the line indicated. Extend their learning by finding the financial value to Exodus 3:14 by adding up all of the appropriate \$ amounts – enjoy!</p> <p>Extension – select one of the following <b>I AM</b> statements from the New Testament and play again.</p> <p>John 6:31, John 8:12, John 8:23, John 10:9, John 10:11, John 10:36, John 11:25, John 14:6, John 15:1, John 19:2, Acts 7:32, Acts 9:5</p>	<p><b>Assessment</b></p> <p>Students' thinking is probed through purposeful activities.</p> <p>This activity was created as an individual activity but could be used as a partner task.</p> 
<p><b>Consolidation</b> <b>Approximately 15 Minutes</b></p> <p>Discuss:</p> <ol style="list-style-type: none"> <li>1. Who had the greater dollar value for Exodus 3:14?</li> <li>2. Who had the least dollar value for Exodus 3:14?</li> </ol> <p><b>Teacher Voice</b>          "You have just been informed by your principal that he will give you 7x7 times the</p>	<p><b>Assessment</b></p> <p>Teachers support student with making connections to the learning goal.</p>

<p>amount of money your Exodus message is worth. The stipulation is it must be donated to a Catholic charity.</p> <p>In your <b>Prayer Journal</b>, your principal wants to know:</p> <ol style="list-style-type: none"> <li>1. What is the 7x7 value of your Exodus 3:14 message?</li> <li>2. What Christian charity will you donate it to? Why?</li> <li>3. How will your personal Who <b>I AM...</b> action ripple outward?"</li> <li>4. How can you use your donation toward promoting positive mental health awareness in your community?</li> </ol>	<p><b><u>Catholic Charities</u></b> Catholic Women's League, Soup Kitchen, Food Bank, Right to Life...</p> <p><b><u>Prayer Journal</u></b> Post the Prayer Journal questions for students to reference.</p>
<p><b>Final Notes</b></p>	
<p><b><u>Extend:</u></b> Who <b>I AM</b> Word Search</p> <p>Provide students with ½ " grid paper and the following words: MOSES, GOD, I AM WHO I AM, JESUS, LOVE, PEACE, JOY, GRATITUDE, APPRECIATION, PAY IT FORWARD, BURNING BUSH, EXODUS, OLD TESTAMENT, NEW TESTAMENT. Students create their own word search puzzle. Hide the above words on the grid. Fill in any empty spaces with additional letters to hide the words. Teacher can copy the word searches and share with other religion classes.</p> <p><a href="http://www.printfreegraphpaper.com/">http://www.printfreegraphpaper.com/</a></p> <p><b>Cartoon Strip</b> Draw a 6 frame cartoon strip that illustrates you donating your Exodus 3:14 money to the charity of your choice. How do they react? What does the 'ripple' of gratitude/appreciation look like?</p> <p><b>Game Board</b> Create a Who <b>I AM</b> game board that incorporates Exodus 3:14 and financial literacy. Who is your target audience? How will your audience be engaged in the blending of biblical information and money sense?</p> <p><b>Rap</b> Invite students to create a RAP that speaks of Moses, Jesus and their ideals of finances (smart spending, smart saving). Target your audience to the grade 9 students. Invite the grade 9 class to your class to hear the message. Celebrate your student success!</p>	

**Fun Food Fundraiser** – Who **I AM** Soup in a Jar (Minestrone Soup)

Provide students with Who **I AM** soup recipe. This would be a wonderful activity to do as a class to present to someone special, for students to make at home as a unique gift, or as a Social Justice fundraising idea. Place the ingredients inside a medium size (2 cup) mason jar and attach the recipe.



See attachment at end of lesson.



*“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 Makes A Difference Because Jesus Loves Me! Bank Account**

Imagine that each morning your bank deposits \$86,400 in your private account for your use. What are the rules?

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
5. The bank can end the game without warning and close the account. You won't receive a new one.

What would YOU do? You would buy anything and everything you wanted for all the people you love and care for because you couldn't possibly spend it all on yourself. You would try to spend every penny, and use it all, because you knew it would be replenished in the morning.

ACTUALLY, This GAME is REAL .... Each of us is already a winner of this \*PRIZE\*. We just can't see it. The PRIZE is \*TIME\*

1. Each morning we awaken to receive 86,400 seconds as a GIFT of life.
2. And when we go to sleep at night, any remaining time is NOT credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING...

What will YOU do with your 86,400 seconds? Those seconds are worth more than the same amount in dollars.

Remember to enjoy every second of your life. Time races by so much quicker than you think.

Take care of yourself, be happy, love deeply and enjoy life!

Start "spending".

**Who I AM... This or That**

Would you rather be able to read everyone's mind or be a forgiving person?

Would you rather be rich and ugly or poor and good looking?

Would you rather be 2 or 22 years old?

Would you rather be the smartest or most popular person you know?

Would you rather have one wish granted today or three wished granted in ten years?

Would you rather love and never be loved back or be loved but not love back?

Would you rather greet someone with warmth and love or greet them with a \$100 bill?

Would you rather be generous with your time or generous with your money?

Would you rather lie to the boss and join the party or work extra hours and miss the party?

Would you rather sing in the shower or sing in the rain?

Would you rather enter a hot dog eating contest or write a book report?

Would you rather lean on Jesus or lean on a friend?

Would you rather have knowledge of the bible or have knowledge of your boy/girl friend?

Would you rather be Jesus' mother Mary or Jesus' father Joseph?

Would you rather go back in time to Jesus' birth or 2013 years into the future?

Would you rather find the love of Christ or find 10 million dollars?

Would you rather end hunger or hatred?

Would you rather forgive or be forgiven?

Would you rather understand the 10 Commandments or be able to live the Beatitudes?

Would you rather get even with someone or get over someone?

Would you rather receive a message from an angel or a Disciple?

Would you rather be born in a manger or in a mall?

Would you rather be a character from the Old Testament or from the New Testament?



Would you rather travel anywhere in the world alone or have a family holiday?

Would you rather go to an amusement park or a family reunion?

Would you rather tell your friend a lie or tell your family a truth?

Would you rather pray as a family or holiday alone in Jasper?

Would you rather have a Dad that loved the Lord or a Dad who worked a lot of overtime?

Would you rather have a Mom who baked cookies or a Mom who volunteered at church?

Would you rather have 1 sister or 7 dogs?

Would you rather have a family that loved you or a family that had money?

Would you rather have a family meal together or a large screen t.v.?

Would you rather have the love of grandparents or the peace of solitude?

Would you rather have good friends or a good family?

Would you rather have a bedtime 'I love you' or a bedtime snack?

**Who I AM... Make a \$ Difference**

Beside each letter assign a financial dollar value from .01 – \$10.00

**\*DO NOT repeat financial values once they have been listed\***

A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y/Z

Money is a magnetic energy. People are naturally drawn to it. You are a magnetic energy. Through your thoughts, feelings, resiliency and positive mental health attitude, you are emitting magnetic attraction that people are drawn too. The emotions of joy and happiness are powerful money magnets. Use joy and happiness to form your personal Who I AM story.

Write the bible passage **Exodus 3:14** on the lines.

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Find the financial value to the entire bible passage. Use the back of this sheet for calculations. Be prepared to share your financial value with the class.

## Who I AM Makes A Difference Because Jesus Loves ME! SOUP

Who **I AM** Soup in a Jar ☺ PREPARATION TIME = 60 MINUTES      SERVINGS = 6–8

### INGREDIENTS

¼ cup red lentils

¼ cup split green peas

¼ cup barley

1/3 cup of beef bouillon powder

2 TBSP parsley flakes

3 TBSP onion flakes

1/3 tsp thyme and pepper

1 tsp basil

¼ cup alphabet pasta SECRET INGREDIENT = unconditional love, peace, joy

Gift Instructions – place all of the ingredients into the jar in the order provided so you have a layer effect. See picture provided. Create a personal label with the Cooking Instructions and the title – Who **I AM** Soup in a Jar

### Who I AM Soup in a Jar ~ COOKING INSTRUCTIONS

In a very large saucepan combine 8 – 10 cups of water, a 28 oz can of crushed tomatoes and soup mix. Add 2 chopped carrots, and 2 or 4 potatoes chopped.

Optional – add 2 cups of shredded cabbage. Bring to a boil, reduce heat, cover and simmer for one hour until peas are tender. Enjoy! *Thank you for being you!*

