

Wednesday, February 13th 2019

1st-4th Grade Lesson Plan: Living the Virtues (M6)

- **Welcome** children to the small group as they arrive. Take attendance.
- **Opening Prayer (10-15 minutes)**
 - Gather around your prayer table- turn on the candle, bless the children with holy water if you'd like
 - Opening Song- Holy Spirit- follow this link (<https://www.youtube.com/watch?v=2zEiiZi2DKk&t=83s>) for the youtube video. You can also find it in the 1st-5th Grade Small Groups Playlist. Encourage your small group to sing along!
 - Scripture Reading: Philippians 4:8-9

Using the Catholic Children's Bible, find this scripture reading together and have someone read it out loud. Ask your group: What is something you have learned here or from someone who inspires you about what is true, honorable, just, pure, lovely, and gracious?
 - Write down any prayer intentions for the basket
 - Read the following prayer or do a spontaneous prayer. Begin and end with the sign of the cross. *Loving God, today we thank you for the virtues that we learn from the Church. We thank you for your son Jesus who taught us how to live a life filled with virtue; always choosing to do good. Please help us to always choose to do good, especially when it is difficult. Help us to have fun, stay safe, and grow in relationship with you in our session today. Amen.*
- **Check-ins (5-10 minutes)**
- **Journey of Faith (15-25 minutes)**
 - There is a ton of information in this lesson; they packed the Human (Cardinal) Virtues, Theological Virtues, Corporal Works of Mercy and Spiritual Works of Mercy all into one lesson. If I were you, I wouldn't focus too much on making them memorize all the words and what they all mean, I would take a big picture approach and say that these are all

different approaches to living a virtuous life; that is a life in which we always choose to do good. I'll choose some activities that expand on some of these subjects, but while you're working on the pamphlet, focus on how each of these virtues invite us to act and don't get too bogged down by all the content. Especially if you're with first or second graders, I wouldn't worry about reading every word of the inside pages, focus on working together as a group to understand how each virtue helps us live a good life and how it challenges us to act.

- You can choose to read the front page or not. Begin with the discussion question on the first inside page. Then read the paragraph about virtues and add the word Virtue to your Word Wall.
- Start with the Human Virtues, also known as the Cardinal Virtues. Plato and Aristotle wrote about these virtues, so that means that this is wisdom from before the time of Jesus and that it's not just for Catholics or Christian. These are truly virtues that apply to everyone. Write Human Virtues on the Board with the four virtues underneath and once you've read or summarized the explanation for each word, ask your group how they can act with prudence, act justly, act with fortitude, or act with temperance. You can also write your answers to these questions on the board. The ideas in the text will be helpful for helping children think of ideas, but make sure they're not just repeating what's already there and are thinking of things that apply to their own lives.
- If you want to put all the words in red on your Word Wall you can, or you can just choose a few virtues to put up.
- Now move on to the Theological Virtues. You can do the same thing on the board with the Theological Virtues; write each virtue and come up with ways you can act with faith, hope, and charity/love.
- If you'd like, in order to be sure each child is paying attention and so they have something to take home, you can have them make a "Virtues Graphic Organizer" which you can see an example of by following this link (<https://i.pinimg.com/originals/2b/f9/bb/2bf9bb5f91aad88b49e11ce692ef55a5.jpg>). It's just two pieces of construction paper folded and cut

with the virtues on the outside and the definitions and drawings on the inside.

- Be sure to spend a little time talking about the Works of Mercy- ways the Church gives us from Jesus's example of how we can live out the virtues.
- I would definitely recommend doing the activity on the back page. It asks you to match the works of mercy to the virtues that help us live out those works. Here are the answers: Forgiving others- fortitude, comforting others- hope, feeding the hungry- justice, clothing those without proper clothes- faith, visiting the sick- love, teaching others- prudence.

- **Activities (to fill the rest of the time you have)**

- Theological Virtues Coloring Sheet- 1st-4th

Follow this link

(http://lh4.ggpht.com/_txgiUO_oV58/TTdP4WNLRbj/AAAAAAAAAFz4/JASQs4ihOFE/s1600-h/TheologicalVirtuesFlowers3.jpg) for a coloring sheet about the theological virtues. I really like that they show how the virtues relate to each other like the parts of a plant. We are rooted in faith, that grows into hope, and that hope manifests itself in acts of love and charity. While the children are coloring, you could also read 1 Corinthians 13:1-13. This is where we get the three theological virtues from and it may be familiar to some children- it's a very popular reading at weddings.

- Works of Mercy Activities Mini-book and coloring page- 2nd-4th

This blog has tons of activity ideas and this page gives you a coloring sheet with the Corporal Works of Mercy as well as a printout to make a mini-book and the instructions on how to assemble it

(<https://www.looktohimandberadiant.com/2015/07/corporal-works-of-mercy-teaching-tools.html>). You can also find a link on the bottom of the page to these same activities for the Spiritual Works of Mercy.

- Video- How to change the world (a work in progress)- 1st-4th

This is a super cute video from Kid President on how to change the world. It's several years old now, but it could be a great video to watch

after talking about the virtues that help us to do good in the world.
(<https://www.youtube.com/watch?v=4z7gDsSKUmU>)

- Video- The Loudest Voice- 1st-4th

This is a nice music video and such a fun song by Ginny Owens about how love is the most important thing and we can't let fear and anger to overcome it. It'd be a great way to finish up your session today on virtue. (<https://www.youtube.com/watch?v=RSRjQ99qw2c>)

- **Closing Prayer (5 minutes)**
- Pray the Glory Be together and/or listen to The Loudest Voice by Ginny Owens. The words to the Glory Be can be found in the Catholic Prayers app under "Basic Prayers" if you want to put them up on the screen.