GRADE 4
Unit 1 - Lesson 1
Learning “Little Ways” Choosing to do the Right thing for the Right Reason

Objectives:

The students will:

- Demonstrate respect for the rights and feelings of others by listening to/reading the story about St. Therese Liseaux in the Catholic Safety Agent booklet and participating in the exercises.
- Differentiate between healthy and unhealthy ways to express feelings by participating in the exercise about feelings and playing the game to determine someone’s feelings.
- Differentiate between behaviors that contribute to a positive attitude and those that contribute to a negative attitude by acting out what they read on the Feeling Cards exercise, and by naming the feeling and what caused them to feel a certain way.
- Identify self control skills by participating in the lesson on page 4 of the CSA Notebook regarding behaviors and feelings.

Materials:

- Pencils/pens
- CSA (Catholic Safety Agent) booklet for each child
- Feeling Cards

Introduction:

You are a 4th grader—half way through elementary school. For most of you, it’s been almost two years since your First Communion and First Reconciliation. When you were preparing for those sacraments you learned about how special you are as a child of God. Even though you are older and getting more responsible and smarter as each day goes by—you will always be a child of God.

Lead Discussion:

- What does it mean to be a child of God?

  Affirm all appropriate responses like: “I was baptized.”; “I was adopted by God.”; “God loves me.”

CVOL (Grade 4) Lesson 1
- It also means that you are created in the image and likeness of God. Let's read a short verse from the Bible, (Have a student volunteer to read it) Genesis, Chapter 1, verse 27:

*God created mankind in His image; in the divine image he created him; male and female he created them.*

- Take a look around. Do we all look alike? Do any of you look like me? Can we all do the same things? What are some ways we are different from one another? (Prompt: age, size, skin color, hair, some wear glasses, some are good at sports, some like to read mysteries, some like to climb trees, some use a cane or are in wheel chairs) Even though we are all different, we are all created in His image. Life would be pretty boring if we were all alike.

- Can anyone tell me the story of Adam and Eve in the Garden of Eden?

*Genesis, Chapter 3:1-6, 11B – 13 (Students need to understand that while God created everything perfectly, sin entered the world because of free choice. Eve CHOSE to steal the apple, Adam CHOSE to eat one too, and they both CHOSE to lie to God about it.)*

- So even though everyone is created in God’s image, some people make choices that are dangerous, that can hurt people, and may even hurt themselves. We don’t always know why they make those choices. But you can learn to make good choices about how to act and react when there are situations or people who might tempt you to be unsafe.

- God wants us to be healthy and happy and to live together with respect for ourselves and each other.

- Just like we ask our friends to help us and to pray for us in our every day joys and struggles, we have heavenly friends who can help us with their prayers and by the example they lived here on earth. These are the saints and angels.

- We will be asking the help of two very special saints and two of the most famous angels God ever created. They will help us become Catholic Safety Agents or CSA’s.

- Each of you needs to have a Catholic Safety Agents (CSA) Booklet.

*Distribute Booklets. Give children a chance to look through them. Have each student put their name on the front cover on the line provided.*

**Read:** The story of St. Therese of Lisieux, pages 2-3

*C VOL (Grade 4) Lesson 1*
Discuss: What clues in the story tell us that Therese had a lot of feelings bottled up inside?

(tantrums, crying all the time)

- What do you think she was feeling that made her think it was good to act that way?

**Affirm all appropriate responses. Write them on the board for everyone to see. They may include: frustration, anger, bad, afraid, grumpy, put upon, powerless, misunderstood, sad she lost her mother, uncertain**

- All feelings are good. They are part of how God made us. We listen to our feelings to help keep us safe, to help figure out what we need, and they help us realize how we are to behave. Have any of you had any of these feelings? How do you show these feelings?

- Like St. Therese, we can choose to show our feelings in a way that is respectful to ourselves and others. What are some good ways to show the feelings that Saint Therese had?

**Allow children to tell or show how they would behave.**

- Turn to page 4 in your CSA booklet. Look at the list of feelings. Pick one of those feelings that you have had. Turn to the person next to you and tell how you react when you have that feeling.
  ✓ Did you make a good choice to show that feeling?
  ✓ What might be a better way?
  ✓ What behavior would show a positive attitude?
  ✓ What would show a negative attitude?

**Ask a couple of the children to describe a situation when they might experience one of the feelings listed. Have them demonstrate a good way to show the feeling. Be sure to encourage the children to pick healthy ways of showing their feelings including:**
  ✓ talk with a trusted adult
  ✓ exercise
  ✓ hit a pillow
  ✓ write it out before you say something
  ✓ think about what the feeling really could be before reacting and trying to talk to the person
  ✓ facial expressions, body language etc

- When you choose to show your feelings in the proper way, you are showing respect for yourself, and for the people around you—your family, your friends, teachers or classmates.
- It is just as important to recognize the feelings that other people might be having.

- Let’s try a game to help us find out if we can really tell how someone is feeling.

  *Don’t make any sounds as you go through these. Look sad, like you are about to cry. Let them guess. When they give the right answer, try looking happy, puzzled, lost, confident.*

**Ask:** How did you know what I was feeling? I didn’t write you or talk to you. What are some of the clues you were getting?

  *Allow for answers.*

- I was using Body Language. How we walk, how we stand, how we use our hands and the looks on our faces can communicate so much more than just sending a text. I need a couple of volunteers to come forward and act something out. The rule is: no talking or pointing to anything. You have to let us guess your mood or what you are feeling by how you behave.

**Ask different children to act out what they read on the Feeling Cards. You can also select feelings from the list on page 4 of the Booklets.**

  - How does someone’s behavior affect you?
  - Can you think of a time when the way you behaved had an effect on someone?

  *You may want to give an example such as:*
  “Let’s say you wake up in the morning and you feel grumpy. You are very slow at getting dressed. You go into the kitchen to eat breakfast. Your sister reaches for and takes the cereal box and you yell at her.”

  - What does your sister do?
  - Does your parent say or do anything?
  - Did your mood affect anyone in your family?

  *Allow children to answer.*

- Sometimes a family member or a friend may be having some strong feelings. Showing respect for someone and their feelings is something we learn to do with practice. Because everyone is different, there may be different ways to show respect to different people.

- The situation you are in will help you decide the best way to act. If one of your classmates is sad, it might be ok to just say “I am sorry you are sad. You can talk to me if you like.” And give the person some time to themselves. Or you may want to cheer them up or help them think about something else. Everyone is different.
For example when some people are frustrated, they like to sit quietly and figure things out. Others like to talk it over with someone to help them think out possible solutions.

When some people feel foolish, they are embarrassed and just want people to forget what happened. Others like to make a joke to show they really don’t mind.

Exercise:
Let’s look at page five (5) in your CSA Booklet On the page there are boxes with feelings listed in them. There are also behaviors inside each box. Cross out the behaviors that show a negative or “bad” way of showing that feeling. Put a star next to the way you might show that feeling when you choose to show respect for yourself and others.

Closing:
Until the next time we meet, I want each of you to pay attention to what you are feeling. Use the list on page 4 of your CSA booklet to name the feeling and what caused you to feel that way. Know that you can choose to show that feeling in a good way or a bad way.

I would also like you to pay attention to other peoples feelings. How do they show them? How do some people react differently to the same situation?

Use your CSA booklet to make any notes to help you remember—and don’t forget to ask Saint Therese, “The Little Flower” to help you choose to do the small things cheerfully and for God.
PERSONAL SAFETY CURRICULUM
LEVEL 4

CATHOLIC SAFETY AGENT
Saint Therese of Lisieux
AKA: The Little Flower
Patron Saint of Missions

**Learning the “Little Ways”**
Choosing to do the right thing for the right reason

St. Therese of Lisieux is known for her “Little ways” of serving God. She was born in Lisieux, France in 1873 and is the symbol of the beginning of our mission as Children of God (COG). Therese’s mother died when she was about four and a half years old. Therese was not the most obedient child. Her father and other sisters could not get her to do any of her chores without her crying and having terrible temper tantrums. She thought it was better to spend her time in prayer, serving God at the monastery than doing silly chores.

At thirteen, believing she was called to be a nun living away from the daily life in a village, she begged the prioress of the Carmelite convent and the local bishop to let her join. She was refused. Therese was considered too young to join a convent. Soon after, her father took her on a pilgrimage to Rome, where, never one for rules, Therese approached the Pope and asked his permission to join the convent. After the guards took her away and she was questioned by Vatican authorities, she convinced him of her calling and she was admitted to the order. As a novice, (a person training to be a nun) Therese was required to do anything any of the sisters asked her to do—mostly menial chores. The previous Christmas, Therese had an experience which normally would have caused her to throw a tantrum. Instead she felt a calm come over her and she chose to react to the news with calmness and love. She always referred to this incident as her Christmas of Conversion.
Therese came to believe that she could do nothing great like curing the cancer that killed her mother, or stop people from starving, but she could do her chores. She believed that if she did everything she was asked to do cheerfully, and for God, then that's what she would do. She chose to sweep, scrub floors, and make the beds because she loved God. She never complained, and always did things cheerfully. Therese's "little way" of trusting in Jesus to make her holy and relying on small daily sacrifices instead of great deeds appealed to the thousands of Catholics and others who were trying to find holiness in ordinary lives. She died when she was 23 years old. Today her “little way” of choosing to do the right thing, cheerfully and for God, is a common way for people to get closer to God and to learn to do what is right.

It is said that when you ask for St. Therese to intercede for you in prayer, you will be answered with a rose. Prayers to “The Little Flower”, as she is often called, is one of the most common forms of prayer because everyone can offer up even the littlest acts by choosing to be cheerful and by doing things to honor God.

**Notes from The Little Flower:**
# Emotions and Feelings:

*All of our feelings are good. How we choose to show them or use them can make our behavior good or bad.*

<table>
<thead>
<tr>
<th>Anxious</th>
<th>Eager</th>
<th>Relaxed</th>
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<tbody>
<tr>
<td>Apprehensive</td>
<td>Frightened</td>
<td>Scared</td>
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<tr>
<td>Brave</td>
<td>Happy</td>
<td>Self conscious</td>
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<tr>
<td>Carefree</td>
<td>Honest</td>
<td>Chicken</td>
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<tr>
<td>Enthusiastic</td>
<td>Humble</td>
<td>Confused</td>
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<tr>
<td>Exhausted</td>
<td>Furious</td>
<td>Courageous</td>
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<td>Glad</td>
<td>Mixed up</td>
<td>Disgraced</td>
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<td>Hate</td>
<td>Perplexed</td>
<td>Down</td>
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<tr>
<td>Irritated</td>
<td>Puzzled</td>
<td>Forgiving</td>
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<td>Joyful</td>
<td>Pleasant</td>
<td>Gloomy</td>
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<td>Locked in</td>
<td>Silly</td>
<td>Interested</td>
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<tr>
<td>Lovable</td>
<td>Special</td>
<td>Jealous</td>
</tr>
<tr>
<td>Misunderstood</td>
<td>Thankful</td>
<td>Nice</td>
</tr>
<tr>
<td>Nauseated</td>
<td>Timid</td>
<td>Respectful</td>
</tr>
<tr>
<td>Panicky</td>
<td>Trapped</td>
<td>Rotten</td>
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<tr>
<td>Pleased</td>
<td>Angry</td>
<td>Powerless</td>
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<td>Revived</td>
<td>Bored</td>
<td>Relief</td>
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<tr>
<td>Sad</td>
<td>Comforted</td>
<td>Respectful</td>
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<tr>
<td>Secure</td>
<td>Confident</td>
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<td>Grumpy</td>
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<td>Useful</td>
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<td>Content</td>
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<tr>
<td>Curious</td>
<td>Peaceful</td>
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<tr>
<td>Discouraged</td>
<td>Proud</td>
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</tbody>
</table>
**Sad**

**Pout and ignore everyone**
**Cry and take a little time for yourself**
**Talk to a trusted adult**
**Eat all the ice cream and candy you can find**

**Frustrated**
- Scream and shout while stomping your feet
- Ignore the situation
- Ask for help
- Sit quietly and try to figure things out
- Do something else for a while, and then come back to the situation

**Confident**

Look people straight in the eye when you are listening to them
Stand up straight and speak clearly
Push people who are in your way
Brag about how good you are
Be aware of your strengths and weaknesses and help out when you can
FEARFUL

Talk to a trusted adult.
Hide under the bed
Never go outside again
Keep it a secret

Joyful

Smile from ear to ear...
Only focus on the good news and forget about homework and chores....
Share your good news with friends and family...
Laugh out loud...
Don’t let anyone else talk about their news

ANGRY

- Step away from the situation to calm down
- Hit someone
- Scream and shout
- Throw something at your brother
- Say foul words
- Count to ten and then talk to someone about why you are feeling this way
Who Am I?

Knowing your strengths and weaknesses helps you use your gifts and talents to respect yourself and to help and respect others.

**Strengths:**
Everyone is good at some things. One way we can know is by what friends or trusted adults tell us. Name one thing you get compliments about.

How do you feel when your gift or talent is recognized?

What is something about yourself that you are proud of—even if no one else notices? What is one skill, strength, talent, gift, or behavior that you have that, even if no one notices, you still feel good about it?

How does this gift, talent, strength, help others?
Weaknesses

What is one of your weaknesses? It could be a behavior, a habit, an attitude.

When you give in to your weakness, does it have any effect on others? If so, what?

What choices could you make to improve your weaknesses?

Lets ask St. Therese to help us make good choices in all the situations we find ourselves in today. Together let us pray:

St. Therese, Little Flower,
You teach us by your example
That if we do the little things with love,
And we practice choosing the right way to show our feelings,
We can grow closer to Jesus.
We ask that you look down upon us,
See our efforts,
And be our advocate in Heaven. Amen
Giovanni, or John, was born in Italy in 1815. He is mostly known for teaching young people with love rather than punishment. He is the founder of an order called the Salesians which still has many schools, churches and seminaries in the world today.  
When John was young, he was a shepherd, he needed to work as a young boy to support his family after his father died. He took every opportunity to read—even though he often had to give up his schooling to support his family.  
When he was nine years old, John had a dream about children who were crowded in a field. They were being rude and disobedient. When John tried to get them to obey by shouting and hitting them, they became like animals. A man appeared to John and said you will have to get these children to obey with kindness and love.  
Even though many people didn’t believe in his dreams, John believed this was God asking him to take on a mission to take care of the children.  
When John was in his late teens, he studied and became a priest. He was known as Don, or Father, Bosco. Shortly after becoming a priest, we witnessed crowds of children in Roman prisons being treated cruelly and in very dangerous conditions. They were in prison with murderers and thieves simply because they were poor.  
Shortly after that experience, Don Bosco saw a priest beating a street urchin because he would not serve mass for him. It was very common in those days to beat children and punish them harshly to try to get them to obey.
Don Bosco knew that he was being called to treat these poor street children with love and respect so they could learn to support themselves and to know they are loved by God.
In order to get the children to trust him, Don Bosco learned to juggle. The street children were entertained and gathered around to watch the juggling and any other trick Don Bosco showed them. Once he had a few observers, Don Bosco would begin to tell stories about Jesus. Because they were treated with kindness, many street children started coming to him to learn to read or to learn skills for jobs. Other priests and good people began to see that by teaching respect and duty and making sure every act of kindness or good act was recognized, these children could learn and become good citizens.
The Salesian Society was begun by a group of men wishing to help these boys learn trades, and even become priests. Some women saw the need for a similar program for girls, and they soon began training programs for girls. Today there are Salesian schools, seminaries and churches in 24 countries, with four churches in the United States.

Notes from Don Bosco:
Friends

In the space provided, think of some of your friends. They could be a person in your class, a cousin or other relative—even your mom or dad. Write their name and one or two reasons you consider them to be a friend.
Peer pressure can lead us to make bad decisions. Take a few minutes to look back at a time when you gave in to peer pressure. By looking back at a situation, you can see how you may have given in. With practice of self control, you can stand up to peer pressure in the future.

Who pressured you?

What did they do to make you give in to what they wanted you to do?

How would you react if the same situation happened today?
Archangel Gabriel

AKA: “The Messenger”
Patron of Information Workers,
radio, television, broadcasters

Learning steps to good decision-making in various situations and clues on how to judge people and situations for safety.

Gabriel the Archangel is one of the special messengers from God that is mentioned specifically in the bible. The name means “God has shown himself mighty.”

Most of us know that Gabriel was the angel who told Zachariah about the coming birth of John the Baptist. The most well-known message delivered I was Gabriel telling Mary that God had a great plan for her life. She was to be the mother of God.

Gabriel is also mentioned in the Old Testament Book of Daniel. He came to Daniel while he was praying for mercy and help because the people were being persecuted. Gabriel assured Daniel that there would be good times ahead, but that the times following would be difficult. This allowed Daniel to prepare the people for whatever challenges were ahead of them.
Let's Make a Decision!

What is the problem?

What are some choices or are there other alternatives?
What might the consequences of your choices be?

What is the best decision?

Number the steps to show the proper order:

  ____ Make the Decision
  ____ Evaluate the Consequences
  ____ Consider the Choices
  ____ Identify the Problem
  ____ Brainstorm Alternatives
Prove me, O LORD, and try me; test my heart and mind.

PSALM 26:2, NRSV
Think about it...

What can I do to keep myself safe from abuse?
Safe or Trusted Adults   How do you identify them?
Michael the Archangel

AKA “Prince” of Heaven
Patron of Police, Soldiers, protector of the Church since the time of the Apostles.

Demonstrating good personal safety habits and knowing sources of help to ensure safety.

St. Michael the Archangel is best known for leading the angels of heaven against Satan, who wanted to be like God. St. Michael the Archangel is considered to be the Prince of heaven and is placed in charge of all the Angels to protect heaven and to fight against any evil that would prevent us from attaining heaven. We call on him to be our defender against evil and to help us defeat the temptations that might lead us away from heaven.

Saint Michael the Archangel, defend us in battle, be our protection against the malice and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, put into hell Satan and all evil spirits who wander through the world. Amen