

KNOWING MY VALUE

GRADES 1-3 - Lesson II (Year III, Day 2)

Goal: Students will learn that taking care of ourselves is part of the call to holiness. God has created us as body and soul to praise Him through both. Activities will reinforce the themes of promoting personal health, understanding emotions, and recognizing God's eternal plan for each person.

Lesson: God made each of us to be His special child. Our minds and bodies, no matter what they look like or how different they might be, are very valuable to God. He designed them!

Watch: [The Butterfly Song](#)

Why are you special to God the Father?

Why did God give you a heart and a smile?

Would you be worth more to God if you had wings like a butterfly?

Lesson: God gave us feelings as gifts to help us make sense of the world around us. We experience some feelings as “good”, like being happy or excited. Other feelings can be painful like being sad, angry or scared. Because everyone is unique, two people in the same situation might feel completely differently. It's good to be able to name how we are feeling and why. It can also be helpful to talk about really powerful feelings with an adult. Feelings aren't “right” or “wrong.” However there can be a right and wrong way to express feelings.

We don't always have to act on our feelings. For example, feeling scared helps us to recognize dangers and keep us safe. But sometimes we have to be brave and do something that we're scared of because it's the right thing to do - like coming to school on the very first day of kindergarten. It feels good to eat a delicious cookie, but if we eat too many we won't feel so good anymore. Anger is a good thing too - it helps us to recognize when something unfair or wrong has happened. But we need to express anger in a healthy way. We don't let our anger control us and do something that is wrong, like hitting our brother because he took our ball. Feelings are a gift from God - even the negative ones - but He also gave us a mind to help us decide how to express them.

Watch: [Know Your Emotions](#) (for more mature students) or [Inside Out: Guessing the feelings](#) (for younger students)

Activity: Using [Teacher's Guide: Feelings](#), use any of the activities or discussions to talk about feelings with your students

Lesson: The Difference between Thoughts and Feelings

Thoughts are words we say to ourselves. Thoughts happen all the time and often without us realizing. Feelings are emotions that we feel like being happy, sad, angry, confused, tired or angry.

Our thoughts can affect our feelings and our feelings can affect our thoughts. We can't always change our feelings, but we can change our thoughts. At times we all have negative thoughts that usually aren't realistic and exaggerate the bad parts of a situation. Focusing on these thoughts makes us feel worse. If we learn to recognize negative thoughts, we can change them to more positive, hopeful and realistic thoughts that will help us feel better.

Activity: [Positive/Negative/Neutral Thought sorting](#)

Or use these [printable cards](#) to make a sorting game. You can use two paper bags or baskets to collect the "thoughts" and "feelings". You could also have students match thoughts to the feeling associated with it.

Here are some [additional activities](#) on "positive" and "negative" thoughts. Feel free to add scenarios of your own.

Prayer:

Thank you God for making me special. Thank you for making me with a heart that knows how to love and a mind that knows how to think and hands that know how to work and feet that know how to dance. Let me always love you with my body and my soul. Please keep me safe and healthy today and always. Amen.

Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website