

KNOWING MY VALUE

GRADES 4-6 - Lesson I (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.

Watch: [Never forget that you are good](#)

Discussion:

What does God think about you?

Could anyone replace you in the world?

Why is it hard to believe that you are good sometimes?

Lesson: Understanding Feelings & Emotions

God gave us emotions, or feelings, as gifts to help us navigate life. Emotions are meant to help put us in "motion". They move us to action in response to things that we see, hear or experience. Feelings help us connect to the world around us - to other people and to things we need or want. Because we are all unique, it's natural for different people to have different emotions in the very same situation. They make life richer and more satisfying, but they can also be challenging. We experience some feelings as "good", like being happy or excited. Other feelings can be painful - like being sad, angry or scared. There is no "right" or "wrong" way to feel. But there are good and bad ways to express emotions.

Feelings are a gift from God - even the uncomfortable ones - but He also gave us a mind to help us decide how to express them and when to act on them. Emotions give us a push in a certain direction, but ultimately you are in charge of how you respond. Big emotions can give a very strong push that sometimes seems overwhelming, but we can learn skills to help us manage our emotions better.

Watch: [Coping Skills For Kids - Managing Feelings & Emotions](#)

Activity: Encourage your students to act out the skit [The Kingdom of Motus](#) (*Fun fact: Motus is Latin for Emotion*)

Discussion:

Can the story of the Kingdom of Motus tell us anything about our inner selves?

Who do the king's counselors represent? (*Emotions*)

What do the emotions do for the king? (*They make suggestions and try to influence the king to act in response to the current situation*)

How does the king treat his counselors? (*He is respectful but firm. He listens to what they have to say but makes his own decision*)

How can good emotional skills help us be kings and queens of our own inner selves?

Activity: When we feel stressed or anxious, sometimes we need to relax. Let's practice relaxing! Use these [relaxation script](#) to help students let go of tension.

Prayer

Lord, Almighty God, source of light, truth, and eternal goodness, thank you for the gift of my body, mind and soul. Thank you for giving me emotions to move me and reason to guide me. Please help me when I feel overwhelmed by strong emotions and I need your grace to help me express them in a good and healthy way. Help me when I am tempted to forget how much You love me and how much I am worth to You. Amen.

Resources for Teachers and Parents

This lesson is part of the suicide prevention program of the Archdiocese of New York and so we have included some additional resources on the topic for teachers and parents.

Helpguide.org information on [Teen Depression and Suicide](#) and [Anxiety in Children and Teens](#) Valuable resource for parents and educators to understand symptoms and warning signs and know how to help.

[ADAP Suicide Prevention](#). A video training series to help parents and educators prevent suicide among youth.

[New York State Office of Mental Health](#) offers information on suicide prevention, including trainings, workshops, and learning modules:

The [Samaritans NYC](#) offer non-faith-based information on suicide: suicide prevention hotlines and also for "suicide survivors," those who are left behind to sort through "what happened,"

[Solace House Suicide Prevention Center](#) (two NY locations: Long Island City, Queens; and Yonkers), to prevent suicide and also for suicide bereavement. (718) 482-0001;

Suicide can be a challenging topic for everyone, but please remember that help is always available (24/7) for anyone suffering from depression or having thoughts of suicide. For confidential guidance for your child, or anyone:

Call, text, or chat **9-8-8**

Similar to 911, the 988 Suicide and Crisis Lifeline is a national hotline that connects a caller in a mental health crisis to a trained counselor who can address their immediate needs (and even help connect them to ongoing care if they desire).