

A LESSON ON HELPING OTHERS

GRADES 4-6 -- Dignity at Every Age- Lesson II (Year I, Day 3)

Goal: Students will explore the concepts of illness through the lens of the dignity of every person at every stage. Through stories, students will realize that the elderly and the sick have love to give and need to receive love.

Materials: Buckets (or boxes, bags etc), Paper, pencils/pens

Watch: [Born Different: Sophi](#) by Truly

This video tells us the story of a special girl named Sophi. She was born without arms.

There are some things that Sophi can't do on her own, but she doesn't think that makes her life less valuable. She has learned to do almost anything using only her feet.

Discussion:

- What is so special about her?
- What kinds of extra help does she need?
- What can she do for herself that is surprising?
- What did you learn from her about determination and courage?

Watch: [Sweet Sophia \(Never Underestimate Her\)](#) by Special Books for Special Kids

This video tells the story of another special girl whose name is Sophia. She has a facial deformity and has special ways of communicating . She is very deeply loved by her family.

Discussion:

- What was your first reaction when you saw Sophia?
- How do Sophia's brother and sister feel about her?
- Do you think Sophia is happy? Does she know that she is loved?
- How does Sophia communicate?
- Why do you think it might be hard for Sophia and her family when they meet new people?
- How do Sophia and her family want to be treated?

Activity: **Fill the Bucket Activity:** If possible, arrange the classroom in a circular shape. Give each student a bucket and have them write their name on (it could be a bag or box, just something to hold pieces of paper in). Then have the students in the class go to each desk and “fill their bucket” by writing on a piece of paper one nice thing they appreciate about that student or one special thing about that student. After the activity, ask the students “*How can we show our love for others outside of the classroom and “fill other’s buckets” everyday?*”

Prayer:

Jesus, when you were on earth, people brought the sick to you and you healed them all.
Today I ask you to bless all those who are sick, weak and in pain.

For those who are helpless and who must lie in bed:
Bless your people, O Lord.

For those who must face life under some disability;
Bless your people, O Lord.

For those suffering from any kind of illness and for their caregivers:
Bless your people, O Lord.

We ask this through Christ our Lord. Amen.

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