

## Dignity at Every Age

Wednesday of Respect Life Week – January 2022

### Helping Others

Grades 4-6

**Goal:** Students will explore sickness and illness through the lens of the dignity of every person at every stage. Students will realize that the disabled, elderly and the sick not only have love to give, but also, need to receive love.

**Materials:** Born Different: Sophi ([video link](#))  
Mr. Rogers - It's You I Like video (Grade 4) ([video link](#))

**Watch:** Born Different: Sophi ([video link](#))

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 his own, but she doesn't think that makes her life less valuable. She has learned to do almost anything using only her feet.

#### Questions for Discussion

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

It's You I Like ([video link](#)) (Grade 4)

In this video Mr. Rogers introduces his neighbors to a boy named Jeff who needs an electric wheelchair to get around. Jeff is the kind of boy who many people would think has a less meaningful life because he can't do the things that other children can do. But we know that every life has value regardless of our ability. The value of our life is found in the fact that we were created by God and are infinitely loved, just as we are.

#### Questions for Discussion

- How do you think Jeff felt when Mr. Rogers told him "It's you I like"?
- How does being loved when we are weak or sick make us feel?
- What makes a person valuable and important? Does our importance depend on what we can do?
- Can we find joy in life even when we aren't able to do everything we would like to?

**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.

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