

## A LESSON ON HELPING OTHERS

### GRADES PK-K -- 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:** large roll of wrapping paper, large manila envelopes, crayons/markers, scissors

**Lesson:** The first video shows how Patch Adams cares for the sick because he makes them laugh when they could be feeling upset. The second video shows time with grandparents and how they love unconditionally. Both videos are examples of upholding the dignity of people at every stage and situation of life.

**Watch:** [Patch Adams- Children's Ward](#)

**Discussion:**

- Who is Patch Adams?
- What does he do?
- Why did he put on a clown nose and do funny things?
- Is it important to make sick people happy and laugh?
- What does laughter do to someone who is sick?
- What else, besides making them laugh, did Patch Adams do for the patients?
- Have you ever visited someone in the hospital or who was sick?
- What did you do to make that person feel better?

**Watch:** [The Berenstain Bears - The Week At Grandma's Part I](#)  
[The Berenstain Bears - The Week At Grandma's Part II](#)

**Discussion:**

- Why did the children stay with their grandparents?
- Were they looking forward to staying with them?
- What did they expect their visit to their grandparents' home to be like? What really happened as they stayed with their grandparents?

- Was it better or worse than expected?
- Have you ever spent time with your grandparents?
- How do your grandparents show that they love you?
- How do you show your grandparents that you love them?
- Why is it important to show love and be kind to people who are older?
- Even if your grandparents can't fish or play the harmonica, is it still good to spend time with them?  
Can you still learn from them?
- What are your grandparents favorite foods or activities?

**Activity:** [Hugs for Grandparents](#) Students can create a “Hugs for Grandparents” by tracing their outstretched arms on wrapping paper and decorating themselves. It can be sent to grandparents or a sick or lonely relative or friend.

**Prayer:**

Loving God, bless all our grandparents and those in our families who are older. May they share their wisdom and faith with us. May they continue to learn and grow with us each day. Bless all those in our families who are sick. Give them courage to find joy in each day. Allow us to find joy and blessing in visiting and showing love for our elderly, sick, and disabled people we know. Amen.

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