

KNOWING MY VALUE

GRADES PK-K - 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. 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 good or bad on their own. It's natural that certain things or situations make us feel a certain way - sometimes pleasant and sometimes not. But we don't always have to act on our feelings. For example, feeling scared helps 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 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 don't want our anger to control us or make us do something 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 what to do with them.

Activity: [Inside Out: Guessing the feelings](#)

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

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