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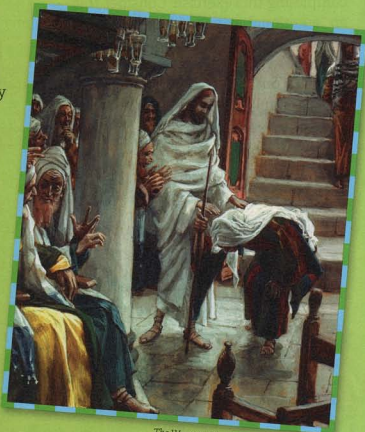


Feeling Under Pressure

We live in an age of instant and constant information. Powerful audio and visual messages pressure us to feel a certain way, act a certain way or live a certain way. Sometimes these messages can influence us to feel overwhelmed. Many of these images and messages are contrary to the Gospel and the teachings of the Catholic Church.

Jesus had feelings just like we do. He didn't hide his feelings. Sometimes, Jesus was very happy. But Jesus also felt sad when he saw people suffer. Imagine walking with Jesus through a dusty village. What do you feel as Jesus reaches out to help someone who is sick?

When we spend time with Jesus in prayer and by reading the Gospels, we can see how he showed his feelings. We can see how his feelings helped him do the work his Father sent him to do. Jesus will help us understand, listen to and respond to our own feelings.



The Woman Who Had an Infirmity 18 Years
by James Tissot (1836-1902/French)

Healthy Habits in the Home

With your family, read aloud Mark 1:35-45 from a Bible. Then think what it would be like if your family was with Jesus all day long. Talk about your time with Jesus, especially during Mass.

Family Blessings

Take time together for prayer. Praise and thank God for the wonderful array of emotions that we feel daily. Take time to reflect on how you have acted on your emotions.

Taking the Lesson Home

Sharing feelings appropriately takes work. Give your family a chance to do so by completing this exercise. Consider this an “emotional workout” for the family. Be honest and listen carefully. One at a time, each member completes a sentence out loud.

Continue until all sentences have been completed:

1. “I want to shout with joy when . . .”
2. “I’m very afraid of . . .”
3. “I feel sadness when . . .”
4. “I get real angry when . . .”
5. “I’m really surprised when . . .”
6. “I’m very curious about . . .”
7. “I get disgusted by . . .”
8. “I can’t accept . . .”



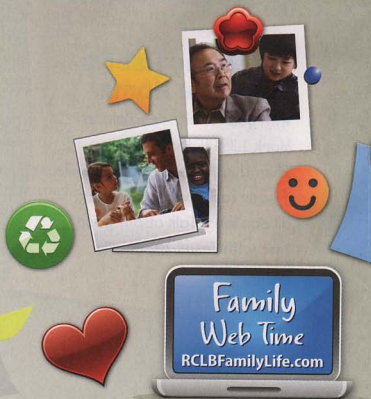
Making Connections

Family members need to know they can honestly express their feelings within the family and will be listened to when they do. Have each member respond to the following questions and encourage everyone to listen attentively.

- ▶ Is it easier for you to reveal your feelings through words or through actions? How have you expressed your feelings today?
- ▶ Which emotion do you find most difficult to handle? How do you normally deal with that emotion?
- ▶ What do you believe are the most appropriate ways of expressing your emotions?

Faith on the Fridge

Respect for one another is at the heart of family life. One way we show respect is by listening to each other. When your family gathers together to share a meal, spend a moment or two reflecting on how well family members listen to each other. At the end of your meal, say a prayer of thanksgiving for the good listeners in your household!



My Feelings

LESSON
3

Feelings on the Playground

The soccer ball bounced in front of Joey. For a moment, Joey didn't touch it. When he gave it a little kick, the ball moved only a little.

"Gee Joey!" yelled Carl as he laughed out loud. "Is that your best shot?" Carl was the best soccer player at the school.

After advancing the ball, Tony went over to Carl. "Joey's sad," Tony said softly. "His puppy was run over by a truck yesterday."

"I didn't know," Carl said.

Then the ball rolled in front of Carl. He spotted Rosa. He kicked the ball hard. It shot across the pavement and stopped at Rosa's white tennis shoes.

Carl thought Rosa was the cutest girl in the class. She was friendly to everyone. When Carl kicked the ball to her, Rosa's face lit up with joy. Carl's face turned red. He was blushing with embarrassment.

Rosa kicked the ball to her friend Jessica. Jessica had seen Rosa smile. Jessica didn't like it. Wasn't Rosa her best friend? Jessica was jealous.

Jessica kicked the ball to Tom. The ball came fast and straight at him. It hit Tom's face with a loud smack. Everyone laughed at "Poor Tom."

Tom smiled, too. But inside, he was filled with embarrassment. A girl made him look silly! He didn't like being laughed at.

Miss Anthony's whistle ended the game. "Recess is over," she said. "Let's line up for class."

This lesson will help you to:

- **explore** what feelings are and why you have them.
- **discover** why your feelings change and how to listen to and name your feelings.
- **make** the decision to let Jesus show you how best to share your feelings with others.



How can your emotions help you make better decisions?



Catholics Believe

God gave us many kinds of emotions. Jesus has emotions, too. He is divine, but he is also human, just like us. Jesus helps us learn from our feelings. He also shows us the best ways to share our feelings with others.

Reasons for Feelings

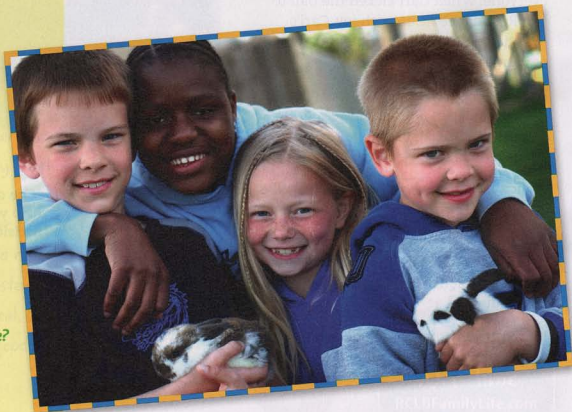
You experience a feeling, or an emotion, as a response to something that happens to you. Feelings come from your body and mind working together. Your body gets information through your senses. Nerves send messages to your brain. Your brain responds with answers. Those answers are feelings. Some feelings are pleasant, and some are unpleasant.

What triggers your emotions? Your emotions are gifts within you that help you make decisions to do or say something. They help you react in different ways to the events in your life. You might feel excited when you get a new bike for your birthday. You could wake up startled during a terrible thunderstorm. During a long car ride home, you might feel relaxed and comfortably fall asleep on your mom's shoulder.

Other times, you have different feelings when around certain people. For example, you have a sense of excitement, joy or spiritedness with your teammates after winning a game. Or you feel hurt or disappointed inside if the team lost. Maybe you have had a bad day and you know that a certain friend always cheers you up. You feel good about yourself when others help you see God's goodness and love.



How has someone you know helped you see God's goodness and love? What feelings did you experience?



Some feelings are hard to understand. Boys and girls your age might feel uncomfortable around each other. That will change. In the years to come, your body will undergo many changes. Slowly, over time, you will find yourself wanting to be with or even close to someone of the other, or complementary, sex.

Being close to others is important in God's plan for us. God created us to live with others. For example, in God's plan for married life, children are created through the shared love of a husband and wife.

"A Rainbow of Emotions"

In the space provided, draw and color a rainbow. On each color, write a feeling you think the color might symbolize. Then, choose one of the feelings and think about a time when you have experienced it. Write about that time inside the rainbow.



Growing in Virtue

Fortitude gives us the strength to do what is right. Courage is another name for fortitude. For example, we can practice the virtue of fortitude when we see someone being bullied on the playground. Fortitude helps us stand up for that person. It helps us make the right choice!

Activity

Catholic Family Album

Saint Philip Neri had the very special gift to make people smile and laugh. A bell rang. Children and grown-ups looked toward the sound. Their eyes brightened as they saw who was coming into their Italian village. They recognized the smiling face—it was Father Philip Neri. How he made them laugh! He was full of jokes and always ready for fun. Sometimes he wore big baggy clothes. Other times, he sang and told riddles. Saint Philip's own feeling of joy brought happiness to others. He helped people see that following Jesus is not a gloomy thing, but a thing of joy.



Acting on Your Feelings

Each feeling you have can help you choose to do something good. It is important to ask yourself, "What am I feeling, and why am I feeling this way?" Naming a feeling you are having helps you to listen to it, understand it, learn from it and act on it appropriately.

Imagine yourself experiencing each of the events below. Complete the sentences to help you listen to and act on your feelings.

1. Today is your birthday. Your family has planned a celebration. Some cousins and friends are waiting for you. You didn't know they were coming. You arrive and . . .

In this moment, I feel . . .

And I choose to . . .

2. You are playing during recess outside with friends. You notice two older boys tease and push a student. You see this student begin to cry and . . .

In this moment, I feel . . .

And I choose to . . .

3. It is your first night at camp. The sky is starry and the moon is full. You hear the sound of frogs croaking and . . .

In this moment, I feel . . .

And I choose to . . .

Acting on My Feelings

LESSON

4

Here are two stories about two different kids who acted on their emotions.

A Bad Day for Chris

The day had started off miserably for Chris. First, he couldn't find the red belt for his team uniform. Then, one of the laces on his cleats broke. And finally, the new puppy had found his batting glove to be very tasty. Muttering loudly, Chris stomped his way to the dugout.

His coach walked up to him. "I see you are angry, Chris," the coach said. "When you're up to bat, focus on the ball. Put that energy into your swing, and get us a big hit!" And that's just what Chris did.

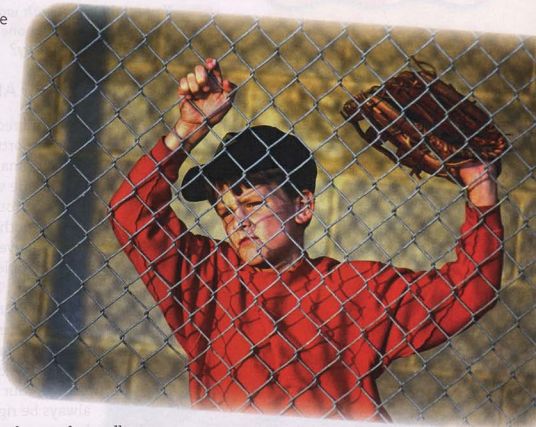
Rosalie and Her Grandmother

Before she died, Rosalie's grandmother often read to Rosalie from a special book of fairy tales. Rosalie loved the feeling of snuggling close to her grandmother while she read.

Sometimes, when Rosalie's mom was lonely for Grandmother, she would look at a photo album or play a special song on the piano. She seemed cheerier after that. So when Rosalie missed her grandmother, she knew just where she could find her—between the pages of a fairy-tale book.

This lesson will help you to:

- **explore** what influences your feelings.
- **discover** how to express your feelings.
- **make** a commitment to show respect toward yourself and others.



Think about a time when you acted on what you were feeling. How did you handle your feelings?



Catholics Believe

How do we know if our actions are right or wrong? God has given us a wonderful gift called our **conscience**. Our conscience works best for us when we train it to do a good job and then listen to it! We use the gift of our conscience as our guide in making good choices.

Ways to Show Feelings

Feelings themselves are neither good nor bad, right nor wrong. It is what we decide to act on that is important. Our actions, on the other hand, can be good or bad, right or wrong. Sometimes a wrong action—doing the wrong thing—makes us feel good. This does not make the action right.

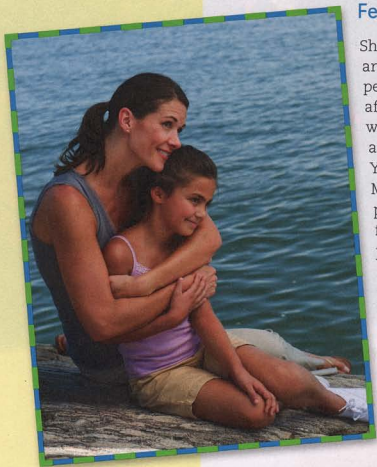
Pretend you have won an award for the best school project. You feel joy and excitement! How do you show your feelings? You could happily say, “Thank you” to everyone who congratulates you. Or, you could go to the student who won the second place prize and say, “Ha, ha, I beat you!”



You might enjoy both ways of showing your feeling of excitement. But only one way is the right way. Which is the right way? Why?

Feelings of Affection

Showing and receiving feelings of affection are very important actions. God blesses people with many ways to show true affection. One way to show affection is with words. You might say, “I like you” to a friend. Another way is through actions. You might give your mom and dad a hug. Married people show affection in special, private ways. This is a part of God’s plan for family and for the creation of new life. As you grow older, your feelings of affection will change, and the words and actions you use to express those feelings will also change. Your words and actions should always be right for your age and proper between people.



Someone may tell you that the way she or he is treating you is meant to show you affection. This person may say things or try to touch you in ways that you know are wrong. These are not ways God wants affection shown. If this happens to you, you must make a courageous decision to say "No!" You should immediately get help from a family member or an adult whom you trust.

"Collage of Affection"

Look through magazines and newspapers for pictures of people showing affection as God intended. Cut out the pictures. Glue them in the space provided or on a separate sheet of paper. Add a title to your work.



Growing in Virtue

Confidence is a virtue that can help you make good decisions and do the right thing even when it is difficult. With confidence you can try new things, or ask for help when you need it. We can act with confidence because we know that God is there to help us.

Activity



Catholic Family Album

Saint Katharine Drexel was born in Philadelphia in 1858. Her family was very wealthy. She went to the best schools and traveled around the world. Katharine had great compassion and love for the poor. It took courage, but she told her family she wanted to care for people who needed help. Katharine Drexel spent her life serving Native American and African American people. She opened 50 missions for Native Americans in 16 states.



Showing Respect to All

To love as Jesus loves means to show respect for all people, not just the people who are easy to like. Showing respect means that we honor every person because they have been created in the image and likeness of God. We should love others because God loves them! When we respect a person, we treat that person as we would want to be treated.

On the lines below, write an action you could do that would show respect and love to each of the people listed. In the last space, add another person or two of your choice.

Person	Action That Shows Respect
Parents	_____

Sister/Brother	_____

Grandparents	_____

Friend	_____

Teacher	_____

Neighbor	_____

Others	_____

REVIEWING UNIT 2

Name

Summary

Remember what you have learned in each of the lessons in God's Gift of Self.

LESSON 3: My Feelings

- There are many types of emotions, and I can express them differently.
- Understanding how I feel can help me to make better decisions.
- I live the virtue of fortitude when I show strength in doing what is right.

LESSON 4: Acting on My Feelings

- I can learn how to act on my emotions through experience, advice and example.
- God gave me the gift of conscience to help me choose what is good and right.
- Because each of us has the dignity of being created in God's image and likeness, I am to respect myself and others.

Thinking It Through

1. What are some ways I act on my emotions?

2. What are the appropriate ways a person my age can express affection?

3. Imagine a world without mercy and forgiveness. What would it be like?

Choosing It Right

Circle the letter of the choice that best completes each sentence.

1. _____ is another name for the virtue of courage.
a. Fortitude b. Justice c. Charity
2. You learn how to act on your feelings through experience, advice and _____.
a. thinking b. television c. example
3. Your words and actions should always be right for your age and _____.
a. proper between people b. pleasing to someone else c. follow your feelings
4. Jesus shows us how to properly share our feelings with others because he is _____.
a. only God b. true God and true man c. only human
5. When people are treated as if they have no value, we say they are _____.
a. lucky b. respected c. abused

REVIEWING UNIT 2

Name

Recalling Key Concepts

Circle the T if the statement is true. Circle the F if the statement is false.

- | | | |
|--|---|---|
| 1. Some feelings are right and some feelings are wrong. | T | F |
| 2. People can react with different feelings to the same event. | T | F |
| 3. Holding a grudge is a good way to act on your anger. | T | F |
| 4. There are different kinds of affection. | T | F |
| 5. Jesus acted on his feelings. | T | F |

Fill in the missing words in these sentences.

- If a person touches you in a way you know is wrong, you should say ".....!"
- Your body and your work together to form emotions.
- Various and certain people can trigger feelings.
- God's gift of helps us to know and choose what is good and right.
- We should show for all people.

Working Together

Music can influence our mood and shape our emotions. For this art project, you will need markers or crayons and some large drawing paper. Listen to three different types of music. While you listen to each, use colors and shapes to describe the mood you feel. Compare your three drawings with others in the class.