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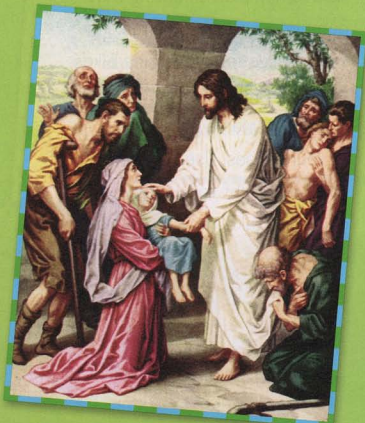
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## Expressing Our Feelings

Having feelings is part of being human. Jesus had feelings. For example, he was angry when the merchants were using the Temple to make money. Jesus felt compassion when he saw sick people. He was sad and cried when his friend Lazarus died. Jesus was happy when he was with his friends, especially when they shared together.

You can spend time with Jesus the way you do with your family and friends by praying. Praying is a way to express and share your feelings with Jesus. He is always ready to listen to how you feel. Jesus loves you no matter how you are feeling.



Jesus Healing The Sick  
by Heinrich Hofmann (1940)



## Healthy Habits in the Home

Use meal time as an opportunity to express how wonderful it is to use our senses. Try a simple guessing game.

## Family Blessings

Thank you, Jesus,  
for the gift of our  
feelings. Help us to  
use our feelings to live  
the way you want us  
to live. Amen.

## Taking the Lesson Home

As a family, plan an outing that combines exercise and fun. For example, go for a hike, ride bikes, play ball, skate or swim together. Be sure to plan a good meal. Use all your senses. Use your sense of smell and sight to enjoy and take in the wonders of nature.



## Making Connections

Family members need to be good listeners. It is important to care about each other and to listen to one another's feelings. Ask each family member to tell about a time . . .

- ▶ when they had strong feelings and how they dealt with them.
- ▶ when they thought about another's feelings before they acted.
- ▶ when they had to make a difficult choice to do what was right.

## Faith on the Fridge

"Ask [God in prayer] and it will be given to you; seek and you will find; knock and the door will be opened to you." (Matthew 7:7)



Family  
Web Time

RCLBFamilyLife.com

# Feelings

## LESSON 3

### All Kinds of Feelings

**Beth:** (She's outside, kicking some stones, and mumbling aloud.) I don't want to go! This is my street!

**Rosa:** Beth, want to jump rope?

**Beth:** I don't feel like it right now. Okay? Maybe later.

**Rosa:** When are you moving, Beth?

**Beth:** On Saturday. I don't want to go. I'm going to miss you. I'm even going to miss this street.

**Rosa:** I know. Remember when they put in the new curbs? We all put our names in the wet cement.

**Beth:** Uh-huh. Right in front of our building. It'll always say "Beth." But Beth won't always be here.

**Rosa:** It's hard to imagine you not living here. How does Aaron feel about moving?

**Beth:** You know how big brothers are! He wants to move. He thinks it'll be exciting to go to a new school. He hopes he'll get on the soccer team and maybe even have a girlfriend. (Both girls giggle.)

#### This lesson will help you to:

- **explore** God's gift of feelings.
- **discover** how to properly act on feelings.
- **identify** and use feelings that warn of danger.



Have you ever felt like Beth in this story?



## Catholics Believe

God gives us the language of feelings to help us know ourselves better and to communicate with one another. Prayer can be a way of sharing our feelings with God.

## Acting on Feelings

A feeling is a way of responding to something that has happened to you. Feelings are like a language speaking to you from inside. Human beings have all kinds of feelings, every day. The ability to feel is a gift from God. For example, you might feel proud or delighted when you do your best in school or score for your team. You might feel angry or hurt when someone calls you a name. Maybe you feel shy when you meet new people, or perhaps you're afraid when it storms.



**Think of a feeling. How do you show or express that feeling?**

Feelings are very personal and can be expressed in many good ways. People can experience the same thing and have different feelings about it. Sometimes, feelings just come out, like the way you laugh when you are surprised.

You can control how you express your feelings by following good rules. For example, you may feel very happy playing ball outside your house. If the ball goes into the street, you may feel like dashing out to get it. The rule of stopping at the curb and looking in both directions helps you to act in a safe way.



Feelings are not right or wrong. How you act on your feelings can be right or wrong. Making good choices with your feelings takes courage. Following good rules helps you to best act on your feeling. Rules help you know how to act, no matter how you feel at the time.

The rules of God are the most important rules of all. These rules are called the Ten Commandments. The first three are about love of God, and the other seven are about love of others, as we love ourselves. The Commandments help guide us in our actions.

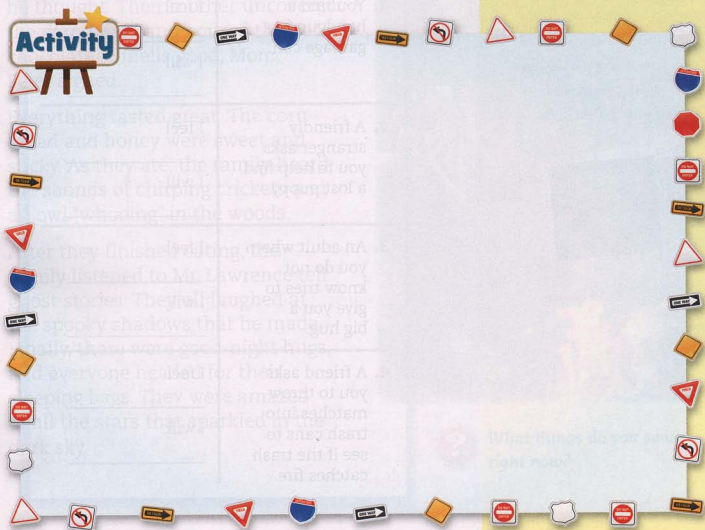


## Growing in Virtue

Making good choices with your feelings takes courage. Good rules can help you think before you act.

### “Following the Rules”

Draw a picture of someone following a rule that may be hard to follow. Share and describe your picture to the class.



## Catholic Family Album

**Saint Teresa of Ávila** said, "God can be served well among the pots and pans." Whatever she did, even scrubbing the dishes, Teresa did with love for God.

St. Teresa lived a very simple life in Spain around 500 years ago. Everyone enjoyed being with her because she was full of fun and laughter. Teresa played the flute, sang and danced. She used her feelings to express her love for God. St. Teresa of Ávila found time to pray and told God how she felt. She praised him no matter what she was doing.



## Listening to Your Feelings

Feelings can help protect you. Listening to your feelings is important. Sometimes they give you warnings about danger. They can say it's time to be cautious. They also guide you to recognize if you are being abused or mistreated. Listening to your feelings can help you protect yourself and keep you safe.

Imagine you are in the following situations. Tell how you feel and what you will do.

Situation	Identify Your Feelings and Actions
1. You find a handgun in a garbage can.	I feel _____ I will _____
2. A friendly stranger asks you to help find a lost puppy.	I feel _____ I will _____
3. An adult whom you do not know tries to give you a big hug.	I feel _____ I will _____
4. A friend asks you to throw matches into trash cans to see if the trash catches fire.	I feel _____ I will _____

# Learning to Choose

LESSON

4

## Sensing the World Around Us

Mrs. Lawrence rang the dinner bell. Her family glanced to the shore of the lake. She was waving them over for supper. "Come on, let's go," said Jenny, "I'm getting hungry."

As they arrived back at the campsite, their mother signaled them to hurry. "The sun will be setting soon," she said, "We'll need the fire to keep warm."

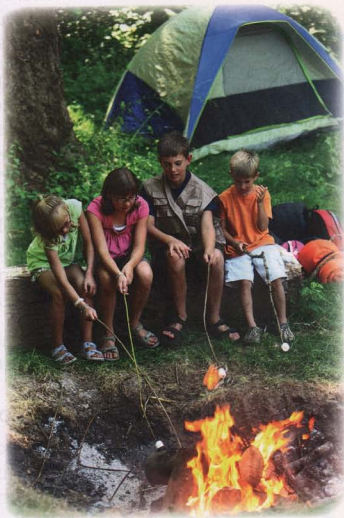
Their father was cleaning the fish. Jimmy touched one. "Kind of slimy," he thought. Their mother uncovered the corn bread and poured the hot chocolate. "Smells good, Mom," Peter sighed.

Everything tasted great. The corn bread and honey were sweet and sticky. As they ate, the family heard the sounds of chirping crickets and an owl "whooping" in the woods.

After they finished eating, the family listened to Mr. Lawrence tell ghost stories. They all laughed at the spooky shadows that he made. Finally, there were good-night hugs, and everyone headed for their sleeping bags. They were amazed at all the stars that sparkled in the dark sky.

This lesson will help you to:

- **explore** how we learn about the world through our senses.
- **discover** that God created you to think, wonder and choose.
- **make** good choices when using your senses.



What things do you sense right now?





## Growing in Virtue

Using your imagination, you can be curious about life. Using your mind and conscience, you can courageously choose to do good.



## The Power to Sense

We learn about the world God gave us through our senses. The five senses are sight, hearing, touch, taste and smell. For each sense there is a special system or organ in the body. Your sense organs are your eyes, ears, skin, taste buds and nose. Other sense systems give you balance, direction and feelings of hunger and thirst. Sense organs and systems do not work alone. They receive information and send it to your brain. You decide how to react to the messages they send.

One day Samantha was wondering if there really were aliens living on some distant planet. She imagined what they might look like. Then she realized she still had homework to finish. Like all of us, Samantha could think and imagine. She could choose how to use her mind. Samantha is also able to choose between right and wrong. You too have the power to think, imagine and choose.



**Think about times you have had to choose between right and wrong.**

## The Power to Choose

When you use your power to understand if something is right or wrong, you are using your conscience. Conscience is a special gift God gives to all people. It reminds you that you are responsible for what you do and helps you to make good choices. You have the freedom to make bad and good choices.

Your power to think is your intellect. It helps you make decisions. For example, you can think about what you can do and how much fun you will have at an amusement park. You have the ability to think for yourself and to use your imagination to do good and avoid evil. God has given you the gift of individuality. You are not programmed like a computer. You have the freedom to choose to live a healthy and holy life. Sometimes, it takes courage to choose to do good.



## Catholics Believe

God created us with the ability to think, imagine and choose to do what is right. He gave us the gift of our conscience to guide us to make good decisions.

## “Command the Robot”

Imagine that you have designed and built a robot. Since it cannot think, you must tell it what to do. You need to command the robot to help you with your chores. Draw your robot and write your commands in the space provided.

### Activity



## Making Good Choices

People choose right and wrong ways to use their five senses. In the following activity, read each of the two choices. Then write the choice you will make. Tell why your choice is a good one.



### 1. Sight

- Watch a violent TV show.
- Watch a bird build a nest.

I will \_\_\_\_\_.



### 2. Hearing

- Listen carefully to the Gospel at Mass.
- Let someone lie about a friend.

I will \_\_\_\_\_.



### 3. Taste

- Try new healthful foods served at home.
- Fill up on chips before dinner.

I will \_\_\_\_\_.



### 4. Touch

- Hit someone who upsets me.
- Shake hands after a game.

I will \_\_\_\_\_.



### 5. Smell

- Wear my dirty socks.
- Keep the pet's space clean.

I will \_\_\_\_\_.

Name.....

## Summary

We have learned about God's Gift of Self.

### LESSON 3: Feelings

- God gives us the language of feelings to help us communicate with one another.
- Making good choices with my feelings takes courage. Good rules can help me think before I act.
- Some feelings can give me warnings about danger and help keep me safe.

### LESSON 4: Learning to Choose

- I learn about the world and people through my five senses.
- God created me with the ability to think, imagine and choose.
- I can make good choices when using my senses.

## Content Review

Complete each sentence using one word from the word bank.

conscience    courage    feeling    imagine    touch

1. It takes ..... not to lie and to tell the truth.
2. God gave us the gift of ..... to make good decisions.
3. A ..... is a way of responding to someone or something.
4. God created us with the ability to think, ..... and choose what is good.
5. The five senses are sight, hearing, ....., taste and smell.

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

- |                                                      |        |
|------------------------------------------------------|--------|
| 1. Animals have four senses, humans have five.       | T    F |
| 2. Unlike animals, God expects us to grow in love.   | T    F |
| 3. We can have more than one feeling at a time.      | T    F |
| 4. "Feeling" is the same as "knowing."               | T    F |
| 5. Telling people how we feel is a good thing to do. | T    F |

Name .....

## Thinking It Through

Read each question. Then write a short response. Share your answers.

1. What is one good choice you made recently?

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2. How has listening to your feelings helped you today?

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3. What are three choices you can make to keep yourself safe?

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## Working Together

In a small group, take turns using your body and your senses to imitate one of the following: a prowling lion, a tulip bud opening to the sun or tumbling leaves.