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God's Gift of Self



Family Time

Read with Me

No matter how you feel,
God loves you.

"The Bible says:
There is a time to cry,
and a time to laugh,
a time to be sad,
and a time to dance"
(based on Ecclesiastes 3:4).



Healthy Habits in the Home

Switch places or responsibilities with
someone else in the family for one day. You
might switch chores for a day, activities,
privileges or places at the table.
Talk about what it was like.



Family Blessings

Dear God, look into
my heart. See all
my feelings there.
Help me to show
my feelings in
loving ways. Amen.

Taking the Lesson Home

Talk about the pictures with your child. Ask them to share how they feel when they try to be the best they can be.



When obeying the rules . . .



When praying to God . . .



When hugging someone . . .



When playing fair . . .

Faith on the Fridge

Saint Nicholas
shared with everyone.
Saint Joan of Arc
was very brave.
Everyone has a
special gift from God.



Child of God



I Am a Child of God

God created me.

God loves me just as I am.

Look at me.

I am someone special.

I am a child of God.



What makes
you special?





Catholics Believe

God gave everyone the gift of life. God gives everyone a loving heart.

Gifts from God

God gave me life.

Life is a wonderful gift.

God gave me special gifts.

I can do many things.

I can love. I can be happy.

I can share my special gifts with others.



Activity

Color the hearts next to the pictures that show happy people.



My Loving Heart

God gave me a loving heart.
That is a very special gift.
I can use that gift to
make a friend smile.



Draw a funny picture.
Make a friend smile.

Activity

Look at each picture.

How do you think the children are feeling?

Tell about a time you had one of those feelings.

I Have Feelings

Talk about Feelings

Everyone has feelings.
Sometimes you feel happy.
Sometimes you feel sad.

I can learn what to do with my feelings.
I can talk about my feelings.



Look at each picture.

How do you think the children are feeling?

Tell about a time you had one of those feelings.

We Can Talk



You can tell someone how you feel.

You can say, "I feel glad."

You can say, "I feel mad."

You can say, "I feel sad."

You can say, "Now I feel better."

Growing in Virtue

I can be brave. I can talk
about my feelings.

I can use my feelings well.

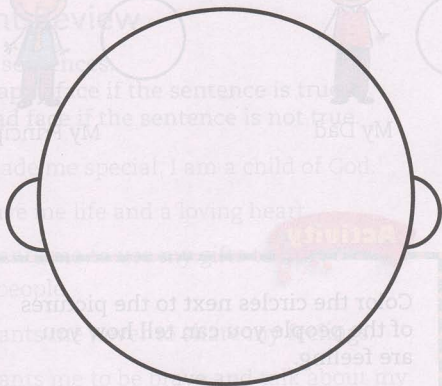
Activity

Circle one of the feeling words below.
Pretend you are telling your teacher
you feel that way.
Color the face to show how you feel.

Happy

Mad

Sad



Sharing My Feelings



How are you feeling today?
Who will you tell?



My Mom



My Teacher



My Dad



My Principal

Activity

Color the circles next to the pictures of the people you can tell how you are feeling.

Name _____

Summary

We have learned about God's Gift of Self.

LESSON 3: Child of God

- God gives everyone a loving heart.
- God gave me special gifts.
- I can use my gifts to show my love for my family.

LESSON 4: I Have Feelings

- God created everyone with feelings.
- I can show my feelings in good ways.
- I can be brave and talk about my feelings.

Content Review

Read the sentences.

Draw a happy face if the sentence is true.

Draw a sad face if the sentence is not true.

1. God made me special. I am a child of God.
2. God gave me life and a loving heart.
3. God wants me to use my gifts to hurt other people.
4. God wants me never to share my feelings.
5. God wants me to be brave and talk about my feelings.

Name _____

Thinking It Through

Read each question. Think about your answers. Share your answers.

1. What special gifts has God given you?

2. Why is it important to express your feelings well?

3. What happens when you do not talk about your feelings?

Working Together

Pair up with a friend or someone at home.
 Think of a TV show you both have seen.
 Share your answers to these questions.

1. What kinds of feelings did the people in the show have?
2. Did they use those feelings well?
3. How could they have done better?

Pretend you are the people in the show.
 Do a skit to show how you could use one of those feelings well.