

## Overview of Year Seven

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- Lesson 1: To appreciate that we are called by God.
- Lesson 2: To appreciate the presence of God in our lives as we grow and change.
- Lesson 3: To appreciate the talents that each of us has and consider how we will use these as we grow and change.
- Lesson 4: To appreciate the qualities and characteristics of friendship.
- Lesson 5: To understand the importance of accepting and respecting each other just as we are.
- Lesson 6: To make us aware that we are influenced by many different people and things.
- Lesson 7: To appreciate that we can be a good or bad influence on others.
- Lesson 8: To help make informed decisions about our lives.
- Lesson 9: To enable us to face future changes with optimism.



- Lesson 10: To Learn the vocabulary associated with pregnancy and birth.
- Lesson 11: To appreciation the preparations that were needed for your birth.
- Lesson 12: To appreciate the importance of preparing responsibly for new life.

### Additional Lessons for P7

As part of our RSE curriculum in St. Patrick's and St. Joseph's, the P7 teacher will facilitate a discussion with the Primary 7 pupils about 'growing up'. This talk is given separately to the boys and girls. The focus will be on highlighting the physical changes that occur in puberty and on good hygiene routines.

In presenting the lessons we consider the age of the pupils and the different maturity levels in the classroom.

For the girls in Primary 7 we highlight the 'Period Dignity' programme. This includes showing the girls where they can find sanitary products and how to appropriately dispose of these.

Three separate PowerPoints are used. The PowerPoint on hygiene is used with all children in Primary 7.

Girls are shown the PowerPoint 'Puberty for Girls'

Boys will be shown the PowerPoint 'Puberty for Boys'



# THE WONDER OF MY BEING

## YEAR SEVEN

### LESSON 1

#### Purpose

- To appreciate that we are called by God.

#### Setting

- Music: 'Do Not be Afraid', Alive-O 7 page 295.

#### Content

- Listen to the Story of Jeremiah, Alive-O 7 Term 1 Lesson 4.
- Discuss God's call to Jeremiah:
  - ~ his initial reluctance,
  - ~ his perseverance and faith in God,
  - ~ how he became a great prophet.

#### Activity

- We are all called by God.
- Each one of us will change as we go through life.
- In groups talk about how your life will change over the next few years.
- Write these changes on Lesson 1 Worksheet (Wheel of Change).

#### Prayer

Lord Jesus you have called me.  
I go out now to do the things that only I can do.  
To say the things that only I can say.  
To be the help that only I can be.  
To share the fun that only I can share.  
Help me, Lord Jesus.  
Amen

#### At Home

- Questionnaire Lesson 1 (At Home).

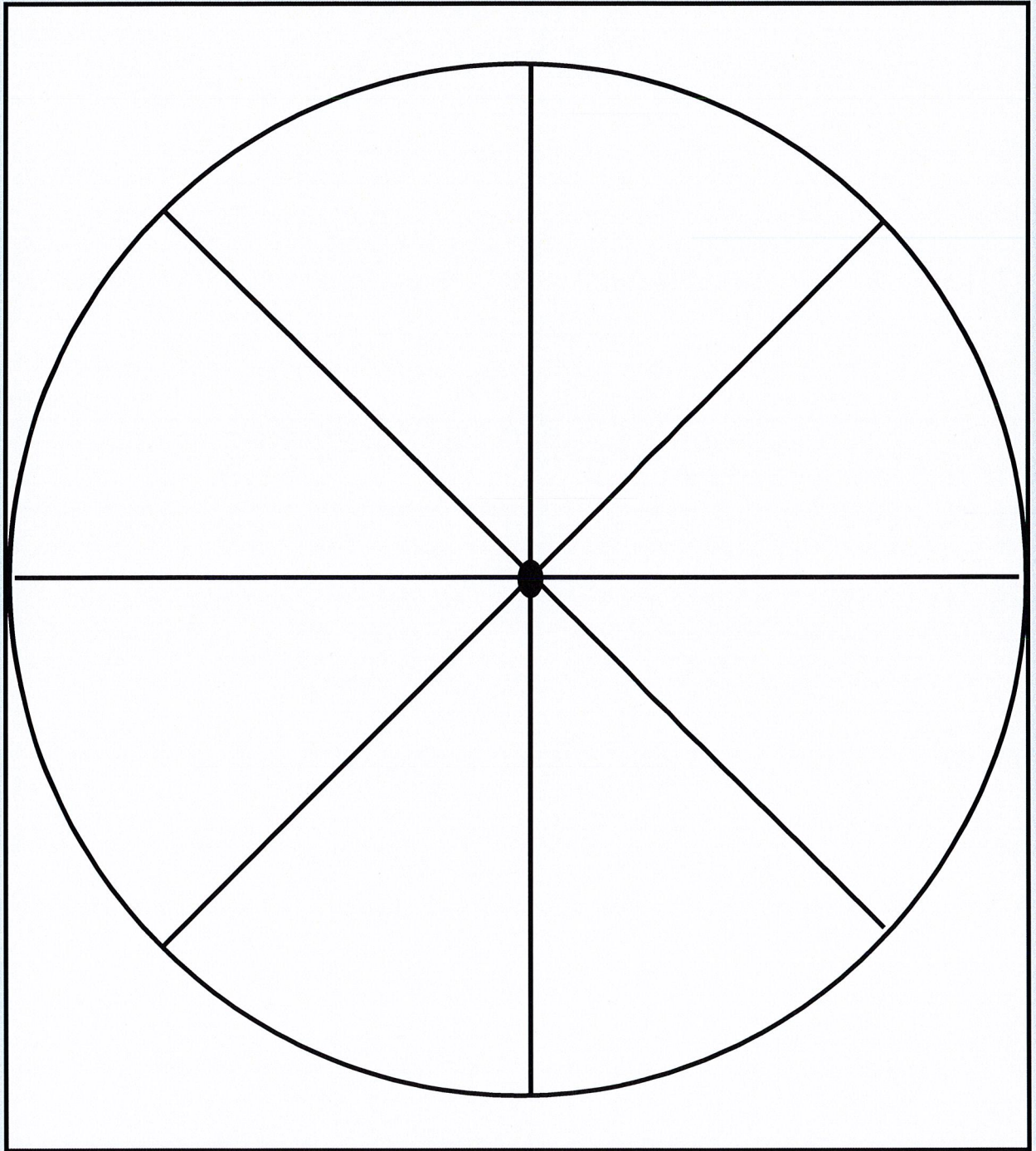
#### Links

- Love for Life materials 'I'm Special You're Special' Lesson 1 & Lesson 6.



## Lesson 1 Worksheet

The wheel is a symbol of *God's love* which has no beginning or no end.





## Lesson 1 : At Home

### Question Time for a Family Member

When you were in Primary 7:-

1. Who was your favourite pop star?

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2. What was your favourite pop group?

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3. What style of clothes did you wear?

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4. What school did you go to?

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5. What was your favourite TV programme?

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6. What did you want to be when you grew up?

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7. What sort of things did you do with your friends?

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- Now you try three more questions of your own.
- Bring in a Primary 7 photograph (if available) of the person you interviewed.







# THE WONDER OF MY BEING

## YEAR SEVEN

### LESSON 2

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|---------|--|
| Purpose | ■ To appreciate the presence of God in their lives as they grow and change.  |
| Setting | ■ Music: 'Christ Be Our Light' (verses 1 & 4), Alive-O 7 page 283.   |
| Content | Discuss: <ul style="list-style-type: none"><li>■ The questionnaires and photographs.</li><li>■ Lesson 2 Worksheet (The Many Parts of Me).</li></ul>                                    |
| Prayer  | ■ Prayer Service (see end of Lesson 2).  |
| At Home | ■ Lesson 2 Worksheet (The Many Parts of Me).   |
| Links   | <ul style="list-style-type: none"><li>■ PD&amp;MU 'Living, Learning, Together' Unit 4 &amp; Unit 7.</li><li>■ Love for Life materials 'I'm Special You're Special' Lesson 1.</li></ul> |

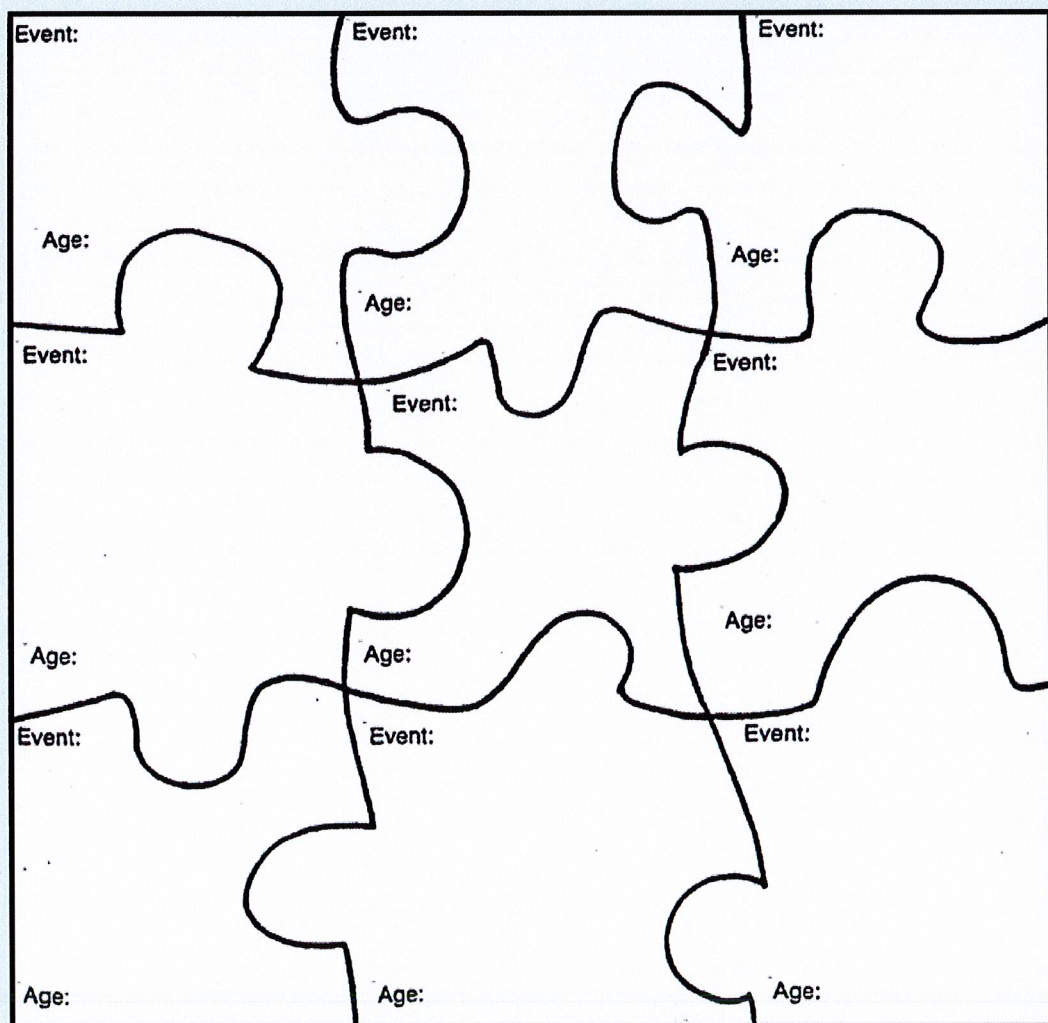


## Lesson 2 Worksheet

### The Many Parts of Me

Each of us is made up of many different parts and special experiences help to form our personalities. Each event (either positive or negative) is just one piece of our self.

Directions: On each puzzle piece write a different experience that was significant in your life. If you can remember, write how old you were when the experience happened. Some will be easy to think of and others will be much more difficult. It may help you to quickly review each year of your life. For example, "When I was six my grandma came to live with us". Use key words.





## Prayer Service

**Give thanks to the Lord for He is good,  
for His kindness endures forever.**

**(Psalm 106:1)**

**Teacher:**

Dear God, thank you for the adults in our lives, let us remember that they were once our age with happy memories, good times, difficult times and aspirations. We hope that we too will grow like our parents and face changes with courage and the knowledge that you are always with us.

**Response:** Thank you God for the adults in our lives.

**Each Child:**

I enjoyed it when my \_\_\_\_\_ told me he/she liked \_\_\_\_\_  
\_\_\_\_\_. I thought this was funny/ sad/  
amusing.

**Response:** Thank you God for the adults in our lives.

**Class:**

Thank you God for all our family members. Bless them and keep them well.

**Teacher:** We ask this through Christ our Lord, Amen.



# THE WONDER OF MY BEING

## YEAR SEVEN

### LESSON 3

#### Purpose

- To appreciate the talents that each of us has and consider how we will use these as we grow and change.

#### Setting

- Music: 'Weaving Our Love', Alive-O 7 page 142 (amended).
- 'The Waves of Tory'.

#### Content

In groups:

- Discuss each other's talents.
- Importance of each person - loved by God.
- Discuss examples of how change is good e.g. leaf changing colour, pictures of old home / new home, baby / adult.
- Discuss changes that had a positive outcome for you.
- How you would use your gifts / talents to bring about a positive change in your future.

#### Worksheet

- Lesson 3 Worksheet (My Future).

#### Prayer

- 'Weaving Our Love', Alive-O 7 page 142 (amended).
- 'The Waves of Tory'.

#### At Home

- Lesson 3 Worksheet (My Identity Shield).

#### Links

- PD&MU 'Living, Learning, Together' Unit 1.
- Love for Life materials 'I'm Special You're Special' Lesson 6.



# Lesson 3 Worksheet

## My Identity Shield

My Name: .....

Age: .....

Eye colour: .....

Hair colour: .....

*Photograph*

Name of School: .....

Teacher's Name: .....

Talents: .....

Hobbies: ..... .....

.....

Favourite TV programme: .....

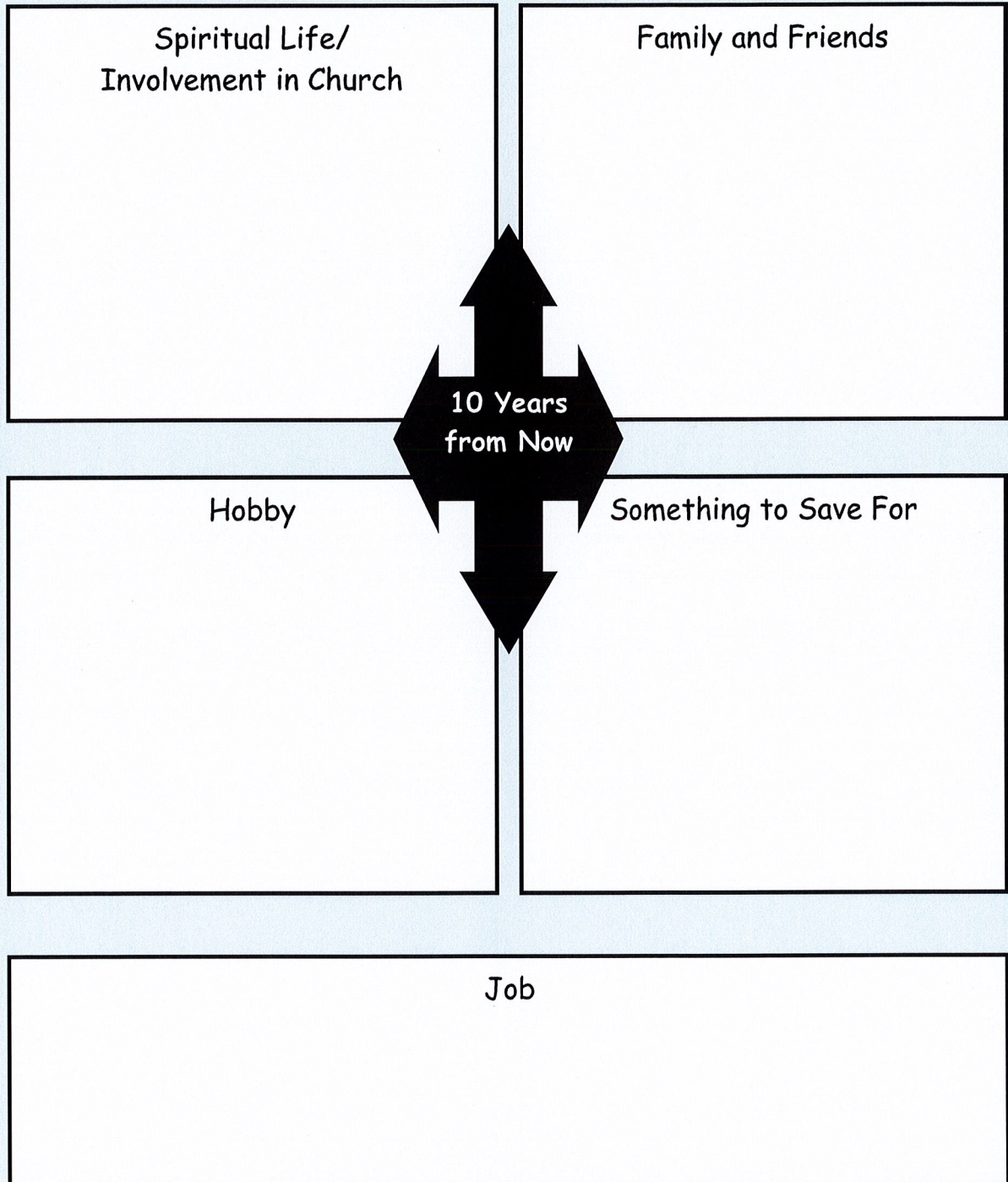


## Lesson 3 Worksheet

### My Future

Draw or write in these boxes what you want for your future.

Spiritual Life/ Involvement in Church	Family and Friends
Hobby	Something to Save For
Job	





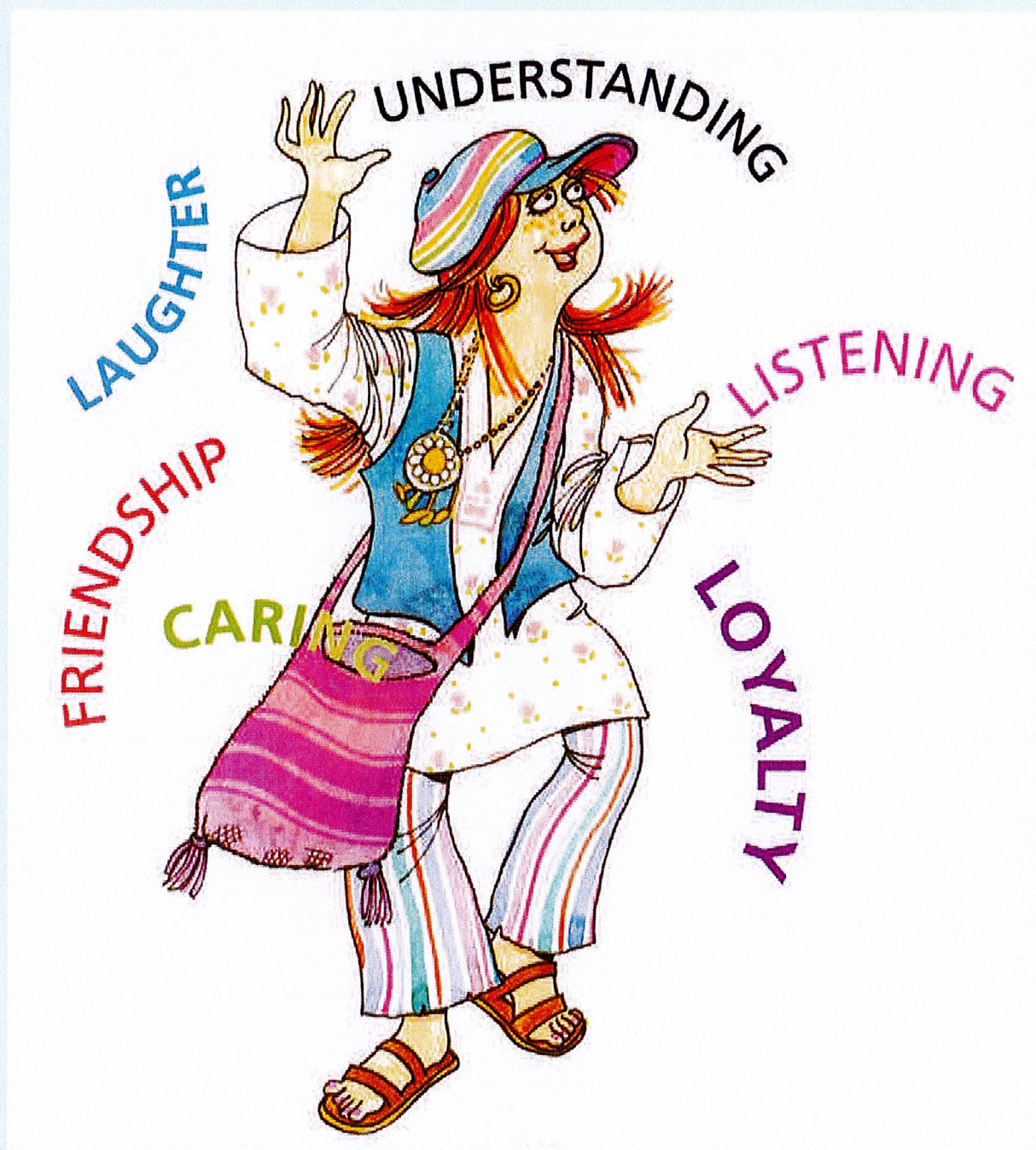
# THE WONDER OF MY BEING

## YEAR SEVEN

### LESSON 4

Purpose	■ To appreciate the qualities and characteristics of friendship.
Setting	■ Music: 'Circle of Friends', Alive-O 4 page 27.
Content	<p>Discuss:</p> <ul style="list-style-type: none"><li>■ What makes a good friend?</li><li>■ Key words about friendship.</li></ul>
Activity	<ul style="list-style-type: none"><li>■ Use a large template of a boy/girl (to be used for wall display).</li><li>■ Clothe it with the qualities of friendship e.g.<ul style="list-style-type: none"><li>~ hands (caring and helping),</li><li>~ mouth (kind words),</li><li>~ eyes (looking after others).</li></ul></li></ul>
Prayer	■ This is my commandment: "Love one another as I have loved you". (John 15:12).
At Home	■ Write a short prayer celebrating friendship. (To be displayed around friendship template).
Links	<ul style="list-style-type: none"><li>■ PD&amp;MU 'Living, Learning, Together' Units 1, 4, 5 &amp; 7.</li><li>■ Love for Life materials 'I'm Special You're Special' Lesson 2.</li></ul>







# THE WONDER OF MY BEING YEAR SEVEN

## LESSON 5

Purpose	■ To understand the importance of accepting and respecting each other just as we are.
Setting	■ Music: 'We are the Greatest', Alive-O 7 page 334.
Content	■ Using 'friendship' display, revise the qualities of friendship.
Activity	■ 'Who Am I?'  ~ The name of each child is put into a basket. ~ Each child chooses a name and writes a description of that person's qualities. ~ Pupils then take it in turn to read out their description and the class guess who is being described.
Prayer	God Our Father, help us to remember that we are equal and deserve love and respect from each other. We ask this through Christ Our Lord. Amen
At Home	■ Think about today's descriptions. How do people show respect for each other? ■ Complete the following statements:  1. People respect me by ... 2. I show people respect by ... 3. If everyone respected each other our school would be ...
Links	■ PD&MU 'Living, Learning, Together' Units 1, 3, 4, 5, 6 & 7. ■ Love for Life materials 'I'm Special You're Special' Lesson 2.



# THE WONDER OF MY BEING YEAR SEVEN

## LESSON 6

### Purpose

- To make pupils aware that they are influenced by many different people and things.

### Setting

- Music: 'Community Song', Alive-O 7 page 290

### Content

- Discuss how we are influenced by people and things e.g.

~ friends    ~ television    ~ communication e.g. mobile phones  
~ family    ~ magazines

Are all influences good?

As a teacher-led activity, list influences under the following headings:

#### **Positive Influences and Negative Influences**

The following EXAMPLES can be added to the pupils' own suggestions.

#### Positive:

Having respect for self and others.  
Setting a good example in behaviour.  
Good morals and common sense.  
As a family taking time to pray & talk.  
Monitoring use of TV and magazines.

#### Negative:

Misuse of drugs / alcohol.  
Using inappropriate language.  
Watching poor TV programmes.  
Showing too much freedom.  
Uncontrolled use of internet.

- As a result of these discussions the class will choose four themes for role-play, illustrating how they are influenced by people and things.
- In groups act out these scenarios.
- Discuss Lesson 6 Worksheet (Influences).

### Prayer

- Prayer to the Holy Spirit, Alive-O 7 page 43.

### At Home

- Complete Lesson 6 Worksheet (Influences).

### Links

- PD&MU 'Living, Learning, Together' Units 1, 2, 3, 5, & 7.
- Love for Life materials 'I'm Special You're Special' Lesson 3.



## Lesson 6 Worksheet

### Influences

Draw the person who influences you the most in each of these areas. You may wish to use some of the following:

- Parents
- Teachers
- Older brothers and sisters
- Sport stars
- Advertisements
- Pop stars
- Friends - or someone else!

**My Pocket Money**

**My Appearance (hair/clothes)**

**Who I hang out with**

**My health (food, exercise,  
smoking, alcohol)**

**Music I listen to**