

THE WONDER OF MY BEING

YEAR SEVEN

LESSON 7

Purpose	■ To appreciate that I can be a good or bad influence on others.
Setting	■ Music: 'Christian Community', Alive-O 7 page 285.
Content	<ul style="list-style-type: none">■ Gather around the Sacred Space.■ Create quiet atmosphere by lighting candle and playing relaxing music.■ Reflect on how they relate to others:<ul style="list-style-type: none">~ friends~ family members~ the school community■ Invite children to share with the class a time when they related to someone in a special way.■ In groups discuss how each of them can choose to be a good influence on others. Do they have a role model?■ Would they like someone to come to them if they needed help or advice?
Prayer	■ 'Moved by the Spirit', Alive-O 7 page 164.
At Home	■ Write about a time when you feel you had a positive influence on someone.
Links	<ul style="list-style-type: none">■ PD&MU 'Living, Learning, Together' Units 3, 4, 5 & 7.■ Love for Life materials 'I'm Special You're Special' Lessons 2 & 3.



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LESSON 8

Purpose	■ To help pupils make informed decisions about their lives.
Setting	■ Music: 'Come Holy Spirit', Alive-O 7 page 288.
Content	<ul style="list-style-type: none">■ Present the children with some examples of when they might have to make difficult decisions e.g.<ul style="list-style-type: none">~ owning up to the truth,~ making everyone feel welcome in their group,~ sharing,~ how they talk about others.■ In groups, pupils prepare and present role-plays of above scenarios.■ Class discuss outcomes of the scenarios:<ul style="list-style-type: none">~ were the right decisions made?~ what would have been the consequences if different decisions had been made?~ what helped them make their decisions?~ do their decisions matter?
Prayer	<p>'Prayer to the Holy Spirit' page 43. Holy Spirit, I want to do what is right. Help me. Holy Spirit, I want to live like Jesus. Guide me. Holy Spirit, I want to pray like Jesus. Teach me. Amen</p>
At Home	■ Over the next few days, ask pupils to be aware of opportunities where their decisions will have a positive outcome e.g. <ul style="list-style-type: none">~ tidying bedroom without being asked;~ helping younger member of family.
Links	<ul style="list-style-type: none">■ PD&MU 'Living, Learning, Together' Units 2, 3, 4 & 7.■ Love for Life materials 'I'm Special You're Special' Lesson 4.

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LESSON 9

Purpose	■ To enable children to face future changes with optimism.
Setting	■ Music: 'Do Not be Afraid', Alive-O 7 page 295, or ■ 'Been There, Done That', Alive-O 7 page 278.
Content	<p>Discuss:</p> <ul style="list-style-type: none">■ What can be good about changes in life?■ What are you looking forward to?■ What worries you about changes in life:<ul style="list-style-type: none">~ meeting new people,~ taking on new responsibilities,~ difficulty with examinations.■ In groups, discuss what you are looking forward to next year e.g.<ul style="list-style-type: none">~ new school,~ new friends,~ new subjects,~ more independence etc.■ What are your fears?■ How to deal with them.■ Emphasise the importance of Confirmation and the Gifts of the Holy Spirit.
Activity	■ In groups design a poster for a wall display titled: 'Looking Forward', (possible topics): <ul style="list-style-type: none">~ new friends,~ independence,~ Holy Spirit help me,~ choices.
Prayer	<p>Prayer to Guardian Angel: Angel sent by God to guide me, be my light and walk beside me. Be my guardian and protect me, on the paths of life direct me. Amen</p>
Links	<ul style="list-style-type: none">■ PD&MU 'Living, Learning, Together' Units 1, 2, 4 & 7.■ Love for Life materials 'I'm Special You're Special' Lesson 6.

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LESSON 10

Purpose ■ To learn the vocabulary associated with pregnancy and birth.

Setting ■ Prayer: Hail Mary (with gestures).

Content ■ Read the story 'Caitlin's Surprise'.
■ Discuss story focusing on highlighted words.
■ Each group takes one of the following words:

- ~ birth
- ~ labour
- ~ pregnant
- ~ womb
- ~ delivery

writes it on a card, decorates it and places it in the Sacred Space.

Worksheet ■ Lesson 5 Worksheet.

Prayer ■ Hail Mary (with gestures).

At Home ■ Talk to your parents about how they anticipated and prepared for your birth and their joy when you were born.
■ Bring in a photograph of you as a new-born baby to put on a wall display.

Link ■ PD&MU 'Living, Learning, Together' Unit 3.

Lesson ¹⁰ Worksheet

STORY : CAITLIN'S SURPRISE

Caitlin woke up quite suddenly one night even though everything was quiet in the house. She heard the sound of an ambulance next door. Her mum's friend Patricia lived next door. Caitlin knew she was **pregnant** and there had been a lot of preparation for the **birth** of her baby. Caitlin looked out the window and saw Patricia being taken carefully into the ambulance. The lights flashed on and off and through the open window she heard one of the ambulance men say: "She's gone into labour". Caitlin thought about the word **labour** and decided she would ask mum about that. Soon the ambulance left and before long Caitlin was asleep. The following morning Caitlin got up, dressed, rushed downstairs and told her mum what had happened. "Yes" said mum, "Patricia has gone to hospital and the little baby who grew in her **womb** for nine months was born this morning. She had a baby girl". "I will help to look after her" said Caitlin. "Of course" said mum. "Mum, I heard the men in the ambulance say she is in labour. What does that mean?" said Caitlin. "This is the time just before the baby arrives and can take a few hours. The baby has moved around in the womb and is ready to be born" said mum. "I remember the day you were born. When I saw your face for the first time I felt so happy and I thanked God for your safe **delivery**".

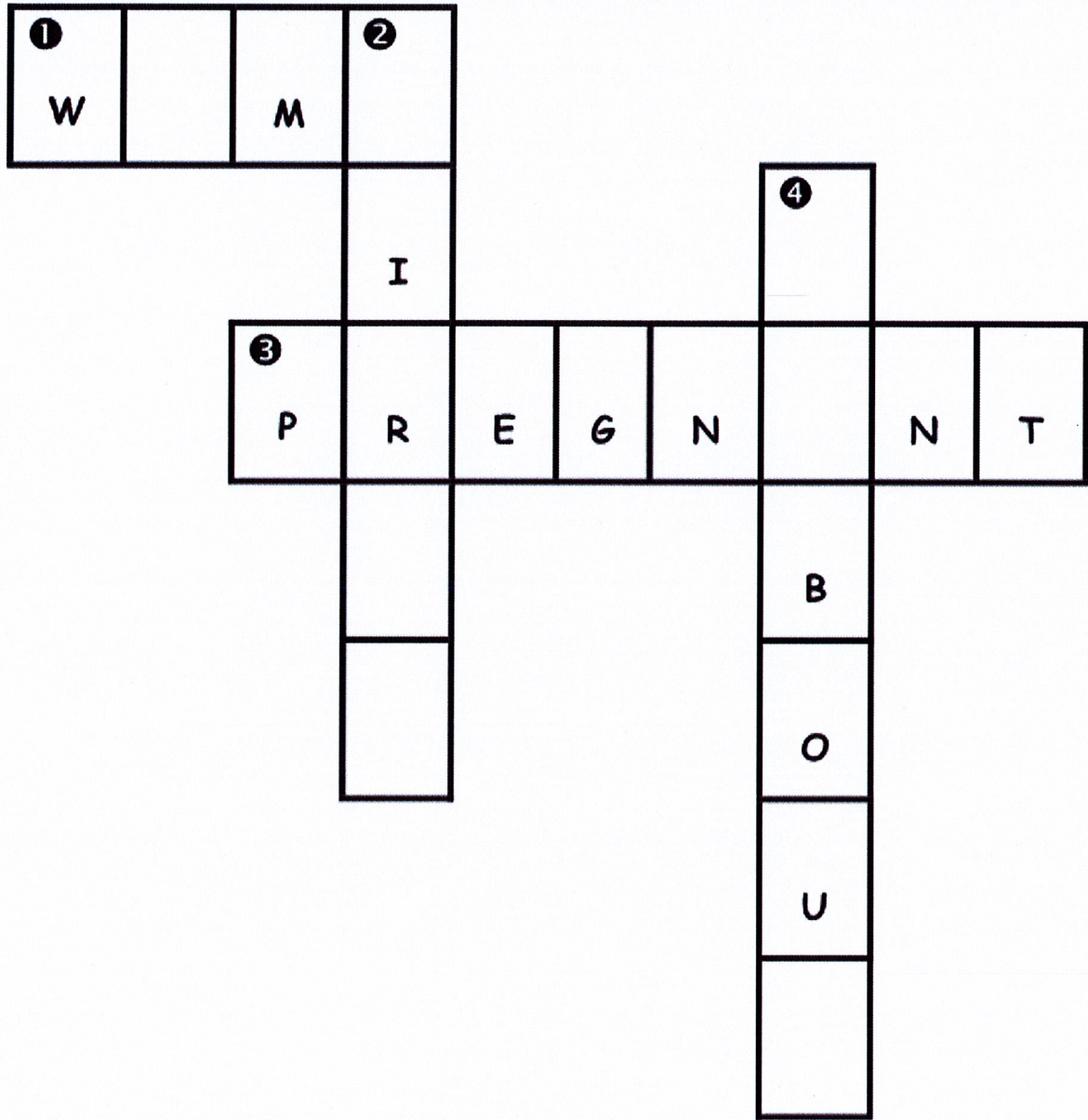
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LESSON 11

Purpose	■ To appreciate the preparations that were needed for your birth.
Setting	■ Music: 'Connected', Alive-O 4 page 14.
Content	<ul style="list-style-type: none">■ Revise words associated with pregnancy and birth.■ Teacher provides an enlarged version of Crossword for wall display.■ Brainstorm: name things that were needed in preparation for your birth.
Activity	■ Each group record these words on different coloured card and position around crossword display.
Worksheet	■ Lesson 6 Worksheet (Crossword).
Prayer	■ 'Prayertime', Alive-O 4 page 9.
At Home	■ Pray 'Night Prayer' with family.
Link	■ PD&MU 'Living, Learning, Together' Unit 3.

Lesson ¹¹ Worksheet



ACROSS

1. The special place in mummy's body where the baby grows.
3. Mummy is when the baby is growing inside her body.

DOWN

2. When a baby comes into the world.
4. The time just before the baby is ready to be born.

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LESSON 12

Purpose To appreciate the importance of preparing responsibly for new life.

Setting ■ Music: 'Connected', Alive-O 4 page 14.

Content **Discuss:**

- The joy and anticipation that pregnancy brings.
- The responsibilities that pregnancy brings.
- The necessity to prepare for a new baby's physical, emotional and spiritual needs.
- A baby's needs before birth. (Encourage the children to think about how a baby is nourished in the womb and the importance of mother taking good care of herself).

Revise vocabulary covered in year 4:

- ~ pregnant
- ~ womb
- ~ labour
- ~ birth
- ~ delivery

Introduce vocabulary:

- ~ umbilical cord
- ~ naval
- ~ breast-feeding

Prayer God's love lights up our life.
Let us thank God for all the people who love
and care for us. Amen

(Invite the children to say their own prayer for their mother).

At Home ■ Talk to mother about how she prepared for your birth.

Link ■ Alive-O 5 Term 2 Lesson 3.
■ PD&MU : Unit 3.