



CIRCLE OF GRACE



LESSON PLAN Grade 7 & 8

Jesus told us that he would always love us, and His Spirit would always be with us. If we are always in His presence, we are always in a special, holy place. We call that place our *Circle of Grace*.

Opening Prayer:

Holy Spirit show us the way. Be with us in all we think, do and say. Amen.

Made by God:

We are all Children of God:

- As Children of God we are made in His image and loved by Him
- Jesus teaches us how to love and respect God and others
- We are all called to know, love and serve Him. We should learn about God, Jesus, and the Holy Spirit and make good choices
- We believe in the works and presence of the Father, Son and Holy Spirit

God calls us all to:

- be responsible
- make good choices
- respect ourselves and others
- know the difference of what is right and what is wrong
- model our faith in our words and actions
- maintain responsible relationships based on love, honesty, and respect

Grace Filled: Circle of Grace

- **Grace:** The gift of God's goodness and love to help me live as his child.
- **Holy:** Special because of a connection with God.
- **Holy Spirit:** God is present with and within me.

Vocabulary:

- **Boundary:** The borders of limits we need to keep ourselves safe.
- **Feelings:** Something I sense inside myself (e.g. angry, sad, happy, afraid, embarrassed, confused, excited, peaceful, etc.)
- **Respect:** Being kind to others and doing what's best for myself and others because I honor all people as children of God.
- **Secret:** A secret is something I know but do not tell.
 - **Safe secret:** a secret is safe when it does not hurt others or me.
 - **Unsafe secret:** a secret is unsafe when I think that someone, including me, might be hurt or get in trouble if I do not tell. These secrets make me feel uncomfortable or unsafe.
- **Treasured:** We are so treasured and unique that we could not be replaced in God's eyes.

- **Trust:** Being able to count on someone to help me to stay safe.
- **Trusted Adult:** A grown-up who helps me to stay safe and someone who I turn to when I have a question or need help.
- **Violate:** To break a law, promise or boundary.

Discussion:

- **Boundaries of using the Internet/ iPod other relevant media :**
disrespectful images, words that are spoken or written, this would be something you tell a parent or trusted adult
- **Bullying:** a deliberate behavior (physical, verbal, or social) also through any electronic devices or internet.
- **Disrespect:** treating others with rudeness
- **Feelings:** angry, sad, happy, afraid, and confused.
- **Personal information:** Never give out any personal information in person or on the internet
- **Technology: Survey which media children are using....The discussion will be relevant.**
- **Unsafe Secret:** a secret is unsafe when one thinks that someone, including oneself, might be hurt or in trouble.
- **Viewing:** walk away from the computer, person or any media when you feel you're unsure of feel uncomfortable, tell a trusted adult.

Have a Plan:

- **Boundary:** The borders of limits we need to keep ourselves safe.
- **Bystander:** Someone who witnesses the bullying.
- **Conscience:** The gift from God that helps us to know the difference between right and wrong
- **"I was only kidding"** - is not acceptable- You are worth more.
- **Safe Secret:** a secret is safe when it does not hurt oneself or others.
- **Trust:** Being able to count on someone to help me to stay safe.
- **Trusted Adult:** A grown-up who helps one to stay safe and respect others

Wrapping Up: There are always adults available to listen and talk. Can anyone name one or two people you trust and helps you to stay safe? This is an example of how we can ask a trusted person for help.

- **Look** at the trusted person
- **Say** to the person "I need help. I do not feel safe."
- **Tell** the person what is wrong, why you don't feel safe.
- **Your feelings do matter:** do not be afraid to speak up until someone listens, even if it's not the first person you go to. You may need to go to more than one person until someone will listen; that's okay-keep speaking up.

God gave us the Ten Commandments to help us know what is right to do even when other influences try to confuse us. How do we use the media in a way that helps us to make good choices (choose media that supports the Ten Commandments, the teaching of our Catholic faith, our parents, and trusted adults).

Thank you, God, for giving me people who care about me and want me to be safe. Amen.