

SACRED STORY YOUTH



UNIT PLAN OVERVIEW

PRE-KINDERGARTEN

YOUR PRE-KINDERGARTEN VIMEO WEB-LINK
(For the Twenty Recorded Meditations)
<https://vimeo.com/album/3372471>
VIMEO ACCESS CODE FOR PRE-KINDERGARTEN1

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UNIT PLAN¹

Title/Theme:

Sacred Story: An Ignatian Examen for the Third Millennium

Grade Pre-kindergarten/Religion

Length of Unit/Timeframe:

Included are three lessons to set purpose at beginning of year followed by daily guided meditations and learning log exercises.

Description:

This is a yearlong meditative experience to help children discover that they are spiritual beings with spiritual radar to hear God speaking in their hearts. The lessons and meditations are designed to build sensitivity and awareness of God's presence in their lives. This will allow God to shape a child's *Sacred Story* according to what will bring them hope and peace in life.

Ignatian spirituality helps one attune to the voice of God, the voice of the self and the voice of the "enemy of human nature." In attuning to these three distinct personal forces or voices, one can learn how to follow Divine inspiration in all life choices and relationships (Sacred Story p.40).

¹ Original template by Susan Abelein, Ph.D. Catapult Learning, LLC; this template created in consultation: Susan Abelein, Ph.D., Carole Eipers, Laura Egan, Mary Jane Krebbs, Ph.D., Lorraine A. Ozar, Ph.D., Leanne Welch, PBVM for the Common Core Catholic Identity Initiative (CCCII). June 2012

Overview

The “relational paradigm in Kindergarten in is the Father, Son and Holy Spirit are Three Persons but are made One God by their Love for Each Other. This relational paradigm is a model for mapping and connecting relationships between self and God as well as self and others.

THE BIG PICTURE

Essential Question:

How do I listen to the voice of God to make good choices?

- There are two storylines to this relational paradigm.
- The first: to be grateful for the love of one's parents and God.
- The second: to not be grateful for the love of one's parents and God.
- What happens when my family is loving and grateful?
- Does not having love and gratitude in my family make me feel happy or unhappy?
(This is to begin helping children to educate their consciences so they can start to "listen interiorly" for the feelings and affections that will open them to messages from God and from the one Ignatius calls the "enemy of human nature").

Note: The "what makes me sad" lessons will be reserved for Kindergarten unless a teacher thinks it is appropriate to address the issues earlier in his/her pre-kindergarten class.

KEY OBJECTIVES LINKED TO THE STANDARDS

At the end of these lessons students will begin to participate in Ignatian discernment through the attentiveness exercises in daily meditations that can both develop and deepen their personal relationship with God.

- ❖ The student will be able to recognize that God made the world.
- ❖ The student will be able to have a visual memory of something beautiful that God created that is always with them.
- ❖ The student will be introduced to the Creation step in meditation.
- ❖ The student will be able to recognize we are made in God's image.
- ❖ The student will be able to hear the relational paradigm "I believe God *loved me into life* and so I commit myself to the relationship with my parents who gave me life" which comes from the Fourth Commandment.
- ❖ The student will begin to know he/she is spiritual. The student will understand that meditation is a time to listen to God with his/her heart.
- ❖ The student can begin to discern God's voice in his/her life to reset his/her relationship with God, our source of life, who is love with the Creation meditation step and Fourth Commandment as the focus.
- ❖ The student will demonstrate meditation behaviors.

Summative Assessment(s): To share something about family that makes the child joyful.

INSTRUCTIONAL ACTIVITIES

- ❖ Catholic Identity
- ❖ Meditation
- ❖ Prayer
- ❖ Critical Thinking
- ❖ Speaking/Listening
- ❖ Vocabulary

LESSON OVERVIEW

Sacred Story Youth

Consists of Three Introductory Lessons
Followed by the Daily Meditation Practice

- ❖ **Lesson One:** Introduces the meditation step(s) focus for the grade level.
- ❖ **Lesson Two:** Introduces the “Right Relationship” based on the grades Commandment(s) focus for the year with a PowerPoint connecting St. Ignatius’ life experiences to this commandment.
- ❖ **Lesson Three:** Combines the meditation step and “Right Relationship” to provide the set and practice for doing the meditation. The Learning Log is introduced in this lesson as well.
- ❖ **Begin Daily Meditation:** Once the three introductory lessons have been taught the daily meditations can begin. Access to the audio meditations is in Lesson Three.

Helpful Hints

- ❖ **Teach the three lessons prior to beginning the daily meditations.**
- ❖ ***Please read each lesson*** prior to teaching as there are materials and internet access required in some of the lessons.
- ❖ A few lessons suggest getting supplies on your own (i.e. first and third grade).
- ❖ ***All lessons require access to internet, speakers and a computer that can play from Vimeo for students to participate. Please test your internet connections prior to teaching.***
- ❖ **The Audio Guided Prayer Meditations are the core of the Sacred Story Youth Program** and they range in length from just under three minutes to about eight minutes, depending on the grade/sophistication level of the students. It is our expectation that all grades may find the length long at first, but continued “practice” will help students find the interior quiet they both long for and need to be more peaceful people.
- ❖ ***Most lessons have “templates”*** or worksheet pages for teachers to copy for their students.
