



# ROMAN CATHOLIC DIOCESE OF PETERBOROUGH

## Catechist Binder

**Thank you for saying yes to leading these sessions.** You are guiding our young members of the church and their families deeper into our Catholic faith. Please find best practices, a general overview of the session layout, and a detailed breakdown of each session in this document.

### Best Practices for Leaders

- These sessions require some preparation on the part of the leader(s). The more you review the materials, the better prepared and confident you will be! Consult the Teacher Guide for detailed instructions on how to lead each activity, a script of questions to ask, and more background information to expand your knowledge on the session's topic.
- There are two lessons that parents are asked to complete with their children as home sessions; we recommend reviewing the content of those sessions as well as the session materials for the following session for yourself to know how much the children understand and where they are at.
- The sessions call for a video to be watched. Your church may either provide a DVD with the videos on it or may access the videos online through Formed.org. Make sure that you have consulted with your church to see which of these two options they have decided on, as well as to ensure that you have everything needed to set up and play the video during the session (a laptop, projector and screen, TV, any cords/cables, sound system with speakers, power cords/extension cables, adaptors, etc.). It's always a good idea to test the video out before the kids arrive – troubleshooting an unfamiliar system with a bunch of second-graders spectating is no fun!
- Ensure there is a working, visible clock in the space or else bring a watch or a charged phone to keep time. The sessions move quickly and spending even a few minutes too long in one area or another can quickly derail essential aspects of the session. Once time is up for a certain part of the session, quickly move along. For sessions that require a transition (for example, moving from craft tables back to sitting), give a minute or two of leeway for the little ones to wrap up what they're doing and move back to the space.

### General Overview

Each session is designed to run for an hour total. This is a quick breakdown of the flow of the sessions; every session follows this exact flow, which is helpful for both you as a leader and for the students to have a predictable path for the sessions.

#### *Shape of a Session*

- Connect Opening Activity (while students arrive; cleared away right before the session starts)
- Let's Pray & Introduction - 5 mins
- Let's Watch - 10 mins
- Let's Read God's Word - 10 mins
- Let's Learn About our Faith - 10 mins
- Let's Do Activities - 10 mins
- Let's Recall and Reflect - 5 mins
- Final Activity - 10 mins

# SIGNS OF GRACE

## You are Forgiven Program

### Preparing for First Reconciliation

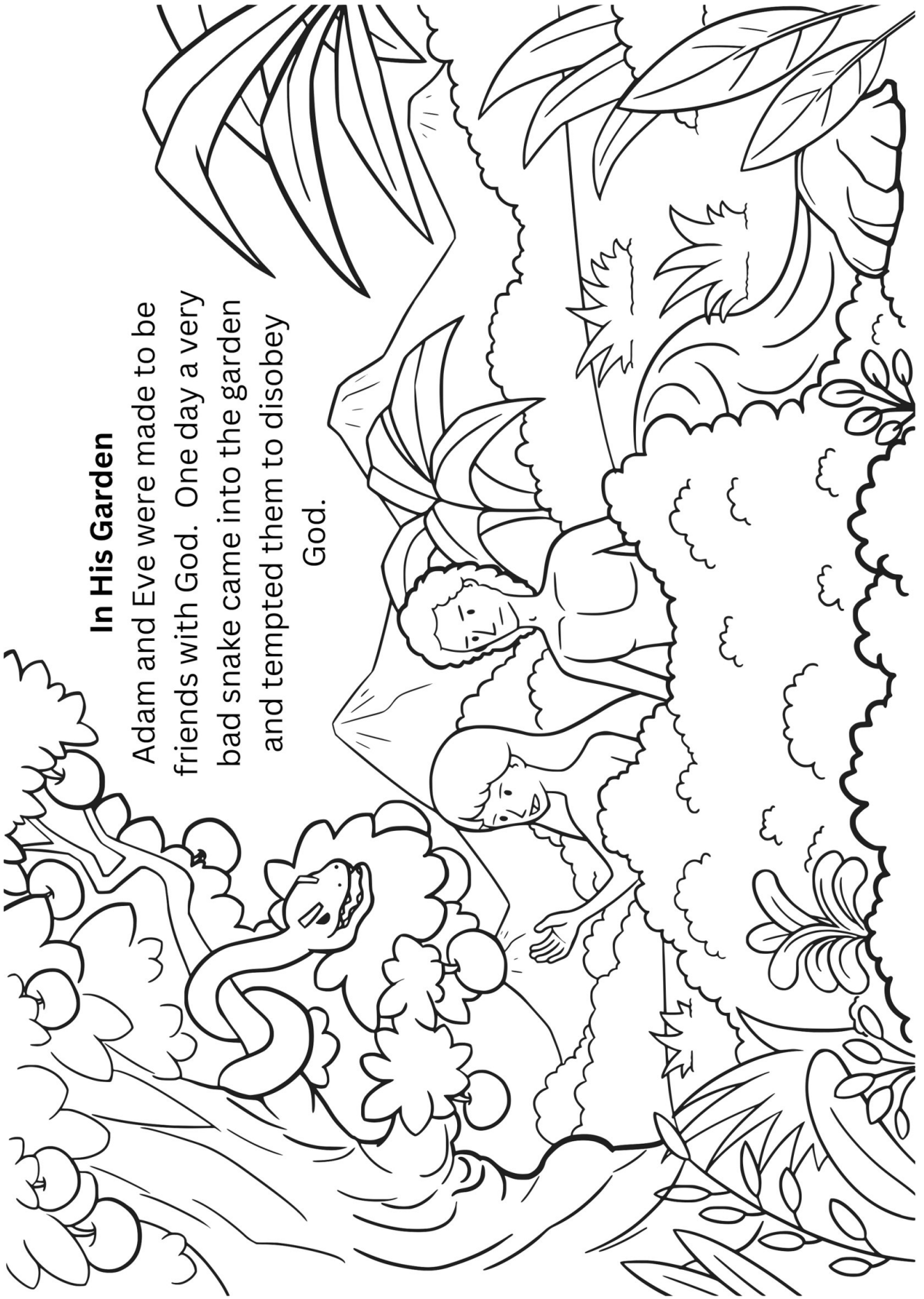
#### Session 1: God is Our Loving Father

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Chat with kids while they colour and place stickers on today's colouring page.	Garden of Eden colouring page, crayons, stickers
0:00	Let's Pray & Introduction	Read the opening prayer and introduction to the session.	Student Guide
0:05	Let's Watch	Watch video <i>God Wants You to Be Happy</i> (3.5 mins). Lead discussion.	Device to watch video (prepared and tested before session)
0:15	Let's Read God's Word	Read <i>In His Image and Likeness</i> . Lead discussion.	Student Guide
0:25	Let's Learn About our Faith	Read <i>In the Garden</i> . Lead discussion.	Student Guide
0:35	Let's Do Activities	Complete at least one of the two activities <i>In the Garden</i> (Word search/ fill in the blanks) and <i>Image and Likeness</i> (decorate picture to look like you).	Student Guide, pencils, crayons/coloured pencils
0:45	Let's Recall and Reflect	Discuss final questions to connect what they've just learned.	Student Guide
0:50	Final Activity	<i>Adam and Eve skit</i> : script & discussion prompts in Teacher Guide	chair/table, apple/ball, fake snake, script pg.39 of Teacher Guide
1:00	Session End	Say goodbye to students, greet parents, and remain present through pick-up.	

#### Session 2: at home session

## In His Garden

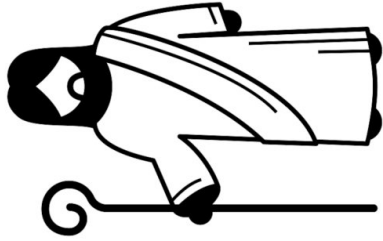
Adam and Eve were made to be friends with God. One day a very bad snake came into the garden and tempted them to disobey God.



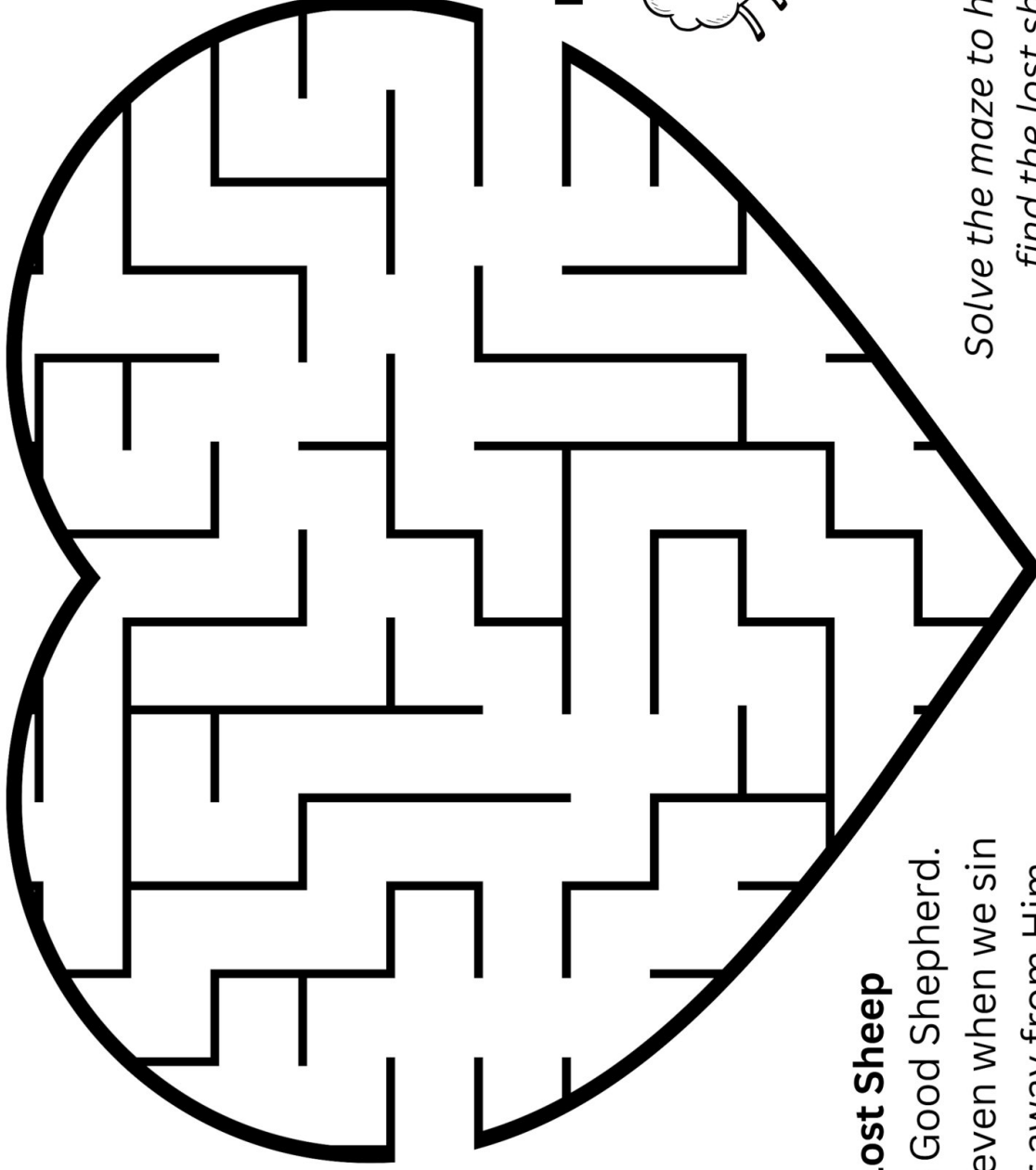
### Session 3: Jesus Comes to Save Us

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Chat with kids while they colour and place stickers on today's colouring page.	Lost sheep colouring page, Crayons, Stickers
0:00	Let's Pray & Introduction	Read the opening prayer and introduction to the session.	Student Guide
0:05	Let's Watch	Watch video <i>Jesus: The Greatest Superhero</i> (4 mins). Lead discussion.	Device to watch video (have it prepared before session)
0:15	Let's Read God's Word	Read <i>The Good Shepherd</i> . Lead discussion.	Student Guide
0:25	Let's Learn About our Faith	Read <i>The Story of the Messiah</i> . Lead discussion.	Student Guide
0:35	Let's Do Activities	Complete at least one of the two activities <i>Be a Code Breaker</i> (crack a Greek alphabet code) and <i>Jesus Finds the Lost Sheep</i> (find the hidden flock of sheep in the picture).	Student Guide, pencils
0:45	Let's Recall and Reflect	Discuss final questions to connect what they've just learned.	Student Guide
0:50	Final Activity	Complete one of the following activities: <i>Lost Sheep relay</i> : carefully carry your flock to the other side of the room <i>Lost Sheep game</i> : play hot-and-cold	<i>Relay</i> : spoons, cotton balls <i>Game</i> : stuffed sheep or picture of a sheep printed out, blindfold
1:00	Session End	Say goodbye to students, greet parents, and remain present through pick-up.	

### Session 4: at home session



**START**



**FINISH**



### **The Lost Sheep**

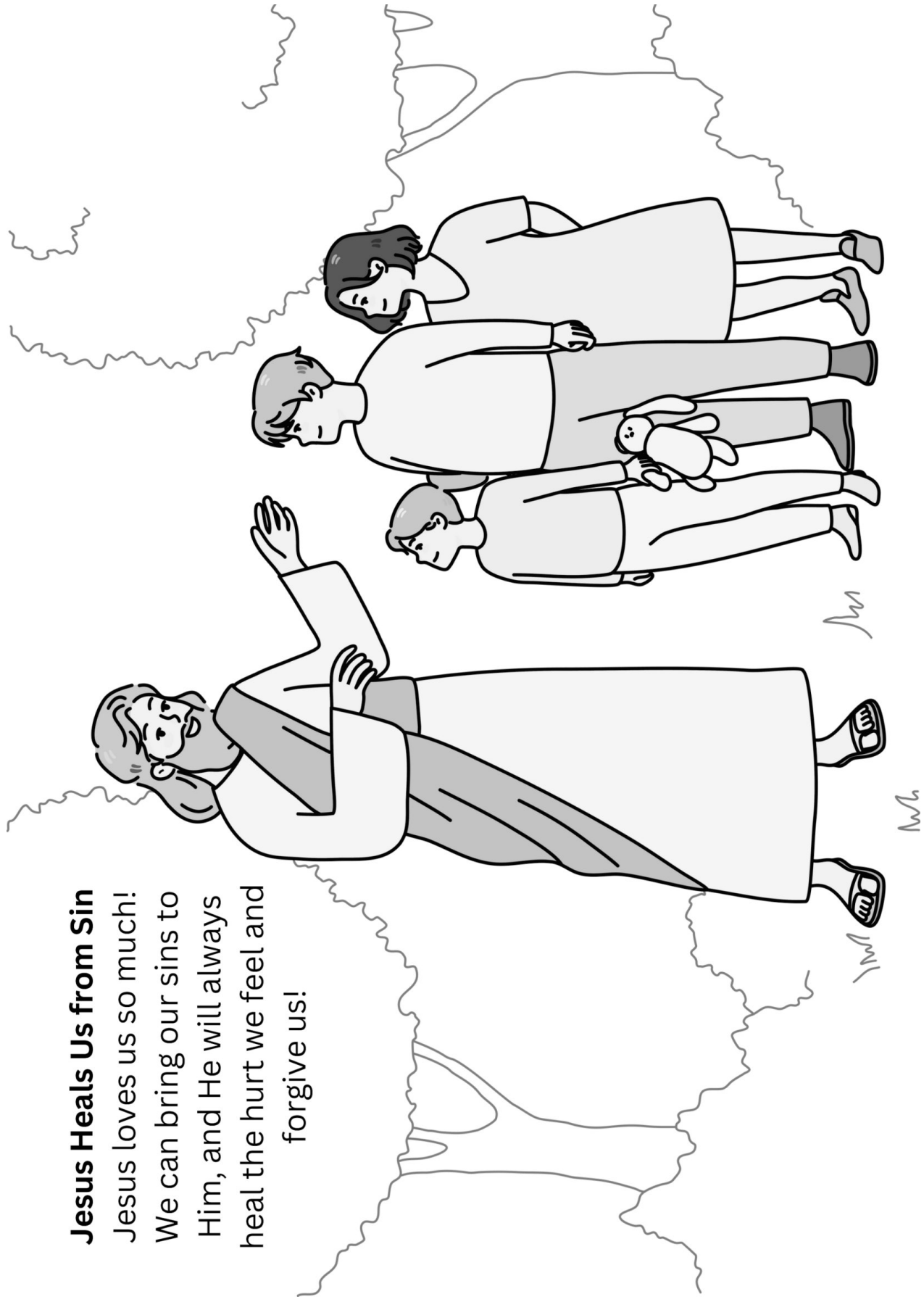
Jesus is the Good Shepherd.  
He loves us even when we sin  
and wander away from Him.

*Solve the maze to help Jesus  
find the lost sheep!*

**Session 5: Life in Christ**

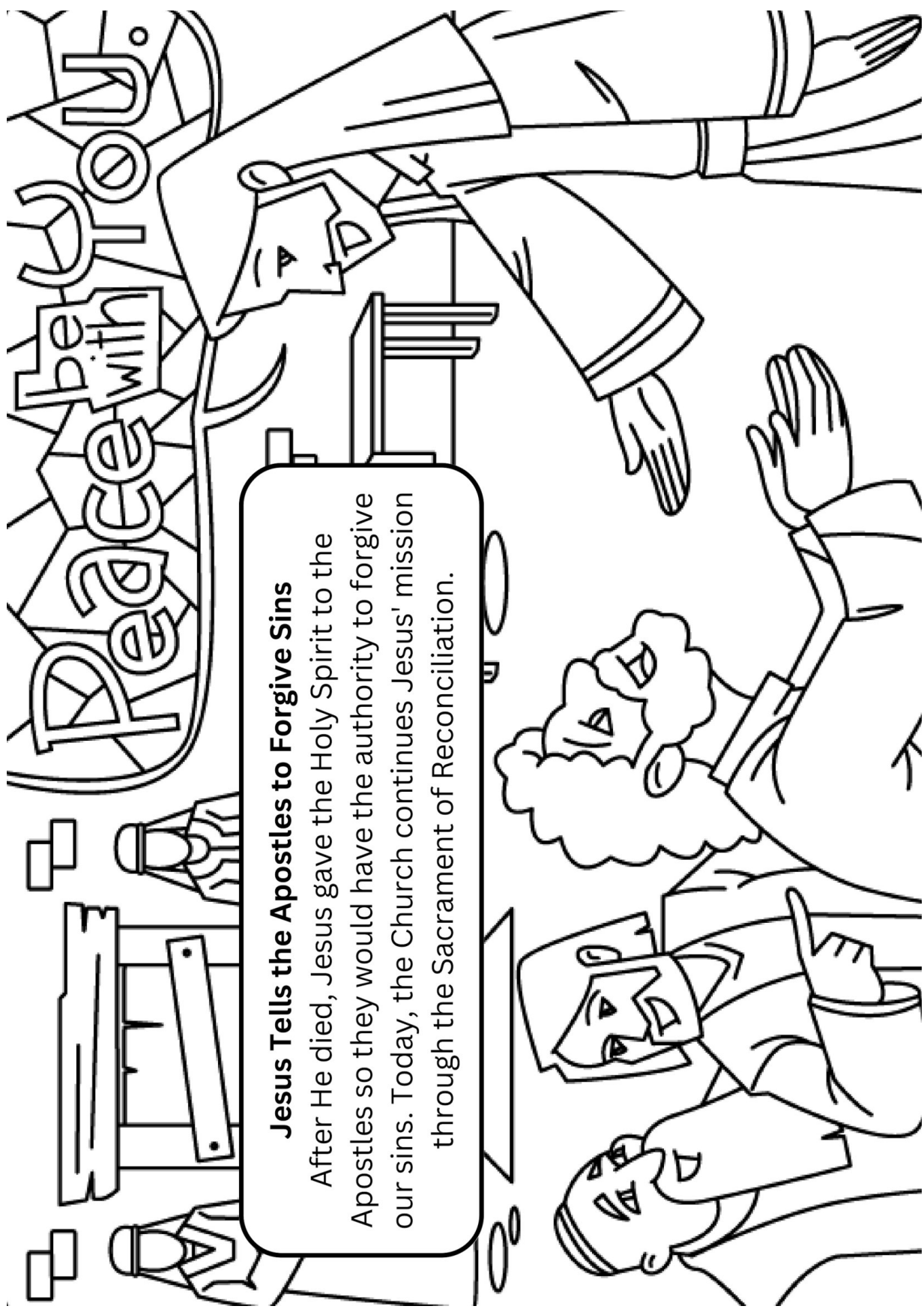
<b>Time</b>	<b>Section</b>	<b>Activity</b>	<b>Resources/Supplies</b>
Until 0:00	Connect Activity	Chat with kids while they colour and place stickers on today's colouring page.	Jesus the healer colouring page, Crayons, stickers
0:00	Let's Pray & Introduction	Read the opening prayer and introduction to the session.	Student Guide
0:05	Let's Watch	Watch video <i>Morality: Choosing What Is Right</i> (2.49 mins). Lead discussion.	Device to watch video (have it prepared before session)
0:15	Let's Read God's Word	Read <i>God's Blessings for His People</i> . Lead discussion.	Student Guide
0:25	Let's Learn About our Faith	Read <i>Turning Back to God</i> . Lead discussion.	Student Guide
0:35	Let's Do Activities	Complete at least one of the two activities <i>Bee-Attitudes</i> (connect bees to their proper flowers) and <i>The Path to Happiness</i> (a maze that takes the student through the path of good choices).	Student Guide, pencils
0:45	Let's Recall and Reflect	Discuss final questions to connect what they've just learned.	Student Guide
0:50	Final Activity	<i>Avoid Sins Obstacle Course</i> : a fun game to avoid 'sins and temptations'; rules and set up detailed in Teacher Guide	<i>Obstacle Course</i> : painter's tape (mark out two boxes and directional lines before session starts), white paper/paper plates, yellow paper, black paper, gray paper
1:00	Session End	Say goodbye to students, greet parents, and remain present through pick-up.	

**Jesus Heals Us from Sin**  
Jesus loves us so much!  
We can bring our sins to  
Him, and He will always  
heal the hurt we feel and  
forgive us!



**Session 6: The Sacrament of Reconciliation**

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Chat with kids while they colour and place stickers on today's colouring page.	Jesus & His apostles colouring page, Crayons, stickers
0:00	Let's Pray & Introduction	Read the opening prayer and introduction to the session.	Student Guide
0:05	Let's Watch	Watch video <i>Reconciliation: God's Awesome Gift</i> (4 mins). Lead discussion.	Device to watch video (have it prepared before session)
0:15	Let's Read God's Word	Read <i>Peace Be with You</i> . Lead discussion.	Student Guide
0:25	Let's Learn About our Faith	Read <i>God Forgives Our Sins</i> . Lead discussion.	Student Guide
0:35	Let's Do Activities	Complete the two activities <i>Jesus Heals My Heart</i> (colour hearts as a before and after of Reconciliation) and <i>Preparing for the Sacrament</i> (reflection exercise on their preparation so far and how they're feeling about it). <i>*If you can only complete one of these, complete the reflection exercise!</i>	Student Guide, pencils, crayons/coloured pencils
0:45	Let's Recall and Reflect	Discuss final questions to connect what they've just learned.	Student Guide
0:50	Final Activity	Complete one of the following activities: <i>In the Person of Christ</i> : children have a brief Q&A session with the priest <i>Jesus Takes Away Our Burdens</i> : simple demonstration of the relief we feel after Reconciliation	<i>Burdens</i> : some heavy books, a "stole" (could be a tie or thin scarf)
1:00	Session End	Say goodbye to students, greet parents, and remain present through pick-up.	



**Jesus Tells the Apostles to Forgive Sins**

After He died, Jesus gave the Holy Spirit to the Apostles so they would have the authority to forgive our sins. Today, the Church continues Jesus' mission through the Sacrament of Reconciliation.

## Session 7: Celebrating Reconciliation

Leader Note: As the video for this session is significantly longer, we've adjusted the session to exclude a final activity, and instead to conclude with the recall & reflect questions.

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Chat with kids while they colour and place stickers on today's colouring page.	Our Father colouring page, Crayons, stickers
0:00	Let's Pray & Introduction	Read the opening prayer and introduction to the session.	Student Guide
0:15	Let's Watch	Watch video <i>How to Make a Good Confession</i> (12.36 mins). Lead discussion.	Device to watch video (have it prepared before session)
0:25	Let's Read God's Word	Read <i>Lost and Found</i> , presenting it as a skit with the children taking on the different roles. As the teacher reads the story, the children can repeat their 'lines' after the teacher, and act out the action in the story. Lead discussion afterwards.	Student Guide; costumes for the kids, props like fake money/coins, stuffed pigs, party hats, etc. to enhance the skit experience.
0:35	Let's Learn About our Faith	Read <i>Draw Closer to God</i> Lead discussion.	Student Guide
0:45	Let's Do Activities	Complete at least one of the two activities <i>Seven Steps</i> (put the steps of going to Reconciliation in order) and <i>The Prodigal Son Story</i> (answer trivia about this parable).	Student Guide, pencils
0:55	Let's Recall and Reflect	Discuss final questions to connect what they've just learned.	Student Guide
1:00	Session End	Say goodbye to students, greet parents, and remain present through pick-up.	

OUR FATHER WHO IS IN  
HEAVEN, HALLOWED BE YOUR  
NAME. YOUR KINGDOM COME,  
YOUR WILL BE DONE ON  
EARTH AS IT IS IN HEAVEN.



GIVE US THIS DAY OUR DAILY  
BREAD, AND FORGIVE US OUR  
DEBTS AS WE FORGIVE OUR  
DEBTORS. LEAD US NOT INTO  
TEMPTATION, BUT DELIVER US  
FROM EVIL. AMEN!

# SIGNS OF GRACE

## Games:

### Flash card/ Q&A games:

#### Heads up

One player will draw a card and hold it up to their forehead without looking at it. The other players will yell out clues for the first player. The first player will try to guess What is written on their card until they either guess the correct answer or they decide to pass.

#### Charades

Charades is a game of pantomimes: you have to "act out" a phrase without speaking, while the other members of your team try to guess what the phrase is. The objective is for your team to guess the phrase as quickly as possible

#### Flash card collection

Print out flash cards and have them glue in the correct place. Give them a reward sticker or points or treats for each page completed or for all pages completed. Work sheets provided in the Children's folder.

#### More active games for Q& A or flash cards

- **Musical stop game** (kids have a flash card when music stops, they have to find a partner and quiz each other on the card if both have a card, if not the one with the card quizzes the one without it and then they either trade cards or the one without one gets one)
- **Find your partner!** Give out key words/ questions separated from definitions/answers and they have to find their partners.

#### Memory games:

Read question(s) and have them close their books. Give out stickers for those that know the answers individually or by teams.

#### Quiet "I spy"

Take them to **Church** and have them do an "I spy" looking for the **Crucifix** and **Tabernacle** for example. As they enter the church teach them to genuflect. Have them sit and you name what they need to find in the church. Instruct them that when they find it, they should touch their nose quietly. Then you ask one of them to point where the item is.

#### Hopscotch game

Before class starts, draw on a sidewalk a hopscotch board (or use painters tape on the floor of the classroom to draw it) with labels of the eight parts of the liturgy of the word. Explain that in this games of Hopschotch, after they toss the rock/bottle lid they will describe the part of the Mass in the box in which their rock/bottle lid landed. Then they can complete the hopscotch to get a point. Play along, and have fun.

The winner should get a sticker or some sort of treat.

1. Introductory rites
2. First reading
3. Responsorial psalm
4. Second reading
5. Gospel
6. Homily
7. Creed
8. Prayers of the Faithful

## Suggestions

### “Let’s Read God’s Word” section:

- Have an adult do this reading.
- Make it special by: Lighting a candle, doing it in Church, or in a special place in the classroom.
- After the reading go over the “key words” either using the flash cards or writing them on the board. Each child can have a card and when the word is named, they can place it in a special place designated for them.

### “Let’s Learn About our Faith” section:

- If they have been sitting at their desks the whole time until now, you could have them sit on the carpet for this part of the class for a change. Give them a chance to **take turns reading** or saying it in your own words.
- Here is where you make sure you teach the [objectives](#) of the class. This is the core of the knowledge that you want to pass on.
- You can also add the Q&A section here. Those questions will help go to the point in what you want them to remember later. The recall and reflect questions can be used here too..

