

SACRED STORY YOUTH



UNIT PLAN OVERVIEW

FIRST GRADE

YOUR FIRST GRADE VIMEO WEB-LINK
(For the Twenty Recorded Meditations)
<https://vimeo.com/album/3372079>
VIMEO ACCESS CODE FOR FIRST GRADE1
(Case Sensitive)
Favaph2ZAt

UNIT PLAN¹

Title/Theme:

Sacred Story: An Ignatian Examen for the Third Millennium

Grade One/Religion

Length of Unit/Timeframe:

Three lessons to set the purpose at beginning of year followed by daily three – six minute meditations.

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, and to allow God to shape one's *Sacred Story* according to his will and graces.

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

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 Krebs, Ph.D., Lorraine A. Ozar, Ph.D., Leanne Welch, PBVM for the Common Core Catholic Identity Initiative (CCCI). June 2012

forces or voices, one can learn how to follow Divine inspiration in all life choices and relationships. (Sacred Story p.40)

Overview:

The “relational paradigm in First Grade is “Heart of God – My Heart.” 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, the voice of the self and the voice of the “enemy of human nature” so that I may follow Divine inspiration in all life choices and relationships?

There are two storylines to this relational paradigm. The first: To be faithful to God and to make room for God in my heart. The second: to be unfaithful to God by displacing God from my heart and allowing my faith to be put in things/idols, like the people of Israel did in the story of the Golden Calf.

KEY OBJECTIVES LINKED TO THE STANDARDS

- ❖ The students will be able to be introduced to PRESENCE step in meditation.
- ❖ The student will be able to draw a picture showing faithfulness to God.
- ❖ At the end of these lessons students will begin to participate in Ignatian discernment and attentiveness in daily meditation exercises to deepen their relationship with God.
- ❖ The student will know he/she is spiritual.
- ❖ The student can 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.

- ❖ The student will understand that mediation is a time to listen to God.
- ❖ The student will understand that to listen to God will be about the high of their day
- ❖ The student will demonstrate meditation behaviors
- ❖ The student will practice recording ideas in Learning Log. – (optional) – .
- ❖ Students will identify the right relationship/commandment which is the focus prayer with the first commandment.

Summative Assessment(s): To identify what helps me believe or have faith in God, what is hope and what is love and what things make me sad: participation in meditation and response to meditation.

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.
- ❖ **Lesson 3 post-reflection exercise is key to the audio meditations.** “Learning Logs” are the core to the meditation reflections. Teachers should copy the “Learning Logs” back to back. One copy is needed per week in grades one through eight.

NOTE: It is advised to copy the “Learning Logs” in monthly or quarterly packets for easy access. Or you can purchase from Amazon or Sacred Story Institute pre-prepared one-year *Meditation Response* books for this grade level. For bulk discounts of 60% contact us at: admin-team@sacredstory.net