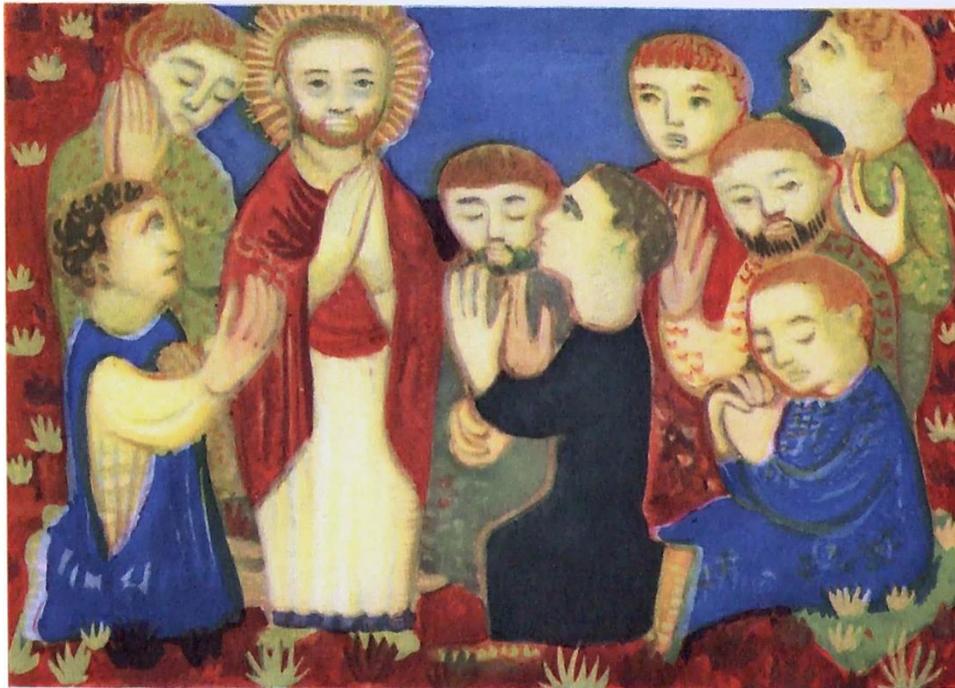


# SACRED STORY YOUTH®



## UNIT PLAN OVERVIEW

5<sup>th</sup> Grade

**YOUR FIFTH GRADE VIMEO WEB-LINK**  
(For the Twenty Recorded Meditations)  
<https://vimeo.com/album/3374422>

**VIMEO ACCESS CODE FOR FIFTH GRADE<sup>1</sup>**

<sup>1</sup> Access Code is for customers who have purchased the Sacred Story Youth Fifth Grade Program. ***It is unlawful*** to share your Vimeo Access Code. Doing so could invalidate your SSY subscription.

(Case Sensitive)  
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**UNIT PLAN<sup>1</sup>**

**Title/Theme:**

*Sacred Story: An Ignatian Examen for the Third Millennium*

**Length of Unit/Timeframe:**

There are three lessons to set purpose at beginning of year followed by daily 6-to-8-minute meditations.

**Description:**

Ignatius' spirituality and discernment techniques rely on affective information to help individuals understand the difference between right and wrong. We can train people to listen deeply to their hearts—their consciences—to distinguish the ideas and inspirations coming from the Lord of Life and those Ignatius describes as coming from the enemy of human nature.

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<sup>1</sup> 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 (CCCII). June 2012

This is a yearlong meditative experience to help children build sensitivity and awareness of God's presence in their lives, to allow God to shape one's *Sacred Story* according to his will and graces. Ignatius' life-long examination indicates that conversion is not a single event but a life-long process.

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.

## Overview:

The "relational paradigm in fifth grade is "The Name of God - My Relationship to God's Holy Name". This relational paradigm is a model for mapping and connecting relationships between self and God as well as self and others.

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## 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: I can choose to worship and praise God or I can choose to worship and praise myself. I have a choice about which story line I will follow.

### Storylines to this Relational Paradigm:

I can choose to nurture a spirit of gratitude for the holiness of God, and God's gifts of other persons and creation in my thoughts, words and deeds and develop a daily personal relationship with the God who draws close to me.

**OR**

I can choose to nurture a spirit of ingratitude for the holiness of God, and God's gifts of other persons and creation in my thoughts, words and deeds and develop a daily personal relationship with the God who draws close to me.

## 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.

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## 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](mailto:admin-team@sacredstory.net)

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## Key Objectives Linked to the Standards

- ❖ At the end of these lessons students will be able to participate in Ignatian discernment and attentiveness in daily meditation exercises to deepen their relationship with God.
- ❖ The students will be able to name and define the first two meditation themes for *Sacred Story*, Creation, and Presence by giving examples from their own lives 100% accuracy participation.
- ❖ The students will write their reflections on CREATION and PRESENCE and an original prayer of gratitude.
- ❖ 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 to identify the joys and sadness of the day and demonstrate meditation behaviors.
- ❖ Students will identify the right relationship/commandment which is the focus of prayer.

**Summative Assessment(s):** To identify the growth of God's names through the use of a word cloud project at multiple times during the school year and to identify what increases faith hope and love and what diminishes faith hope and love. Student participation in meditation and using learning logs.

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