

SACRED STORY YOUTH©



UNIT PLAN OVERVIEW

KINDERGARTEN

YOUR KINDERGARTEN VIMEO WEB-LINK
(For the Twenty Recorded Meditations)
<https://vimeo.com/album/3372404>
VIMEO ACCESS CODE FOR KINDERGARTEN1
(Case Sensitive)
tre6Awawud

UNIT PLAN¹

Title/Theme:

Sacred Story: An Ignatian Examen for the Third Millennium

Grade Kindergarten/Religion

Length of Unit/Timeframe:

There are three lessons to set the purpose at beginning of year followed by daily 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 mediations are designed to 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.

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

Overview:

The “relational paradigm in Kindergarten is “Heart of God – My Parent’s Hearts for God and 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 hear God’s voice?
- 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 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.

KEY OBJECTIVES LINKED TO THE STANDARDS

At the end of each lesson, students will begin to participate in Ignatian discernment and attentiveness in daily meditation exercises to deepen their relationship with God.

- ❖ The student will recognize that God created 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 able to become acquainted with “Creation” meditation in *Sacred Story*.
- ❖ 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” based on the Fourth Commandment.
- ❖ The student will know he/she is a spiritual being.
- ❖ The student will understand that mediation is a time to listen to God with his/her heart.

- ❖ The student will begin to connect the Creation meditation step with the Fourth Commandment when practicing meditation.
- ❖ The student will demonstrate meditation behaviors.

Summative Assessment(s): To share something about family that makes them joyful and something from creation or family that makes me sad.

INSTRUCTIONAL ACTIVITIES

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

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 have students respond to the meditation each time they listen. We suggest you find a heart and encourage the children to share after listening to the meditation.

TEACHER RESOURCES

In Sacred Story Youth zip-file for Kindergarten you will find **most of what you need to teach the lessons:**

- ❖ *An Ignatian Conscience Formation Resource for Pre-Kindergarten through Eighth Grade Teachers and Students* which will prepare you as you lead your children through the meditations.

- ❖ The *Scope and Sequence* for pre-kindergarten through grade eight and grade level scope and sequences broken out for easy reference.
- ❖ Lessons 1-3 in one document. *This includes templates and a list of materials you will need to teach the lesson.*
- ❖ A copy of each of the lessons in its own document for easy access while teaching.
- ❖ A parent letter to send home with students prior to beginning the lessons and meditation practice.
- ❖ A certificate of accomplishment for students after completing meditations.