

Overview of Year One

Lesson 1: To appreciate that I am a boy/girl.

Lesson 2: To appreciate that I am part of a family.

Lesson 3: To understand that I grew in my mother's womb.

Lesson 4: To learn that Jesus was part of a family.

Lesson 5: To appreciate that I am special.

THE WONDER OF MY BEING

YEAR ONE

LESSON 1

- Purpose** ■ To appreciate that I am a boy/girl.
- Setting** ■ Music: 'I Have a Name', Alive-O page 14.
- Content** Talk about:
■ The number of boys/girls in the class.
■ Physical traits.
■ Respect, encouraging the children to recognise similarities and differences.
- Worksheet** ■ Lesson 1 Worksheet.
■ Place portraits in a Sacred Space.
- Prayer** Thank you God for my own little life
that tickles the palm of your hand,
when you hold me and love me all safe and sound
as only the hand of God can.
Amen
- At Home** ■ Say Night Prayer with parents.
- Link** ■ Personal Development & Mutual Understanding (PD&MU) Unit 1.

Lesson 1 Worksheet

This is me

My name is _____

I am a _____

Night Prayer

Prayer:

God our Father I come to say
thank you for your love today.
Thank you for my family,
and all the friends you give to me.
Guard me in the dark of night,
and in the morning send your light.
AMEN



THE WONDER OF MY BEING YEAR ONE

LESSON 2

Purpose ■ To appreciate that I am part of a family.

Setting ■ Music: 'The Family Tree Song', Alive-O page 85.

Content ■ Talk about families.

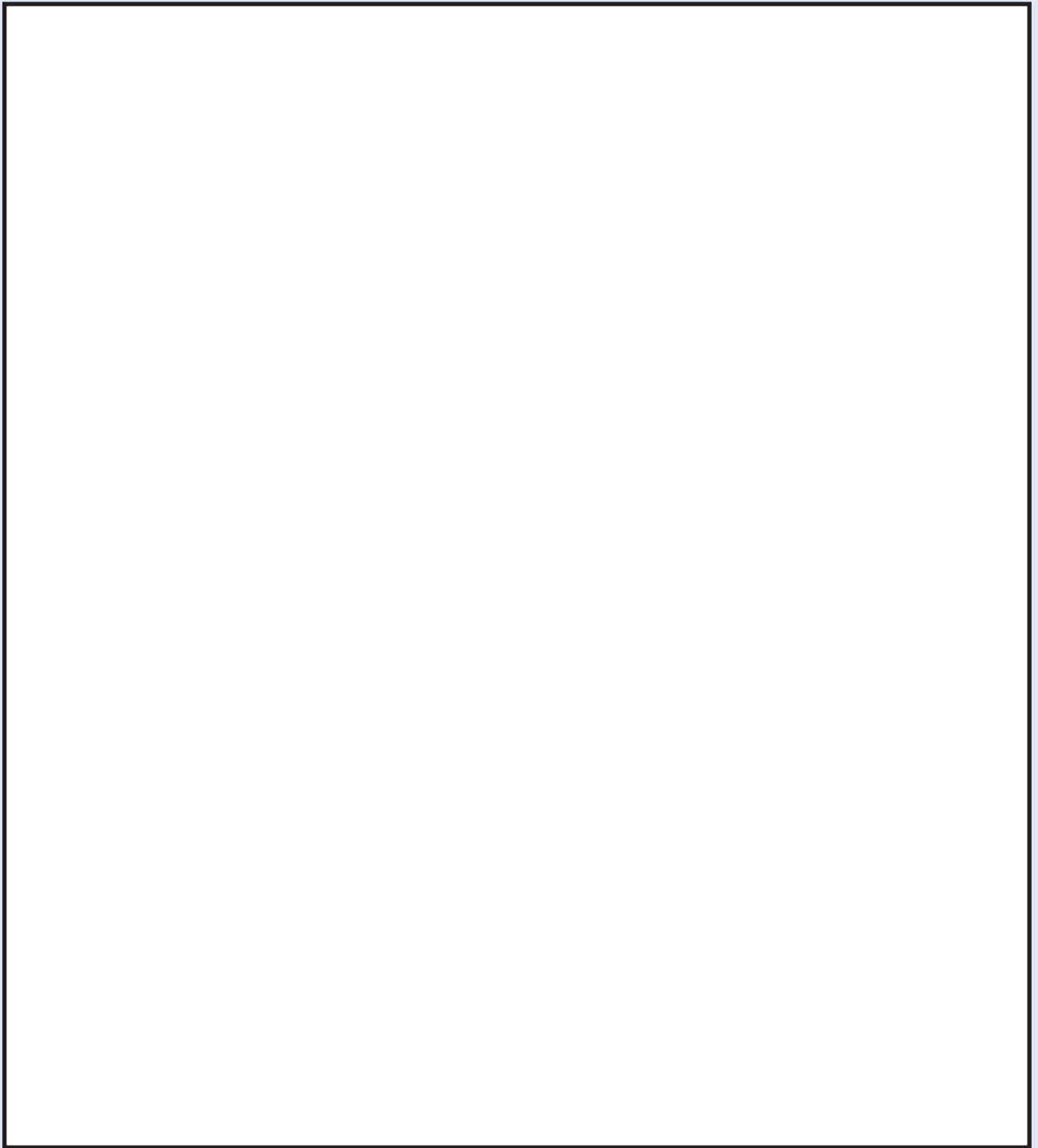
Worksheet ■ Lesson 2 Worksheet (This is My Family).

Prayer God this is a little prayer of thanks,
for all that our families do.
Washing us, clothing us, feeding us, nursing us
and God bless our families too.
Amen

Link ■ PD&MU : Unit 4.

Lesson 2 Worksheet

This is My Family

A large, empty rectangular box with a black border, intended for a drawing or writing activity related to the lesson.

Thank you God for my family





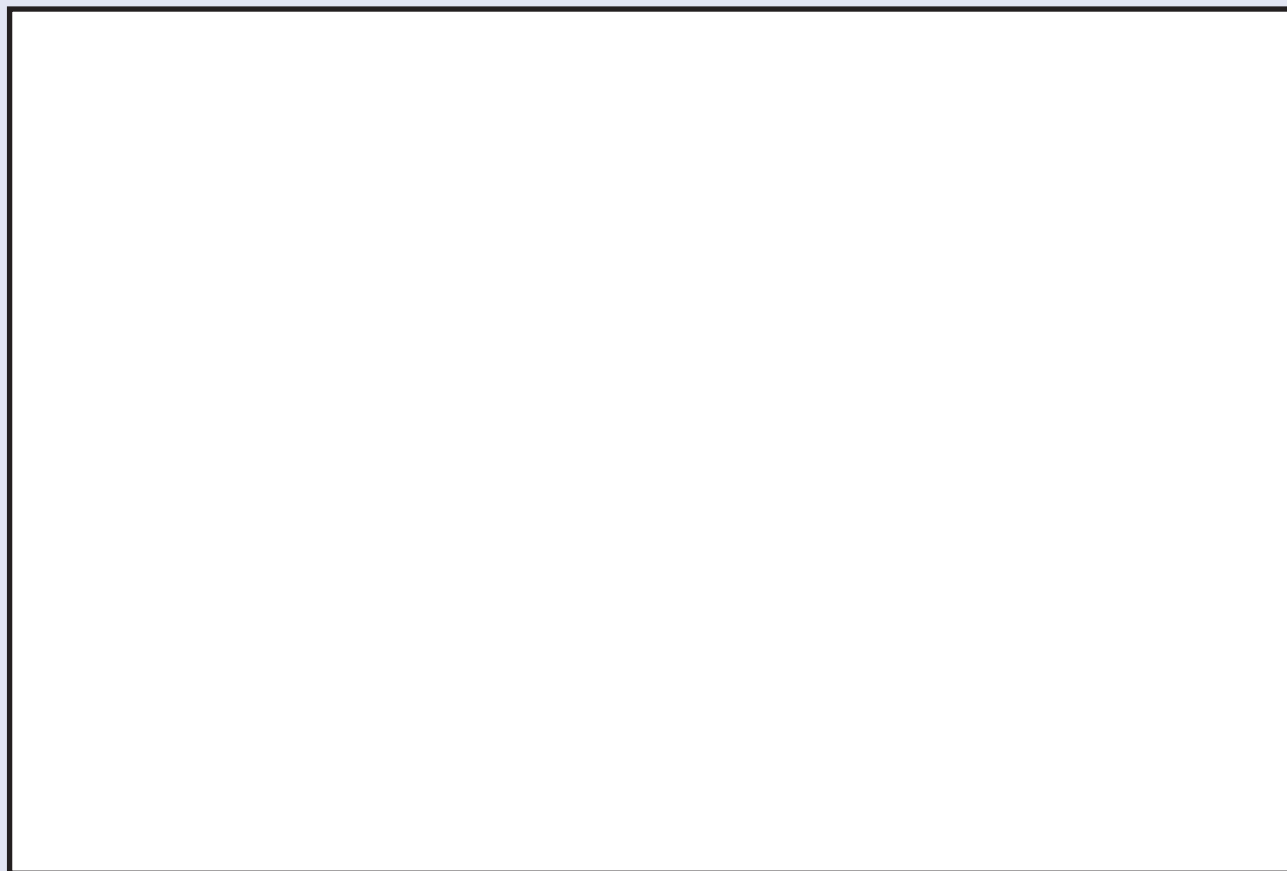
THE WONDER OF MY BEING YEAR ONE

LESSON 3

- Purpose** ■ To understand that I grew in my mother's womb.
- Setting** ■ Music: own choice.
- Content** ■ Talk about how a mother gets ready for a new baby.
- Prayer** A Prayer for Mother; children's suggestions.
- At Home** ■ Night Prayer.
■ Lesson 3 Worksheet (My Mummy).
- Link** ■ PD&MU : Unit 4

Lesson 3 Worksheet

My Mummy



My mummy's name is _____

I grew for 9 months in my mummy's womb
before I was born.

Thank you God for my mummy.

Parents:

Talk to your child about the joy of preparing for his/her birth and your gratitude to God for the gift of his/her life.



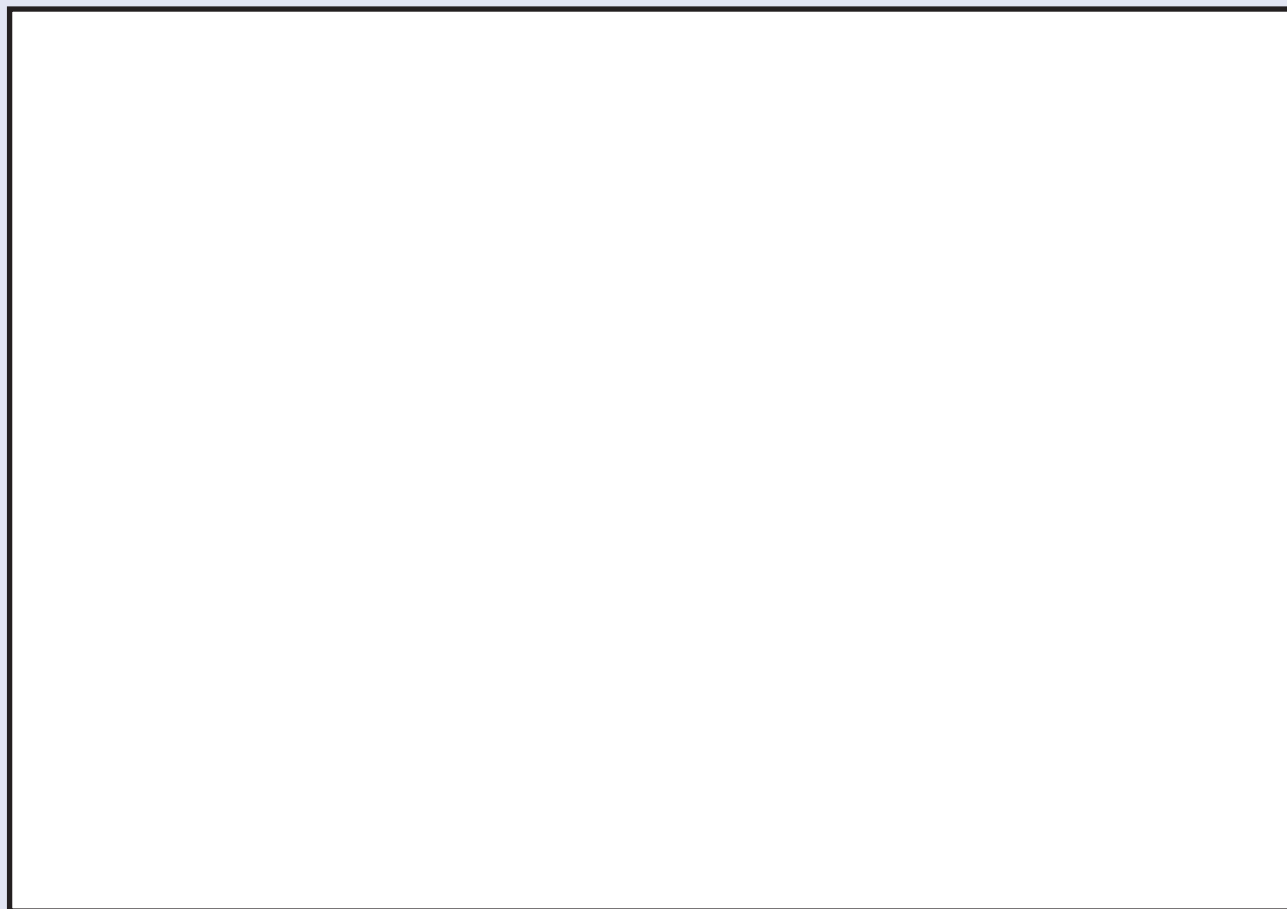
THE WONDER OF MY BEING YEAR ONE

LESSON 4

- Purpose** ■ To learn that Jesus was part of a family.
- Setting** ■ Music: 'Away in a Manger', Alive-O 2 page 131.
■ 'Mary Will you Take This Baby Boy', Alive-O page 114.
- Content** ■ Story of the Annunciation.
■ Story of the Nativity.
- Worksheet** ■ Lesson 4 Worksheet (This is the Family of Jesus).
- Prayer** Thank you God for Jesus,
is the prayer we say.
Thank you God for Jesus,
born on Christmas Day.
- At Home** ■ Discuss Lesson 4 Worksheet.

Lesson 4 Worksheet

This is the Family of Jesus



The mother of Jesus is _____ .

Jesus grew for 9 months in Mary's womb until he was born on Christmas Day.

Say this Prayer with your Child

Parents:

Thank you God for Jesus,
is the prayer we say.
Thank you God for Jesus,
born on Christmas Day. AMEN



THE WONDER OF MY BEING YEAR ONE

LESSON 5

Purpose	<ul style="list-style-type: none">■ To appreciate that I am special.
Setting	<ul style="list-style-type: none">■ Music: 'I am Special', Alive-O page 76.■ 'I Look in the Mirror', Alive-O page 147.
Content	<ul style="list-style-type: none">■ Talk about how each child is special.
Worksheet	<ul style="list-style-type: none">■ Lesson 5 Worksheet (I am Special).
Prayer	<p>Thank you God for my own little life that tickles the palm of your hand. When you hold me and love me, all safe and sound as only the hand of God can. Amen</p>
At Home	<ul style="list-style-type: none">■ Discuss Worksheet.■ Prayer with parents.
Link	<ul style="list-style-type: none">■ PD&MU : Unit 1.

Lesson 5 Worksheet

I am Special

I like to _____

Parents:

I know I am special.
Thank you God for my family.
Thank you God for me.