

Grade 1 Safe Environment Lesson Plan
Grade 1 Theological Concept – Guardian Angels

Objectives:

1. The student will understand the difference between good and bad secrets
2. The student will identify trusted adults, what is a safe touch and
3. The student will understand that it is okay to say no to something that makes you feel uncomfortable.

Resources and Connections: Bible to share the following stories: Adam and Eve- Genesis, Chapter 3; the first two Joyful Mysteries - Luke 1: 26-56. This could be taught during the Advent Season, or when introducing the Joyful Mysteries, the rosary, or the story of the fall of Adam and Eve.

Estimated time: 40 minutes

Introduction/Lesson:

ASK:

1. “Today, we are going to compare two kinds of secrets. Has anyone ever told you a secret? Was it a good one or a bad one?”

READ:

Luke 1:26-56 to review the story of the Annunciation and Visitation. Discuss with the children how Mary was afraid but also wanted to share this awesome secret with someone she trusted.

ASK:

1. Who was that person she trusted? (Her cousin, Elizabeth)
2. Was this a good secret or a bad one?
3. Can anyone think of a story in the Bible when two people tried to hide a secret from God? Take answers as they are given.

READ:

Genesis, Chapter 3.

ASK:

1. What was the secret you heard in this story?
2. Was this a good secret or a bad secret?

DISCUSS:

1. Adam and Eve disobeyed God. Then they tried to hide from him. They were embarrassed and afraid. Sometimes, we disappoint God with the things that we say and do. That is why as Catholics we are given the sacraments to help us to receive the graces to live a good life. Next year, you will prepare for two special sacraments, the sacrament of Reconciliation and the Sacrament of the Holy Eucharist.

2. Sometimes people ask us to keep secrets that make us feel uncomfortable. They may say something to us or touch us in a way that doesn't feel right. If this happens, this would be a bad secret, one we would want to tell someone we trusted. Eve told Adam to keep a bad secret from God, but God already knew. We want to stay close to God. We want to protect ourselves from harm.

ACTIVITY: *Role play the story of Adam and Eve with Eve saying no to the devil or Adam saying no to Eve or Adam and Eve telling God instead of hiding from Him. How does this change the story? Talk about how it is okay to say no to someone if they are asking you to do something that makes you uncomfortable.*

DISCUSS:

Talk about the difference between a safe touch and an unsafe touch. Trusted adults can help us by bathing us or getting us dressed. There are other people that shouldn't do this for us. Who is a person that should not give us a bath? (for example, a neighbor). Unsafe touches are when someone touches us and it makes us feel uncomfortable.

CONCLUSION:

Our guardian angels are always with us to protect us from harm. We should pray to God every day, but also ask our Guardian Angels to watch over us. Let us pray the prayer to our Guardian Angels. *(If students do not know that prayer yet, they may "echo" it after you.)*

Angel of God My guardian dear,
 To whom God's love commits me here,
 Ever this day be at my side,
 To light, to guard, to rule, to guide.
 Amen

QUESTIONS AND ANSWERS

Have students fill in the information below on a piece of paper.

In scripture we heard about a good secret and a bad secret. What two secrets did we hear about today? What are examples of good secrets and bad secrets in our lives?

	Good Secret	Bad Secret
Scripture	_____	_____
In our lives	_____	_____

Name two or three people you trust.

What is a safe touch?

We can say NO to a person if they are _____