









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
5	3	5	Christian Living	Ears, Mouths and Hearts	14: Talking to People: My Friends

Use the syllabus framework to complete above. Infants: 20 minutes; Juniors: 30 minutes; Middles & Seniors: 45 minutes
(Mod. = Module Number, Module Theme - in the heading, Module Title - uppercase in the cell, Lesson Num [NO. column] and Title)

							
Verbal V <input checked="" type="checkbox"/>	Logical L <input checked="" type="checkbox"/>	Spatial S <input checked="" type="checkbox"/>	Kinaesthetic K <input checked="" type="checkbox"/>	Musical M	Intra - personal P1 <input checked="" type="checkbox"/>	Inter - personal P2 <input checked="" type="checkbox"/>	Natural N

Tick the appropriate box(es) above [copy this: ☒] for the modes of learning being used in this session.

Prayer: O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Starter: Emotions charades. The teacher encourages open expression of emotions such as happiness, sadness, joy, frustration, anger, disgust, fear. Give children the opportunity to explore their emotions safely through play, and discuss emotions and behavioural responses.

Learning objectives: To understand that communicating with our friends means actively reach out to share our experience, feelings, thoughts, and needs with our friends.

Core Activities and Learning

1. The teacher will tell children about how we meet someone and like them. We slowly get to know them. Conversation and sharing, listening and learning, a friendship ensues. We think about our friends when they're away. We're aware that we become important to them as well. We don't just want friends, we need them, we need their constant companionship. Things that mean a lot to us become meaningful to them because we mean a lot to them. They want to watch us grow and flourish and follow our dreams, and they support and encourage us every step of the way. Friends are also our biggest encouragers. They recognize our desire and need to grow and they do so with us. Through growth and change we grow separately so that we can continue to grow together.

Children will be encouraged to engage in a discussion about their friends and share how they communicate with their friends, how they express their feelings and thoughts. They will explore different ways of communicating using words, gestures or actions or simply having a listening heart. The discussion is to be guided and accompanied by the use of visuals along with icon of Jesus and His disciples and will help children make sense of their experiences and feelings regarding friendship, how we establish positive relationships and how we grow together in Christ.

2. The teacher will explain to children that communicating with our friends means that we do not keep our inner experience to us alone, but, instead, actively reach out to share our experience, feelings, thoughts, and needs with our friends, as openly, honestly, fully and constructively as possible. Our true and enduring friendship also involves being open to considering our friend's views and needs, and constructively exploring differences that may arise. By valuing our friend's needs above our own, we'll be on our way to loving like Jesus. The teacher will remind the children that we need not only to seek to be heard and nurtured, but to develop an ability to be empathically, tuned into, aware of, and caringly responsive to, our friend's needs and feelings which also need to be heard and nurtured. The teacher will explain that this deepest level of empathic and intuitive communion is the source from which all true love and friendship arises, and that is what enables true love and friendship to keep growing deeper, closer and grander.

Children will be made receptive to the reality that the source of this communion is Christ Jesus.

3. The teacher will explain that companionship deepens joy and among all the joys of life, God is the greatest. We were made for Him, to enjoy Him and centre our hearts and lives on Him. And like any other joy, our joy in God will be fullest when we share it with other people. Our friends help us enjoy God by enjoying Him with us. The Orthodox faith teaches that we are saved by communion, in particular with Christ. We unite ourselves with Christ, we experience true communion and participation with friends. When we eat Christ's Body and drink His Blood in the Holy Eucharist, we believe that there is a true sharing, a real communion. The Eucharist requires us to open our minds to one another. As the source of our unity, the Eucharist leads us to true and total sharing, to communion with God and friends. Celebrating the Eucharist with lively faith, genuine love, and profound peace and joy, strengthens us in living together as friends in the Lord. As friends in the Lord, we are also companions on our way to the Father. The Eucharist nourishes and strengthens us to continue our way. The community celebration of the Eucharist gives us the grace, courage and enthusiasm that we need to go forward. This holy sacrament helps us realize more perfectly our communion with God and with one another. It reminds us the love of Christ that He calls us to imitate. The teacher will reiterate that communion works by love. "A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another". (John 13:34)

4. Friends paper chain. Fold paper as a paper fan, the number of folds in the paper determines the number of people in the chain. On the top piece of the folded paper, children will draw a person whose hands extend to touch the folds of the paper on each side. Then they carefully cut around the line, making sure not to cut where the hands meet the folds. Opening up the paper children will have a chain of several people holding hands. They will colour them in with crayons, make different expressions on each face, or create a themed group.

Resources: Icon of Jesus, Icon of the Holy Theotokos, icon of the Holy Trinity, icon of the Holy Eucharist, pictures that illustrates family scenes reflecting positive scenes, pencil, paper, crayons, scissors

Review: Communion is the relational aspect of our humanity supremely focussed with our relationship with Christ in the Eucharist.

Follow Up: This week, try to have a better communication with someone ... through listening and talking.