



OPTION FOR THE POOR AND VULNERABLE

GRADES 1-3

45 MINUTES

OBJECTIVE

Through the story of Alefa in Malawi, students will explore a Catholic social teaching principle, Option for the Poor and Vulnerable, and how they can care for others.

MATERIALS

Map, Alefa's story, Malawi Activity Sheet: Grades 1-3

DISCUSSION (15 MINUTES)

1. Locate Malawi on the map. Where is it?
2. Read Alefa's story.
3. Reflect:
 - Who did we meet in the story, and what do they do?
 - What challenges are Alefa and others in Malawi facing?
 - What is Alefa doing to overcome these challenges and provide for her family?

ACTIVITY (25 MINUTES)

1. Explain Option for the Poor and Vulnerable. Remind students that Jesus tells us to give special care to those who are most in need. It is our Christian duty to stand up for those who are unheard and to help the poorest people.
2. Have students complete the Malawi Activity Sheet: Grades 1-3.
3. Invite them to share what they wrote.

CLOSING PRAYER (5 MINUTES)

Loving Creator of all things,

Thank you for the gift of our human family.

When we encounter our neighbor in need, fill us with your love for them.

Amen

AT HOME

1. Share your activity sheet with your family.
2. As a family, discuss the Lenten calendar daily reflection.

IF YOU ONLY HAVE

10**MINUTES**

1. Read Alefa's story.
2. Lead Discussion step 3.



MALAWI
OPTION FOR THE POOR
AND VULNERABLE

In the church, write three reasons why we should always care for others.
Color the heart to represent God's love.

