

LIFE AND DIGNITY OF THE HUMAN PERSON

GRADES 1-3

45 MINUTES

OBJECTIVE

Through the story of Norma in Guatemala, students will explore a Catholic social teaching principle, Life and Dignity of the Human Person, and how they can uphold the dignity of others.

MATERIALS

Map, Norma's story or video (available at crsricebowl.org/stories), copies of Guatemala Activity Sheet: Grades 1-3 (available at crsricebowl.org/schools)

DISCUSSION (15 MINUTES)

1. Find Guatemala on the map.
2. Read or watch Norma's story.
3. Reflect:
 - Who did we meet in the story?
 - What challenges did they face?
 - What help did Norma need when she was starting a family?

ACTIVITY (25 MINUTES)

1. Explain the Catholic social teaching principle, Life and Dignity of the Human Person. We were made in God's image and likeness. That means that every human being has special value and purpose. We need to care for each other so we can be the people God calls us to be.
2. Have students complete the Guatemala Activity Sheet: Grades 1-3.
3. Ask the students to share their answers to the questions.

CLOSING PRAYER (5 MINUTES)

God of love,

Thank you for the gift of caring families and communities.

Be with us as we seek to love each person we meet, and help us to support people around the world who are suffering.

Amen

AT HOME

1. Share your activity sheet with your family.
2. As a family, discuss the Lenten calendar reflection for the day.
3. Use the CRS Rice Bowl app to find more.

IF YOU ONLY HAVE



10
MINUTES

1. Read or watch Norma's story.
2. Lead discussion step 3.



GUATEMALA

LIFE AND DIGNITY OF THE HUMAN PERSON

When Norma was a child, she didn't have enough food to eat. Because of CRS' help, she is happy to be able to give her son plenty of healthy food.

Answer the questions below.

What is your favorite meal to share with your family? _____

What is the best part about sharing meals with your family? _____



In the basket below, draw things that make up a nutritious meal. What kind of food should Norma provide for her family? What kind of healthy food do you eat with your family?

