
OPTION FOR THE POOR AND VULNERABLE

GRADES 1-3

45 MINUTES

OBJECTIVE

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

MATERIALS

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

DISCUSSION (15 MINUTES)

1. Locate Uganda on the map.
2. Read or watch Annet's story.
3. Reflect:
 - Who did we meet in the story?
 - What challenges did they face?
 - What help did Annet receive, and how is she helping 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 Uganda Activity Sheet: Grades 1-3.
3. Ask the students to share their answers with the class.

CLOSING PRAYER (5 MINUTES)

Loving God,

We ask you to be with all those who are forced to leave their country because of violence.

May they find safety, and may we always support those in the world who are most vulnerable.

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 Annet's story.
2. Lead discussion step 3.



UGANDA

OPTION FOR THE POOR AND VULNERABLE

The Church teaches us seven ways of caring for others, called "Corporal Works of Mercy."



Draw a line to connect each verb on the left side of the sheet with the corresponding words on the right side.

FEED

GIVE DRINK TO

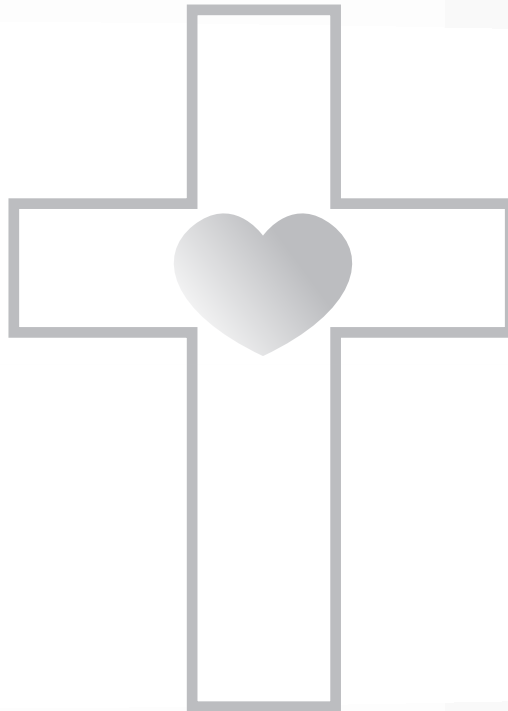
SHELTER

CARE FOR

VISIT

BURY

CLOTHE



THE NAKED

THE PRISONERS

THE SICK

THE HOMELESS

THE HUNGRY

THE DEAD

THE THIRSTY

*For the answers, look up the Corporal Works of Mercy!