

# LIFE AND DIGNITY OF THE HUMAN PERSON

## GRADES 4-6

45 MINUTES

### OBJECTIVE

Through the stories of Trinh, Yvone, and Maria Ana, 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
- Week 1 story or video (available at [crsricebowl.org/stories](https://crsricebowl.org/stories))
- Week 1 Activity Sheet: Grades 4-6 (in this guide and also available at [crsricebowl.org/schools](https://crsricebowl.org/schools))

### DISCUSSION (15 MINUTES)

1. Find Kenya, Honduras, and Vietnam on the map.
2. Read or watch the story from Week 1.
3. Explain Life and Dignity of the Human Person.
4. Reflect:
  - What stood out to you in this story?
  - What do the three girls in the story have in common?
  - How was Life and Dignity of the Human Person demonstrated in the story?

### ACTIVITY (25 MINUTES)

1. Explain that people around the world like Trinh, Yvone, and Maria Ana struggle to consistently find food that will lead to a nutritious, healthy lifestyle for them and their families. We can pray for them during Lent and give alms to our CRS Rice Bowl to support them.
2. Have students complete the Week 1 Activity Sheet: Grades 4-6.
3. If time permits, ask the students to share their answers to Part 2 with a partner.

### CLOSING PRAYER (5 MINUTES)

*Generous God,*

*We thank you for all your gifts. Help us to think of the needs of others. Show us how to love and share with everyone.*

*We pray that we may truly share what we have, and so help our sisters and brothers throughout the world.*

*Amen*

### AT HOME

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

### IF YOU ONLY HAVE



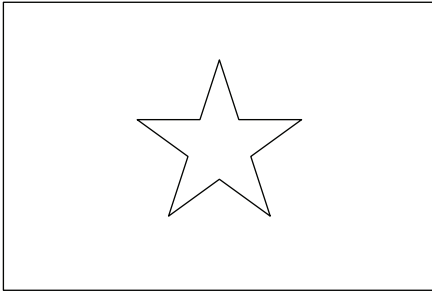
1. Read or watch the Week 1 story.
2. Lead Discussion steps 3 and 4.

**WEEK 1**  
LIFE AND DIGNITY  
OF THE HUMAN PERSON

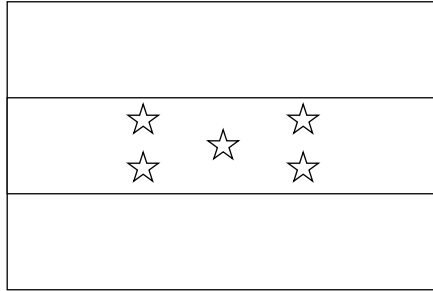


**Part 1:** Color in the flags of the three countries from the story.

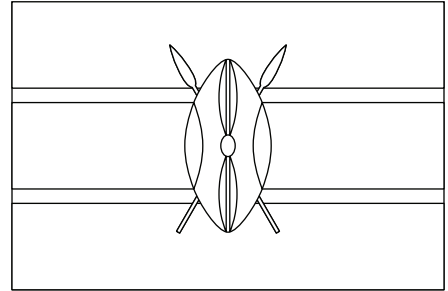
**Vietnam**



**Honduras**



**Kenya**



Write one fact about each country that you learned from the story.

**Vietnam:** \_\_\_\_\_

**Honduras:** \_\_\_\_\_

**Kenya:** \_\_\_\_\_

**Part 2:** Jesus fed the 5,000 people who were listening to him preach. Jesus wants every person to be cared for, since we are all made in the image and likeness of God and have inherent dignity. Write about a time someone helped you or took care of you. How did you feel? What is one way you can care for someone else?

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