

OPTION FOR THE POOR AND VULNERABLE

GRADES 1-3

45 MINUTES

OBJECTIVE

Through the stories of Trinh, Yvone, and Maria Ana, students will explore a Catholic social teaching principle—**Option for the Poor and Vulnerable**—and learn how they can care for others.

MATERIALS

- Week 3 story or video (available at [csricebowl.org/stories](https://www.csricebowl.org/stories))
- Week 3 Activity Sheet: Grades 1-3 (in this guide and also available at [csricebowl.org/schools](https://www.csricebowl.org/schools))

DISCUSSION (15 MINUTES)

1. Read or watch the Week 3 story.
2. Reflect:
 - What did you learn about Trinh, Yvone, and Maria Ana this week?
 - What challenges do their families face?
 - Have you ever been hungry? What did that feel like?

ACTIVITY (25 MINUTES)

1. Explain Option for the Poor and Vulnerable. Share that Jesus tells us to give special care to those who are most in need. He reminds us of our Christian duty to stand up for others and help the poorest people.
2. Have students complete the Week 3 Activity Sheet: Grades 1-3.
3. If time permits, ask the students to share their drawing with a partner.

CLOSING PRAYER (5 MINUTES)

Nurturing God,

We thank you for the food you provide us every day. Teach us to share it with others and not to waste. Help us to show them the compassion and kindness they deserve.

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 3 story.
2. Lead Discussion step 2.

WEEK 3
OPTION FOR THE
POOR AND VULNERABLE



In the spaces below, write the names of foods that are eaten in the countries from the story.

Vietnam

Kenya

Honduras

Draw on the plate the food that you eat.

