

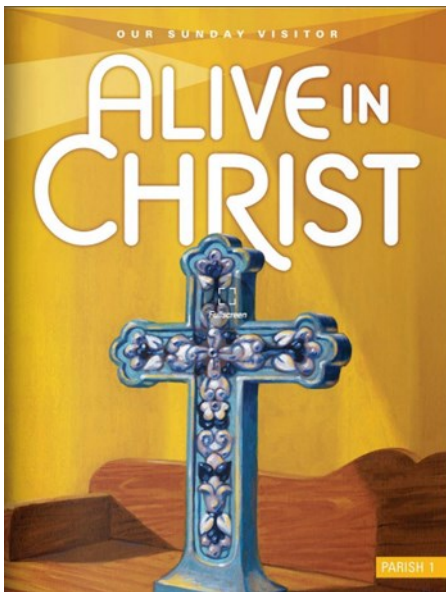
Grade 1 Family Lessons

Prayers for First Grade Students (See Last Pages):

Sign of the Cross	September – October
Our Father	
Angel of God	November – December
Hail Mary	
Glory Be	January – February
Grace Before Meals	March - April

First Grade [Digital Student Book](#) (contact yffca@mshj.org for password)

Week 1 (9/17/2023)	<i>In Person—Chapter 1—Created By God—E-assessment (if absent)</i>
Week 2 (9/25—9/30)	<i>Kerygma—God Loves Us—E-assessment</i>
Week 3 (10/2—10/7)	<i>Chapter 2—God’s Gifts to Us—E-assessment</i>
10/9-10/14	No Lesson
Week 4 (10/15/2023)	<i>In Person—Chapter 3—Made to Care—E-assessment (if absent)</i>
Week 5 (10/23—10/28)	<i>Chapter 4—The Holy Trinity—E-assessment</i>
10/30—11/4	No Lesson
Week 6 (11/6—11/11)	<i>Chapter 5—The Holy Family—E-assessment</i>
Week 7 (11/12/2023)	<i>In Person—Chapter 6—About the Bible—E-assessment (if absent)</i>
Week 8 (11/20—11/25)	<i>Attend Holy Heroes! or Read pp. 9-18—E-assessment</i>
11/27—12/2	No Lesson
Week 9 (12/4—12/9)	<i>Chapter 7—Jesus the Healer—E-assessment</i>
Week 10 (12/10/2023)	<i>In Person—Chapter 8—Jesus Teaches Love—E-assessment (if absent)</i>
Week 11 (12/18—12/23)	<i>Chapter 9—Jesus Teaches Us to Pray—E-assessment</i>
12/25—1/6/2024	No Lesson
Week 12 (1/8-1/13)	<i>Personal Safety / CVOL—return this form to yffca@mshj.org</i>
1/15—1/20	No Lesson
Week 13 (1/21/2024)	<i>In Person—Chap. 10—Responding to God—E-assessment (if absent)</i>
Week 14 (1/29—2/3)	<i>Our Bodies Teach Us—E-assessment</i>
Week 15 (2/5—2/10)	<i>Chapter 11—The Church’s Guide—E-assessment</i>
Week 16 (2/11/2024)	<i>In Person—Chapter 12—Friends of God—E-assessment (if absent)</i>
2/19—2/24	No Lesson
Week 17 (2/26—3/2)	<i>Chapter 13—Disciples Serve—E-Assessment</i>
Week 18 (3/4—3/9)	<i>Chapter 14—Making Choices—E-Assessment</i>
Week 19 (3/11—3/16)	<i>Chapter 15 – Showing Sorrow—E-Assessment</i>
Week 20 (3/17/2024)	<i>In Person—Chapter 16—Jesus the Savior—E-Assessment (if absent)</i>
Week 21 (3/25—3/30)	<i>Chapter 17—Holy Signs—E-Assessment</i>
4/1—4/6	No Lesson
Week 22 (4/8-4/13)	<i>Chapter 18—We Are Welcomed—E-Assessment</i>
Week 23 (4/15—4/20)	<i>Chapter 19—We Give Thanks—E-Assessment</i>
Week 24 (4/21/2024)	<i>In Person—Chapter 20—Forever with God—E-Assessment (if absent)</i>
Week 25 (4/29—5/4)	<i>Chapter 21—God’s Kingdom—E-Assessment</i>
Week 26 (5/6—5/11)	<i>The Joy of Jesus—E-assessment</i>



Grade 1 Family Formation Lessons

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First Grade [Digital Student Book](#) (contact yffca@mshj.org for password)

In-Person
9/17 8:30-9:45 am
Parents, please meet
in Healy Hall for our
session. We will begin
at 8:35 am

Week 1—9/17/2023 Chapter 1—Created By God

- 1) Optional: [Watch Video](#) Creation Song
- 2) With your parent, review and discuss pages 46-56 in your book:
 (Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper -1](#))
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Sign of the Cross and The Our Father)
- 5) Optional: Apply it! *Share how you use the gifts God made. Share how you thank God.*

Week 2 (9/25—9/30) Kerygma—God Loves Us

- 1) Optional: [Watch Video](#)
- 2) With your parent, review and discuss pages K1-K10 in your book.
- 3) Show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Sign of the Cross and The Our Father)
- 5) Optional: Apply it! *Talk about how a parent's love is one way God shows His love to us.*

Week 3 (10/2—10/7) Chapter 2 - God's Gifts to Us

- 1) Optional: [Watch Video](#) God Gave Me Jesus
- 2) With your parent, review and discuss pages 57-66 in your book.
 (Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 2](#))
- 3) Show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Sign of the Cross and The Our Father)
- 5) Optional: Apply it! *Share how you use the gifts God made. Share how you thank God.*

No Lesson 10/9-10/14

Week 4—10/15/2023 Chapter 3 - Made to Care

- 1) Optional: [Watch Video](#) All Things Bright and [Taking Care of the World God Gave Us](#)
- 2) **With your parent, review and discuss pages 67-76 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 3](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Sign of the Cross and The Our Father)
- 5) Optional: Apply it! *How are you a special part of God's creation? How do you help care for God's creation? What is one thing people can do that the rest of God's creation cannot?*

Week 5 (10/23—10/28) Chapter 4 – The Holy Trinity

- 1) Optional: [Watch Video](#) Sign of the Cross
- 2) **With your parent, review and discuss pages 80-90 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 4](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Sign of the Cross and The Our Father)
- 5) Optional: Apply it! *Name the three persons of the Holy Trinity. Show how we honor them as you begin and end your prayers.*

No Lesson 10/30-11/4

Week 6 (11/6-11/11) Chapter 5—The Holy Family

- 1) Optional: [Watch Video](#) Jesus Growing Up
- 2) **With your parent, review and discuss pages 91-100 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 5](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Angel of God and Hail Mary)
- 5) Optional: Apply it! *Who are the members of the Holy Family? Talk about some things your family does that the Holy Family did too.*

Week 7—11/12/2023 Chapter 6 – About the Bible

- 1) Optional: [Watch Video](#) Parable of Lost Sheep
- 2) **With your parent, review and discuss pages 101-113 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 6](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your NEW prayers!** (Angel of God and Hail Mary)
- 5) Optional: Apply it! *Explain what the Bible is. Share your favorite Bible story.*

Week 8 (11/20—11/22) *Holy Heroes!*

Family Formation students and their families are invited to attend this special class. Drop in at any of the three sessions (Monday 4:15 PM, Monday 6:15 PM, or Tuesday 4:15 PM). Please meet in the **St. Margaret Mary Church Hall**. **Can't attend? Here is an alternative lesson:**

- 1) Optional: [Watch Video](#) How Does the Catholic Church Declare Official Saints?
- 2) **With your parent, review and discuss pages 9-18 in your book.**
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Angel of God and Hail Mary)
- 5) Optional: Apply it! *Who is your favorite saint? Why?*

No Lesson 11/27-12/2

Week 9 (12/4-12/9) *Chapter 7 – Jesus the Healer*

- 1) Optional: [Watch Video](#) Jairus' Daughter
- 2) **With your parent, review and discuss pages 114-124 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 7](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Angel of God and Hail Mary)
- 5) Optional: Apply it! *How did Jesus care for the sick? Share about a time that someone helped you feel better.*

Week 10—12/10/2023 *Chapter 8 – Jesus Teaches Love*

**In-Person
12/10 8:30-9:45 am**

- 1) Optional: [Watch Video](#) The Greatest Commandment Song - "Don't Worry"
- 2) **With your parent, review and discuss pages 125-134 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper- 8](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Angel of God and Hail Mary)
- 5) Optional: Apply it! *Share how you show love to God. Share how you show love to others.*

Week 11 (12/18-12/23) *Chapter 9 – Jesus Teaches Us to Pray*

- 1) Optional: [Watch Video](#) What Is Prayer?
- 2) **With your parent, review and discuss pages 135-144 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper – 9](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Angel of God and Hail Mary)
- 5) Optional: Apply it! *Share how you talk to and listen to God.
Where is your favorite place to pray?*

No Lesson 12/25-1/6/2024

Week 12 (1/8—1/13) *Personal Safety / CVOL*

Please check your email for this lesson. If you did not receive it, please contact yffca@mshj.org .

When you are finished, please complete and return [this form](#) to yffca@mshj.org .

Thank you!

No Lesson 1/15-1/20

**In-Person
1/21 8:30-9:45 am**

Week 13—1/21/2024 *Chapter 10 – Responding to God*

1) Optional: [Watch Video](#) Arky Arky Noah Cartoon Song and [Watch Video](#) I Wanna Say Yes

2) With your parent, review and discuss pages 148-158 in your book.

(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 10](#))

3) Now show us what you learned by completing the [E-assessment](#)

4) Don't forget to practice your prayers! (The Glory Be)

5) Optional: Apply it! *Ask your parents about the day you were baptized. Look at photos if you have one. Talk about someone that teaches you about God.*

Week 14 (1/29-2/3) *Our Bodies Teach Us*

1) With your parent, review and discuss pages 325-334 in your book.

2) Now show us what you learned by completing the [E-assessment](#)

3) Don't forget to practice your prayers! (The Glory Be)

4) Optional: Apply it! *How did Jesus use His body to help others? What is one way you could imitate Jesus and help others?*

Week 15 (2/5-2/10) *Chapter 11—The Church's Guide*

1) Optional: [Watch Video](#) From the Bible: Pentecost

2) With your parent, review and discuss pages 159-168 in your book.

(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 11](#))

3) Now show us what you learned by completing the [E-assessment](#)

4) Don't forget to practice your NEW prayer! (The Glory Be)

5) Optional: Apply it! *Share a time you needed help and who helped you. Who is the guide Jesus promised would always be with us to help us? What are some ways the Holy Spirit helps us?*

Week 16—2/11/2024 Chapter 12—Friends of God

- 1) Optional: [Watch Video](#) All Saints Day For Kids and/or [Watch Video](#) Called To Be A Saint
- 2) **With your parent, review and discuss pages 169-181 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 12](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers! (The Glory Be)**
- 5) Optional: Apply it! *Tell about your favorite Saint. Share how you can live a holy life.*

No Lesson 2/19-2/24

Week 17 (2/26-3/2) Chapter 13 – Disciples Serve

- 1) Optional: [Watch Video](#) Jesus Washes His Disciples' Feet
- 2) **With your parent, review and discuss pages 182-192 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 13](#))
- 3) **Now show us what you learned by completing the [E-Assessment](#)**
- 4) **Don't forget to practice your prayer! (The Glory Be)**
- 5) Optional: Apply it! *How did Jesus serve his friends? Share a story of a time you helped someone. Is there something you could do this week to help your family (some ideas are to help with the dishes or clean up your things without being asked)?*

Week 18 (3/4-3/9) Chapter 14 – Making Choices

- 1) Optional: [Watch Video](#) 10 Commandments and Golden Calf
- 2) **With your parent, review and discuss pages 193-202 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 14](#))
- 3) **Now show us what you learned by completing the [E-Assessment](#)**
- 4) **Don't forget to practice your prayer! (Grace Before Meals)**
- 5) Optional: Apply it! *Talk about a rule that is easy to follow. Talk about a rule that is hard to follow. What are some ways you keep God's rules?*

Week 19 (3/11—3/16) Chapter 15 – Showing Sorrow

- 1) Optional: [Watch Video](#) Two Sons and a Father
- 2) **With your parent, review and discuss pages 203-215 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 15](#))
- 3) **Now show us what you learned by completing the [E-Assessment](#)**
- 4) **Don't forget to practice your prayer! (Grace Before Meals)**
- 5) Optional: Apply it! *Share about a time that you had to say you were sorry. Was it hard? Did you feel better after?*

Week 20—3/17/2024 Chapter 16 – Jesus the Savior

- 1) Optional: [Watch Video](#) God is so Good and/or [Watch Video](#) Jesus Loves Me
- 2) **With your parent, review and discuss pages 216-226 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 16](#))
- 3) **Now show us what you learned by completing the [E-Assessment](#)**
- 4) **Don't forget to practice your prayer!** (Grace Before Meals)
- 5) Optional: Apply it! *Tell the story of Jesus' Resurrection.*

Week 21 (3/25-3/30) Chapter 17 – Holy Signs

- 1) Optional: [Watch Video](#) Seven Sacraments Song and/or [Watch Video](#) The Seven Sacraments Lesson
- 2) **With your parent, review and discuss pages 227-236 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 17](#))
- 3) **Now show us what you learned by completing the [E-Assessment](#)**
- 4) **Don't forget to practice your NEW prayer!** (Grace Before Meals)
- 5) Optional: Apply it! *Ask your parents to show you pictures of their first communion, wedding or other sacrament. Talk about some of the things you saw in the pictures that remind you of God's love.*

Week 22 (4/8-4/13) Chapter 18 – We Are Welcomed

No Lesson 4/1-4/6

- 1) Optional: [Watch Video](#) Blessed: Your Journey with God
- 2) **With your parent, review and discuss pages 237-249 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 18](#))
- 3) **Now show us what you learned by completing the [E-Assessment](#)**
- 4) **Don't forget to practice your prayers!** (Grace Before Meals)
- 5) Optional: Apply it! *Talk about how Baptism helps you follow Jesus.*

Week 23 (4/15-4/20) Chapter 19 – We Give Thanks

- 1) Optional: [Watch Video](#) Overview of the Mass and / or [Watch Video](#) Mass Greeting
- 2) **With your parent, review and discuss pages 250-260 in your book.**
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 19](#))
- 3) **Now show us what you learned by completing the [E-Assessment](#)**
- 4) **Don't forget to practice your prayer!** (Grace Before Meals)
- 5) Optional: Apply it! *Share some of the things you do or see when you go to Mass.*

Week 24—4/21/2024 Chapter 20 – Forever with God

- 1) Optional: [Watch Video](#) I've Got the Joy
- 2) With your parent, review and discuss pages 261-270 in your book.
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 20](#))
- 3) Now show us what you learned by completing the [E-Assessment](#)
- 4) Don't forget to practice your prayer! (Grace Before Meals)
- 5) Optional: Apply it! *Talk about what Jesus promises us.*

Week 25 (4/29—5/4) Chapter 21 – God's Kingdom

- 1) Optional: [Watch Video](#) St. Pedro Calungsod (this may be too long for younger children)
- 2) With your parent, review and discuss pages 271-283 in your book.
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 21](#))
- 3) Now show us what you learned by completing the [E-Assessment](#)
- 4) Don't forget to practice your prayer! (Grace Before Meals)
- 5) Optional: Apply it! *Share some things you can do to help God's kingdom grow.*

Week 26 (5/6-5/11) The Joy of Jesus

- 1) With your parent, review and discuss pages 284-287 in your book.
- 2) Now show us what you learned by completing the [E-assessment](#)
- 3) Don't forget to practice your prayer! (Grace Before Meals)
- 4) Optional: Apply it! *Share some things you can do to help God's kingdom grow.*

Prayers for First Grade Students:

September—October

SIGN OF THE CROSS

In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

(Use right hand to sign oneself.)



1. In the name of the Father



2. and of the Son



3. and of the Holy



4. Spirit



5. Amen

OUR FATHER

Our Father, who art in heaven,
hallowed be thy name; Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation
but deliver us from evil. Amen.

ANGEL OF GOD

Angel of God,
my guardian dear,
to whom God's love
commits me here.

Ever this day
be at my side
to light and guard,
to rule and guide.

Amen.

November—December

HAIL MARY

Hail Mary, full of grace!
The Lord is with thee;
blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.

Amen.

Prayers for First Grade Students:

January—February

GLORY BE

Glory be to the Father, and to the Son,
and to the Holy Spirit.

As it was in the beginning,
is now, and ever shall be,
world without end. Amen.

March—April

GRACE BEFORE MEALS

Bless us, O Lord,
and these Your gifts
which we are about to receive
from Your bounty
through Christ our Lord.
Amen.