

St. Laurence Catholic Parish
Elementary Children's Faith Formation (CCE)
Week 16 Lesson Plan



Liturgical Season of Lent Lesson

Essential Question ("EQ"):

Why and how do Catholic Christians celebrate the Season of Lent?

CATECHIST PREPARATION

To prepare for this week's lesson:

- Prepare your adult heart and mind ahead of the lesson by watching [WHAT IS THE PURPOSE OF LENT?](#) or [PREPARING FOR LENT](#) both by Fr. Mike Schmitz, *and* reviewing the [40 SIMPLE LENTEN TRADITIONS FOR FAMILIES](#) for easy to implement activities you may wish to adopt as a family during this Lenten Season.

For encouragement throughout the season, you may also want to consider signing up for the [BEST LENT EVER](#) (it's free!) through *Dynamic Catholic*.

- Review the appropriate grade-level learning targets from the *Catechetical Framework for Lifelong Faith Formation* (CFLFF) posted on the Catechist website at <https://stlaurence.org/the-catechist> for your age group. Keep these targets in mind as you prepare for and progress through the weekly lesson, making discussion points based upon these specific age-appropriate targets.
- Reflect upon a favorite Bible passage that you would like to share with your children about turning ourselves back towards the Lord through the spiritual practices we experience during Lent, and why it resonates with you; or consider any one of the following:
[GENESIS 3: 19](#), [PSALMS 51: 11-19](#), [EZEKIAL 18: 21-22](#), [JOEL: 2: 12-14](#),
[MATTHEW 4: 1-11](#), [MATTHEW 6: 1-6](#), [MATTHEW 6: 16-18](#), [MARK 1: 12-13](#)
- Create a [Prayer Table](#) (or check out [How to Make a Prayer Table for Kids](#)) in a special corner of the classroom. Keep a Bible reverently displayed there to be used for readings in your lessons. When proclaiming *The Word* to children, it is more impactful to read

directly from the Bible and not just from their workbooks. This gives them the sense that this is not just any book.

- Establish a comfortable learning space in your classroom for your session.

Supplies **you may want to have on hand before beginning the Lesson:**

- A *Catholic* family or children's Bible (go to [USCCB](#) for approved Bible translations); on campus, we use the [ST. MARY'S PRESS CHILDREN'S BIBLE](#), a classroom set of which is located in the "CCE" storage cabinet.
- An electronic device with reliable internet access (i.e., an in-class mounted TV or TV cart if a video will be watched as part of the lesson)
- Sticky notes
- Art or any unlined paper
- Crayons, markers and pencils as needed (located in the "CCE" storage and your class bin)
- (*Optional*): Materials necessary for any of the craft ideas selected during the EXTEND segment of the lesson



OPENING PRAYER

Begin your discovery session today with your learners in prayer. Gather together in your dedicated prayer space and ask the children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and then recite a favorite prayer, choose one of the [COMMON PRAYERS BY GRADE](#), pray the [ASH WEDNESDAY PRAYER](#), or sing the [ACT OF CONTRITION SONG](#) together as a class. Conclude by praying the [SIGN OF THE CROSS](#).

ENGAGE

(Mental warm-up)

Say, "Today, we are going to learn about *Lent*, which is a special season celebrated by the Church. I want to begin today by sharing with you one of my favorite scripture passages from the Bible about how we can turn away from sin and return to God, as we prepare ourselves during this special season... (*Read your favorite passage from the Bible and explain WHY it is important to you or your favorite passage*) You know, during Lent, we are reminded of Jesus' long journey in the desert and we strive to follow his example in order to bring us closer to God."

EXPLORE

(Pre-assessment of faith concepts)

Ask/Discuss, "What do you know about the *Liturgical season of Lent* celebrated by the Catholic Church?"

- ❖ As the children share their ideas, have them jot a few down on a sticky note (with their name) and then place them on the wall in your discovery space. (For younger children, you may act as the 'scribe'). Retain the sticky notes to have an

understanding of what your child or children already know or don't know. This will be helpful as you move along in your lessons.

- ❖ To facilitate thinking and discussion use some of the following questions: What is Lent? When do we celebrate Lent (i.e., in what month, typically, is it celebrated)? When does/did Lent begin *this* year? What special day begins the Lenten season? What does the word *Lent* mean? How long does Lent last? Why is that? What Church feast or celebration does Lent lead up to? Why is Lent important to most Christians, but especially to Catholic Christians? What spiritual disciplines do we practice more intently during Lent? What is the Liturgical color used by the Church during Lent, and why? What are some of the things we do individually and as a community during Lent, and why? What is special about the Sundays that occur during Lent? How can being intentional about experiencing Lent help us better prepare ourselves for the celebration of Jesus' Resurrection at Easter? Why? *Plus, any others you can think of...*

EQ "Essential Question"

(This question serves as a cognitive bookend for the children – i.e., it is the targeted “so what” or “take-away” of the lesson being presented. If your learners can articulate a relevant answer to this question by the end of the session, you have done your job. 😊)

Share and post the physical representation of the lesson's EQ in your classroom

(Note: Each classroom is equipped with a set of *EQ posters* corresponding to those posted on the weekly *Lesson Schedule*):

Why and how do Catholic Christians celebrate the season of Lent?

EXPLAIN

(Either as a class guided with your assistance, or working independently - or in groups - have the children review their relevant grade-level material listed below and complete the workbook activities, where applicable):

Grade 1: * *Alive in Christ*, pages 27-32 (*Time for Change*)

Grade 2: *Alive in Christ*, pages 31-36 (*Teach Me Your Ways*)

Grade 3: *Alive in Christ*, pages 29-34 (*Time for Change*)

Grade 4: *Alive in Christ*, pages 25-30 (*A Time to Pray*)

Grade 5: *Alive in Christ*, pages 25-28 (*Time for Change*)

***NOTE:** We are aware that some of our lower Elementary learners have been delayed and are not all reading ready. As the Catechist or class facilitator, your role is to help your learners understand or connect with the *content* of the weekly lesson. You can convey the assigned weekly content from the *Alive in Christ* textbook in a variety of creative ways that are appropriate and effective for your learners and does not involve the class taking turns reading from the student text. Review the content *beforehand*, and feel free to introduce other methods of conveying it or more specifically adapting it to your learners. Some suggested ideas

can include the use of any of the following, many of which are available on campus. Just ask a staff member. These are:

- *Story Books*
- *Felt Board Creation Figures* to tell the stories
- *Role-playing/Skits*
- *Manipulatives*
- *Costumes/Dress-up*
- *Puppets*

If you have any questions or need suggestions, be sure to reach out to a staff member. Be sure to also check out the supplemental resources at the end of this Lesson Plan outline for additional ideas.

EXTEND

(Gather back together and invite children to share, in turn, what they learned about Lent. Affirm positive answers and interject grade-level learning targets into the discussion, where applicable. As a class (or in groups), come up with a list of *at least three new things* that the children learned, were surprised by or think others should know about this Liturgical Season of the Church. Then, *extend the lesson together by completing at least one of the activities* provided below).

Lower Elementary (K-2)

- **Video:** Watch [WHAT IS LENT?](#), [CATHOLIC KIDS MEDIA: ASH WEDNESDAY](#) or [LEARNING ABOUT LENT & ASH WEDNESDAY FOR KIDS](#)
- **Craft/Activity:** Make the [LENTEN FINGER PUPPETS](#) (go [HERE](#) for the free printable), [BUTTERFLIES FOR LENT](#), or [LENTEN CALENDAR FOR CHILDREN](#) craft

Upper Elementary (3-5)

- **Video:** Watch [THE LITTLE WAY OF LENT](#), [LEARNING ABOUT LENT & ASH WEDNESDAY FOR KIDS](#) or [WHY CATHOLICS GIVE UP MEAT](#)
- **Craft/Activity:** Make a [LENT LAPBOOK](#), the [LENT TO EASTER WHEEL](#), [LENTEN PROMISE CARDS](#), the [LENT NOTES](#) foldable, [PRAY FAST GIVE](#) or the [LENT IN A BAG DEVOTION](#) craft

EVALUATE/REFLECT

Restate today's Essential Question (EQ) – *Why and how do Catholic Christians celebrate the season of Lent?*

- Summarize what's been learned during this lesson, emphasizing those concepts which may have been missed or misunderstood in the EXPLORE step above.

Say, "Lent is a special time celebrated by the Church. The Church, or the *People of God* (that's us!), are getting ready for Easter. Lent is a quiet season for changing our hearts through reflection and spiritual practices, that help us 'return to God with all our

hearts.’ We do this by expressing sadness and repentance for our sins - that is for the times that we have turned away from God and His ways – separating ourselves from Him. We ask for God’s forgiveness and commit to do better. If we are old enough, we celebrate God’s great sacrament of forgiveness and healing, the Sacrament of Reconciliation (or Penance). We also try to be intentional about eliminating distractions in our lives that shift our focus away from God. The Church gives us the time of Lent to grow stronger as a follower of Jesus Christ. During this time, we quietly prepare our hearts for the joy and gratitude that we will experience with the celebration of Jesus’ Resurrection at Easter.

Every year, Lent begins 46 days before Easter Sunday on Ash Wednesday. Most years, Lent begins in the month of February, with Easter typically falling sometime in April on our calendar. Lent includes not only 40 days of fasting (giving up something - a simple sacrifice), but also six (6) Sundays. Each Sunday during Lent (like *any* Sunday throughout the *entire* liturgical year) should be treated like a ‘little Easter.’ It is a day for joy and celebration – we are allowed to refrain from our Lenten penances on Sundays during Lent.

The other 40 days of Lent we are called to acts of *prayer*, *fasting* (giving up a favorite treat or activity) and *almsgiving* (giving to others). To make yourself stronger, you may choose to give up something special to you or do a positive action for others as a sign of your sacrifice, or penance, during Lent. We do this so that we can focus our attention more on God and others rather than upon ourselves. These 40 days of fasting and sacrifice remind us of Jesus’ 40-day journey through the desert when he prayed, fasted from food and faced temptation from Satan, prior to beginning his public ministry here on earth. Jesus relied entirely upon God during his time in the desert and was spiritually strengthened for his difficult mission ahead – i.e., the Salvation of the world through his self-sacrifice.

On Ash Wednesday, we are marked on our foreheads with ashes in the shape of a cross by a priest. The cross reminds us that Jesus came to save each of us. The ashes are made from the prior year’s Palm Sunday palms which are burned. The ashes are then collected and blessed by the priest before use on Ash Wednesday. In some cultures, the priest sprinkles the ashes on the top (or crown) of the heads of the faithful, reminding them of their baptismal promises. The priest wears the color purple as a sign of our sorrow for things that take us away from God. The church is also decorated in purple which represents repentance or forgiveness and reflects the solemn mood of the Lenten season.

During Lent, we pay special attention to God in quiet and personal ways. We are reminded of His kindness towards us, for when His people had turned away from Him, He sent them (and us) a Savior – Jesus Christ. We put Him first when we show love to God and others. During Lent, we hear stories about God’s love, the works of Jesus and how he sacrificed to save us from our sins, so that we can aspire to be more like him and share eternal life with him and God, the Father. This is how we, as Catholic Christians, prepare ourselves for the coming of Easter during the season of Lent. This is a special

- **Say,** “Think back to the passage that I read from the Bible at the beginning of our lesson today. What part of the Church season of Lent that we learned about today does it remind you of? Why is that? (*Discuss together, affirming and reinforcing appropriate answers/teaching points*).”
- **Separately reflect on these questions:** During the season of Lent, the Church reminds us that by giving up bad habits and selfishness, the good fruits of love, sharing and forgiveness grow stronger in our hearts and turn our attention back towards God.

[SAINT KATHARINE DREXEL](#), [SAINT KATHARINE DREXEL: THE HOLY HEIRESS](#), or [DISCOVERING OUR SAINTS: ST. KATHARINE DREXEL](#)

What were the circumstances of Saint Katharine Drexel's life that shaped her commitment to the practice of charitable acts and focus on social justice?

- What surprises you most about Saint Katharine Drexel, and why?
- How might you apply what you learned about Saint Katharine Drexel to your own life (i.e., what inspires you about her)?

Want to extend your lesson in class or at home about this topic? Check out these additional resources which can be used at the Catechist's discretion, if desired:

- **Catechist Preparation Videos/Resources:** [WHAT IS THE PURPOSE OF LENT?](#), [LENT: WHY DO WE PRAY, FAST & GIVE ALMS?](#), [THE BIBLICAL ROOTS OF ASH WEDNESDAY](#), [LENT: CATHOLIC CENTRAL](#), [THE SIGNIFICANCE OF ASH WEDNESDAY](#), [PREPARING FOR LENT](#) and [FOUR REASONS FOR FASTING](#) by Fr. Mike Schmitz, or, consider signing up for the [BEST LENT EVER](#) through Dynamic Catholic, for a special 40 day journey this coming season; [FOLLOW POPE FRANCIS ON TWITTER](#), [CATHOLIC HISTORY OF FAT TUESDAY](#), [MARDI GRAS, ASH WEDNESDAY & LENT](#)
- **Lesson Plans:** [CATECHISTS JOURNEY LENTEN ACTIVITIES](#), [CATHOLIC TOOLBOX](#), [ENGAGING FAITH](#), [CRS RICE BOWL](#), [MAKING LENT MORE MEANINGFUL](#), [THE RELIGION TEACHER](#), [LENTEN RECIPES](#), [OUT OF THE BOX ACTIVITIES](#), [LENT ACTIVITIES FOR FAMILIES](#), [THE LENTEN SEASON IN OUR CATHOLIC HOME](#)
- **Videos:** [THE LENT SONG](#) (2:34), [LENT](#) (4:56), [LENT IN 3 MINUTES](#) (3:00), [WHY CATHOLICS GIVE UP MEAT](#) (7:09), [ABCs OF LENT](#) (6:57), [LENT CALENDAR: KIDS TALK ABOUT LENT](#) (2:56), [LEARNING ABOUT LENT & ASH WEDNESDAY FOR KIDS](#) (6:18), [GIVING UP SOMETHING FOR LENT FOR KIDS](#) (2:42), [WHAT KIDS SAY ABOUT LENT & EASTER](#) (5:34), [LENT EXPLAINED](#) (2:39), [CATHOLIC KIDS MEDIA: ASH WEDNESDAY](#) (1:59), [THE LITTLE WAY OF LENT](#) (4:54), [ACT OF CONTRITION SONG](#) (1:36), [ASH WEDNESDAY AND LENT IN 60 SECONDS - LEGO](#), [CATHOLIC KIDS MEDIA - LENT](#) (:57), [MY TIME WITH JESUS: LENT](#) (23:44), [ASH WEDNESDAY & LENT FOR BEGINNERS](#) (4:32), [WHAT IS LENT?](#) (1:39), [LEARN MORE ABOUT THE STATIONS OF THE CROSS](#) (3:08)
- **On FORMED:** (Refer to [INSTRUCTIONS FOR ACCESSING FORMED](#) to gain free access to the St. Laurence parish membership subscription).
 - Brother Francis: *Let's Learn About Lent* (10:34)
- **Crafts/Activities:** [IDEAS FOR 40 DAYS](#), [LENT LAPBOOKS](#), [LENT NOTES](#), [CATHOLIC ICING LENTEN ACTIVITIES](#), [LENTEN PRAYER CHAIN](#), [LENTEN PRAYER CHAIN 2](#), [LENTEN PRAYER CHAIN 3](#), [LOYOLA PRESS](#), [CHILD FUN](#), [LENTEN PRAYER BOOK](#), [40 DAYS OF LENT CROSS](#), [STATIONS OF THE CROSS EGGS](#) (for a video presentation of this go to: [STATIONS OF THE CROSS EGGS](#)), [PRAYERFUL LENT](#), [LENT IN A BAG](#), [LENT PROMISE CARDS](#), [BUTTERFLIES FOR LENT](#), [40 DAY COUNTDOWN](#), [MARDI GRAS KING CAKE](#), [GIVE ALMS CROSS](#), [LENTEN CALENDAR FOR CHILDREN](#), [LENT TO EASTER WHEEL](#), [ASH WEDNESDAY PRAYER](#), [PRAY FAST GIVE](#), [FINGER PUPPETS FOR LENT \(PRINTABLE\)](#)



- **Skits/Games:** [THE KING'S CROWN SKIT](#), [OBSERVING LINT](#), [ASH WEDS & LENT](#), [LENT/EASTER BINGO](#), [LENTOPOLY](#)
- **Picture Books** (Certain copies are on hand – just ask!)
 - **Louie's Lent** (Claudia Gangilla McAdam, Ascension Press) (x1)
 - **Take Up Your Cross: Lenten Bible Stories for Kids** (Jared Dees) x (1)

