

St. Laurence Catholic Parish
Elementary Children's Faith Formation (CCE)
Week 21 Lesson Plan
(Home Study Version)



Holy Week Lesson

Essential Question ("EQ"):

Why and how do Catholic Christians celebrate Holy Week?

PARENT CATECHIST PREPARATION

To prepare for this week's lesson:

- Establish a dedicated time and comfortable learning space for your family discovery session.
- Create a [Prayer Table](#) (or check out [How to Make a Prayer Table for Kids](#)) in a special corner of your home. Keep your family 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.
- Prepare your adult heart and mind ahead of the lesson by watching [THE ROLE OF HOPE IN HOLY WEEK](#) , [PRAYING THROUGH HOLY WEEK](#) or [BISHOP BARRON ON THE SCANDALOUS CROSS OF JESUS](#) and, reading [AN INTRODUCTION TO HOLY WEEK](#).

You may also find it helpful to reflect on one of the [JESUS WASHES HIS DISCIPLES' FEET](#) or the [PETER DENIES JESUS](#) guided meditations. Either of these guided reflections are also a beautiful exercise to enter into *with your children*. For some other suggestions on how to commemorate Holy Week as a family, check out [THE ULTIMATE GUIDE FOR CELEBRATING HOLY WEEK](#) or [14 TRADITIONS TO MAKE HOLY WEEK REAL FOR YOUR KIDS](#).

- Reflect upon a favorite Bible passage that you would like to share with your children about the events in Jesus' life which we commemorate during Holy Week, and why it resonates with or is important to you; *or*, consider any one of the following:

[MARK 11: 1-11](#), [MATTHEW 26: 26-30](#), , [JOHN 13: 1-15](#), [MARK 14: 32-42](#),
[MARK 14: 66-72](#), [MATTHEW 27: 15-26](#), [LUKE 23: 44-49](#), [PHILIPPIANS 2: 1-11](#)

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](#), but any Catholic children’s or family Bible will suffice.
- An electronic device with reliable internet access
- Sticky notes
- Art or any unlined paper
- Crayons, markers and pencils as needed
- (*Optional*): Materials necessary for any of the craft ideas selected during the EXTEND segment of the lesson below.



[OPENING PRAYER](#)

Begin your discovery session today with your child or children in prayer. Gather together in your dedicated prayer space and ask your 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](#), or sing the [CLOAKS AND BRANCHES](#) song together as a family. Conclude by praying the [SIGN OF THE CROSS](#).

[ENGAGE](#)

(Mental warm-up)

Say, “Today, we are going to explore *Holy Week* which is the most sacred time of the entire year for all Christians, but especially for Catholic Christians. This is a time when we remember Jesus’ dying and rising in a special way. I want to begin today by sharing with you one of my favorite scripture passages from the Bible about the events we celebrate during Holy Week ... (*Read your favorite passage from the Bible and explain WHY it is important to you or your favorite passage*) You know, as we remember these events of Jesus’ life, we recall the special gift which he gave to each and every one of us, which is salvation from our sins through the sacrifice of his own life.”

[EXPLORE](#)

(Pre-assessment of faith concepts)

Ask/Discuss, “What do you know about *Holy Week* and how it is celebrated by the Catholic Church?”

- ❖ As your child or 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 do you know about Holy Week and why is it so important? At what point in the Church (liturgical) year do we celebrate Holy Week? What special day begins Holy Week? What is the mood of that day and how do we celebrate that day? Can you name some other events that we remember or celebrate during Holy Week? What is

Jesus' *Passion*? Why is remembering Jesus' last days on earth so important, especially to Catholic Christians? What is the *Triduum*? What special days of Holy Week are celebrated during the *Triduum*? How do we commemorate them and why? What is so special about how Holy Week ends? Why is that? *Plus, any others you can think of...*

EQ "Essential Question"

(This question serves as a cognitive bookend for your child or children – i.e., it is the targeted “so what” or “take-away” of the lesson being presented)

Share and post a physical representation of the lesson's EQ in your study space:

Why and how do Catholic Christians celebrate Holy Week?

EXPLAIN

(Either guided with your assistance or working independently, have your child or children review their relevant grade-level material – listed below - and complete the workbook activities. *Empower older children by allowing them to mentor younger siblings*):

- Kinder:** *Call to Faith*, pages 18-19 (*Holy Days*)
Grade 1: *Alive in Christ*, pages 33-36 (*Holy Week*)
Grade 2: *Alive in Christ*, pages 37-42 (*The Three Days*)
Grade 3: *Alive in Christ*, pages 35-38 (*Holy Week*)
Grade 4: *Alive in Christ*, pages 31-36 (*Easter Triduum*)
Grade 5: *Alive in Christ*, pages 29-32 (*Triduum*)
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EXTEND

(As a family, gather back together and have each child share, in turn, what they learned about Holy Week. Together as a family, come up with a list of *at least three new things* that you learned, were surprised by or think others should know about how or why the Catholic Church commemorates Holy Week. Then, *extend the lesson together by completing at least one of the activities* provided below).

Early Childhood (PreK) / Lower Elementary (K-2)

- **Video:** Watch [THE STORY OF HOLY WEEK](#) or [OUR EASTER STORY](#)
- **Craft:** Make either the [HAND PRINT PALM BRANCHES](#) to commemorate Palm Sunday or the [TRIDUUM PLATE CRAFT](#)
- **Activity:**
 - Plan and execute the [WALK THRU HOLY WEEK](#) stations,
 - Play the [HOLY WEEK SPIN THE BOTTLE GAME](#) or the [HOLY WEEK MATCHING CARDS](#) activity
 - Present the [FOOT WASHING OBJECT LESSON](#) (this *will* be messy – choose wisely depending upon your learners 😊)

- Plan and execute a [FAMILY FOOT WASHING ACTIVITY](#) for Holy Thursday or prepare and serve a [STORY OF THE PASSION LUNCH](#) on Good Friday

Lower Elementary (K-2) / Upper Elementary (3-5)

- **Video:** Watch [PALM SUNDAY AND THE PASSION FOR KIDS](#) or [THE TRIDUUM: THE MOST SACRED PART OF HOLY WEEK](#)
- **Craft:** Make the [TRIDUUM PLATE CRAFT](#), [LORD'S SUPPER PAPER BAG CRAFT](#), [HOLY WEEK BANNER](#), the [DIY STATIONS OF THE CROSS](#) or the [GOOD FRIDAY CLOCK](#) to reflect on the events of Holy Week
- **Activity:**
 - Plan and execute the [WALK THRU HOLY WEEK](#) stations,
 - Play the [HOLY WEEK SPIN THE BOTTLE GAME](#), [HOLY WEEK JEOPARDY](#) or one of the other [HOLY WEEK GAMES](#),
 - Using one of the HOLY WEEK scripture story cubes (12 available, just ask a staff member) complete the [HOLY WEEK AND DEATH ON A CROSS](#) activity
 - Plan and execute a [FAMILY FOOT WASHING ACTIVITY](#) for Holy Thursday or prepare and serve a [STORY OF THE PASSION LUNCH](#) on Good Friday

EVALUATE/REFLECT

Restate today's Essential Question (EQ) – *Why and how do Catholic Christians celebrate Holy Week?*

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

Say, "Towards the end of Lent each year, the Church sets aside a very special week. The *week between Palm (or Passion) Sunday and Easter Sunday* is called *Holy Week* and is *the most sacred* time of the entire year for all Christians throughout the world, but especially for Catholic Christians. Holy Week usually occurs in late March or April each year and is the time when Christians remember Jesus' dying and rising in a special way. This is the *Pascal Mystery* of our faith.

During *Holy Week*, we enter into the *Passion* of Christ — his *Crucifixion, Death and Resurrection* — through liturgical celebrations and personal reflection. As we commemorate these events of Jesus' life, we walk beside him and recall the special gift which he gave to each of us – i.e., salvation from our sins by sacrificing his own life to save us. The first days of Holy Week are part of Lent. Remember that while the season of Lent is a very important time in the life of the Church, all of our Lenten practices (prayer, fasting and almsgiving-remember those?) up to this point in Holy Week are meant to prepare us for the *three* days of the *Triduum* (remember, "tri" = 3).

During the last three days of Lent, or the *Triduum*, the Church celebrates what Jesus did for all people. Lent officially ends and the *Triduum begins at dusk on Holy Thursday and continues through dusk on Easter Sunday*. This unique way of counting the days is borrowed from the Hebrew people (the first Christians!) who counted their days from dusk to dusk. Because we cannot separate Jesus' Death from his Resurrection, the Church teaches that the *Triduum* is really one celebration that lasts for three days. However, each day during the *Triduum* has unique qualities and different focuses in the

liturgies that we celebrate in the Catholic Church. We experience all of these beautiful liturgies right here at St. Laurence parish in a special way during Holy Week.

The evening Mass on *Holy Thursday* begins the Sacred *Triduum*. On this night we remember Jesus' *Last Supper* with his disciples and celebrate the institution of the Eucharist and the Sacrament of Holy Orders. Many parishes reenact Jesus' loving example of service to his disciples of washing their feet at this Mass. At the end of the *Holy Thursday* liturgy, the sanctuary of the church is stripped clean in preparation for the most somber of feasts, *Good Friday*.

Good Friday is the *most solemn day in the Church year* as we remember Jesus' suffering which was endured for the sake of *every person*. Jesus' journey carrying his Cross from the place where he was condemned to death, to the place where he was crucified is called the *Way of the Cross*. *Good Friday* is a day of fasting and penance as well as a time to reflect on the times in our lives when we fall short of following Christ and commit sin. *Good Friday* is not just a commemoration of an historical event. Christ's sacrificial death on the Cross, along with his glorious Resurrection, comprise the *very heart* of our Christian faith. Our belief in these events are *why* we call ourselves *Christians*. The *Good Friday* Liturgy is not a Mass, as the Holy Communion distributed on *Good Friday* is consecrated on Holy Thursday and kept in the tabernacle overnight for Adoration. On *Good Friday*, many parishes offer *Stations of the Cross* or the veneration of a life-sized cross.

Holy Saturday is a day of silent prayer as the Church waits for the joy of the Resurrection. At the *Easter Vigil* (the word *vigil* means "keeping watch by night"), the third sacred day of the *Triduum* begins. This day begins the special celebration of Jesus' Resurrection and our celebration of new life. The *Easter Vigil* Mass begins in darkness (usually outside) with the long procession of candlelight that brings the church to life reminding us that Jesus is the light of the world who has conquered all darkness and death. At this liturgy, we may also witness the early Church's tradition of celebrating adult Baptism and Confirmation as new members are initiated into the Catholic faith. The Paschal candle that is lit at the *Easter Vigil* will remain in the church throughout the year as a sign of Christ's Death and Resurrection.

On *Easter Sunday*, we celebrate the Risen Lord at Mass with the singing of the Gloria and alleluias, the renewal of our baptismal vows, a sprinkling with Easter water and receipt of the Holy Eucharist. The Church is overwhelmed with the joy of the Good News! He is ALIVE! When we take the time to prepare for the joy of Easter during Holy Week in a deliberate or intentional way, we will experience Easter Sunday in a most joyous and profound way. He is Risen. He is indeed...

- **Say**, "Think back to the passage that I read from the Bible at the beginning of our lesson today. What part of Holy Week that we learned about today does it recount and why is this so important to our Catholic faith? (*Discuss together, affirming and reinforcing appropriate answers/teaching points*)."
- **Separately reflect on these questions:** During Holy Week especially, the Church reminds us of Jesus' suffering and self-sacrifice for the salvation of the world, including each and every one of us. ***Is there anything you'd like to do differently or change this year about the way you enter into and celebrate/participate in Holy Week? If so, what specifically would you change, and why? How will this better unite you as family***

to the sacrifice of Jesus Christ? How can you personally thank Jesus Christ for this amazing gift? (After some reflection time, turn and share your answers with another family member).

CLOSING PRAYER

Gather together in your dedicated prayer space and ask your children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and recite a favorite prayer, choose one from the [COMMON PRAYERS BY GRADE](#), listen to the [GOOD FRIDAY REFLECTION](#) together as a family, or ask your child/children to offer up their [INTERCESSORY INTENTIONS](#). Conclude by praying the [SIGN OF THE CROSS](#).



BONUS (optional)

- **What We Pray:** During Lent, but especially during its final days of Holy Week, many Catholics are devoted to the tradition of praying the [STATIONS OF THE CROSS](#) which reflect upon the events of Jesus' Passion and Death on Good Friday. The *Way of the Cross* (or *Via Dolorosa* - the "Sorrowful Way") as this prayer devotion is known can be traced back to Christian pilgrims visiting the city of Jerusalem as far back as the 4th Century. With the help of your parents, research the [HISTORY OF THE STATIONS OF THE CROSS](#) on the internet or watch the [HISTORY OF THE STATIONS OF THE CROSS](#) video. Then, pray the *Stations of the Cross* together and reflect on the following questions:
 - Like the pilgrims before you, how are you impacted by reflecting upon the last sorrowful events of Jesus' life?
 - How is your relationship with Jesus deepened by walking alongside him in this very intentional way during Holy Week?
 - How can you respond to Jesus for enduring such great suffering on your behalf and that of the entire world?
- **Saint of the Week:** Throughout history, beginning with St. Francis of Assisi in the 12th century, there have been reports of Saints being marked with the wounds of Jesus' suffering and death, called the stigmata. *Stigmata* are wounds which may appear on a person's hands, feet, forehead and back - similar to the wounds experienced by Jesus as he was being scourged and crucified. One such modern day Saint from the 20th century is *Saint Padre Pio*.

Find out more about the life of *Saint Padre Pio* by watching at least one of [THE LIFE OF PADRE PIO](#), [STORY OF SAINT PADRE PIO](#), [WHY DID ST. PADRE PIO RECEIVE THE STIGMATA?](#), [SAINT PADRE PIO](#) or the [PADRE PIO'S SECRET TO HOLINESS](#) videos, or reading [THE STIGMATA OF PADRE PIO](#) article.

Reflect on the stigmata of *Saint Padre Pio* and consider how his physical experience of the wounds of Jesus and his suffering affected his relationship with Christ. How did this impact how *Saint Padre Pio* served Christ's Church? What are you most taken with in how *Saint Padre Pio* lived his life?

Want to extend your family's formation about this topic? Check out these additional resources which can be used at the Parent Catechist's discretion, if desired:

- **Parent Preparation Videos/Resources:** [THE ROLE OF HOPE IN HOLY WEEK](#) (8:03), [PRAYING THRU HOLY WEEK](#) (5:29), [GOOD FRIDAY: THE MEANING OF THE CROSS](#) (6:46), [BISHOP BARRON ON THE SCANDALOUS CROSS OF JESUS](#) (9:00), [BISHOP BARRON ON THE POWER OF THE CROSS](#) (10:00), [WHAT MAKES GOOD FRIDAY GOOD?](#) (10:23), [HOW TO PREPARE FOR HOLY WEEK](#) (18:07), [MATT MAHER: PALM SUNDAY](#) (Video 1 of 7) (4:17), [MATT MAHER: THE LAST SUPPER](#) (Video 2 of 7) (4:12), [MATT MAHER: BETRAYAL](#) (Video 3 of 7)(3:51), [MATT MAHER: GOOD FRIDAY](#) (Video 5 of 7) (4:21), [MATT MAHER: WAITING](#) (Video 6 of 7) (4:11)
- **Lesson Plans:** [CELEBRATING HOLY WEEK WITH KIDS](#), [HOLY WEEK IDEAS FOR FAMILIES](#), [CATHOLIC TOOLBOX](#) (includes Holy Week games and activities), [CATECHIST CAFE](#), [GUIDE TO ALL THINGS HOLY WEEK](#), [PALM SUNDAY CELEBRATIONS](#)
- **Videos:** [GOD'S STORY: PALM SUNDAY](#) (2:47), [PALM SUNDAY AND THE PASSION FOR KIDS](#) (4:43), [THE STORY OF EASTER \(THE TRIUMPHAL ENTRY\)](#) (3:07), [THE STORY OF EASTER \(THE LAST SUPPER\)](#) (3:28), [GOD'S STORY: THE LAST SUPPER](#) (3:58), [OUR EASTER STORY](#) (4:55), [LEGO STATIONS OF THE CROSS](#) (3:20), [HOLY WEEK IN 3 MINUTES](#) (2:50), [HOLY WEEK FOR CHILDREN](#) (10:35), [SING HOSANNA TO THE KING SONG](#) (2:25), [THE STORY OF HOLY WEEK](#) (2:45), [THE TRIDUUM: THE MOST SACRED PART OF HOLY WEEK](#) (6:45), [GOOD FRIDAY FOR KIDS](#) (6:42)
- **Games/Activities:** [STORY OF THE PASSION LUNCH](#) (see photo below – BE MINDFUL OF LEARNER ALLERGIES, check with parents first), [HOLY THURSDAY ACTIVITIES WITH KIDS](#), [HOLY WEEK FOOD IDEAS](#), [HOLY WEEK FILE FOLDER GAME](#), [HOLY WEEK ACTIVITIES](#), [HOLY WEEK](#), [BIBLICAL TIMELINE](#), [STATIONS OF THE CROSS](#) , [FAMILY FOOT WASHING ACTIVITY](#), [HOW TO CREATE PRAYER STATIONS FOR CHILDREN](#), [WALK THRU HOLY WEEK](#), See Holy Week Scripture story cubes below (12 available – just ask), Holy Week & Easter felt board sets (4 available – just ask)

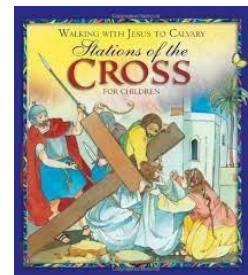
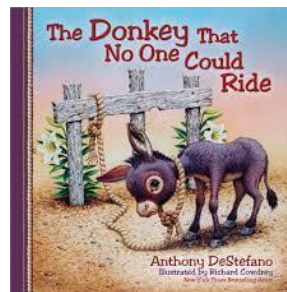
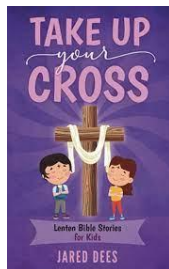


- **Crafts:** [HAND PRINT PALM BRANCHES](#), [HOLY THURSDAY CHALICE CRAFT](#), [STORY OF THE PASSION LUNCH](#), [THE GOSPEL IN AN EGGSHELL](#) or [RESURRECTION EGGS](#), [CROWN OF THORNS BRACELET](#), [STATIONS OF THE CROSS EGGS](#), [DIY STATIONS OF THE CROSS](#), [TRIDUUM PLATE CRAFT](#), [HOLY WEEK IN HANDPRINTS](#), [HOLY WEEK BOXES](#), [HOLY WEEK BANNER](#), [ST. VERONICA'S VEIL](#), [EASTER IN A BOX CRAFT](#), [GOOD FRIDAY CLOCK](#), [CATHOLIC ICING](#), [HOW I FORGIVE](#), [CLAY FOOTPRINTS](#), [HOLY WEEK CRAFTS](#), [CATHOLIC MOM](#)



• **Picture Books**

- ***Louie's Lent*** (Claudia Gangilla McAdam, Ascension Press)
- ***Take Up Your Cross: Lenten Bible Stories for Kids*** (Jared Dees)
- ***The Donkey That No One Could Ride***, by Anthony DeStefano
- ***Walking with Jesus to Calvary: Stations of the Cross for Children***, by Angela Burrin



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