

New Places and Faces



Lesson 1, ages 3-4

Lesson 1 Goal

- Your child will be introduced to the *Allelu!* program and what to expect this year.

Key Points

- We are thankful to God for the chance to learn about him.
- New learning can be exciting but also intimidating for a preschool child.



Parent Reflection

We all have different reactions to new experiences. A new job, a volunteer position, family changes, or environment changes can evoke feelings of excitement, nostalgia, or anxiety (even fear). Some people are more attracted to change, while others have more difficulty adapting.

Scripture tells us not to be afraid (see Joshua 1:9; Matthew 10:26–33). God is with us, and will give us the grace to handle whatever challenges life brings. The *Catechism* tells us that we receive a special measure of courage in the Sacrament of Confirmation, when we are sealed with the Gifts of the Holy Spirit (CCC, 1303).

Three- and four-year-olds are often just beginning to have experiences outside their immediate and extended families. The larger world can seem like a very big place—exciting, and yet intimidating. They often need reassurance from someone they trust as they meet new people or try a new experience. As parents, it's important that we realize that children this age will need a chance to warm up to new experiences, whether it is the informal instruction of the *Allelu!* lessons or in preschool. The *Allelu!* program provides many opportunities to help your child grow accustomed to the give-and-take of classroom discussion and activities he or she will encounter in a school setting. Guide your child through the discussion and activities to help him or her get the most out of the program and to build important skills for success in any classroom setting.

Reflection Question

What new experiences have been most difficult for me? What has helped me to feel more comfortable in new situations?

Lesson Preparation

Before inviting your child to sit with you for lesson time, prepare all materials.

Materials

- Family Activity Sheet
- crayons or colored pencils
- paper plate
- yarn (pre-cut into lengths of about 4 inches for hair)
- glue

- mirror
- scissors (adult use only)
- Lesson 1 Activity Master – Saint Page (included with this lesson)

(Keep the saint page from each lesson to gather together a Communion of Saints Book created by your child.)

Gathering

Create a prayerful space. You might place a candle on the table, or set a cross in front of you. Invite your child to join you in quietly preparing for prayer.

Begin in prayer:

Make the Sign of the Cross together or bless your child by tracing a cross on his or her forehead: “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Pray together: *“Jesus, as we gather, we know you are here with us. The Holy Spirit lives in our hearts and helps us understand what you teach us. Thank you for loving us so much. Thank you for taking care of us. Amen.”*

Discovering

Let’s Begin. Turn to the first page of the Activity Sheet and read about Max and his new class.

Ask your child, “What should you do when you meet new people?”

Turn to the second page of the Activity Sheet. Ask your child the “Ask Me!” questions and review the answers.

Exploring

Use the following activities to enrich your child’s understanding of the lesson and of our Catholic faith.

1. Learning about Jesus. Turn to the drawing in the main activity of the Activity Sheet (center pages) and invite your child to describe what he or she sees. Give your child a crayon or colored pencil. Explain the activity and have your child complete it.

2. IT’S ME! Paper Plate Faces. Invite your child to look at him- or herself in the mirror. Discuss his or her hair and eye color. Use the materials for him or her to create a face using the paper plate and yarn.

3. The Communion of Saints: Saint Scholastica. Show your child the picture of Saint Scholastica on the Family Activity page and read about her. Then read more about Saint Scholastica to your child (see page 3).

Ask your child, “How can our family make sure that we take time to talk about God?”

Have your child draw about Saint Scholastica using the Lesson 1 Activity Master.

Sending

Pray with your child. Begin by making the Sign of the Cross together, or bless your child by tracing a cross on his or her forehead. Pray aloud with your child:

"We know that you are here today. You are with all of us and you are in each person's heart. We cannot see you, but we know and feel your love. Be with us today and throughout the year. Be with us as we learn about you and grow to love you more each day. Amen."

Saint Scholastica

Take Time to Share Your Ideas about God

Scholastica looked lovingly at her twin brother, Benedict. They were grown-ups now, and she had not seen him in a year! Scholastica was excited to sit down with him and share her ideas about how God wants us to live. She had many questions she wanted to ask him.

Benedict was happy to see his sister, too. He was a monk, and lived in a monastery, without his family. He could visit his sister for a short while, but knew that he had to go back to the monastery after dinner. Scholastica, Benedict, and some of his disciples sat at a table, sharing supper. They praised God for hours. They talked about all the good things that he does.

Scholastica noticed that her brother's eyes were growing sleepy. But she did not want to leave. When Benedict told her that it was time for him to go to bed, she prayed to God. Suddenly, the air was filled with lightning and thunder. Heavy rain poured down on the monastery and nobody could leave. "What have you done?!" her brother exclaimed.

Scholastica explained that she had asked God for a way to be able to stay with her brother. Scholastica and her brother continued to talk about God. We remember each of them for the work they did to teach others about God.

DRAW



Saint
Scholastica,
pray for us!

