

Lesson Plan

Subject/Course: Religious Education - **Primary**

Topic: Prayer and Meditation. (Extra focus on Lenten prayers).

Liturgical Season: Lent; Holy Week, Easter

Important Feast Days: Ash Wednesday; Palm Sunday; Good Friday; Easter Sunday

Lesson Title: How to connect with God through prayer and meditation

Lesson Objectives

- To understand the importance of prayer in our daily lives and in the liturgical calendar
- To enable students to have a deeper understanding of how faith develops through the practice of prayer
- To be aware of other forms of prayer practice such as meditation and mindfulness
- To identify sources of prayer from scripture, church leaders, saints and traditional prayers
- To deepen understanding of the Lenten season with visual images of Stations of the Cross, Lent and Easter symbols and rituals

Summary of Tasks/Actions

Scripture Lesson Plan: Verses from Psalms 8: 3-9; Luke: 11-32 (The Prodigal Son)

Facts and Inquiry Activity Sheet: narrative text, visual literacy, new vocabulary, creative activities, research assignment.

Theme Prayer Sheet: Traditional prayers and reflections – Hail Mary; Our Father

Material/Equipment

- CD player or Mp3 for music
- Cardboard, coloured pencils, images of Stations of the Cross, rosary beads, seasonal offerings, wood, bark, flowers, purple/violet tablecloth, rosemary plant, scissors, glue, liturgical calendar, bowl, box, candle, materials to make gratitude journal

References

- *Break Through Bible for Young Catholics*
- *Our Father*, S. Bus (picture book)
- *Hail Mary*, S. Bus (picture book)
- *The Mary MacKillop Prayerbook for Children*
- *365 Children's Prayers*, **B James**
- *Words for the Journey for Kids– Ten-Minute Prayer Services for Schools*, **L. Freemantle & L. Miller**
- *Learning Centres for Advent and Lent*, **D. Murphy**
- *Let's Pray! Prayers for the Elementary Classroom*, **H. Reid**
- *Stations of the Cross for Children*, DVD
- *The Angel's Lenten Lesson*, **S. Costello** DVD