

LESSON 7: The Season of Lent



AIM

To help the children understand the meaning of the season of Lent, and to suggest to them some ways of marking it at home (5.1.8)

OUTCOME

Learners are aware of the Christian liturgical season of Lent and participate in activities associated with it.

LEARNING ACTIVITIES

Lent is a time to talk to young children about growth, change and new life. Lent is best explained as a time of preparation.

WHAT YOU NEED

- * Pictures of trees in the different seasons (1)
- * A variety of seeds (3)
- * Bean or lentil seeds and cotton wool for each learner (5)
- * The bottom half of egg boxes to make caterpillars (10)
- * A butterfly cut-out (11)

- 1 To make the children aware of **change in the world around us**, show pictures of four trees as we find them in each season of the year, or draw them in colour on the board. We are now in the season of autumn. We see things changing. The leaves are falling off the trees. Some of them turn yellow, and then brown. We can see that plants and trees change. We know that they will all come back to life.



- 2 Explain that during Lent we are going to **get ready for Easter**. We want to prepare for this wonderful celebration. Lent is a time to be especially thoughtful of others. We are going to try growing and changing.
- 3 Have a **variety of seeds** for the children to look at and touch. Let them talk about seeds.
- 4 Jesus told his friends this **story**.

“If you have a wheat seed, a grain of wheat, it will stay just a grain of wheat unless you plant it in the ground. If you plant your grain of wheat in the ground, it will not just stay a seed. It will change and grow! New life will come from the seed. It will start growing and blossoming into a plant. And from that plant, many new grains of wheat will come to life.”
[From John 12:20-33]

- 5 Let the children **‘plant’ their seeds** in cotton wool. Talk about what the seeds will need in order to grow – water.

- 6 **Prayer:** ‘Help me change and grow.’

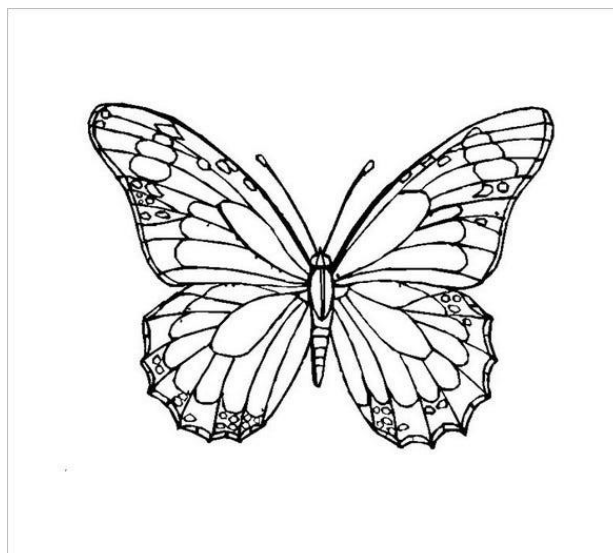
The children respond after each line – ‘Help me change and grow.’
Loving God,
Help me to be like a grain of wheat.
Teach me to be kind and loving
Show me how to bring joy to others.

- 7 Talk about ways we can be more **thoughtful at home**. Let the children make suggestions of thoughtful deeds they might do.

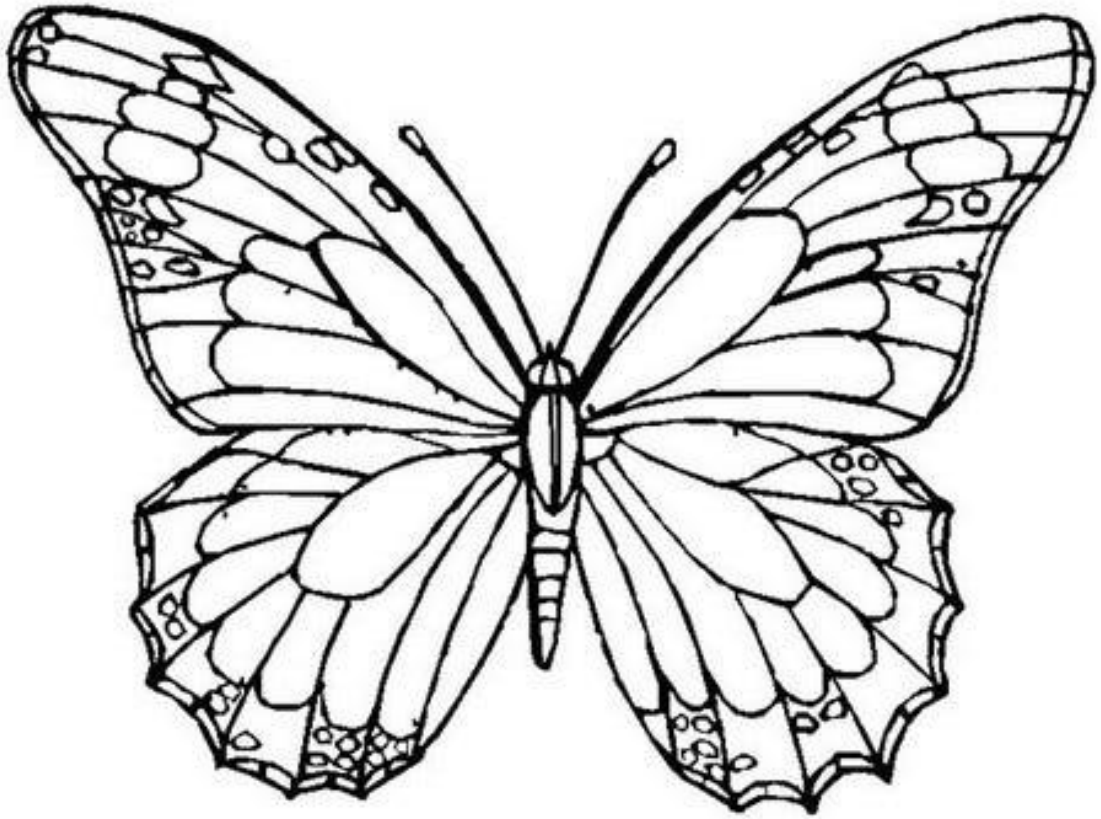
- 8 **Blessing:** Tell the children that a cross reminds us of the sacrifice of Jesus. Make the sign of the cross on each child's forehead as you say, "May you grow in love during Lent." (You will need to adapt the sign to include learners who are not from a Christian background.)

ADDITIONAL ACTIVITIES

- 9 On another occasion tell a **story of a caterpillar** that became a butterfly. Give the caterpillar a name. Explain how the caterpillar longed to be able to fly. Dramatise the story:
- Pretend to be a caterpillar in an egg.
Now you are crawling out of the egg.
You are very hungry and you begin to eat leaves...
Climb up a tree. Eat more leaves. Look how you are growing!
Hold on to a branch. You are ready to spin a cocoon.
You sleep for a long time. You don't hear anything and you don't see anything.
You wake up and you are ready to come out of the cocoon.
You find you have beautiful wings and you can fly!
- 10 **Craft ideas:** Making caterpillars out of egg boxes. Ahead of time the teacher cuts egg boxes in half lengthwise to make two caterpillars, each with six segments, including the head. The class completes the caterpillars by gluing coloured cardboard to make feet and eyes. Pipe cleaners can be used to make antennae.
- 11 **Decorate a butterfly;** the children can be given a cut-out of a butterfly to colour 📖 ➡.



I Can Fly!



LESSON 8: Holy Week



AIM

To familiarise the learners with the events of Holy Week (5.1.8)

OUTCOME

Learners are aware of the Christian liturgical season of Lent and participates in activities associated with it.

LEARNING ACTIVITIES

- 1 **Song:** Using the tune of *Here We Go Round the Mulberry Bush*, teach the children the following song about Palm Sunday. Have a picture of Jesus riding into Jerusalem. Let the children point towards Jesus; then the donkey and finally the people in the picture, as they sing the song.

Jesus rode into Jerusalem,
Jerusalem, Jerusalem,
Jesus rode into Jerusalem,
On a Sunday morning.

This is the donkey that carried him there,
Carried him there, carried him there.
This is the donkey that carried him there,
On a Sunday morning.

The people sang: 'Hosanna!
Hosanna! Hosanna!
The people sang, 'Hosanna!'
On a Sunday morning.

(Rita Bull 1999)

The children could also wave palm branches. See ADDITIONAL ACTIVITY (8)

- 2 Tell the children the following story of **Holy Week:**

Jesus went from place to place helping people and telling them how much God loved them.

One day when Jesus rode a donkey into Jerusalem, the people were so happy to see him that waved palm branches and they shouted, "Hosanna!"

Then on the Thursday of that week, Jesus ate a special supper with his special friends. He talked to them and he told them to love others just as he loved them. He also told them that he would be going away, but he promised he would return.

Sadly, there were people who were not Jesus' friends. They nailed him on a cross and left him to die. His friends thought they would not see him again and they were very, very sad.

WHAT YOU NEED

- * 🎵 *Here We Go Round The Mulberry Bush* (1)
- * A picture of Jesus riding into Jerusalem on Palm Sunday (1)
- * Cross outlines (6) ⇨
- * Gummed paper (6)
- * Paper, green paint, prepared stem (8)
- * 🎵 *Sing for Life – Hosanna* (p.217) (9)

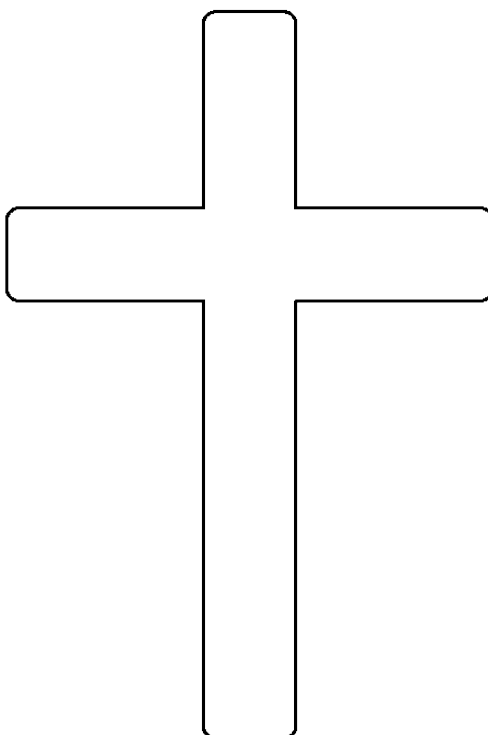


A wonderful thing happened! Three days later the tomb where he had been put was empty. Jesus was alive again! His friends saw him and they were very happy. We call this day Easter Sunday. It is a happy day! It is a time to celebrate!

- 3 **Prayer:** Dear God, help us to love our families and friends. Help us to be kind and loving to everyone today. Amen.
- 4 **Getting ready:** Remind them that they have been getting ready for Easter during Lent and Lent is now almost over. We are looking forward to Easter. Let the children talk about what they might do to make this a special time for their families.
- 5 Teach or revise the **days of the week:** Encourage them to repeat what happened on the first Sunday (Palm Sunday); Holy Thursday; Good Friday and Easter Sunday.
- 6 **The cross:** Give each child a photocopy of an outline of a cross. Let the children fill the outline with pieces of coloured gummed paper. Let the children suggest places where they may have seen a cross or crucifix. Whenever we see a cross it reminds us that Jesus shows his love for us by sharing his life with us.

ADDITIONAL ACTIVITIES

- 7 Talk about **special meals** and what might make a meal special. (the people at the meal; the food; the occasion; the setting)
- 8 The children make **handprints** on paper using thick green paint. They cut them out and arrange them along a prepared stem to form palm branches. The stem can be drawn on paper for them, or made out of stiff cardboard. The children can then wave their branches in ACTIVITY (1).
- 9 **Song:** *Sing for Life – Hosanna* (p.217).



LESSON 9: Jesus Is Risen!



AIM

To help the children learn about Easter and the resurrection and new life of Jesus (3.2.2, 5.1.8)

OUTCOME

Learners are aware of the Christian liturgical season of Easter and participate in activities associated with it.

LEARNING ACTIVITIES

- 1 **Introduction:** Let the children learn the rhyme as an introduction to growth and new life. Appropriate actions may be added.

This is my garden -
 So pretty you see -
 Grass and flowers,
 Trees so tall;
 Pretty butterflies
 And ladybirds small.
 And I'll plant new seeds,
 I'll plant them right there.
 I'll water them
 Because I care.
 The sun will come up;
 The sun will shine.
 My flowers will grow
 So strong and fine.

(Rita Bull 1999)

- 2 **Examples of new life:** Let the children look at pictures showing new life and briefly talk about each picture. Talk about birds, chicks and ducks that hatch out of eggs.
- 3 Tell the **story of the first Easter**. [Mark 16:1-7]
 On Sunday morning, very, very early, just as the sun was beginning to shine, some women hurried to the tomb. When they got there, they found the huge rock had been rolled away from the door. As they walked inside, they found a young man all dressed in white. At first they were afraid. The young man said, "Jesus is not here. He is alive! Go and tell his friends." When Jesus friends knew that Jesus was alive, they were so happy that they jumped for joy!
- 4 **Song:** *Sing for Life – U Yes' Uvukile* (p.218)
- 5 Tell the children **that Easter is a time to celebrate** how happy we are at the new life that Jesus brings us. Invite them to talk about how they might celebrate Easter at home. Encourage the children to make the connection between eggs and new life and Easter eggs.

WHAT YOU NEED

- * Rhyme (1)
- * Pictures showing new life – sprouting seeds, eggs hatching, baby animals, babies (2)
- * Bible (3)
- * 🎵 *Sing for Life – U Yes' Uvukile* (p.218) (4)
- * 🎵 *Sing for Life – Alleluia* (p. 18) (6)
- * 📖 Egg-shape and chick outlines on light cardboard; scissors, crayons, split pins (7) ⇨
- * Marshmallow Easter eggs (8)
- * Cardboard cartons, foil, shredded paper (9)
- * Crushed eggs shells, glue (10)
- * Bare tree and container, paint, egg-shapes and other symbols (11)
- * Light cardboard and collage materials (12)

- 6 **Prayer:** Tell the children that we have a special word for Easter. It is 'Alleluia'. Alleluia is a happy word that makes us want to jump for joy. Let the children respond with 'Alleluia' after each line of the prayer. The response could be sung: *Sing for Life – Alleluia* (p. 18). (When inviting learners to pray, be sensitive to those who are not from a Christian background.)

Dear Jesus, we are glad that you give us new life. (Response)

We are happy that you are with us always. (Response)

We glad that to know that new life comes from cocoons, seeds and eggs. (Response)

Thank you for new life and thank you for being our friend. Amen.

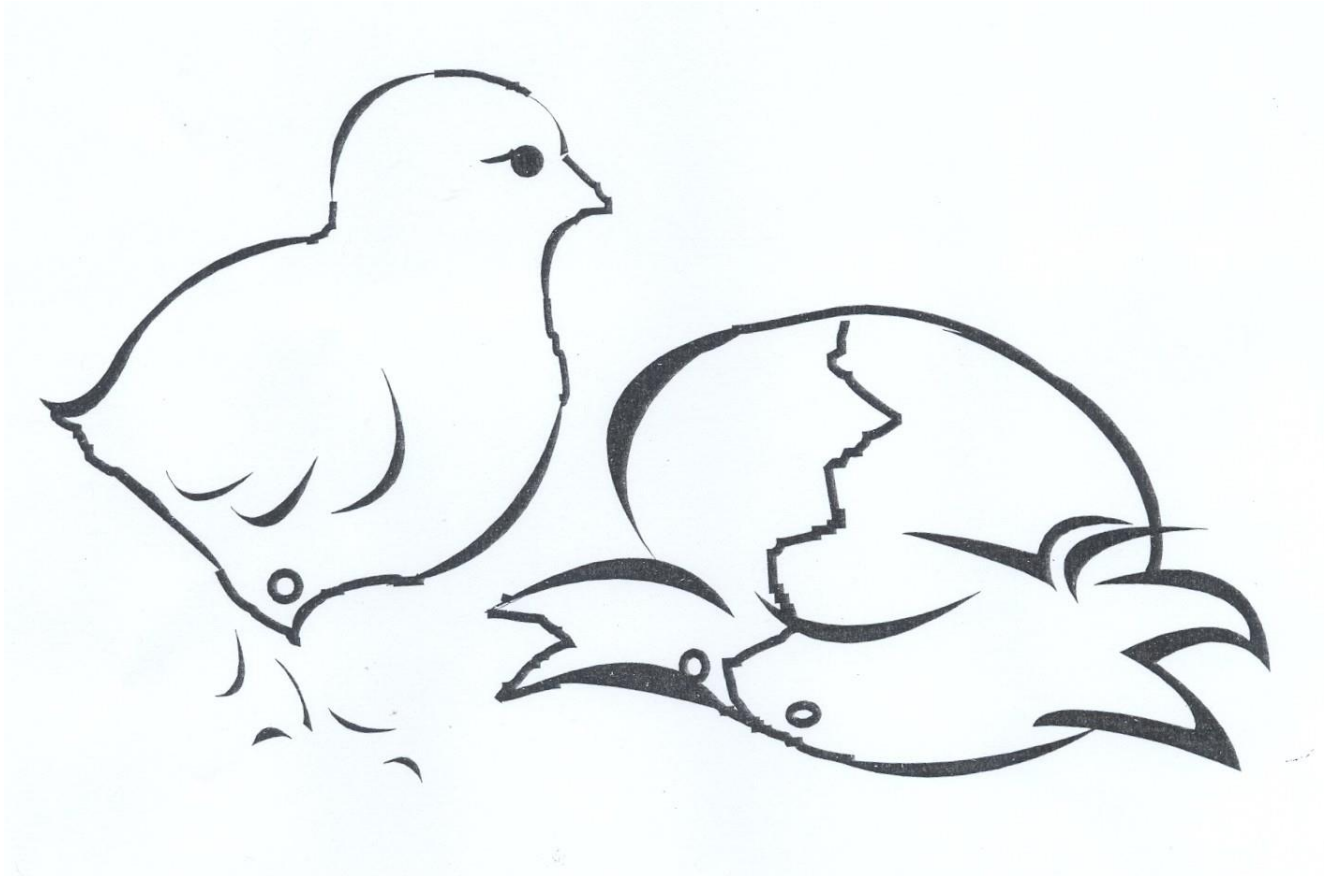
- 7 **Craft activity:** Using light cardboard, have a copy of an egg-shape for each child. There should be a zigzag line running through the centre of the egg. The child then cuts out the egg-shape and cuts along the zigzag line. Give each child a chick outline to colour. The two egg pieces, with the chick behind the egg are assembled using a split pin. The egg halves are opened to reveal the chick. 📖 ⇒

ADDITIONAL ACTIVITIES

- 8 **Egg hunt:** Hide marshmallow Easter eggs, either in one part of the playground, or in the class.
- 9 Make **Easter baskets** using cardboard cartons, such as juice or milk cartons, which have been collected, washed and cut to size before hand. The cartons may be decorated or covered with foil, a handle may be added and shredded paper can put into the basket. The egg found during the egg hunt could be placed in the basket and taken home.
- 10 **Mosaics:** Crushed egg shells could be glued on to a picture to make a mosaic.
- 11 **An Easter tree:** You will need a bare tree branch secured into a container. The children paint and decorate egg-shapes. The egg shapes are hung from the tree branch. In addition, other Easter symbols may be hung from the tree branch – for example candles symbolising the risen Jesus, crosses, and flowers.
- 12 **Easter bonnets:** Use rectangular strips of light cardboard to make headbands 6-9cm wide to fit each child. The children add any collage materials – tissue paper flowers, streamers, aluminium foil, cupcake holders, and crepe paper – to construct Easter bonnets.



New Life!



Give each child a copy of this sheet. You may enlarge the images when you photocopy.

Give them the following instructions:

Colour in the chick, egg and straw.

Cut out the chick shape, ignoring the legs.

Cut out the egg-and-straw shape.

Cut the egg-and-straw shape into two pieces along the dotted line.

Pierce holes into the three shapes where you see the circles.

Put them together with a split pin, placing the chick at the back.

You now have a display of a chick breaking out of its egg into new life!

LESSON 10: Jesus Is With Us



AIM

To tell the children one of the resurrection stories, and to recall some of the symbols associated with new life (3.2.2, **10.1**)

OUTCOME

The learner is aware of the Christian liturgical season of Easter and participates in activities associated with it.

LEARNING ACTIVITIES

- 1 Introduction:** Add actions to the following rhyme:

Row, row, row your boat
On the lake of Galilee.
Throw, throw, throw the net
Into the deep, deep blue sea.
Catch a fish, catch a fish –
One for you and one for me.
Happily, happily,
On the Sea of Galilee.

- 2 Recall the events** of the first Easter – how Jesus rose from the dead, by asking questions. Talk about the first Easter people. They were Jesus' friends who saw him and saw he was alive.
- 3 Have a candle and a Bible on a prayer table: Tell the story** from John 21: 1-14:



Jesus' friends had fished all night and caught nothing. On their way back in the morning they heard someone calling from the shore. "Haven't you caught anything? Throw your net on the right side of the boat and you will catch some fish." And they did and they caught lots and lots of fish.

"Peter," said John, "It is Jesus who is speaking to us." Peter got very excited and he jumped into the water to get to Jesus more quickly. When they had all reached the shore, they saw a fire. Jesus said to them, "Come and eat." Then they knew that Jesus was alive again and they were so, so very happy.

- 4 Prayer:** Dear God,
You make us very happy.
You give us signs of new life.
You give us the best sign of life;
You give us Jesus.
Thank you, our loving God. Amen.

- 5 Review of the story** by asking questions:

WHAT YOU NEED

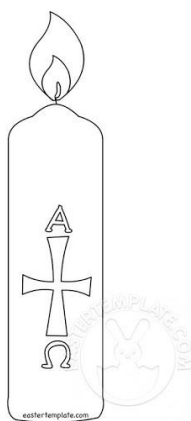
- * Rhyme (1)
- * A candle, Children's Bible, prayer table (3)
- *  Picture of Easter candle (7) ⇒
- *  A praise song - *Sing for Life – Siyakudumisa* (p. 208) or *Njalo* (p.225) (9)
- * Large sheet of paper, tissue paper, glue, butterfly shapes out of light cardboard (See Lesson 7), glue, flowers (11)

What were Jesus' friends doing all night? (Fishing)
How many fish had they caught? (None)
What did Jesus tell them to do? (Throw their nets on the other side of the boat)
Why did Peter jump into the water? (He was excited. He wanted to get to Jesus.)
What did Jesus say to them? (Come and eat)

- 6 **The Easter Candle:** Tell the children that Christians call Jesus their light because he shows them the way. A lighted candle reminds us of Jesus. The Easter candle reminds us that Jesus is alive.
- 7 **Colouring a picture:** Give each child a copy of an Easter candle and ask them to colour the cross and the flame. Surround the candle with flowers and a butterfly or two. 📖 ⇒
- 8 **Talk about the symbols** as the children colour their pictures.
The candle reminds us that Jesus shows us the way.
The cross reminds us that Jesus died on the cross and rose to new life.
The flowers remind us of new life in God's wonderful world.
The butterfly reminds us that Jesus came alive again.
- 9 **Sing a praise song** that the children know – *Sing for Life – Siyakudumisa* (p. 208) or *Njalo* (p.225).
- 10 **Bless each child** by tracing a cross on the forehead. Address each child by name and say, "May you be filled with the happiness of Jesus' new life." (Adapt the gesture and words of the blessing appropriately to include learners who are not from a Christian background.)

ADDITIONAL ACTIVITIES

- 11 **A group collage:** Each child constructs a butterfly. The wings can be made of colourful tissue paper gathered together in the middle. The wings are glued to the back of a prepared butterfly body. The butterflies are stuck onto a large sheet of paper to form a collage. Flowers could be added to the collage.
- 12 Instead of making a collage, the butterflies could be suspended to form a **mobile**.



Easter Candle

