

Course 1: I protect and get protected (8-11 years-old)

SESSION #1	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
<p>1. The Four Kingdoms</p> <hr/> <p>Spiritist Ideas</p> <ul style="list-style-type: none"> • We all are creatures of God. • We need each other in order to evolve. • We evolve (from mineral to human). 	<p>1. Show to the students how the 4 kingdoms are interconnected (How one needs the other to live and evolve).</p> <p>2. See that we learn or acquire experiences from each one of the four kingdoms for our evolution.</p> <p>“Homework”: Bring paper and/or recycling material for the following week.</p>	<p>1. Stellanuna Story by Janell Cannon: How can we so different and feel so much alike?</p> <p>2. Chart of Creatures: Fill the chart writing how many animals, plants, minerals and humans we saw in the story. Compare them, similarities and differences.</p> <p>3. Explain characteristics of each kingdom (how the spirit “wear different layers of clothes”). After that each student picks one kingdom and elaborates a paper bag puppet.</p> <p>4. <u>Evaluation</u>: Puppet show. Each student has the opportunity to act out his/her kingdom and show its characteristics.</p>	<p>1. Stellanuna book</p> <p>2. Wrapping paper, markers, tape.</p> <p>3. Recycled brown paper bags, markers, glue stick, construction paper assorted colors.</p> <p>4. Table, plastic tablecloth.</p>	<p>Connecting with my Guardian Angel: Excerpt from The Gospel According to Spiritism, Chapter 28, Prayers for Oneself, Purpose: to Guardian Angels and Protecting Spirits.</p> <p>Read the first two paragraphs and then we may read prayer #14 or say our own one.</p> <p>Flowers of Kindness: Each student write on a paper petal a kind action she/he did during the week. The purpose is creating a garden of kindness. This may be “homework” for the week.</p>

SESSION # 2	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
2. Planet Earth & its Mentors	1. Students will learn how to love nature and how to care for it.	1. <u>Review</u> : The 4 kingdoms. Sentence-picture matching game.	1. Pictures from magazines, chart, glue or velcro.	Connecting with my Guardian Angel: "Nest of gratitude" in a strip of paper each one writes one reason to be thankful with the Guardian Angel. Together we create a nest of gratitude.
Spiritist Ideas <ul style="list-style-type: none"> • Respect oneself and others. • Our Guardian Angel takes care of us. • There are mentors who take care of our nature & planet. 	2. Teach the children how to help those enlightened Spirits who protect our planet Earth. "Homework": Students will use natural flower petals, leaves, tree branches, seeds, etc to express kind actions they practiced during the week. This project is to be presented in the following class.	2. Seeds of love: decorate a pot and plant seeds. Explain how there are spirits who take care of the planet (each creature in nature) (power point). 3. <u>Evaluation</u> : Connect the picture with the sentence (pictures of seeds, water, soil, forest, family, guardian angel, children, etc.) See attachment. 4. Children will express themselves through paintings a mural: How you can help the Guardian Angels to protect the ocean, forest, mountains, people, animals, plants and minerals?	2. Pots, seeds, soil, water, vinyl assorted colors, paint brushes, paper towel, containers, newspaper. <small>*Type of plant/ flower to be chosen.</small> 3. Worksheet copies, pencils, pencil sharpener, markers.	<small>*We can make a real nest with the strips and this can be exposed at our museum by the end of the course.</small> Flowers of Kindness.

SESSION # 3	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
3. Planet Earth in the Solar System	1. Students will learn how Planet Earth is our (for incarnated and discarnated spirits) temporary home.	1. <u>Review</u> : Checking the pots. Give each child a paper with three seeds. Write in each seed: - Why nature needs care? - Who are responsible for take care of nature? - How we can take care of nature?	1. Worksheet copies of the seeds, pencils or color pencils.	The Canticle of Saint Francis of Assisi. See attachment.
Spiritist Ideas <ul style="list-style-type: none"> Planet Earth is a home for us, incarnated and discarnated spirits. Spirits reincarnate in many other planets in order to evolve. 	2. Students will learn how different planets have different levels of evolution and responsibilities. 3. Learn and feel we are responsible for the future of our home. “Homework”: Children are asked to write down and/or draw a real conversation they had with their guardian angel sometime during the week.	2. Read together an adaptation of a text from The Spirit’s Book: Chapter III, Item 55-The plurality of worlds. 3. Research The Solar System. 4. A model of our solar system: instructor assigned each group of students a planet. Using their imagination, students will present to us a little project on how they think that particular planet looks like, including nature, people, food, etc. 5. <u>Evaluation</u> : Express by poem or drawing: after I leave the Earth I would like to go to _____ (planet), because _____.	2. Copies of the text, globe. 3. Books, posters, video (TBD) 4. Fact sheet, recycling paper, origami book, cardboard, glue, nylon, scissors, construction paper, markers, C.D. player, C.D. inspirational music. 5. C.D. player, C.D. by Angelika, paper, markers, crayons, etc.	Flowers of Kindness: Homework to be presented.

SESSION	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
<p>4. My Guardian Angel takes care of me</p> <hr/> <p>Spiritist Ideas</p> <ul style="list-style-type: none"> • God has given us a very loving Guardian Angel who is always there for us. • God takes care of all of us. • Compassion for other creatures. 	<p>1. Get closer to our Guardian Angel by taking care of our nature.</p> <p>2. Children will learn how to appreciate the love and kindness of the good spirits.</p> <p>3. Learn how our actions have consequences.</p>	<p>1. <u>Review</u>: In a poster with the solar system, write the name of each planet and one of the characteristics of its habitants.</p> <p>2. Read the story "The Guardian Angel"* and identify feelings by using a heart and faces.</p> <p>3. Round Table: Identify the characters of the story, then ask questions to identify some of the Guardian Angel attributes.</p> <p>4. My Guardian Angel: read from The Spirit's Book Chapter IX, Item VI, Q&A 489-492. Draw a picture that shows the characteristics of a Guardian Angel.</p> <p>5. <u>Evaluation</u>: Listening to my Guardian Angel. Visualization guided by the instructors.</p>	<p>1. Wrapping paper with the picture of the solar system.</p> <p>2. Worksheet copies of the heart, several laminated feelings faces, glue, and pencils.*See attachment.</p> <p>3. Index cards with the questions, pencils.</p> <p>4. Copies of the text, paper, and markers.</p> <p>5. C.D. player, C.D. inspirational music.</p>	<p>Flowers of Kindness: As a prayer we read the petals of the flowers and give thank you to our Guardian Angel. Also we pray for others to share our feelings and knowledge.</p> <p>We give/donate the pots to others.</p>

STRUCTURE OF THE CLASS

Ages: 8-11 years old

Time: 60- 90 minutes

Theme: Environment and Guardian Angel

Minutes	Activity
1	Greetings
9	Prayer
15	Engaging activity/Review
30	Main Topic
10	Break
15	Evaluation/Final Activity
7	Clean Up

ATTACHMENTS

Session 1: The Four Kingdoms

1. Chart of creatures:

STELLALUNA			
Minerals	Plants	Animals	Humans
Total:	Total:	Total:	Total:
Similarities:	Similarities:	Similarities:	Similarities:
Differences:	Differences:	Differences:	Differences:

2. Characteristics of each kingdom: See The Spirit's Book, Chapter XI, Q&A 585-610 (reading for the instructors in order to be prepared):

- Mineral Kingdom: inert matter possesses no more than mechanical force.
- Plants: composed of inert matter, are endowed with vitality.

-Animals: composed of inert matter and endowed vitality, have a kind of instinctive, limited intelligence, with an awareness of their existence and individuality.

-Human beings: possess everything that exist in plants and animals and dominate all the other classes through a special and unlimited intelligence, which provides them with the awareness of their future, the perception of extra-material things and the knowledge of God.

3. Prayer: from The Gospel According to Spiritism, Chapter 28, Item 11

Prayers for Oneself

Purpose: To Guardian Angels and Protecting Spirits

Preface: From the moment each of us is born we have a good spirit assigned to us that constantly protect us. At our side this spirit carries out a mission similar to that of a parent to a child- that is, it guides us along the path to goodness and progress throughout our various tests in life. When we respond to its care and advice, that spirit rejoices; when we surrender to wrong, it agonizes over us.

The spirit's name isn't important; it's quite possible that no one on earth knows that name. This is why we refer to it as "Guardian Angel" or "Good Spirit". We could even call it using the name of some higher spirit who has inspired in us special ties of affection.

Item 14 Prayer:

Beloved spirits and guardian angels, sent by an infinitely merciful God to assist all humanity, be our protectors during all life's trials! Give us the strength, the courage, the fortitude we need. Inspire us to follow after everything good, and keep us from going down the incline that leads to evil. May your sweet influence fill our souls. Make us feel that we have by our side devoted friends who care about our suffering and take part in our joys.

And you, my Good Angel, never leave me alone. I need all of your protection to be able to support the trials appointed by Providence with faith and love.

Session 2: Planet Earth & its Mentors

1. Seeds of love: how there are spirits who take care of nature. (see The Spirit's Book, chapter IX, The Action of Spirits on the phenomena of nature, Q&A 536-540. Develop a power point presentation for the kids. Other resources The Messengers and Nossu Lar books, they show the influence and/or care of the spirits for nature).

2. Evaluation:

Picture of	Sentence
Children	We have a <i>Guardian Angel</i> who constantly protect us.
Seeds	Take care of me today; I will be a beautiful flower tomorrow.
Flower/Plants	There are spirits mentors who take care of the plants, flowers and forest.
Any Animal	God created me with instinct but also with some intelligence.
Any rock or stone	I am quiet, I stay still, I am a silence creature of God.

Session 3: Planet Earth in the Solar System

1. The plurality of Worlds

Q&A 55 *Are all the globes spinning through space inhabited?*

"Yes, and contrary to what they believe, earthlings are far from being first in intelligence, goodness and perfection.

Nevertheless, there are individuals who think they know the truth of the matter, imagining that this little planet is the only

one privileged enough to be inhabited by reasoning beings. Pride and vanity! They fancy that God has created the universe only for earthlings.”

God has populated all worlds with living beings who all work toward the final objective of Providence. To believe that living beings are limiting only to their own particular spot in the universe is to doubt the wisdom of God, who has never made anything without a purpose, and who must have intended these worlds to fulfill a more important role than simply entertaining our eyes. Moreover, there is nothing in the earth’s position, volume or composition that could reasonably support the notion that to the exclusion of many thousands of similar worlds it alone has the privilege of being inhabited.

2. More or less evolve in each planet:

Solar System_ Genesis (PDF from SSB Website), pages 61-79.

Vital Fluids_ Genesis (PDF from SSB Website), page 149-165.

3. Prayer I:

The Canticle

By St Francis of Assisi

Most High, all powerful, good Lord,
Yours are the praises, the glory, the honor,
and all blessing.

To You alone, Most High, do they belong,
and no man is worthy to mention Your name.

Be praised, my Lord, through all your creatures,
especially through my lord Brother Sun,
who brings the day; and you give light through him.
And he is beautiful and radiant in all his splendor!
Of you, Most High, he bears the likeness.

Praise be You, my Lord, through Sister Moon
and the stars, in heaven you formed them
clear and precious and beautiful.

Praise and bless my Lord,
and give Him thanks
and serve Him with great humility. AMEN

Prayer II: Children will work on their own prayer.

Session 4: My Guardian Angel takes care of me

1. My Guardian Angel: Excerpt from The Spirit's Book, chapter IX, Guardian Angels, Protector, Familiar and Sympathetic Spirits, Q&A 489-492.

489. *Are there spirits who link themselves to particular individuals in order to protect them?*

"Yes, spirit friends; what you call good spirits or guardian spirits."

490. *What is a guardian angel?*

"A protector spirit of a high order."

491. *What is the mission of protector spirits?*

"Their mission is that of parents towards their children: to guide their wards along the path of goodness, to help them with their counsels, to console them their afflictions and to sustain their courage in trials of earthly life."

492. *Are protector spirits connected to particular individuals from birth?*

"From birth to death, and they frequently accompany them after death in the spirit life, and even through numerous corporeal existences, because these existences are no more than very short phases in the life of a spirit."

2. Book: We can choose from one of the following suggestions.

- a. Angel in a Bubble by Melisa Eyuboglu. The author is a 9 year-old girl who shares her knowledge about angel thorough the characters of a girl and her pets. Amazon.com Download \$5.00

- b. My Guardian Angel Book by Sharon Sofia Fletter. In this book the author makes the children aware about the presence of special spiritual companion through verses in 5 different languages. See www.soulsong.org Book hardcover \$17.95.
- c. Talking to my Angel unknown author. The story is about a girl and her Guardian Angel. For more info see Kijiji Free Local Classified or email marthajette@gmail.com Phone 905-730-9206