



How Do I LOVE OTHERS?

Session Length	45 minutes
Introduction	This lesson explores how we can put love into action in the communities we live in. We look at how the Church has grown out of God's love for us and how it can be an example and a means of loving and caring for others.
Learning Objectives	Children will learn: <ul style="list-style-type: none">• That God wants His Church to love and care for others• To devise practical ways of loving and caring for others
Success Criteria	<ul style="list-style-type: none">• The pupils will be able to recognise loving actions.• They will create a personal list of ways in which they can put love into action.
Resource Materials	<ul style="list-style-type: none">• Online Presentation: 'How Do I Love Others?'• Appendix 1 – Small Group Activity Cards
Preparation	<ul style="list-style-type: none">• Create 5 copies of Appendix 1 and cut up into sets of cards.• Prepare 15 large (A3) sheets of paper and small slips of paper, one for each child

Introduction: How Do I Know That I Am Loved?

<p>Slide 1</p>	<p>Recap a little of the previous lessons on the Trinity and the Church. You might like to use this introduction:</p> <p>“Love comes from God. He loves us and He gave us the best example of love in His son Jesus. When Jesus went back to heaven, God gave the Holy Spirit to the disciples. The disciples, guided by the Holy Spirit, started God’s Church here on earth to continue His loving work in the world.</p> <p>In this lesson, we’re going to look at how we can continue that work of loving others.”</p>
<p>Slide 2</p>	<p>Small Group Activity</p> <ul style="list-style-type: none"> • Split the class into small groups (4-6 pupils). • Give out a 3 large sheets of paper and a set of cards from Appendix 1 to each group. • Ask them to put one of these three headings on each sheet of paper: Cared For / Not Very Cared For / Not Sure • Discuss in their groups where each card should go and place them there. <p>Whole Class Discussion</p> <ul style="list-style-type: none"> • Did the group disagree about where to place any cards? • Which ones made them feel the most/least cared for?
<p>Slide 3</p>	<p>Individual Exercise</p> <ul style="list-style-type: none"> • Ask each pupil to write the heading in their books: I feel loved when... • They should finish this sentence, including some things from the previous exercise as well as adding their own. • Feedback across the class.
<p>Slide 4</p>	<p>Then, invite the pupils to look at the words on Slide 4:</p> <p><i>Noticed, respected, included, recognised, appreciated, secure, not alone.</i></p> <p>Ask:</p> <ul style="list-style-type: none"> • Are these good descriptions of how you feel when someone does one of the actions on your list for you? • What other words would you use to describe how it feels to be loved or cared for?

<p>Slide 5</p>	<p>Say that since we know how it feels to be loved, we can make others feel loved and cared for too!</p> <p>Ask pupils to write down one or two things they can do that will make another person feel loved today.</p>
<p>Case Studies: Love in Action</p>	
<p>Slide 6</p>	<p>Ask children to recall what they learned previously about the early Church.</p> <p>Click to reveal the paraphrased text from Acts 2: 42-47. You might like to ask a child to read it aloud.</p> <p>Say that the members of the early Church didn't try to be loving by themselves, they worked together and multiplied their ability to care for and love others.</p>
<p>Slide 7</p>	<p>Explain that:</p> <ul style="list-style-type: none"> • The Church has set up many, many organisations to help love and care for others. These are often called 'charities'. • Click to reveal that the word 'charity' comes from the Latin word, 'caritas' meaning 'generous love.' • There are hundreds of Christian charities working around the world. • One of these is CAFOD. (Catholic Agency for Overseas Development)
<p>Slide 8</p>	<p>Click to play a film about the work of CAFOD in El Salvador as an example of love in action.</p> <p>After the film, ask a few comprehension questions, for example:</p> <p>Name three or more ways in which CAFOD helped people in the film.</p> <ul style="list-style-type: none"> • <i>Gave seeds to a man who could then plant his own crops</i> • <i>Gave livestock (chickens) to a woman who could then sell the eggs</i> • <i>Provided safe spaces for children to spend time in and avoid the gangs</i> • <i>Provided a UK market for handmade crafts</i> <p>How was the help that they gave different from just giving money to the people?</p> <ul style="list-style-type: none"> • <i>It allowed the people to help themselves</i> • <i>It didn't stop with one donation</i> • <i>It meant that families had a way of making a living</i> <p>Do you think it made the people feel respected, noticed, appreciated, safe, included?</p>

	<p>Allow for any further discussion that the film prompts before moving on.</p>
<p>Slide 9</p>	<p>Say that CAFOD works overseas. Now we're going to look at a charity that works in the UK.</p> <p>Ask: Has anyone heard of the name EMMAUS before?</p> <p>Explain that:</p> <ul style="list-style-type: none"> • Emmaus was the town that the disciples were walking towards when, after Jesus' death, He appeared to them as a fellow traveller. • There is also a charity called Emmaus, which was set up by a Catholic priest in France after WWII and its aim is to end homelessness. • The name, 'companion' is given to people who are in need of a home and come to stay at an Emmaus house for a while. <p style="text-align: center;">Click to play the film</p> <p>After the film, ask a few comprehension questions, for example:</p> <p>What did you see the companions doing in the film?</p> <ul style="list-style-type: none"> • <i>Preparing and eating meals together</i> • <i>Working and doing jobs with others</i> • <i>Playing football and pool, working out in the gym, reading, playing chess</i> <p>What did the companions say was valuable to them?</p> <ul style="list-style-type: none"> • <i>Being with others, feeling part of a family/community</i> • <i>A chance to work</i> • <i>Friendship, love</i> • <i>Learning how to share</i> • <i>Understanding how to fit in with/consider others</i> • <i>Security and safety</i> • <i>Not being on your own when you feel down</i> <p>Allow for any further discussion that the film prompts before moving on.</p>
<p>Activity: How Can I Show Love in Action?</p>	
<p>Slide 10</p>	<p>Paired Discussion</p> <p>Inspired by the work of CAFOD and Emmaus, ask pairs to discuss and note down some ideas about how they could use their skills and gifts to help others and show them love, for example:</p> <ul style="list-style-type: none"> • Be an IT guru for your gran/elderly neighbour and help them get online or use a smartphone

- Teach your little brother tie his shoelaces, get his breakfast, do his homework etc.
- Offer to help tidy the house, not just your own room
- Listen to your friends and family better/ask them how they are
- Make a handmade gift or something using recycled goods
- Take some old toys to a charity shop
- Talk to your family while having dinner/share with them about your day
- Talk to others in school, make sure no one is left out, ask them to join in your game

Comment that the work of CAFOD and Emmaus responded to a need or an injustice. Encourage children that they too can identify and speak out against injustice locally, nationally and globally as a way of showing love in action. Discuss how they can get involved with local charity events by researching online, asking family and school staff, reading newsletters and listening to announcements at Mass.

Plenary and Prayer

Slide 11

Explain that:

- Even with all these wonderful efforts, we won't solve every problem.
- **Prayer was right at the heart of the first disciples' lives.**
- Like them, **we need to work with the Holy Spirit and we need to listen to Jesus to guide us in the right direction.**

Slide 12

On small slips of paper, ask children to write down one loving action that they will try to do today. Children can keep these in their drawers by way of reminder, or you might like them to lay these down before a cross or other prayer stimulus.

Close the lesson with a final prayer:

Dear Holy Spirit,

**Thank you for the times when I feel loved and cared for.
 Thank you for the people who love and care for me.
 Help me to never take them for granted.
 Please show me ways to bring your love to others.**

Amen