

LESSON 3
Friendship and
Bullying

Growing with GOD™
Safe and Sacred
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**What the Church Says About***Love and Self-Giving*

In the plan of life which represents each person's vocation, love is also a precious source for the self-giving which all men and women are called to make for their own self-realization and happiness.

Pontifical Council on the Family (1996)

The Generosity of Children

As generous as children are with their love and friendship, they need guidance and modeling from the adults in their lives to learn how to cope with an array of emotions, manage conflict, and learn how to welcome and include others. When children see their parents following the example of Jesus in daily life, they develop a solid foundation for healthy relationships.

When children are small, they typically make friends quickly. As adults, we might marvel at the way children fall in so easily with one another. Some children have unique challenges that make this task very difficult. The beautiful thing is that children are malleable. When we model inclusivity, children learn that friendship and acceptance are important to every person.

**The Holy Spirit calls us to friendship with God
and one another.**

We can model for children that having good friends means being a good friend. We see friends through God's eyes, laugh with them, support them when they are hurting, and let them support us when we are hurt. We can also show children that being a friend who is guided by the Holy Spirit sometimes requires being brave and risking the judgment of others. Children need affirmation that standing up for themselves and their friends is the right thing to do, even if it means others may be rude or unkind as a result.





3 minute
RETREAT

Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

Matthew 5:16

Reflection

By leading a faith-centered and wholesome life, we can better sustain living in a world full of technological advancements, social media, chaotic schedules, and an abundance of distraction. Jesus calls us to be a light of love for others—one who offers respite in the midst of confusion and chaos. He calls us to help others experience the hope of God’s healing love and grace through our words and actions.

Questions

In what way can I be a light of hope for my child? What can I do today to be a flame of God’s love and grace for my child?



Prayer

Speak to Jesus, using this prayer or one of your own.

Jesus, help me live my life in a way that allows others to see your shining light in the world.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual Help your child develop a strong sense of the effects of the Holy Spirit. Talk about ways you see his effects on other people and in other circumstances—both challenging and joyful. Share with your child times you have witnessed the Holy Spirit’s work alive in your family’s life.



Social Teach your child to look for friends that shine the light of God’s love on others by doing things such as sharing, taking turns, and using kind words. Model for your child how to love others, how to build a circle of friends that keep life centered on Jesus, and how to disagree without judging others. For example, in an argument, speak your opinion calmly, and let your child hear the resolution. If you cannot reach one, let your child hear you agree to disagree.

Physical Talk about how God gave us hands and bodies to help others and how it is deeply satisfying to see God glorified through small, selfless actions, such as preparing a snack for someone or helping fold the laundry. Work with your child to make a list of random acts of kindness. Encourage him or her to carry them out with a joyful heart without looking for anything in return.

Safe and Sacred at Home



Raising Faith-Filled Kids (Loyola Press)
by Tom McGrath

Like many parents before you, you may wonder whether you have the wherewithal to handle the job of parent. Rest assured that you most certainly do. . . . On our spiritual path we have the presence of God, the example of Jesus, and the guidance of the Holy Spirit. We have the community of believers to support us and the spiritual practices and disciplines of the ages to show the way. And most of all, we have our children, who are our most important, and possibly most effective, teachers and spiritual guides.

Big Ideas

In Lesson 3, your child will:

- express how to reflect God's light and love by being kind to friends.
- identify behaviors and qualities of a good friend.
- write a prayer for a friend.
- define *reflection* and *disciple*.

Words to Know

reflection · An image that is seen in a mirror or on a shiny surface

disciple · Someone who knows, loves, and follows Jesus Christ, lives according to his teaching, and shares his mission, his suffering, and his joys

Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.

Name _____

LESSON 3 Friendship and Bullying

Being a Good Friend

Think about how you can be a good friend. Finish the sentence. Write two ways.

I can be a good friend by _____ and by _____

Look at each picture.

Draw a 😊 if it shows what good friends do.

Draw a 😞 if it shows what good friends do not do.

say mean things about you play listen

laugh leave out fight

GRADE 1 / LESSON 3 Friendship and Bullying · Worksheet 3 - Side A

STEP 1 ENGAGE & EXPLORE

SAY: Friendship is so important in our lives. Friends have fun together and help and encourage one another. **ASK:** What are your favorite things to do with your friends? Allow time for your child to answer.

ASK: What do you do that makes you a good friend? Listen for your child's response. **ASK:** What can you do if ever you feel like you have not been a good friend? Allow time for children to answer. Discuss how to sincerely apologize to a friend and how to graciously accept someone else's apology.

SAY: Sometimes we might get our feelings hurt, and sometimes we might hurt the feelings of others. When that happens, friends work to make things right. This is when we see the Holy Spirit at work in our friendships.



Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

Take a moment to think of specific ways your child shines the light of God's love in your life and the lives of others. Tell your child about a time when you saw him or her reflect the light of God's love on others. Read or complete Side B of the worksheet with your child.

ASK: What are some ways that people share God's love with you? Allow time for your child to answer. Talk about how

everyone needs kindness and how we are following the example of Jesus when we open our hearts to people.

SAY: Jesus is your friend, and he brings God's love into your life. When you keep him in your heart, it shows in all that you do.

Pray the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.



Pray Together

Heavenly Father, thank you for the friends in our lives who keep Jesus in their hearts. Please help us do our best to carry him with us and shine your love into the lives of others as he did.

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Scan this code and guide your child through a simple review of the lesson.

