



Pre-school Lesson Plan

Theme: Come, Follow Me!

Purpose:

1. The students will be able to understand that God wants us all to make good choices.
2. The students will be able to identify a good choice vs. a bad choice.

Supplies:

1. Examples of foods that are good for you and foods that are bad for you (i.e. cereal, yogurt, fruit, milk, orange juice, vegetables, chicken vs. candy, chips, pop, and ice cream). These can be pictures, plastic models or real samples.
2. Examples of healthy and unhealthy actions (i.e. brushing your teeth, taking a bath or shower, combing your hair vs. not doing these things). Pictures or good descriptions will be sufficient.
3. Scripts for short skits to perform with children or staff (on page 3).
4. Props for the skits are optional (candy bar and kid-sized shopping cart for skit 1; stuffed kitten for skit 2; perhaps dress-up clothes to distinguish mother from daughter/son).
5. Puppets for the puppet show (optional)
6. Paper and crayons.

Activity:

1. Discuss the purposes with the children: Say, "Today we are going to learn about how God helps us to make good choices every day."
2. Invite them to think about choices they have to make every day:
 - a. Use food and hygiene examples here.
 - b. Invite them to think about when they have to make good choices about food and hygiene.
3. Perform the skits: you'll need 1-2 volunteers with each one.

Discuss:

1. What happens when we don't eat the right foods? What happens when we do eat the right foods?
 - a. Possible answers: we get sick, our teeth rot, we get too hyper, we get in trouble; we don't grow bigger.
 - b. Possible answers: we grow strong; we get bigger; Mom and Dad are happy.
2. What happens when we forget to brush our teeth or take a bath? What happens when we do take a bath and comb our hair and brush our teeth?
 - a. Our breath stinks, our teeth rot, we stay dirty, and we get in trouble with Mom and Dad.
 - b. Mom and Dad are happy, they give us a snack, our teeth get stronger, and we don't get stinky.



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3. What choices did the child make in the skit? Were they good choices or bad choices? What happened because of the choices? (Was Mom happy? Did the child get what he/she wanted?)
4. Why did the parent in the skit get mad at her son/ decide to get the kitten for her daughter?

Assessment:

1. Have each child draw a picture of a good choice (a good snack, good hygiene, good listening, taking care of a kitten, etc.) and a picture of a bad choice (an unhealthy snack, bad hygiene, bad listening, stealing, etc.). With each picture ask the child to include a picture of God either happy or sad, according to the type of choice.
2. Have all of the children come to you and tell you what kind of choice they drew and whether God was happy or sad.

Conclusion:

1. Ask some of the children to share with the group what they drew and whether or not God would be happy with the choice they made.
2. Tell them that in life, not only do we have parents who take care of us day after day, but we also have a Heavenly Father who is watching over us every minute of every day. He wants us to make good choices and when we make good choices, good things happen. When we do what God wants, we get to be happy and have a good life. It is up to us to listen to God's helpers on Earth (our parents, grandparents, teachers, godparents, priests, and religious sisters) so that we know what He wants us to do. Always remember that when we make good choices good things happen and we get to be happy.



Skit #1:

A mother and her son are walking through the grocery store and the son is begging his mom to get some candy.

BOY: Mom, can I please get some candy?! Please, please, please, please. Mom, I promise I'll be good if I get this candy bar! Moooooooooom!

MOM: No, we still have lots of candy at home from Christmas.

The boy gets upset and instead of asking again, he picks up his favorite candy bar and puts it in the cart. The mother finally sees it when she is checking out and takes it out of the cart as she gives her son a disappointed look.

(On the drive home) **MOM:** I am very upset with you. You didn't listen to what I said and you tried to sneak and make me buy the candy bar anyway.

BOY: but, Mom...

MOM: No, buts. I think that since you didn't listen to me and you tried to get an extra snack, you will be going to bed tonight without ANY snack.

Skit #2:

A mother and her daughter are at the store and the mother takes her daughter past the pet section. The girl begs her mom for a kitten:

GIRL: Aww, a kitten!! It's so cute! Mom, can I get one! I've always wanted a kitten! I promise I'll take care of it! I love kittens! Please, Mom, Pleeeeeeeeeease!

MOM: No, you are not ready for a kitten just yet. Kittens take a lot of care.

GIRL: But Mom, I promise I can do it.

MOM: No, not right now, but maybe someday.

GIRL: Oh, okay, maybe someday.

(in the car on the way home) **MOM:** Do you know what it takes to keep a kitten healthy?

GIRL: No, what does it take?

MOM: Well, you have to feed it and give it something to drink. You have to give it a place to use the potty, and you have to clean up after it. You have to play with it so it can grow big and strong and sometimes, when it gets sick, you have to take it to the doctor. It will keep you very busy.

GIRL: Okay, Mom, I guess I should wait.

(The next year, for her birthday, the daughter is surprised to see her mom come home with a kitten.

MOM: Happy Birthday!! *(The mother shows her how to do everything and the little girl takes good care of it.)*

Skit #3:

Vocations Puppet Show (http://www.catholicmom.com/puppet/Vocations_Show.pdf)