



## **Pre-school Lesson Plan**

*"I live, now not I; but Christ lives in me." Gal. 2:20*

### **Purpose:**

1. The students will demonstrate understanding of characteristics of heroes.
2. The students will be introduced to some of God's "superheroes."

### **Supplies:**

1. Play clothes for creating hero costumes.
2. Pictures of heroes and Catholic saints
  - a. Comic Book heroes
  - b. Everyday heroes (parents, teachers, firefighters, police officers, etc.)
  - c. Sports heroes

### **Activity:**

1. Discuss briefly the purpose with the children: "Today we are going to learn about heroes and how they help us live good lives."
2. Invite the children to think about some of their favorite heroes
  - a. Use pictures of heroes here
3. Have the children use the play clothes to dress as their favorite hero or a hero that they invent. (You may want to think of a costume that the children can make during class and still allow the children to use their own imaginations. For example, use trash bags cut in half as capes they can decorate with Christian symbols and create a template for a crown that the children can cut out and wear.)

### **Discuss:**

1. Ask each child, while they are still dressed up, what does this person do that makes him/her a hero? Or, how did this person become a hero?
2. What do you like about this person?
3. How can this hero help you?
4. How can you be like this person?

### **Conclude:**

1. Heroes are people who help teach us how to be better people. In our lives today we have several people who are our heroes. Our parents, grandparents, teachers, older brothers and sisters and our priests show us how to live good lives.
2. We also have great examples of heroic living in our Catholic Saints. These are people who may have lived a long time ago, but the stories of their lives have been passed down to us because they are great examples of people who lived good lives.
3. Many of these saints have been able to do the same things as the heroes you described today: St. Joseph of Cupertino and several others could fly, St. Anthony of Padua and several others could be in two places at once, several saints could heal people with a touch or with just their words (some even healed people by coming to them in their dreams), St. Padre Pio could read people's thoughts and help them during confession, St. Joan of Arc led an army at the age of 15, St. George was said to have killed a dragon to save an entire town, St. Peter and St. Maurus could walk on



water, St. Patrick could control the weather, St. Gregory Thaumaturgas could move huge rocks with just his words, St. Erasmus could shoot lightning from his body.

4. All of these saints were able to do these things not because they wanted to, but because God gave them the gifts to do it. God saw how good these people were and how much they loved Him, so he wanted to make sure these people were noticed. God wanted to show his extraordinary powers to all of us. He knew that humans did not ordinarily have the ability to do these things on their own and so by giving these super powers to some people, others would see and believe in God.

### **Further Suggestions:**

1. Give special attention to the patron saint of each child in your class (use their first or middle name as their patron saint).
  - a. Tell the life story of each patron saint giving special attention to the miracles attributed to the saint (use puppets and think of crafts that add to the comprehension of each saint's story).
  - b. Celebrate the saint's feast day and give special privileges to the child.
  - c. Focus on a different saint each week and make that child the special child of the week (e.g. line leader or special helper).
  - d. If the child is not named after a saint, choose a few saints whose names are close to that of your student and let the student choose which one he or she wants as his patron.
2. On All Saints Day, celebrate by having the students dress up as their patron saint.
3. Pray special prayers to the saints each day (perhaps choose the patron saints of the academic topic you are studying).
4. Refer to good behavior as "Saintly Behavior" and reward it with "Praise Points" because you praise God when you are on your best behavior.