

Date:	Grade/Area: Grade 6
Topic/Theme: True Happiness	
Text/Handout Pages: Presentation guide 6-10	
Aim/Objective: I can describe the difference between level 2 and level 3	
New Terms/Concepts: Ego, Contributive, Depression, Inferiority. (5 minutes)	
Opening Prayer/Prayer Experience: Prayer to the Holy Spirit (5 minutes)	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: To introduce and get them thinking; Poster paper gets hung up around the room with scenarios representing level 2 and level 3. Students travel to each poster with partners (groups of 3) and comment thoughts, feelings, reactions to the scenarios. We have a discussion on which scenarios they relate to most and why. (15-20 minutes)	

Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals:
Teach: Define level 2 and level 3 with results of both (15 minutes)
Activity: Students choose an example from their life, showing level 2 or 3 (or a parable) and create a skit to act out what it looks like in the world. (20 minutes)
Faith Response – How you will encourage a response: Questions after the poster activity and students ask questions after skit
Materials Needed Include audio-visuals, supplies,environment: - Poster paper -post-its -markers -vocabulary slides -scenarios typed out -note paper for students
Assignment: skit

Date:	Grade/Area: 6 th Grade
Topic/Theme: True Happiness Part 1 – 1 st 2 Levels of Happiness (Lesson 60 minutes)	
Text/Handout Pages: True Happiness handout (p.20) {Activity one} Activity two #1-5 1 st (5 minutes)	
Aim/Objective: Make students aware of the 4 levels of happiness; bring to realization of the need of the highest level of happiness.	
New Terms/Concepts: 1. Pleasure 2. Eco-Comparative {3. Contributive}	
Opening Prayer/Prayer Experience: Our Father +Spontaneous Prayer (5 minutes) Closing Prayer: Hail Mary	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: 1. What makes you happy? Write on board brainstorming (5 minutes) 2. Is your answer the same as it was last year?	

Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: CC Power Point slides 1-46 (40 minutes)
Faith Response – How you will encourage a response: Encourage responses during slide show. (discussion)
Materials Needed Include audio-visuals, supplies,environment: laptop, projector, copies of activity two, questions 1-5 typed on a half sheet
Assignment: Dinner table discussion: What is one thing I admire about _____ (Family member). (Can also take place in the car)

Date:	Grade/Area: 6 th Grade
1. Topic/Theme: True Happiness Part 2 2 nd levels 3-4 of Happiness – Lesson 60 minutes	
Text/Handout Pages: True Happiness activities sheet, full sheet	
Aim/Objective: Bring to the realization the need for highest level of happiness.	
New Terms/Concepts: 5. Contributive 6. Transcendence	
Opening Prayer/Prayer Experience: Our Father and Spontaneous Prayer Closing Prayer: Hail Mary + Slide 85 prayer	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: 1. What makes you happy? Cont.	

Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: CC Power Point slides 47-85 (40 minutes)
Faith Response – How you will encourage a response: Encourage responses during slide show. (discussion)
Materials Needed Include audio-visuals, supplies,environment:
Assignment: Pray slide 85 prayer at home

Date:	Grade/Area: 7 th Grade
Topic/Theme: Happiness	
Text/Handout Pages:	
Aim/Objective: To bring Youth to see how they can impact others happiness.	
New Terms/Concepts: More from level 1-2 to 3-4	
Opening Prayer/Prayer Experience: Song – Thank you	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: Ice Breaker –what is something you can do or a talent you have? Such as whistling a song. Touching your tongue to your nose. Picking up quarters with your toes. -Encourage each youth to share.	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: PPT-on Random acts of kindness. <u>Witness talks</u> on when someone did a random act of kindness for them and how they did it for others. Here are some <u>suggestions</u>: Give out 3 compliments to classmates, post a positive message on social media. Teach on thing to someone. Ask someone for a prayer intention & pray for them. <u>Small group</u>: listen to the Prodigal Son story. Discussion: 1.) During your school day you see or feel that something happened that you felt was unfair. 2.) Share a time when you have been unfair to someone. 3.) What could you have done in either of these situations to better understand what happened? 4.) The parable we read – inspires us to know the generosity of the Father. How can you doing random acts of kindness help you grow in your own happiness.</p>
<p>Faith Response – How you will encourage a response: How can you bring happiness to a family or friend this week? Materials: Projector - Bible</p>
<p>Materials Needed Include audio-visuals, supplies,environment:</p>
<p>Assignment: Do 5 random acts of kindness this week – Come back & share next week</p>

Date:	Grade/Area: 7 th Grade
Topic/Theme: Jr. High/True Happiness	
Text/Handout Pages: Page 4-6 Module #6	
Aim/Objective: Overview of 4 Levels	
New Terms/Concepts: Pleasure, Competition	
Opening Prayer/Prayer Experience: Prepare Prayer Center - Catechist's Toolbox page 58	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: Ask if they are happy, define happiness explain it is OK to be a different level (at their level)	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: PPT-on Poster Board Examples of happiness, room for movement, non-tradition class, discussion. How do you move to another level?</p> <p>Poster “Happiness”</p> <p>Dr. Jim Taylor.com Happiness Graphic</p>
<p>Faith Response – How you will encourage a response: With the take home word search + summary of 4 levels to do with Parents.</p>
<p>Materials Needed Include audio-visuals, supplies,environment: Poster Board, Snacks, Handout with summary of 4 levels</p>
<p>Assignment: Send home a Word Search</p>

Date:	Grade/Area: High School Grade
Topic/Theme: True Happiness	
Text/Handout Pages: Credible Catholic Presentation 6	
Aim/Objective: Student will be able to identify and explain the four levels of happiness.	
New Terms/Concepts: Identify the concepts of desires and happiness.	
Opening Prayer/Prayer Experience: (1 minute) Go to page 7, slide (opening prayer) Teacher says prayers and asks for students' petitions.	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: (20 minutes) Catechist will give life (real-relatable) examples: 20 illustrate desires vs. happiness (use slide #4 pg. 7). See slide 5, pg. 7 and ask the 2 questions to the students. Go over slide 6, pg. 7 and introduce the four kinds of happiness.	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: (50 minutes) Catechists will assign a desire to the four groups (pre-assigned) to answer the questions on their assigned desire. (Catechist will provide students copies of the assigned desire. Next: Provide a copy of slides 13 & 14; pg. 9 and each group will have access to catechism of the Catholic Church book.</p>
<p>Faith Response – How you will encourage a response: (10 minutes) Catechist will present slide 16; pg. 9</p>
<p>Materials Needed Include audio-visuals, supplies,environment: True Happiness Module handouts/slides. Students will have CCC. Notebooks, pens, pencils, highlighters.</p>
<p>Assignment: (5 minutes) How can we apply the learned skills to levels 3 & 4</p>

Date:	Grade/Area: High School Grade
Topic/Theme: True Happiness - Overview	
Text/Handout Pages: 7 Essential Presentation 6 - True Happiness slides 1 - 24	
Aim/Objective: They will be able to identify the 4 areas of happiness and relate to them.	
New Terms/Concepts: Pleasure, Ego –comparative, Contributive, Transcendent.	
Opening Prayer/Prayer Experience: Play Song “Only in God is my soul at Rest” spontaneous prayer.	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: Start by presenting Tik-Toks, YouTube, etc., that presents examples of pleasure; ego-comparative, contributive and transcendental and then have a discussion.	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals:</p> <p>-Use power point to present information -Use Tik-Tok, YouTube, etc. for examples –Time to share with partner and then share as a class. (We will lead class discussion and serve as moderators) – Provide questions and give examples for discussion.</p>
<p>Faith Response – How you will encourage a response: After relating to the 4 areas, have them create prayers asking God for guidance to achieve transcendent happiness.</p>
<p>Materials Needed Include audio-visuals, supplies,environment: Projector, computer and speakers</p>
<p>Assignment: Have them read Matthew 6:19-33 and hear psalm 18:6</p>

Date:	Grade/Area: High School
Topic/Theme: True Happiness	
Text/Handout Pages: Presentation 6 – Tab 2, page 21	
Aim/Objective: Introduce the students to levels of happiness and define levels of happiness.	
New Terms/Concepts: Pleasure, Ego –comparative, Contributive, Transcendent.	
Opening Prayer/Prayer Experience: Lord You know that everything we do is done in order to be happy. Help us to realize that true happiness can be found only in you and in doing Your will. Amen	
Life Experience –How you will introduce the topic and tap into the life experience of the learners:	
<ol style="list-style-type: none"> * 8-17 years: Trained in Judo for 9 years (Lost in Regional Competition – my world fell apart) <ul style="list-style-type: none"> • Hit Rock Bottom – lost my faith; put my attention on school and college • Exposure to Theology books brought me back Money and Success cannot buy happiness: Example- Michael Vic and dogfighting. Kurt Warner’s professional life without faith 	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals:</p> <p>-Visuals - Power Point -Handouts Questions (Group) for Group Discussion and White Board presentation</p>
<p>Faith Response – How you will encourage a response: Group Discussion questions</p>
<p>Materials Needed Include audio-visuals, supplies,environment: Level Handout, Assessment #6, Power Point of Credible Catholic Lesson #6</p>
<p>Assignment: Talk to parents and siblings about the lesson. Think about this lesson tonight, come prepared to share your assessment of yourself next class.</p>

Date:	Grade/Area: High School
Topic/Theme: For this I Came	
Text/Handout Pages: All of these have been outlines in presentation of the faith section->	
Aim/Objective: What is true happiness? What are the stages of happiness?	
New Terms/Concepts: Transcendent (Do they know what this means?)	
Opening Prayer/Prayer Experience: St. Augustine prayer (2 nd tab, page 16) “You have made us for yourself o Lord and our hearts are restless until the rest in Thee.”	
<p>Life Experience –How you will introduce the topic and tap into the life experience of the learners: (Student’s experience as an example).</p> <ul style="list-style-type: none"> . Questioning the students and seeing what their experiences have been. Allowing them that platform to speak and relate to each other. . Have them share how happiness is portrayed on social media, TV, by influencers and celebrities. . Ask them if this makes them happy see their lives. 	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: -Present the material about the four kinds of happiness by.... (Definitions of Desire Tab 3 page 7) -Making posters of every type of happiness and have them write examples for each. -Definition of Silver Rule (tab 3, page 9) -Chat about the comparison game (Tab 3, Page10) -Go over slide 28 on page 11 Activity: (Make two teams and give them two objects and have them debate on which is better (Like apple v))</p>
<p>Faith Response – How you will encourage a response: Encourage them to practice stage 3 & 4 happiness Have them challenge themselves</p>
<p>Materials Needed Include audio-visuals, supplies,environment: Credible Catholic videos from workbook and resources</p>
<p>Assignment: To challenge themselves to practice #3 & 4</p>

Date:	Grade/Area: 8 th Grade
Topic/Theme: Four Levels of Happiness – True Happiness	
Text/Handout Pages: Credible Catholic 12+ for module #6: presentation guide + videos	
Aim/Objective: To understand the 4 levels of happiness. True Happiness comes from God.	
New Terms/Concepts: Levels of Happiness – God is the solution	
Opening Prayer/Prayer Experience: (5 minutes) Ask Holy Spirit to find true happiness in Jesus and Hail Mary	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: (5 minutes) Potential opener: “Is There Really a Human Race?” by Jamie Lee Curtis + Laura Cornell. Credible Catholic – 7 Essential presentations – Activity #2 (tab 2, pg. 20)	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals:</p> <p>Ground Rules: - Kindness – Respect – Confidentiality Presentation: -Videos from Module #6 (20 minutes) –Poster-collages-1. Level of happiness per group (30 minutes) -snack (10 minutes) -Groups present their posters to class (15 minutes) -Related scripture quotes (10 minutes): Luke 12:13; Matthew 6:19-33; Matthew 7:12; Luke 6:31; Matthew 22: 36-40 (Which levels apply to which scriptures) -Closing Prayer (5 minutes)</p>
<p>Faith Response – How you will encourage a response: How can I make a positive difference to my family and to my friends? Share what you learned with friends.</p>
<p>Materials Needed Include audio-visuals, supplies,environment: Computer, projector/screen or TV, posterboard, magazines, markers.</p>
<p>Assignment: Find a scripture passage that relates to Level 4. Or teach your family about the 4 levels of Happiness. (Surprise *****: Next class kids will share who they taught about happiness. Reward for those who share.)</p>

Date:	Grade/Area: Parents
Topic/Theme: True Happiness – A New View	
Text/Handout Pages: High School Curriculum Teacher Guide P7 F6 Scripture Reading	
Aim/Objective: Present the 4 types of Happiness and the importance to work towards Level 4	
New Terms/Concepts: Names of 4 Happiness Levels – Depth of Happiness	
Opening Prayer/Prayer Experience: Song – Prayer of St. Francis	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: The Good Samaritan Luke 10:37-66 Personal witness in reference to reading	

Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: - Present scripture with images. (Image of Scripture/Image our Current Time - Reference to CCC 1823, 2526
Faith Response – How you will encourage a response: Work in small groups – assign a question What is your purpose of life?
Materials Needed Include audio-visuals, supplies,environment: Video #1. Slide Presentation/Handout CC M#6 p 7-8
Assignment: Go and share the class and write in the coming week happiness levels personal experience

Date:	Grade/Area: Parents
Topic/Theme: True Happiness – Middle School	
Text/Handout Pages: Module 6: Middle School Teacher’s Guide	
Aim/Objective: Dispel the myths about Faith & Science and teach the 4 levels of Happiness	
New Terms/Concepts: 4 Happiness Levels: 1. Pleasure 2. Ego-Comparative 3. Contributive 4. Transcendent	
Opening Prayer/Prayer Experience: Each Parent writes a prayer intention for their child; collect them and conclude with prayer of St. Ignatius of Loyola.	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: Stand up If: Activity *Stand up if you want yourself and the people around you to be happy *Stand up if you have ever compared yourself or your children to others. *Stand up if you have ever experienced failure or fear of failure.	

Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: - Power Point talk using slides 5&6 and 25-30 of Module 6 of the Middle School Curriculum. -Large Poster ask for examples from the group of level 1-4 happiness examples; leader writes it down. -Play the “comparison game” video -Slides 48-50
Faith Response – How you will encourage a response: Slides 50, 53, 54, 56 and 57 - Answer in small groups
Materials Needed Include audio-visuals, supplies, environment: Power Point; Sticky notes; Large Poster; video; pens; resources for parents
Assignment: Go home and discuss with your kids about the 4 levels of happiness

Date:	Grade/Area: Adults/Parents
Topic/Theme: The Four Levels of Happiness	
Text/Handout Pages: Student HS Workbook, page 21 – 10 minutes	
Aim/Objective: To know the four levels of happiness	
New Terms/Concepts: Transcendence – 30 minutes	
Opening Prayer/Prayer Experience: Page 7, Slide #3	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: Skit – 7 minutes On the four levels of happiness	

Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: -Power Point Presentation – 40 minutes Desire#5 Silver Role #14 True Happiness #25 -Ask for volunteers to share their story -Prayer pg. 9
Faith Response – How you will encourage a response:
Materials Needed Include audio-visuals, supplies,environment: Projector/Laptop
Assignment: Pg. 22 – Step 2 Ask parents to choose a category and implement it with the whole family.

Date:	Grade/Area: Parents
Topic/Theme: True Happiness	
Text/Handout Pages: Power Point Selected slides	
Aim/Objective: Help parents understand 4 levels of Happiness, how to move self and children to higher levels to connect with God	
New Terms/Concepts: Happiness- 4 Levels	
Opening Prayer/Prayer Experience: Slide 3 & 83	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: Witness at every level of happiness	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals:</p> <ul style="list-style-type: none"> -Welcome (5 minutes) -Opening Prayer/Icebreakers (15 minutes) -Presentation (Slides) – (20 minutes) -Personal Reflection/Group Work – (20 minutes) -Open/Large Group discussion – (15 minutes) -Closing Prayer etc. – (15 minutes)
<p>Faith Response – How you will encourage a response: Personal Stories/Witness Open sharing</p>
<p>Materials Needed Include audio-visuals, supplies,environment: Slides/materials for writing/handouts-</p>
<p>Assignment: Write one way to move up a level in your family</p>

Date:	Grade/Area: High School
Topic/Theme: True Happiness	
Text/Handout Pages: Happiness Charades *Sticky Notes: What makes you Happy?	
Aim/Objective: To allow teens to discover that the human desire for happiness points to God.	
New Terms/Concepts: What does happiness look like to you?	
Opening Prayer/Prayer Experience: Page 7, Slide 3	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: When I was in high school, I was looking for happiness through earthy things and not focused on God. I was focused on what my friends thought about me. When my brother and sister-in-law encouraged me to go to a retreat, that is when I truly found happiness. Through that encounter I realized happiness wasn't all about the next fashion trend or what my friends thought of me, but what God thought of me.	

<p>Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals:</p> <p>-Page 8, slides: 8, 10 & 12 -Page 9, slides: 14 & 18 -Page 10, slide 21</p>
<p>Faith Response – How you will encourage a response: People are made for happiness. Rightly, then, you thirst for happiness – “Christ has the answer to this desire of yours. But He asks you to trust Him.” – John Paul II</p>
<p>Materials Needed Include audio-visuals, supplies,environment: Happiness Charades</p>
<p>Assignment: Watch Night Bird (AGT)</p>

Date:	Grade/Area: High School
Topic/Theme: True Happiness	
Text/Handout Pages: Page 7 – Page 17 from the High School Curriculum	
Aim/Objective: God wants us to be happy.	
New Terms/Concepts:	
Opening Prayer/Prayer Experience: Slide #3 High School 15+	
Life Experience –How you will introduce the topic and tap into the life experience of the learners: (Slide #5) Questions: Why do you study so much, stress out with AP exams? Why do you spend so much time to practice a sport? Why do you compare yourself to others?	

Presentation of the Faith – How you will teach the lesson – Include methods, Activities, questions, visuals: -Do activities #2 Slide #7: Play the video Slide #6: Definitions of 4 levels of happiness Go to each level of happiness: Slides 18, 19 & 20 After the 2 questions in the Faith Response go to Slide #35 Slides #57, 58, 62 & 67
Faith Response – How you will encourage a response: Questions: 1. What level of happiness are you in right now? Are you really happy? 2. What do you need to do to change from level 1 or 2 to 3 or 4?
Materials Needed Include audio-visuals, supplies,environment: Video, Handout
Assignment: Take assignment: Journal- What makes you happy?