

Diocese of Scranton
VOCATIONS



2nd Grade Lesson Plan

Begin reading *Listening for God: Silence Practice for Little Ones*.

When reading about Elijah under the broom tree, ask them what they think “weary and despairing” means. Explain that Elijah feels this way because he knows what’s right, and no one will listen to him. Ask them if they’ve ever felt that way.

When reading about Elijah climbing Mount Horeb, ask the students if they know what God gave Moses on Mount Sinai (10 Commandments).

After the page explaining that God wants to give you faith, hope, love, etc., invite the students to stand up and spread out – arm’s length apart. You’ll walk them through pretending they are the wind, earthquake, and fire on the mountain. There’s a page in the book explaining what to do for each motion.

When they sit down after pretending to be fire, let them know that sometimes in life there can be lots of noise and distractions. Ask them, “What do we do when we have to listen to our teacher or a classmate in school?” We have to be quiet! It’s the same when we’re listening for God.

Tell them that sometimes you get nervous or scared about things. Ask them what makes them nervous or scared.

Then ask them, “What do we have to do every second of every day to stay alive?”
Breathe!

If you want to try something different than what the book calls “Sacred Silent Time” to make the exercise a little more interactive, invite them to close their eyes and get comfortable. Begin a breathing exercise. Tell them that when they breathe in, you want them to imagine it’s the Holy Spirit’s love filling you up, and when you breathe out, you’re breathing out all the things you’re nervous and scared about.

When you finish reading the book, ask them if they have any questions about God, prayer, receiving First Holy Communion or First Penance, what it’s like to be a priest or sister, etc.