

Grade 3 – Circle of Grace Home Activity: Lesson 1



Dear Parent,

Thank you for using these activities to help teach your child about their *Circle of Grace* and how it can help us protect them. *Circle of Grace* teaches that God does not want or cause bad things to happen to them and to understand that God is with them always, even when they are hurting or sad. We want them to be able to identify when someone comes into their *Circle of Grace*, and to recognize safe and unsafe touch/situations and how to talk to a trusted adult if they feel unsafe or are confused.

Please discuss with your child these key concepts of our 3rd grade *Circle of Grace* lesson:

1. **Grace:** The gift of God's goodness and love to help me live as his child.
2. **Children of God:** All people are made by and loved by God.
3. **Holy:** Special because of a connection with God.
4. **Holy Spirit:** God is present with and within me in a special way. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God's love.
5. **Respect:** Being kind to others and doing what's best for myself and others because I honor all people as Children of God.
6. **Circle of Grace:** The love and goodness of God which always surrounds us.
7. **Symbol:** A picture or object that stands for something else.
8. **Treasured:** We are so unique and precious that we could not be replaced in God's eyes.

It is important for you as parents and guardians to reinforce these concepts at your home with your child. A good time for these conversations might be:

- In the car
- Dinner time
- Bed time
- Homework time

The first lesson discusses the precious things and people we encounter in our daily lives. Below are several questions to help with the discussion.

- Ask your child to name five of his/her most precious items.
- Discuss with your child how precious he/she is to the family and the special role he plays in your family life.
- Discuss that he/she is even more precious to God. We are so precious in God's eyes that HE encircles us in HIS *Circle of Grace*. It is a holy place!
- Ask your child what would **not** belong in their *Circle of Grace* (such as behaviors, words, ideas, objects, etc.).

Thank you for your support of the *Circle of Grace* program. It is essential and very much appreciated as we strive to provide the safest possible environment for our children. If you have questions, please call the school or religious education office.

WORKSHEET 1: WORD/PHRASE LIST

Which of the following things or behaviors belong inside my *Circle of Grace*?

Which things or behaviors should I work to keep out of my or another's *Circle of Grace*?

On a piece of paper, draw a large circle and write 'Circle of Grace' in it.

Put each of the words/phrases above where you think they belong: either inside of our outside your Circle of Grace. Write other examples that you think of on your paper.

- **Harmful touch** (*hitting, kicking, pushing, touch that intrudes on your privacy, etc.*)
- **Taking good care of yourself** (*healthy foods, getting enough sleep, medication, getting help when needed*)
- **Drugs**
- **Caring touch** (*comfort from a parent, a kiss on the cheek from your grandparent, encouraging pat on the back, high-fives, etc.*)
- **Violence**
- **Kind words**
- **Bad or hurtful words said to someone at school**
- **Bad or hurtful words sent to someone from the computer or phone**
- **Compliments**
- **Putdowns said to someone in person or sent from the computer/phone**
- **Name calling in person or sent from the computer/phone**
- **Words of encouragement**
- **Love**
- **Hate**
- **Gossip**
- **Praise**
- **Prayer**
- **Forgiveness**
- **Excluding someone**
- **Sharing a secret**



Grade 3- Circle of Grace Home Activity: Lesson 2

Boundaries, Limits and a Safety Plan

Dear Parent,

The goal of this lesson is that children will be better able to identify safe and unsafe situations and know what action to take. We talked about borders or limits needed to protect them within their *Circle of Grace*. Below are the vocabulary words that are used in this lesson.

1. **Feelings**: Something I sense inside myself (e.g. angry, sad, happy, afraid, embarrassed, confused, excited, peaceful, etc.) which gives me information about others or myself.
2. **Holy Spirit**: God present with and within me. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God's love.
3. **Signal**: A sign that tells me something may be safe or unsafe. This may be internal or external.
4. **Safe**: I am safe when my body and my feelings are respected by me and by others.
5. **Unsafe**: Anything that causes harm to me or others.
6. **Safe Touch**: Touch that respects me and others.
7. **Unsafe Touch**: Touch that is disrespectful and hurts, scares, or makes me feel uncomfortable or confused.
8. **Trust**: Being able to count on someone to help me to stay safe within my *Circle of Grace*.
9. **Trusted Adult**: A grown-up who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*.
10. **Boundary**: A border or limit to keep ourselves safe within our *Circle of Grace*.
11. **Violate**: To break a law, promise, or boundary
12. **Secret**: A secret is something I know but do not tell.
 - Safe secret**: A secret is safe when it does not hurt others or me.
 - Unsafe secret**: A secret is unsafe when I think that someone, including me, might be hurt or get in trouble if I do not tell.

It is important as parents and guardians to dialogue with your child about how he or she understands these concepts. This lesson will help them begin to understand to seek help in situations that may make them uncomfortable or unsure. It may be helpful to come up with additional situations that you and your child can discuss.

Help your child to come up with at least three adults in addition to you they could turn to for help. We call each of these people a "trusted adult".

Please discuss with your child the people on his/her list. If your child names someone you find inappropriate, please help him/her to identify someone else. Provide phone numbers of these people so that your child may write them down on their **Personal Action Plan Card. (at the end of this parent letter)**

It is a good idea to contact these individuals to let them know you and your child have identified them as trusted adults. Being identified as a “trusted adult” will most likely make them feel honored as well as alert them to your safety plan for your child.

Your child should put this list in a safe place where they can have easy access to it if they would need it.

To help your child be well prepared to use the Action Plan in a range of possible situations, we offer you a few other scenarios that would be good to discuss with your child.

1. You are at a friend’s house, and they start to watch an R-rated movie. What do you do?
2. You are walking home and notice that a car is slowly following you. What do you do?
3. Someone you don’t know well is offering to take you home from practice and says you can get an ice cream on the way home. What do you do?
4. You are on the internet and pictures or words come up on the screen that make you uncomfortable. What do you do?
5. You’re riding your bike around the neighborhood on a really hot day and a neighbor you don’t really know invites you to come inside their air-conditioned house to get a cold pop. What do you do?
6. You’re invited to a friend’s house but know his or her parents won’t be home. What do you do?

Thank you for your support of the *Circle of Grace* program. It is essential and appreciated as we strive to provide the safest environment possible for our children.

Circle of Grace: Personal 3 Step Action Plan

Steps to take to protect yourself:

- 1. Use your voice, Say “No”**
- 2. Remove yourself from the situation**
- 3. Tell a trusted adult.**



My trusted adults in addition to my parents are:

1. _____	Phone: _____
2. _____	Phone: _____
3. _____	Phone: _____