

# Mission Together

## Little Way Week Lesson Plan



### Little Way Week

Little Way Week is an initiative inspired by Saint Thérèse of Lisieux, the Patron Saint of Mission. She gave to the Church a teaching called the 'Little Way'. This is a commitment to do small tasks with love every day. It is a simple way of encouraging and inviting everyone to reach out to others with the love of Christ through seven days of witness and service.

### Lesson Objective

*Nurture a Virtue* – To help children understand a virtue as a 'good habit' and to encourage them to practise living out these virtues in their lives.

### Introduction

Begin by gathering the children together and telling them this story:



*'There once was a little girl called Thérèse who lived in France. She had four big sisters and she loved spending time with them. Her favourite things to do were reading and dressing up. She loved her parents very much and her daddy called her his 'little queen'.*

*Thérèse tried to be a good girl - she was kind to her sisters and worked hard at school, but sometimes she found that being good could be hard.*

*Sometimes when her mummy asked her to do something, she stubbornly said 'no' and stamped her feet. Sometimes when her sisters were playing with toys that she wanted, she threw herself on the floor and cried until she got her way.*

*But little by little Thérèse realised that she could be different, and she made up her mind to try to do a good deed every day. She realised that just because she was little, it didn't mean that her little actions couldn't make a big difference. And because of the good things she did, something amazing happened. This little girl grew up to be Saint Thérèse'.*

Thérèse was once a child, just like the children in your class. She was only small and sometimes found it hard to be good. Explore this with the children by asking them for examples of when they find it hard to be good. It could be when their parents ask them to do something they don't want to do, or when it is difficult to share something they really like.

Explain that it is OK to find it hard to do good things, and sometimes we do make mistakes, but that doesn't mean we can't be like Saint Thérèse. She was the same as us and didn't always do what she was told, but she discovered that in her own little way she could do something good every day. So that is what we are going to try: to do something good in our own 'Little Way'.

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## Activity

Explain to the children that during Little Way Week we are going to think about virtues. A virtue is like a 'good habit' - when you do something noble.

Just as St Thérèse decided to try to do good things every day (to practise some virtues) we are going to think about how we can do good things too.

Introduce the children to the activity by explaining that we are going to think about good things we can do to help others in three different places: at home, at school, and overseas.

Before they begin, invite some examples from the children of what virtues they can practise at home (i.e. what good things they can do). This could be helping out around the house, doing what they are told by their parents, or sharing a treat with a sibling.

Then ask them to think about what good things they can do at school, such as listening to the teacher, making new friends, or saying sorry to someone they have hurt.

Acknowledge to the children that perhaps the trickiest one to think about is how we can do good things to help children overseas. If people live very far away from us, we sometimes think that we can't reach them. But St Thérèse has shown us that our own little actions can make a big difference.

Perhaps you can challenge the children to think of ways in which we can do good things for children overseas. We can say a prayer asking God to look after children around the world and make sure they have food to eat and a safe place to sleep. We can put aside some of our pocket money to help those in need. We could hold a cake sale or a toy sale to raise money for **Mission Together**, the Catholic Church's official charity supporting children's projects overseas.

Provide the children with the activity template or ask them to use their RE books or perhaps larger paper for display. Ask them to draw or write about how they can do good things in their own little way to help others at home, at school, and overseas. They only need one example for each.

## Key Words

**Virtue** – a 'good habit'

**Saint** – a holy person  
now in Heaven

## Plenary

Invite the children to share some of the virtues/good habits they have thought of, selecting a mixture of home, school, and overseas examples. Explain that it is important to really try to do these good things. By following the example of Saint Thérèse and practising these good habits, we are showing our love for God and each other. Remind them that Saint Thérèse sometimes found it hard to be good, but if she needed help, she would just pray to God and he would give her strength. So as we try to put our own Little Ways into action, let's ask God to help us.



## Simplify

To simplify this lesson for younger children you might like to avoid using the term 'virtue' and simply refer to 'good deeds'. You may also choose to ask them to simply draw the good deed they have chosen and write a simple sentence.

## Extend

To extend this lesson for older children, you may ask them to also write about times they have found it hard to do good deeds. Perhaps they could make a Little Way Week display using the three good deeds they have chosen to practise.



**My Little Way at Home**



**My Little Way at School**



**My Little Way Overseas**

