



### GRADE 1

Chapter	Title	Faith Focus	Family Time	Healthy Habits @ Home	Safer Together	Family in Action	Catechism References
<b>Ch 1</b>	We Have Many Families	We belong to God's family.	Practice making the Sign of the Cross.	Name the groups your family belongs to.	3 Rs of Safety: Recognize, Respond, and Report	Make a plan to help your parish.	1655-1658, 2201-2233, 2685, 2834
<b>Ch 2</b>	Sharing Love	God wants us to share love with others.	Identify ways we can help someone.	Share funny stories and jokes.	Identify and choose a trusted adult.	Participate in Mass as a family.	1813, 2180-2182, 2207
<b>Ch 3</b>	Healthy and Safe	God wants us to take care of our bodies.	Respond to questions about caring for our bodies.	Establish clear family rules.	Discuss how to respect your body.	Take a health walk around your home.	1706, 2258-2283, 2288-2291
<b>Ch 4</b>	Loving	God wants us to love one another.	Role-play some ways to be kind.	Pray the Sign of the Cross as a family.	Discuss some ways we know someone loves us.	Write a thank-you prayer.	1766, 1822-1829, 2196, 2648, 2842
<b>Ch 5</b>	Children of God	We are children of God.	Switch places with family members.	Identify ways to overcome difficulties.	Explain that God made each of us unique.	Identify the gifts and talents of family members.	1186, 1709, 2009, 2222
<b>Ch 6</b>	Gifts from God	God gave us special gifts.	Name nice things about you and your family.	Name your favorite gifts.	Talk about body safety.	Describe yourself on the outside and on the inside.	1767-1770, 2288-2291
<b>Ch 7</b>	What Families Do	God helps families love one another.	Name how to show love.	Praise others for how they show love.	Talk about appropriate expressions of love.	Write the names of people you have cheered up this week.	2201-2203, 2225-2228, 2249
<b>Ch 8</b>	Growing and Learning	God made us to grow and learn.	Tell something new you can do this week.	Write a list of what you want to learn.	Talk about some outdoor safety tips.	Write a family prayer.	1706, 2258-2262, 2659-2660
<b>Ch 9</b>	Talk about Feelings	God made us with feelings.	Respond to questions about feelings.	Share how you feel.	Talk about our feelings.	Watch and discuss a TV show.	1763-1770
<b>Ch 10</b>	God Loves Everyone	God loves everyone.	Talk about how your family shows love.	Practice using kind words and kind actions.	Talk about ways to show others love.	Create a special family meal.	733, 1766, 1813, 2083-2086



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<b>Ch 11</b>	Family Love	Family love takes work.	Talk about difficult times to show love.	Explain the importance of forgiveness.	Talk about conflict resolution.	Recite a prayer for forgiveness.	564, 2201-2233, 2838-2841
<b>Ch 12</b>	The Holy Family	God wants us to show love in our families.	Identify ways to have fun as a family.	List family chores.	Talk about appropriate ways to show love.	Create a family banner.	2201-2203, 2225-2228, 2249
<b>Ch 13</b>	We Care for Others	We are to love God, our neighbors, and ourselves.	Identify ways we show love.	List why forgiveness is important.	Discuss some ways we know someone loves us.	Plan a day of service.	1766, 1822-1829, 2196, 2842
<b>Ch 14</b>	A New Baby	Baptism makes us members of the Church.	Create a list of what love is.	Share memories of Baptisms.	Discuss when to tell a trusted adult.	Share photos of sacramental moments.	1265-1271
<b>Ch 15</b>	Stop and Think	God wants us to choose what is right.	Discuss being safe around cars.	Make a list of two-word rules.	Review simple rules for doing what is right.	Role-play unsafe situations.	1706, 2258-2262
<b>Ch 16</b>	We Celebrate	God helps us to make peace.	Discuss making peace.	Identify ways to make peace.	Review simple steps for resolving conflict.	Plan a Peace Day.	1716, 2302-2306
<b>Ch 17</b>	God's Family	We belong to God's family.	Share stories about saints.	List the Works of Mercy you do.	Explain that God made each of us unique.	Act like a saint in secret.	2232-2233, 2447
<b>Ch 18</b>	Our Five Senses	Our bodies are gifts from God.	Discuss how God helps you learn.	Describe something with your senses.	Review simple safety rules.	Take a nature walk as a family.	2258-2283, 2288-2291
<b>Ch 19</b>	Helping	Helping is one way we show love.	Complete each phrase with a rhyming word.	Identify ways we show love to extended family.	3 R's of Safety: Recognize, Respond, and Report	Role-play treating others.	2201-2203, 2225-2228, 2249
<b>Ch 20</b>	We Can Say How We Feel	We can be brave and talk about our feelings.	Describe how you feel.	Explain what God means to you.	Talk with your child about emotions.	Write a prayer for guidance.	1763-1770, 1808