




**LIVE
LIFE
KIDS**



Hello dear Heart Champs and Couple Coordinators!

February is the Pro-Life Month and we, in MFC Kids, are pro-life champions. Being the Kids Section of Missionary Families of Christ, we will also defend faith, family, and life.

This month, we celebrate the Pro-Life Month by using the **LIVE LIFE KIDS** formation as our Kids Assembly Topic (KAT). Our Live Life Kids formation is divided into 2 sessions, one for kids-at-play and first steps (*kids ages 3-7 years old*), and another for footsteps and step-up (*kids ages 8-12 years old*). You may use any session that you see fit. It's either you divide the Kids Assembly into 2 groups so they can use and discuss a more age-appropriate session. Or, you may just choose one of the 2 available sessions.

You can find these 2 Live Life Kids sessions attached in this document. You can also check and download 2 different available PowerPoint presentations uploaded on our website.

Thank you and God bless!



LIVE LIFE KIDS JUNIOR: THANKFUL FOR THE GIFT

Audience: Kids at Play & First Steps (3 to 7 y/o) & (Kindergarten to Grade 2)

Objectives:

At the end of the session, participants should be able to:

1. Acknowledge that life as a gift from God
2. Appreciate that God created them and designed with a beautiful life
3. Learn to be thankful for the gift of life.

RATIONALE

Our life is a special gift from God because we are created in His image and likeness. And as His children, we should value it! But the reality of today is that, kids like us, are exposed to media that affects how we see and value ourselves. That is why, young as we are, we should know how to treasure and appreciate ourselves because we are special and we matter to Him the most.

ENERGIZER

Alphabet Thanks - Play the “alphabet thanks” game. Each kid will pick a letter from a box of letters (random pick) and ask them to share one thing that they are thankful for that starts with that letter.



EXPANDED OUTLINE

I. Introduction

Have you ever received a gift? How do you feel every time someone gives you a gift? What did you do with the gifts given to you? At some point in our lives, each of us experienced receiving a gift. And we feel very happy every time it happens, right? Did you know what's the greatest gift that we've received? It's the gift of life! Every single morning that we wake up, the air we breathe, the things that we experience, and the people around us - this is life! Like how much we treasure the material gifts we have, let us also value and appreciate this life that God has given us.



II. Be the Gift

Life is not something we have earned or are entitled to, it is a God-given gift! Life is a beautiful gift from God. Young as we are we need to learn how to appreciate this gift by:

Be Joyful – life is a blessing from God that we should appreciate. The more we appreciate it, the happier we will be. Because God loves us, He wants us to experience true happiness. Today and every day can be full of joy and meaning if we are to celebrate life and share the beauty of it with others.

Appreciate Little Things - Start to notice and identify the things you are grateful for. Tune in to the small everyday details of your life and notice the good things you might sometimes take for granted. Pause. Notice and absorb that feeling of true, genuine gratitude. Savor your blessings the moment they happen.

Share Gratitude – We should all be thankful for the gift of life. If we truly believe that life is a beautiful gift of God, we will live in gratitude for it. A thankful person who sees life as a gift also wishes to share life blessings with others: the gift of company for a lonely person, the gift of food for the hungry, a kind word or a smile to a troubled person.

III. Conclusion

Life is God's most precious gift. But the full meaning and appreciation of it depends on how we live our lives. Let us appreciate all our blessings and Him, the one who gave it all for all of us.



IV. ACTIVITY

Group: Kids At Play (3 to 4 y/o)

Activity: Coloring

Materials

- Crayons/Coloring materials
- Printed coloring paper/page (See Appendix A)

Group: First Steps (5 to 7 y/o)




Activity: Gratitude Cards

Materials

- Colored Bond Paper
- Coloring Materials
- Pens

Instructions

- Fold the colored paper into half or to the desired size you want.
 - Inside the folded paper write to your parents how thankful you are to them. Using coloring materials, you can design your card.
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Appendix A



Appendix B



LIVE LIFE KIDS SENIOR: JESUS AND MY FAMILY

Audience: Footsteps & Step Up (8 y/o to 12 y/o) | (Grade 3 to Grade 6)

OBJECTIVES:

At the end of the session, participants should be able to:

1. Acknowledge that life is a gift from God
2. Appreciate our families as part of God's gift of life for us
3. Be a role model to our families

RATIONALE:

We all know that life is a wonderful gift from God. And part of this gift is our family - the basic unit of our society. With that in mind, we know that whatever it is that is happening in our family, it will surely reflect on the society we live in. Today, there are a lot of challenges happening within our families. There are broken families, missing parents, abandoned children, and many more. But, if we'll go back to God's plan for families, we know that it's not the way it should be. God created us out of His goodness and grace. Therefore, we can also say that our families were given to us by God out of His overflowing love for us, too.

METHODOLOGY:

Opening Prayer w/ 1 Kids Praise	5 mins
Quick Activity / Game	10 mins
Main Session	20 mins
Activity	25 mins
Closing Prayer w/ 1 Kids Praise	5 mins

TOTAL TIME: 1 Hour and 5 Minutes **SESSION PROPER:**

ENERGIZER:

If online setup: **FAMILY PORTRAIT DISPLAY**

Instructions:

- The speaker shows different pictures of popular families to the participants (Ex: Kramer family, Adams family, Simpson's family).
- He asks the participants if they recognize whose families are in the different pictures. The facilitator may call a representative to answer.
- The last picture to be shown will be the family picture of the speaker.

Processing:

Our family is one of the greatest gifts from God. It is part of His perfect plan that He gave to us our parents and siblings. And with that, as sons and daughters, we have our responsibility in making our family stronger and closer to God. In this topic, participants will be able to appreciate more about their family and realize their mission as part of the latter.

If physical setup: **PAINT ME A PICTURE**

Instructions:

- Divide the kids into groups, depending on the number of participants.
- Each group would copy the pose of the projected image. Images will be about families.
- A set of judges would determine who wins each round.



EXPANDED OUTLINE:

I. Introduction

We all know that life is a wonderful gift from God. And part of this gift is our family - the basic unit of our society. Our parents commit to each other that their love will be for eternity. In God's time, that love will bear fruit and will turn into lovable kids like you and me.

Truly, our lives are God's perfect gift for us through our parents. Surely, they were very happy when they've found out that sooner or later, they'll have us in their lives. We are ever grateful to God for the gift of life. Thus, we need to share this beautiful gift with our families by always being good to them. So how can I be a good son/daughter to my parents? It is by imitating Jesus.



II. Jesus as my Role Model

Jesus has a family. He grew up having Mary and Joseph as His parents. He obeyed them and loved them the most. Just like Jesus, we need to love and obey our parents too!

A. Regard them with respect

Respect is very important in our relationship with our families. Without respect for each other, our families will definitely be in disorder. Children fighting with parents, siblings fighting with each other, dishonesty and untruthfulness will be evident. But if we look at Jesus, we'll see that He also practiced respect in His family.

Jesus knew from the very start that He was special, that He is the Son of God. Knowing these things didn't lead Him to be disrespectful to His parents or to those people around Him (disciples). Instead, when someone needed His help,

He didn't push them away, regardless of who they are or what sickness they have. Because He respected His family, He wasn't arrogant and He never belittled them in any way. Just like Jesus, let us be more respectful in our families by being courteous, welcoming and humble. Respect is more than just saying 'po/opo', real respect is not just heard through words, but felt with the heart.

B. Embrace responsibility


Each of us has a responsibility in our families. You may be the eldest, the youngest, or the only child, but we are all given responsibilities inside our families. At the wedding at Cana, we all know how it went – the wine went out, Mary asked Jesus for a miracle, Jesus obeyed and that was His first miracle. If we look at the story, it may seem that Jesus was reluctant to do what His mother asked Him to do. He did it not because He was forced, but because He embraced His responsibility to obey His parents.

In our families, we have different responsibilities. You may be the one tasked with keeping the house clean, taking care of your younger siblings, etc. These tasks given to us by our parents show how much they trust us with handling responsibilities. It doesn't matter if the task given is small or big, what matters is how we embrace and do these responsibilities. Embracing responsibility, especially at your age, is a way for your parents to prepare you when you're older. And if we can show that we can be responsible in our own families, then it also shows that we can become responsible people outside of our homes as well.

B. Allow forgiveness In your heart

In a family, everyone is different, and conflict may arise. There will always be problems inside our families. You might have said something hurtful to your parents, your parents might scold you, and your siblings may turn against you – all these things happen inside a typical family. But even if problems and difficulties arise, it doesn't mean that we should hold grudges in our hearts.

Jesus instructs us to forgive others over and over again just like he does for us (Matthew 18:21-22). He teaches his disciples in this story that they are to forgive "seventy-seven times" or over and over again. Just like his forgiveness doesn't run out, neither should our own. Jesus provided the way and the model for humility and forgiveness. His example is one we can follow daily because parents, siblings, teachers, friends, and loved ones will make mistakes that affect us.



There is no perfect family, there will always be conflicts and misunderstandings, but that shouldn't stop us from allowing our hearts to forgive those who've hurt us. By choosing to forgive, regardless of who's at fault, we may become more like Jesus in our families. Remember that we are only able to love because He first loved us, and that we also can forgive and be forgiven because He forgave us first.


C. Love truly

When Jesus was doing His mission, He did everything out of love. He even sacrificed Himself on the cross because of His love for us. This love He has for us, paved the way for us to love others as well. And by all means, loving truly should start within our families. We might say we love our parents and siblings already, but when conflicts arise, we find it easy to disregard them and forsake them. Loving our family unconditionally paves the way for us to do the things mentioned before. We cannot fully respect them, obey them, or truly forgive them, if we do not love them unconditionally. Loving our family unconditionally means seeing our family as Jesus sees it – a gift. A gift that should be cared for and to be loved with all our heart and being.

III. Conclusion

In the world today, we may find a lot of things or people we can consider as our role models. But the REAL role model in our life will always be Jesus. We might

find it difficult at times to look at Him and imitate Him in our lives, but we should never lose hope. Our family is a gift freely given out of Love, and we are also gifts given to our families.



Ending Prayer:

Prayer for Family

O dear Jesus, I humbly implore You to grant Your special graces to our family. May our home be the shrine of peace, purity, love, labor and faith. I beg You, dear Jesus, to protect and bless all of us, absent and present, living and dead.

O Mary, loving Mother of Jesus, and our Mother, pray to Jesus for our family, for all the families of the world, to guard the cradle of the newborn, the schools of the young and their vocations.

Blessed Saint Joseph, holy guardian of Jesus and Mary, assist us by your prayers in all the necessities of life. Ask of Jesus that special grace which He granted to you, to watch over our home at the pillow of the sick and the dying, so that with Mary and with you, heaven may find our family unbroken in the Sacred Heart of Jesus. **Amen.**



IV. ACTIVITY TIME:

Group: Footsteps (8 to 9 y/o)

Activity: “Me and My Family” (See Appendix A)

Materials:

- Pens / Markers
- Crayons / Coloring Materials

Instructions:

1. Each participant should have a pen and a piece of paper.
2. Instruct the members to draw their family members. It can be as simple as 'stick people' if that's the only way they can draw and visualize their family members. They may put other elements/art in the background. (ex. clouds, birds, etc.)
3. Instruct them to write down the names of the members of their family and describe them as simple as they can (one-word description about each one).
4. Instruct them to get their crayons or any of their coloring materials and put colors into what they draw
5. At the end of the activity, the facilitator can call some representatives and let the kids share their family drawings to the group.

Sample Output -





Group: Step Up (10 to 12 y/o)

Activity: Group Discussion

- Describe your family in one word. Explain briefly.
- How can you be a real role model to your family?

TAKE AWAY

God is enough. If we seek our wholeness in Him, He will give us the grace to improve our relationship with our parents, brothers, and sisters. God has a beautiful plan for our families. Our family is the building block for our future families. Unless we are able to build loving relationships with our parents; it will be difficult for us to build lasting relationships with other people.



Dear Parents/Guardians,

Thank you for letting your child/ren participate in our Kids Assembly this month. We honor your patience and love for your kid/s that you allowed them to hear God's messages for them. This month, we have talked about the gift of life & how their families became God's gift to them.

We shared with them the beauty of being part of a family. Since you, the parents, are the primary educators & evangelizers of your children, we invite and encourage you to do the following activities that would make you and your child/ren appreciate your beautiful family.

Family walk – Talk about the beauty of life while walking as one. Family walks are a wonderful way to keep the whole family active! Walking does not require special equipment, it's an activity that can be done with kids and older adults, it allows for great conversation and family bonding, and it's good for the whole family!

Movie Time - Spending time with your family greatly improves the emotional bonding of family members toward one another. And what better way to do so than to watch movies together. Watching movies with your loved ones is not only an enjoyable activity for everyone, but it also fosters companionship between family members. Don't forget to prepare some popcorn and drinks!

Family Prayer Time – There is a saying – *“The family that prays together, stays together.”* Family prayer time is a beautiful way to transmit religious practices and traditions to younger generations. With this, let us encourage one another and pray together as one family. You may pray the Rosary or attend online mass together.

After doing the activities, we encourage you to post these on your social media accounts so that you can inspire other parents and families to journey with their kids. Use these hashtags - #MFCKids #ParentChildActivity #MomentsThatMatter

Thank you much and we hope to be with your kid/s next month!
MFC Kids Team