

## Lesson 1: What Am I?

*Identity is based on my being Human. I am special. I am good.*

Many different traditions in the world believe that the Human Person is an integrated unity of mind, body and spirit; that the Human Person is a gift and that to be Human means to be fundamentally GOOD.

**What I am** is explored in this lesson through the use of personal stories, music and the use of imagination. Students are invited to revisit the story of their birth and share about their understanding of themselves as Human Persons.

Students are led to deeper reflection of their identity as Persons who are unique, special and unrepeatable in this world.

## Lesson 2: Who Am I?

*My name and identity describe who I am - a gift, called to live a purposeful life.*

Naming is an important part of our tradition. Names have meanings behind them and they identify the person for who he/she is, i.e. his/her religion, family/parents, ethnicity or nationality. Every name is an important mark of one's identity. It invites one to be the kind of person that he/she is intended to be through his/her name; it designates specific mission or calling.

**Who I am** uses activities to invite students share about the story behind their names; the qualities that best describe them and the importance of having such a name. They will also be invited to reflect on any specific mission or calling that their name designates.

## Lesson 3: Why Am I Here?

*The Human Person is meant to Love.*

Our purpose as Human Beings is best translated in LOVE. Our truth is love. It is when we love that we become who we are. The human need for love is a given gift and is vital in the process of growing. It is to be lived in daily life, and shared with others. Every Human Person must commit to love and be faithful in love.

**Why am I here** is best illustrated in the stories of Jorge Anzorena and Mother Teresa. Both are authentic examples of love that is best understood in action or in the way life is lived. They exemplify the message that our nature as Human Beings calls us to love - for it is only in love that we grow fully.

## Lesson 4: To Be Fully Human, Fully Alive

*I can be fully human, fully alive.*

Every Person is invited to be FULLY HUMAN in order to be FULLY ALIVE. This means to live in harmony with our human nature. To be fully human means to use fully our gifts and talents in accord with our nature. It means to be open to the whole human experience – to dream, hope, imagine and cultivate a sense of humour in life; to feel wonder, awe, tenderness, beauty, compassion, pain and anger.

**To be fully Human, fully alive** explores the relationship between our capacity to love and our natural gifts. Using music, video clips and some inspirational quotes, students reflect on their gifts and talents and their positive impact in life. They also reflect on their own efforts and experiences in daily life that enable them to use their gifts in loving others.