

# A POCKETFUL OF VIRTUES

Character Foundation Series



*30 Years of Faithfulness*  
(1996-2026... and beyond!)



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Nomee Dizon-Carlas  
Editor-Coordinator

# **A POCKETFUL OF VIRTUES**

GRADE 1

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# About the Author



# UNIT 1

## I Am Special

Ok naman this kind  
of hair shading  
(black solid)





UNIT

title

Please remove the shading. Ty

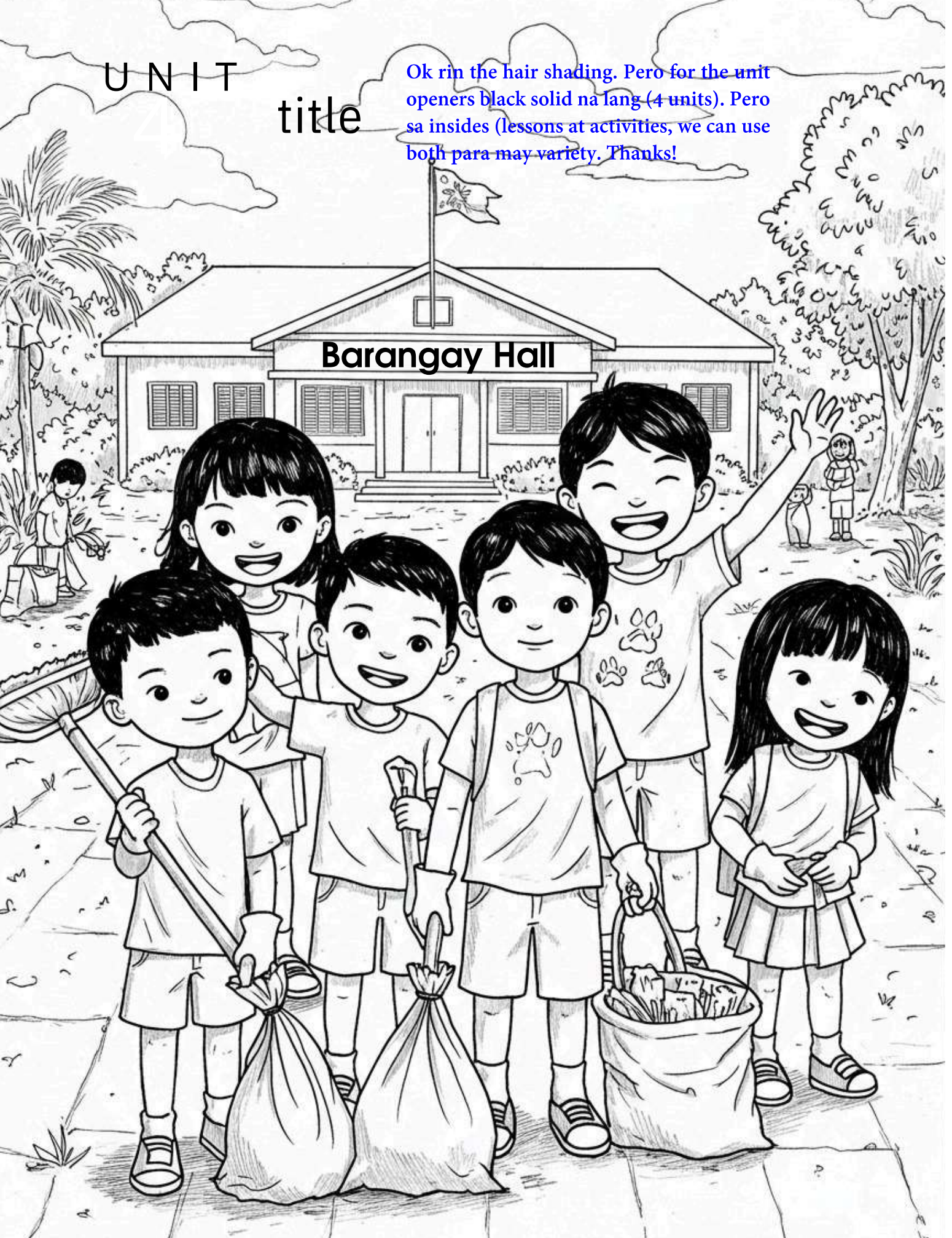




UNIT

title

Ok rin the hair shading. Pero for the unit  
openers black solid na lang (4 units). Pero  
sa insides (lessons at activities, we can use  
both para may variety. Thanks!



*"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well,"*

*Psalm 139:14*

## This lesson will help you...

- confidently talk about yourself;
- find out the goodness of knowing yourself and how well you can use your different talents; and
- show your gratitude to God and the people who love you.



God made you in a wonderful way. He gave you a unique, beautiful body, varied abilities, and talents. These are His gifts to you. He loves you, so He takes care of you.



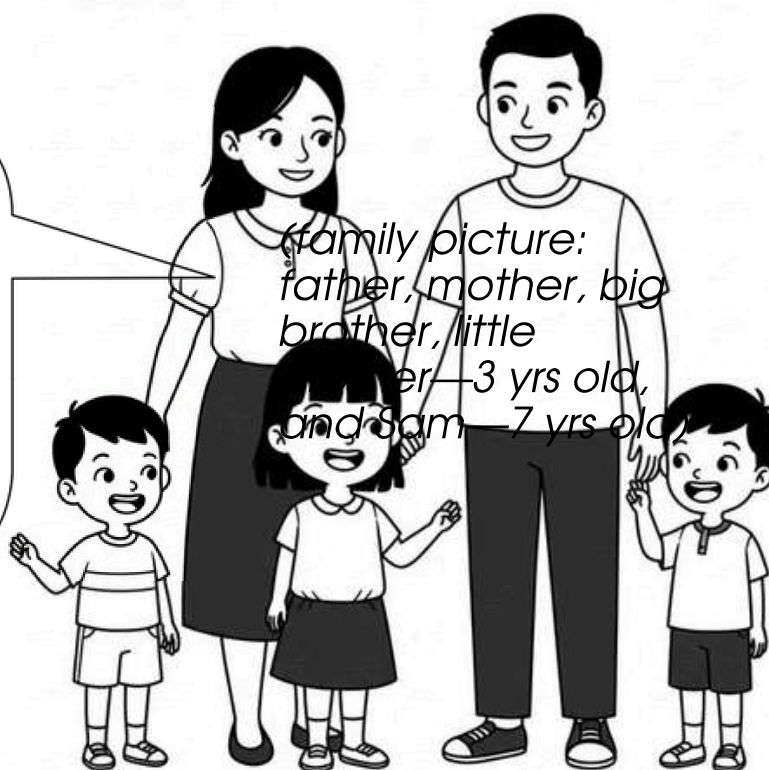


## LET'S BEGIN



Hello! My name is Samantha Rico. Sam for short. I'm a smart and happy girl. I'm 7 years old and my birthday is on August 6, 2018.

My parents are Henry and Nida. They take care of me and my two brothers. We all live at #46 Reed Street, Barangay Bunlic, Silang, Cavite.



*(family picture:  
father, mother, big  
brother, little  
brother—3 yrs old,  
and Sam—7 yrs old)*

(a. girl, 7 yrs old, singing and dancing... b. boy, sitting, playing a guitar)



I love to sing and dance while Big Brother plays his guitar.

(Sam, big brother and little brother playing ball in the garden)

I like to play with my brothers. We love and care for each other. We are all happy.



I go to church on Sunday with my family to pray.

Family of Sam walking to the church (the church) or of the

I attend children's Sunday school class. I sing hymns with the other kids. I recite my memory verse, too. "God is Love." I pray, "Thank you dear God for loving me!"



(children's Sunday school class: mini table, a Sunday school teacher, Sam and kids)



## LET'S DISCUSS

1. What kind of a girl is Samantha?
2. What things does she love to do?
3. How did Sam thank God?
4. If you were Sam, would you do the same thing? Why or why not?



## LET'S TRY THESE

- A. God is great and good. He loves and takes care of all little children like you. He gave you a beautiful body and amazing abilities! Hence, you grow as smart and confident children. How will you show your thanks for God's love to you?

Study the pictures that follow. Which picture shows appreciation for God's love and gifts? Put a check mark ( ) in the small box.



1.

For illustration page



3.



4.



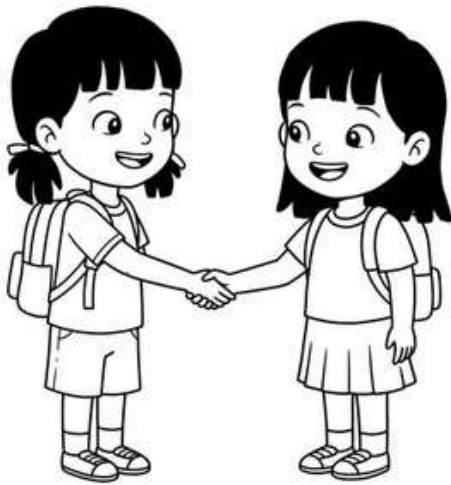
5.



6.



7.



8.



B. Because God loves you, He gifted you not only with varied abilities, but also feelings as different things happen. Learn to identify and express your feelings in a positive way.

When do you feel...?

a.



b.



c.



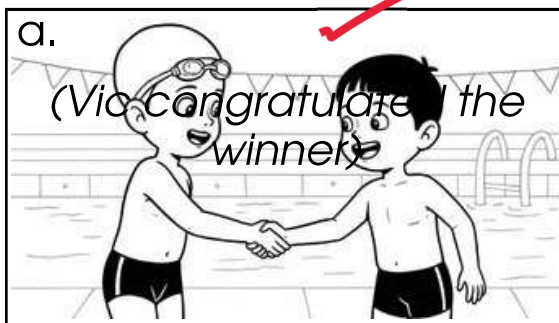
d.



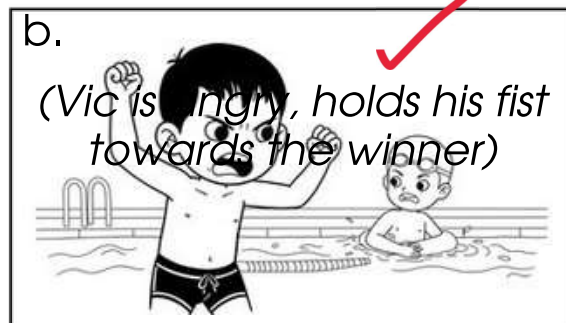
Read the following situations and look at the pictures. Draw a smiley (smiley face) on the picture the right way of expressing your emotions or feelings.

1. Victor lost in the swimming contest during the barrio fiesta. What should he do?

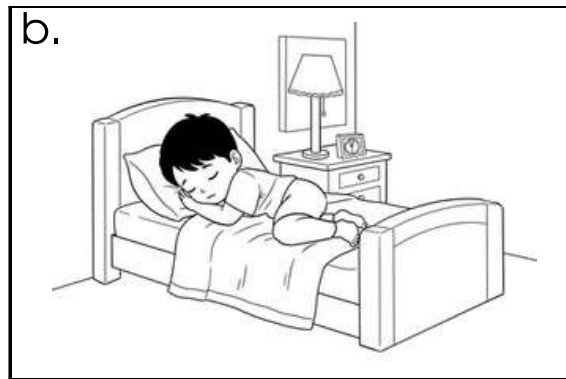
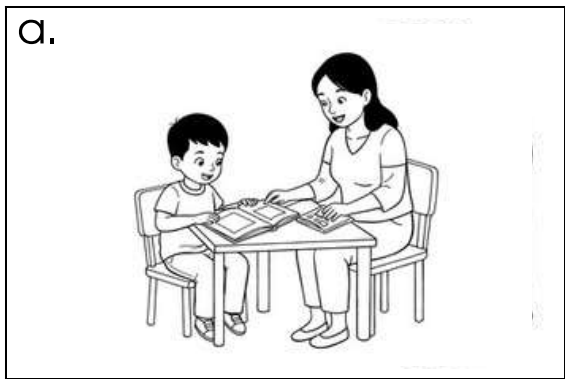
a.



b.



2. Matt's lesson in Math was difficult for him. Which of these should he do? **For illus this page**



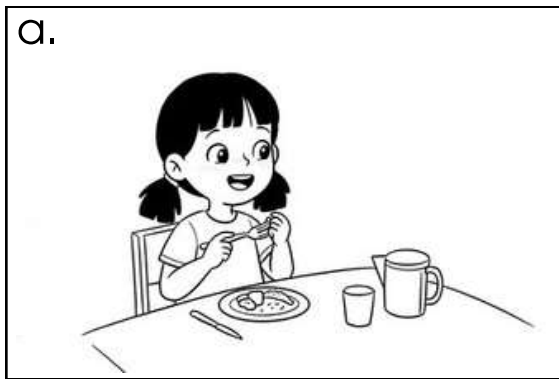
3. Tita is scared to cross a deep and narrow river on a two-piece bamboo bridge to reach her grandparents' farm. Which of these should she do?



4. Brian was busy studying his lesson when the electric light went off. Which of these should he do?

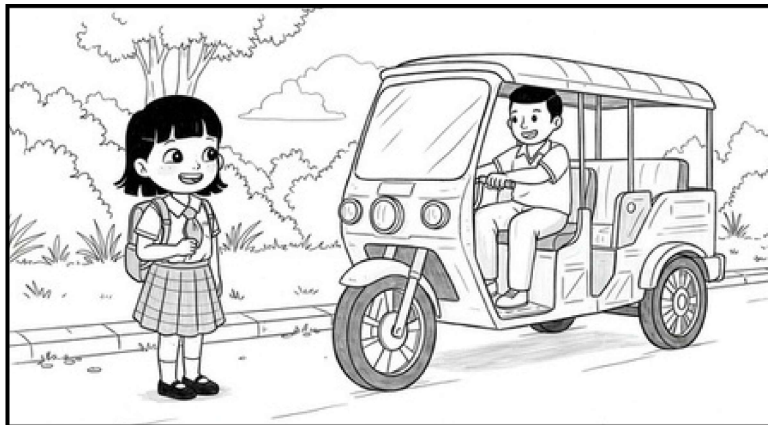


Which of these should Sam do first?



C. Read each story below and study its picture. Then encircle the letter of your answer.

1. You'll ride on a tricycle to go home from school. Which of these should you tell the driver?
- a. My name is Belen Garcia.
  - b. Tito and Issa Garcia are my parents.
  - c. #21 Yakal Street, please?



2. During recess, you saw a lone boy standing away from the playground. You want him for a friend. Which of these should you say?
- a. Hi! I'm 7 years old.
  - b. My name is Edney Cruz.



c. I love the slides and swings.

something like this po



3. Uncle Fred asks when exactly is your birthday. Which of these should you say?
- a. My birthday is on Monday.
  - b. Today is my birthday.
  - c. My birthday is on August 6, 2018.



4. Granda is sick with Covid-19. She is resting in bed. Which of these should you do? I should...
- a. pray to God to make her well.
  - b. cry, because I'm sad.
  - c. kiss and hug her.



For illus

5. You got brother's APOV book without asking permission. Accidentally, you spilled orange juice on it. Which of these should you do? I should...

- a. hide the book.
- b. tell him, "I'm sorry."
- c. not tell the truth.



6. After taking a bath, which of these should Lito do? He should...

- a. eat his breakfast.
- b. play with his toys.
- c. put on his clean clothes.



For illus



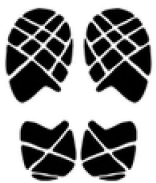
## FORM YOUR VALUES

Now you know that God made you. He loves and cares for you. He gave you amazing talents and various emotions. He also gave you the people who love and care for you. These are all His gifts to you.

God expects you to care for yourself, and use your awesome abilities and talents properly, as well as your emotions in a pleasant manner. In this way, you show gratitude for His goodness.

So, keep on thanking God for all your gifts.

Show love and thanks to all those who love and care for you.



## LIVE IT UP

### My Promise

From now on, I will...

a) always thank God by

- praying when I wake up.
- praying before I sleep.
- praying before I eat.
- going to church to pray.
- attending children's Sunday School class.
- reciting Bible verses.

b) always use my abilities and talents properly by

- speaking clearly and kindly to others—friends, helpers/maids, vendors.

- asking permission to use someone's belongings.
- answering quickly and politely when someone speaks to me.
- calling other persons and friends by their correct names.
- making my good, better, and my better best.

c) always express my feelings in a positive way by

- congratulating winners in a game or contest.
- accepting defeat graciously.
- praying when I'm happy and even when I'm scared.

d) always show love and gratitude to those who love and care for me by

- saying "thank you" for every kindness I receive.
- kissing my mom and dad before I leave for school, and when I arrive from school.
- helping my mom clean the house by putting away my toys after I play with them.

---

Date

---

Signature Over Printed Name



### LET'S DO MORE

All creatures of God are important and special. Find out your special ability or talent. Do you know someone popular with the same talent? Research on how he/she became famous. Write in your notebook.





## PARENTS/GUARDIAN'S CORNER

Participation is excellent in the well-rounded development of your child's special abilities or talents. Bringing out the best in your child is an admirable challenge.

Write in the spaces below the special abilities and the boosting measures you provided.

### Special Abilities

---

---

---

---

### Boosting Measures

---

---

---

---

---

Date

---

Signature Over Printed Name

*"A friend loves at all times..."*

*Proverbs 17:17*

**This lesson will help you...**

- describe what a true friend is.
- explain why being honest and courteous is important in a friendship.
- practice being a true friend.

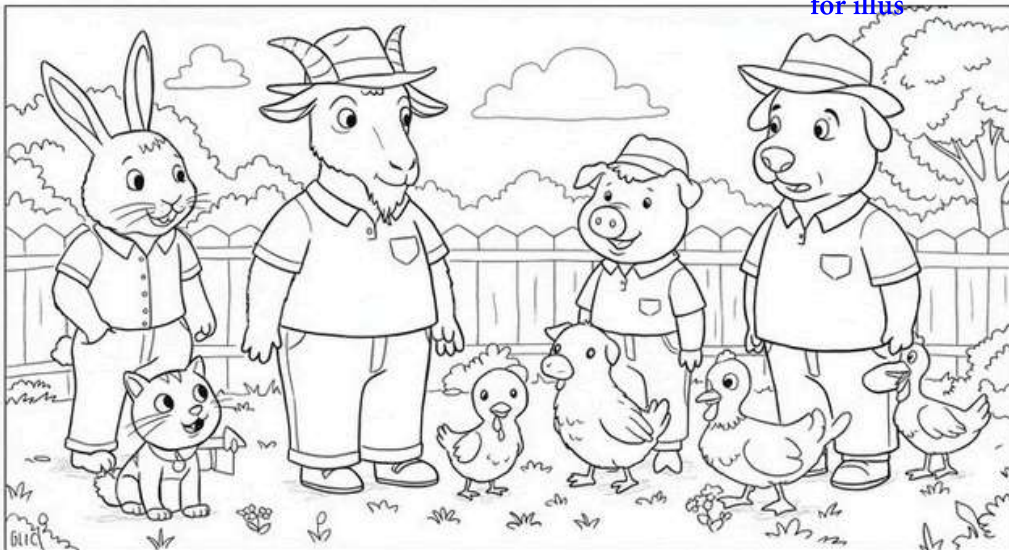


A true friend loves, cares, and generously shares his or her blessings. He/she is kind, honest, courteous, and thoughtful. That is why he/she is well-loved by his/her friends.



## LET'S BEGIN

### The Rabbit, and His Friends



One day, the rabbit heard that a fierce, powerful wolf wanted to attack their village. He felt confident and wasn't scared. "Hmm... that's okay because there are many of us friends here. We will help each other," the rabbit said.

He went quickly to his friends to warn them and engage their help for their safety.

He first went to the pig. "Let's get ready because the wolf will attack us later tonight."

"Oh, I'm still sleepy. I'm sorry. I still want to sleep," said the pig, trying to avoid him.

The rabbit went to the goat next. "Come, let's get away from the wolf. He's coming here!"

"Oh, but I haven't eaten yet. I need to find some thick grass first," the goat replied.

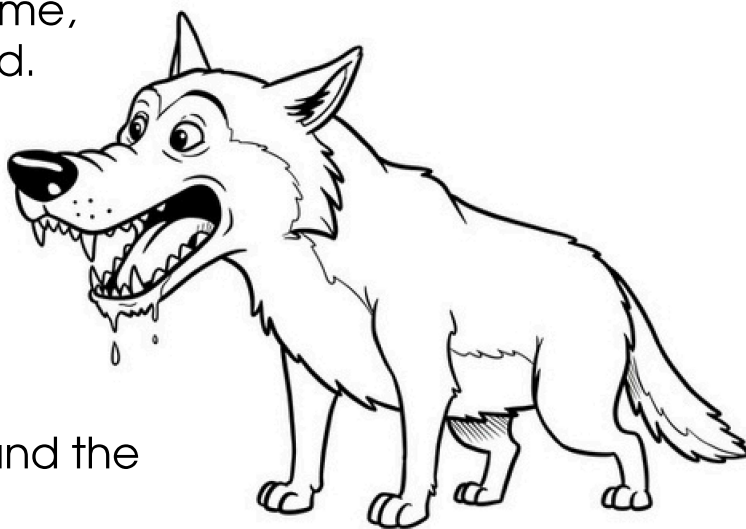
The rabbit's concern became stronger. "What should I do? Ah, I'll go to my other friend, the dog."

He quickly went near the dog who was standing somewhere not far from where he was. "There's a hungry wolf coming, friend Dog. Let's go and escape!"

"I'm waiting for a friend. Please excuse me!" Anyway, when the hungry wolf comes, I can bark loudly and ward him away!" said the dog proudly.

For illus

Later, the hungry wolf came, his lips tight and pulled forward. Its ears pointed up, neck hair and hackles raised. Its large, sharp ivory teeth appear between its jaws. Its tongue moves around his mouth and saliva drips... Then, it rapidly devoured the pig, the goat, and the dog!



Only the rabbit was able to escape and stayed safe.



## LET'S DISCUSS

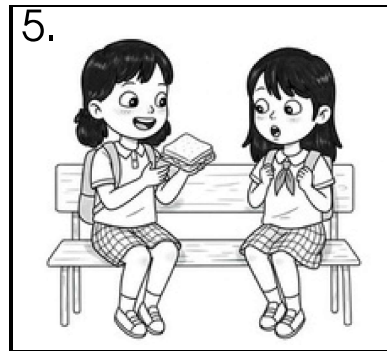
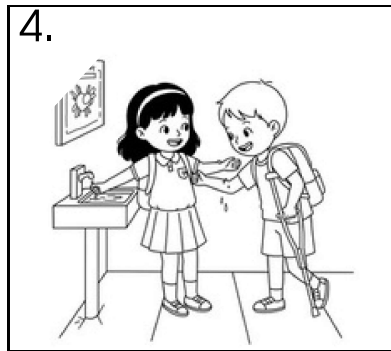
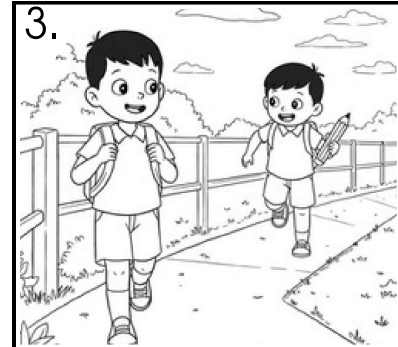
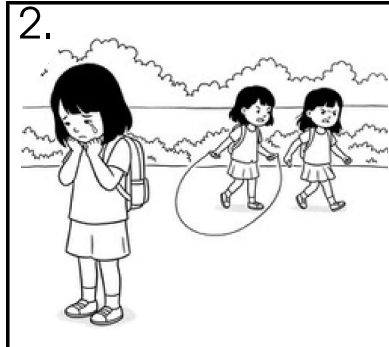
1. What was the danger that the rabbit heard about?
2. As a good and loyal friend, what did he do? How did the pig react? What about the goat? What did the dog say?
3. Should you listen to a friend who's worried about you? Explain your answer.



## LET'S TRY THESE

Illustrate this page

A. Can you tell what the children in the pictures are doing?  
Check the pictures that show what a true friend is like.



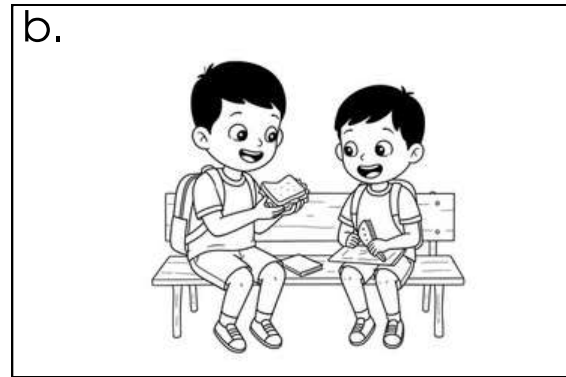
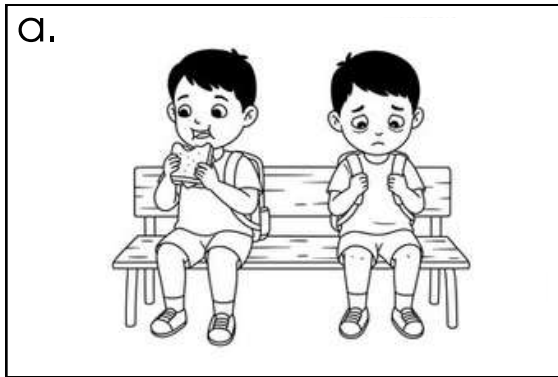
B. Read the situations below. After that, check ( ) the small box if the correct picture follow each sentence and color it. Cross out ( ) the small box if not.

1. It was raining hard when the children were dismissed from their class. Pamela has an umbrella but her classmate Rey doesn't. What should she do?

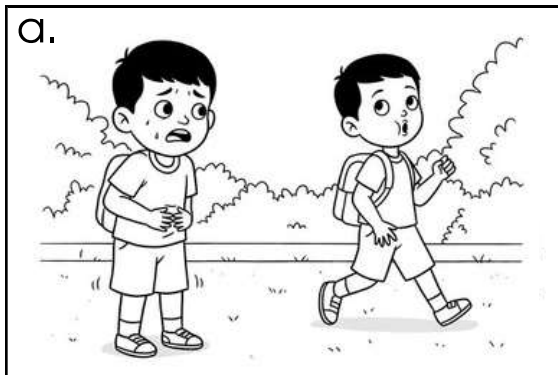




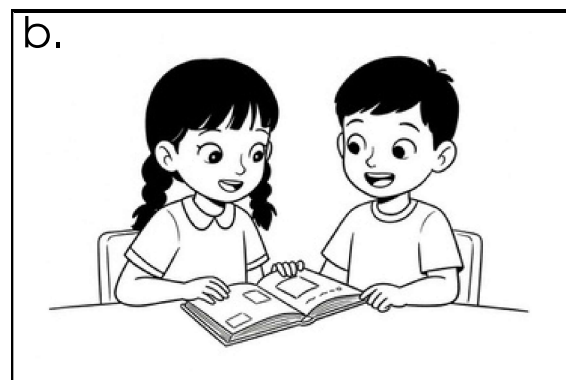
2. It is recess time. Eli is eating his baon. A classmate with no baon sits near him. What should he do?



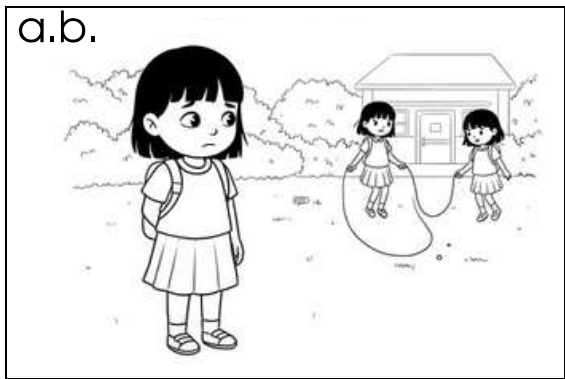
3. Brian got stomach cramps while playing in the yard. What should Jessie do?



4. Cris forgot his book. He cannot work on the exercises in their Science book. What should Anna do?



5. Suzie and Elsa are playing with a jump rope. Gigi arrives and wants to play with them. What should they do?



C. Find out if you are an honest and true friend. Put a mark, if the sentence describes you, and an , if it doesn't.

- \_\_\_\_\_ 1. I help only those who help me.
- \_\_\_\_\_ 2. I share my umbrella with my friend.
- \_\_\_\_\_ 3. I didn't fall in line when I went to drink from the drinking fountain.
- \_\_\_\_\_ 4. I tell the truth even if it hurts.
- \_\_\_\_\_ 5. I do not get what is not mine.
- \_\_\_\_\_ 6. I do not tell lies.
- \_\_\_\_\_ 7. I share my toys with my friends.
- \_\_\_\_\_ 8. I don't keep my promises.
- \_\_\_\_\_ 9. I play fairly. I do not cheat.
- \_\_\_\_\_ 10. I visit my sick friends.



## FORM YOUR VALUES

True friendship is one of the sweetest things in life. A true and loyal friend shows love, kindness, and honesty at all times. Children like you should know how to be a good friend.

A true friend cares and is truthful. He or she tells the truth to help his/her friends even if he/she may hurt their feelings.

Always be ready to help and become a living model of the saying, "A friend in need is a friend indeed."



## LIVE IT UP

### My Promise

I will try to become a good friend who ...

- always tells the truth.
- helps others in their time of need.
- share my toys, time, books, and even food with my friends.
- speaks kindly and politely.

\_\_\_\_\_

Date

\_\_\_\_\_

Your Name



## LET'S DO MORE

### 1. Science

According to Yong Claire Yang, a sociologist from the University of North Carolina, having a good friend...

- prolongs your life
- sharpens your mind
- gets you excited to be a good person as well.





## PARENTS/GUARDIAN'S CORNER

Having a good friend is a great blessing from the Lord. Below are some suggestions so that you, as a parent, can be your child's good and true friend:

- Devote some time to talk with your child. Bond and go out with him/her for a snack, say once a week or once a month, depending on your available time and budget.
- Watch your favorite television show or play games with your child, even native games like sungka, together.
- Work together and cooperate on home chores and required school homework, projects.
- Patiently listen to your child's questions, no matter how silly they may seem to you. In this manner, he/she will feel at ease to share his/her thoughts to you.
- Play with your child occasionally. When you spend time with him/her today, he/she will also give you time when you get older, no matter how busy your child is.
- Share with your child some amusing stories from your childhood as insightful stories from your family life.

Sign your name below if you agree with the above-cited suggestions.

---

Date

---

Signature Over Printed Name

*"A wise man saves for the future, but a foolish man spends whatever he gets."*

*Proverbs 21:20*

## **This lesson will help you...**

- describe a smart child.
- realize how you can wisely use money and other God-given resources.
- practice conservation and thrift to avoid waste at home and in school.

For illus

Thrift is a brilliant habit. A thrifty child uses God-given resources like money, water, electricity, and personal items wisely. Are you a smart child?





## LET'S BEGIN

### Two Sets of Clothes

When Mina arrived home from school, her cousin Mila was waiting for her.

**Mina:** Hi, Mila.

**Mila:** Let's play!

**Mina:** Wait for me. I'll change my clothes.

**Mila:** You can take them off after playing. Your mother will wash them anyway, right?

**Mina:** No, the uniform is for school. House clothes are for home use.

**Mila:** Why do you need two sets of clothes? Is that not wasteful?

**Mina:** No... Clothes last longer if you wear them at the right time and the right place.

We can save more money if we have separate sets of clothes for home and for school. We also conserve soap and water in washing, and electricity in ironing, apart from time and effort or energy.



**Mila:** I want to have two sets of clothes, too for home and for school. I want to be just like you, Mina.



## LET'S DISCUSS

For illus this page

1. Who was waiting for Mina? Why?
2. Did Mina play with Mila at once? Why?
3. Why did Mina want to change her clothes?
4. What kind of a child is Mina? Would you like to be like Mina, too?
5. What would you do to become a smart, thrifty, child?



## LET'S TRY THESE

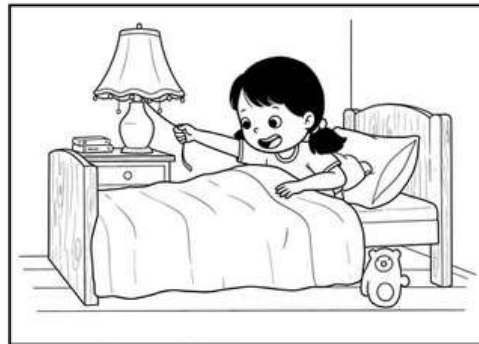
A. By being thrifty, you are actively participating in reducing waste, conserving resources, and lessening the risks of environmental abuse.

Look at the following pictures. Color the pictures that show a thrifty child.

1.



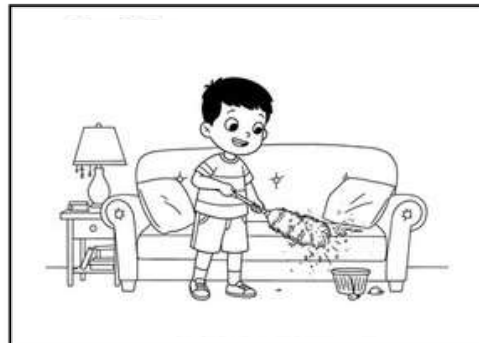
2.



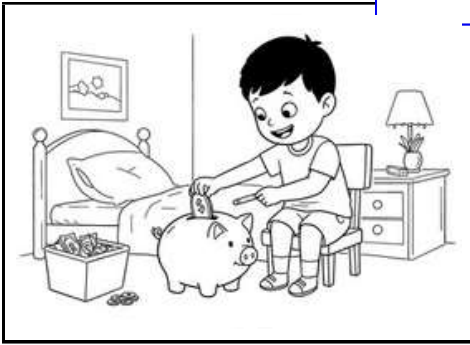
3.



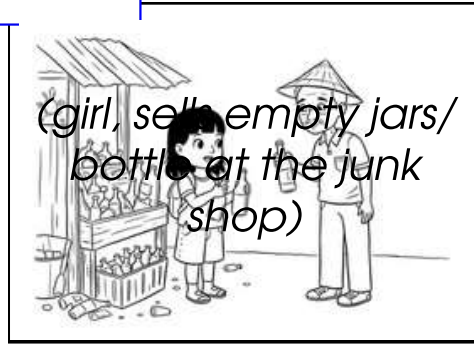
4.



5.



6.



B. Thrifty children live simply. They carefully and responsibly use their personal belongings and other provisions.

Study the pictures that follow. Connect the lines of the boxes with pictures that show a thrifty child. Check the corresponding small circles, too.

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



C. Saving is setting aside provision for tomorrow. The most effective way to save and/or conserve is to do it every time or at every opportunity.



Read the following stories. Encircle the letter of your answer.

1. After washing his hands, what should Ben do with the water faucet? He should \_\_\_\_\_.
  - a. close it well.
  - b. leave the water flowing.
  - c. ask his mother to close it.
  
2. What should Anna do with her extra money? She should \_\_\_\_\_.
  - a. spend it on toys.
  - b. save it.
  - c. give it away.
  
3. It is a sunny day! Jen is studying at home. Which of these should she do? She should \_\_\_\_\_.
  - a. open the windows to let the light and air in.
  - b. switch the electric light on.
  - c. switch the electric fan on.
  
4. After clothes are washed, what may Rosa do with the water used in the last rinse? She may...
  - a. throw it away.
  - b. use it for taking a bath.
  - c. use it for mopping the bathroom floor.
  
5. After dinner, a lot of food was left. These can still be eaten. What should Sheila do? She should \_\_\_\_\_.
  - a. leave the food on the table.
  - b. keep the leftover food in the refrigerator.
  - c. throw away the leftover food in the bin.



## FORM YOUR VALUES

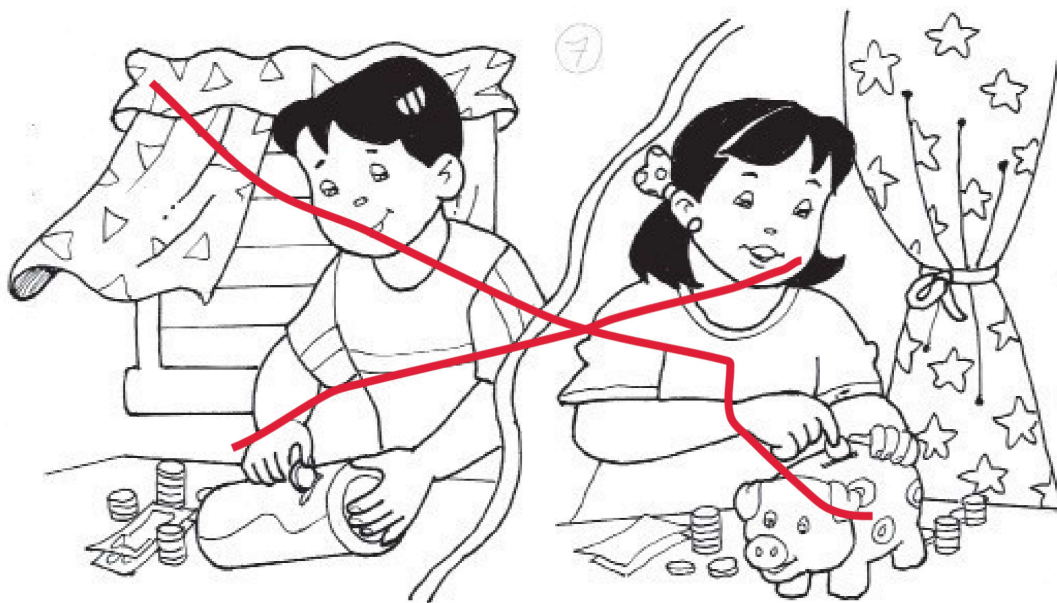
Thrift is a smart habit. Practicing thrift is a sustainable choice—that is buying only the things that are needed, striving to save money, water, electricity, and other resources.

Thrift is a creative way to give new life to second-hand possessions. By breathing new life into old but usable things we safeguard our environment.

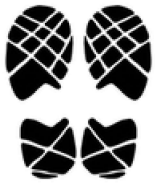
A thrifty child lives out the 3Rs motto, “reduce, reuse, recycle!”

H. Vanlon Smith Jr., a famous banker and businessman from Florida, USA says on thrift: “Never throw away what you are able to sell or give away!”

A thrifty child is a brilliant child and focuses also on another trendy saying: “A peso saved is worth more than a peso earned.”







## LIVE IT UP

Being a brilliant child, I promise to:

1. turn off the faucet after I use it.
2. wear old but clean clothes.
3. write on both sides of a sheet of paper.
4. wrap books and notebooks in plastic.
5. be careful in turning pages of a book.
6. take care of my personal things.
7. unplug the electric fan, television, and other electronics when they are not in use.
8. turn off unused light.
9. only ask to buy things that I really need.
10. save money.

---

Date

---

Your Name



## LET'S DO MORE

Look for food that helps you become more smarter. Give at least five examples.

### Food that Makes Me Brilliant

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## PARENTS/GUARDIAN'S CORNER

Write a short paragraph to evaluate how your child,  
\_\_\_\_\_, practices thrift and economy.

Use the **Live It Up** section as a reference.

---

---

---

---

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature Over Printed Name

*"Delight yourself in the Lord, and He will give you the desires of your heart... Trust also in Him and He will do it."*

*Psalm 37: 4-5*

## This lesson will help you...

- be sure that you can talk to God.
- realize the proper way to talk and relate with God.
- know that habitual talking to God improves your attitude.
- exercise your faith and trust in God for all your needs.

For illus



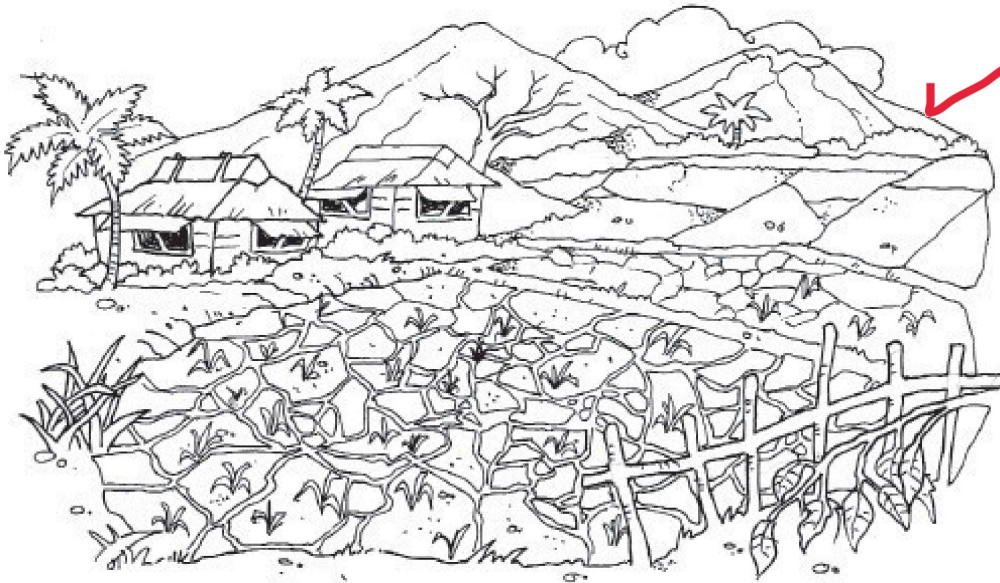
There are a lot of people you talk to – your mom and dad, your classmates and friends, your teachers, and your playmates.

What about the Lord God? Do you talk to Him? Do you relate with Him every day?



## LET'S BEGIN

### The Child who Trusts in God



People in a certain town are extremely frightened. Almost a year has passed and not a single drop of rain has fallen.

There is draught which has a serious impact. The plants began to wither and die. The soil dried up and became hard. Nothing could grow in the fields. Because there were no crops, as a result, the people suffered terrible hardships and severe hunger.

"Let's stop grumbling," said a wise old man. "It is time we seek God for help and ask for His great mercy."

"That's right. Let us pray to God. He is the only One who can save us from this serious famine. Let's gather at the town plaza square at five in the afternoon. Let's lift our dire need to God." The leader of the town devised a plan that everyone agreed to.

## **Later that afternoon...**

The people came to the town plaza. It was filled to maximum capacity. Families. Relatives. Friends. They were united together for one purpose—to offer humbly and sincerely their prayers and supplications to the all good, powerful God.

“Lord God, listen to our plea. Please send rain over our town. Our soil is very thirsty. Our stomachs are empty and famished. We have nothing to eat... Lord, have mercy!”

## **Not long after...**

While everyone was in a state of deep meditation, they were surprised when a small umbrella opened. It was opened by a little girl.

An old woman asked her, “Why did you open your umbrella? There is no rain! That is why we are praying to God,” she continued.

The little girl’s answer was quick and simple, “We prayed to God for the rain. We should be ready when the rain falls because God listened to us. How about you? Why didn’t you bring an umbrella?”

The people were bewildered and silenced when they heard the girl. Soon, surely enough, a rain started to fall. All the people got wet, except the little girl who fully trusted God.



## LET'S DISCUSS

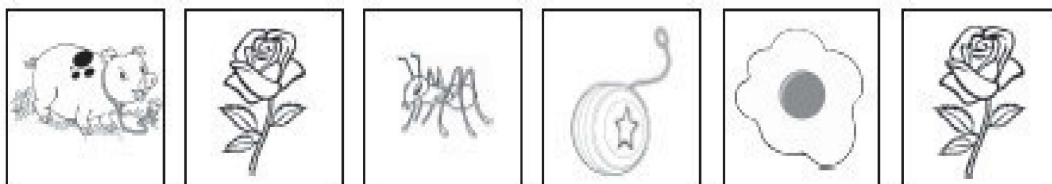
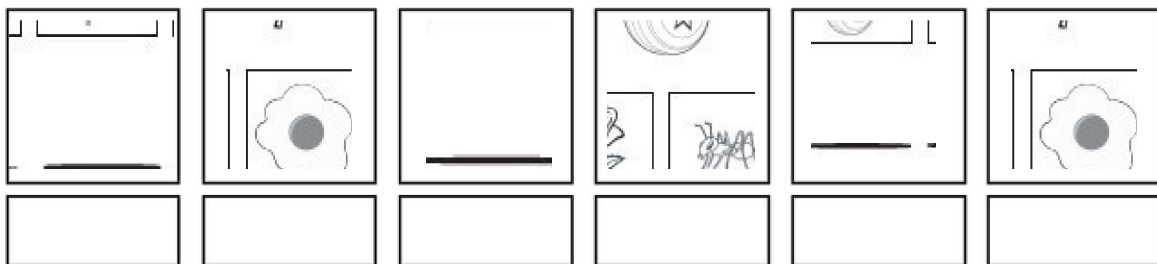
1. Why were the people alarmed?
2. What did they agree to do as a solution to their problem?
3. How did the people talk to God?
4. Why did the child bring an umbrella?
5. Would you do the same thing the little girl did? Why? Why not?



## LET'S TRY THESE

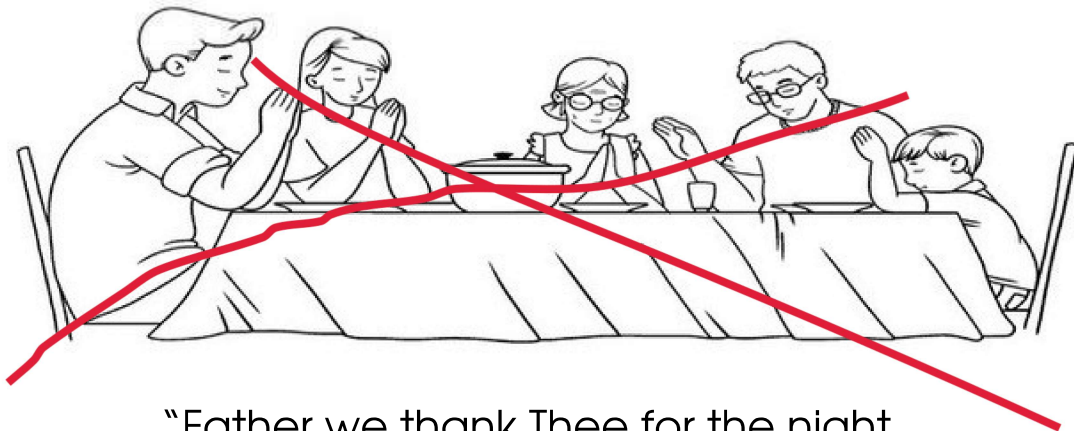
A. In what different ways should you talk to God? Read the situation below.

1. Form the right word using the first letters of the pictures below to get your answer.



\_\_\_\_\_

2. Find out what the family should do before eating breakfast. Cross out all letter **w** to form your answer.



“Father we thank Thee for the night,  
And for the pleasant morning light,  
For rest and food and loving care,  
And all that makes the day so fair!

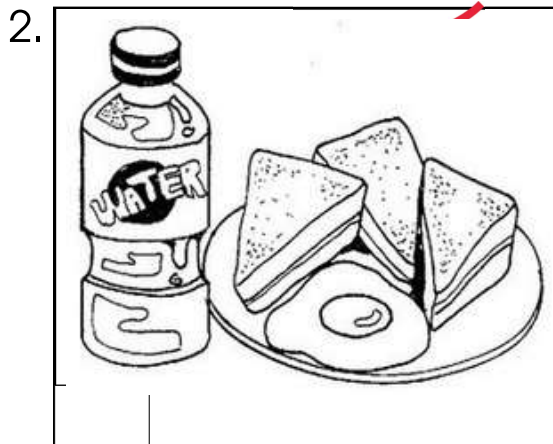
W	S	W	I	W	N	W	G	W
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W	P	W	R	W	A	W	I	W	S	W	E	W
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\_\_\_\_\_

- B. Do you pray to God? If yes, what are the things that you pray for? Put a check ( ) on your answers.

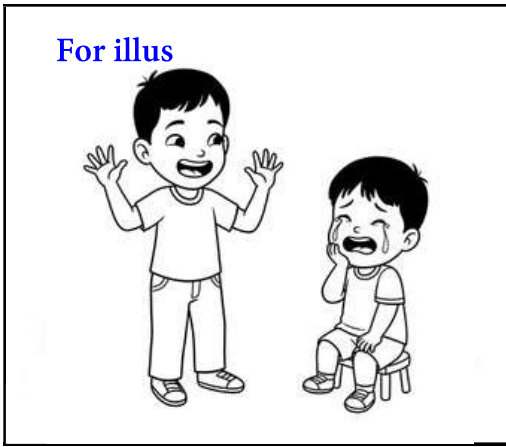
1. For illus



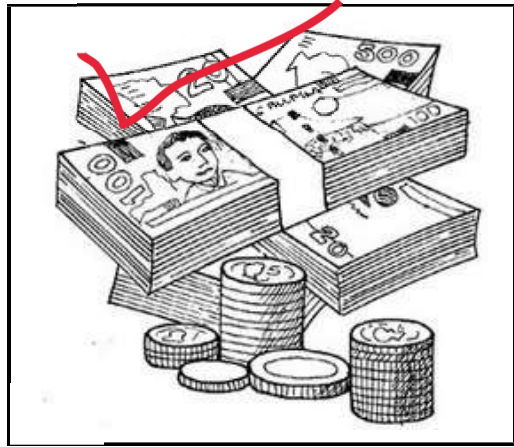


3.

For illus

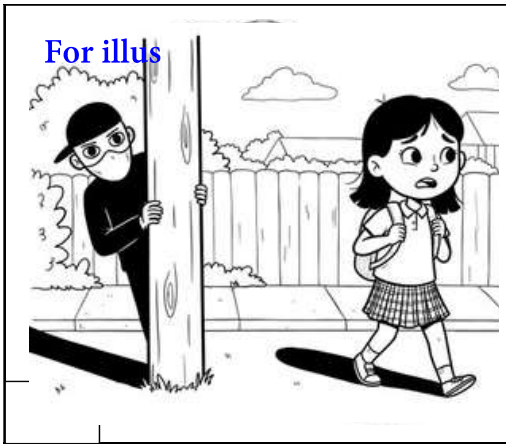


4.



5.

For illus



6.



For illus

C. How should you begin, continue, and end your prayer to God? Read the sentences below. Put a number in the box according to their order, to form a complete prayer.

\_\_\_\_\_ Please heal my daddy. He cannot go to work because he is sick.

\_\_\_\_\_ Thank You, God, for answering my prayers.

\_\_\_\_\_ Please forgive me for not obeying Mommy's orders earlier.

\_\_\_\_\_ I praise You, oh God, for You are good.



## FORM YOUR VALUES

“Come to me, all you who are weary and burdened,  
and I will give you rest” (*Matthew 11:28*).

This is the invitation of our Lord Jesus. You can go to Him and tell Him whatever worries you have.

But what is the right way of talking to God? Do you ask for help right away? Here are four steps of prayer, ACTS (an acronym) in the right order:

**Adoration** – Praise and worship God for who He is. Tell the truth about Him—that He is gracious, just, powerful, and good. Recite scriptures you know like Isaiah 40:28, “The Lord is everlasting God, the Creator of the ends of the Earth. He does not faint or grow weary; His understanding is unsearchable. He is worthy of being praised and adored.”

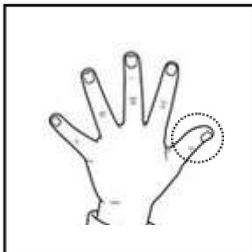
**Confession** – After you praise and adore Him, ask forgiveness for your wrongdoings. Have you been disobedient? Acting rude toward parents and others? Refusing to share your toys to playmates? Let God search your heart and point out the dark places so light can shine in. Confessing your sins breaks their hold on you and clears the way for the forgiveness and blessings from Christ to you.

**Thanksgiving** – Express your gratitude for the big and little things you can think of. Your body can walk or run, so start there. Thanking God helps you see all the ways He is taking care of you. Paying attention to God’s goodness will prompt you to always be thankful.

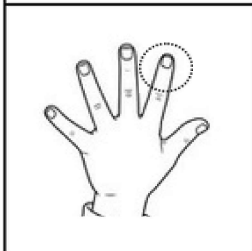
**Supplication** – You can freely request God to grant your needs and desires. The Bible tells us to present our requests to Him. So, go for it! He knows the longings of your heart, but you should humbly talk to the Creator about these.

What do you like God to do in your life? Don't hold back. Trust Him. Ask Him. Now!

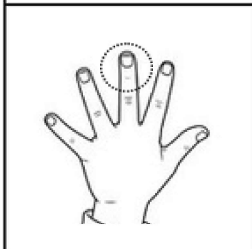
### Five Fingers of Prayer



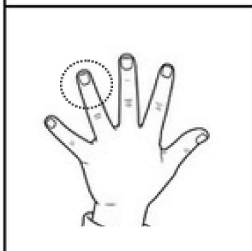
**Thumb** – Pray for the people close to your heart, like your parents and other family members.



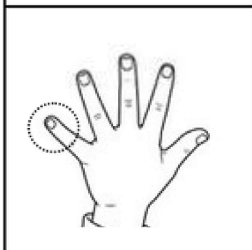
**Pointer** – Pray for your teachers and others who teach you.



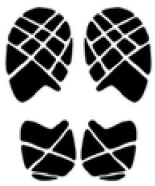
**Middle** – Pray for our leaders, the President of the Philippines, as well as your school principal and church pastor. They need prayers so that they can perform their duties well.



**Ring Finger** – Pray for the people you know who are sick or ill.



**Pinky** – Pray for your own needs.



## LIVE IT UP

While you're still young, make it a habit to trust God at all times.

"Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you." *1Thesalonians 5:16-18.*

So whether you are happy or sad, talk to God honestly like how you would talk to your closest friend. Invite Him to come into your heart.

"Into my heart, into my heart,  
Come into my heart, Lord Jesus.  
Come in today, come in to stay,  
Come into my heart, Lord Jesus!"

For at least two weeks, try to begin and end your day by talking and thanking God. Pray upon waking up, before eating your meals, before going to bed... "in all circumstances!" Write your prayers on the spaces provided for, as well as when each prayer is answered.

Date Prayer for	ItemsPrayedfor	Date


According to a reliable study, an activity done regularly, like a prayer, can help you form a habit. That way, you can develop the habit of praying to Jesus all the time. You are what you repeatedly do.



## LET'S DO MORE

**Reading/Writing** Read the Bible verses found in Matthew 6: 9-13.

This is the prayer that Jesus taught us, also known as "The Lord's Prayer." Copy this prayer in your notebook.

After writing it, recite the prayer together with the rest of the class.



## PARENTS/GUARDIAN'S CORNER

It is favorable for little children to learn how to bring all worries, doubts, and fears that they have to God. Parents or guardians have a significant role to play as their spiritual leaders. Your actions and words have a profound impact on your children's spiritual growth and development—that of shaping their character, values, faith—and trust in God.

Praying before going to school and before going to sleep are good habits to develop in them. Your guidance and example are essential for your child to practise praying regularly. In the Live It Up section on page \_\_\_\_, it will be best that you guide your child through the prayers that they write down, and then to take note of when these are answered. They will then be encouraged to continue praying.

Please affx your signature below if you agree.

---

Date

---

Signature Over Printed Name



*"And Jesus grew in wisdom and stature  
and in favor of God and man." – Luke  
2:52*

## This lesson will help you...

- know your rights as a child.
- discover that your rights help you respect other people and be happy.
- show respect and appreciation for your rights.
- be responsible for the consequences corollary to your rights.



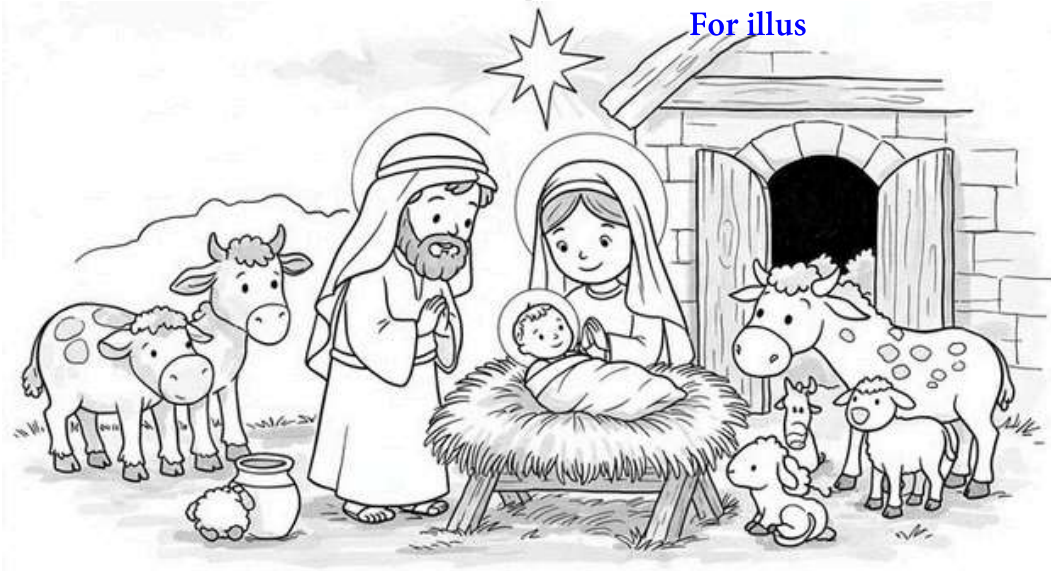
Children are by nature vulnerable so that they need the best care and protection. The rights of a child is provided by the United Nations Convention on the Rights of a Child (UNCRC) in 1989. Rights are what you should have or be able to do to have the best in life—which is “growing graciously.”



## LET'S BEGIN

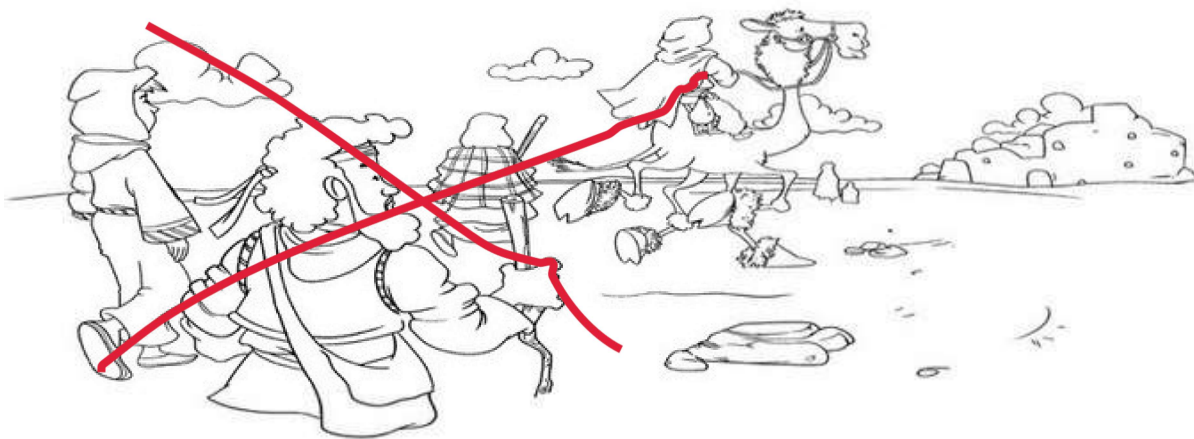
### The Boy Jesus

For illus

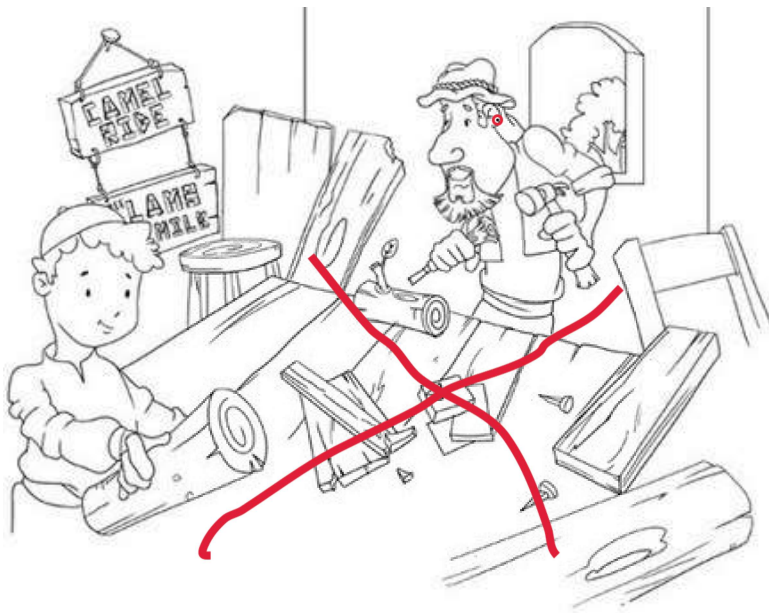
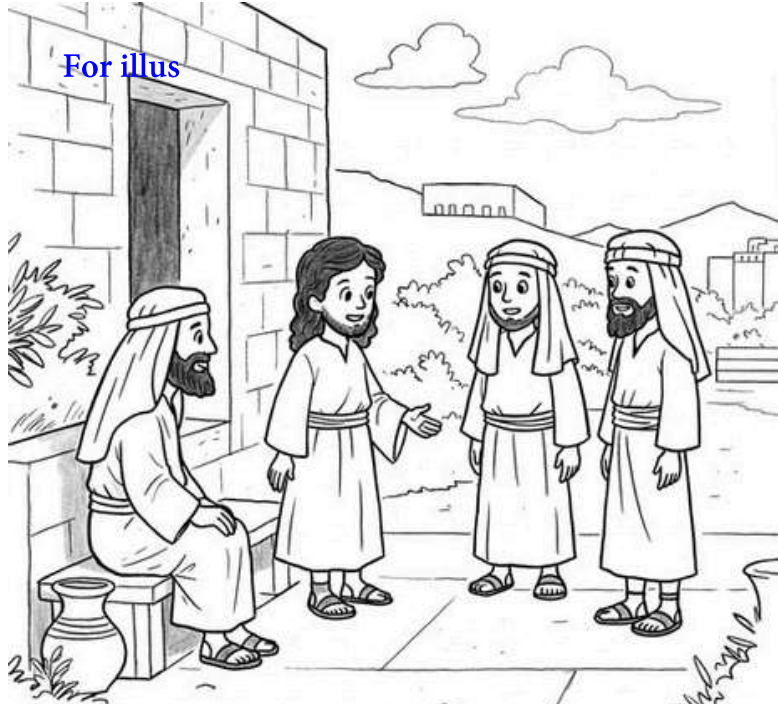


Joseph and Mary traveled from Nazareth in Galilee to Bethlehem in Judea to register. Mary was about to give birth to her baby and they did not have any place to rest. They decided to stay in a barn for the whole night.

That night was of great significance—Mary gave birth to a son. She named him Jesus, as foretold to her by the Angel Gabriel. Mary carefully wrapped her baby in swaddling clothes and gently laid him in a manger because there was no crib available.



Later, the family returned to Nazareth where the boy Jesus grew up and spent his childhood there. He studied at the synagogue. When he was 12 years old, his parents took him to Jerusalem to observe the Passover Feast, as was their custom. On their way back home, Joseph and Mary realized that Jesus was missing. After a long, unsuccessful hunt, they went back to Jerusalem. They found him in the temple courts among teachers, listening to them and asking questions. All who heard him were amazed at his exemplary understanding.



They went back home to Nazareth. Jesus helped his father Joseph, a carpenter, who taught him some woodwork. As a carpenter's son, he was always ready and happy to lend a helping hand. He loved and respected his parents. "And

Jesus grew in wisdom and stature, and in favor with God and man."



## LET'S DISCUSS

1. Where did Joseph and Mary go? Why?
2. Where did they stay for the night? Why?
3. What made that night significant?
4. In what ways did Mary care for her baby?
5. As a growing child, what things did Jesus do? Name them.  
Would you like to do the same?
6. What are the rights that Jesus enjoyed as a child?



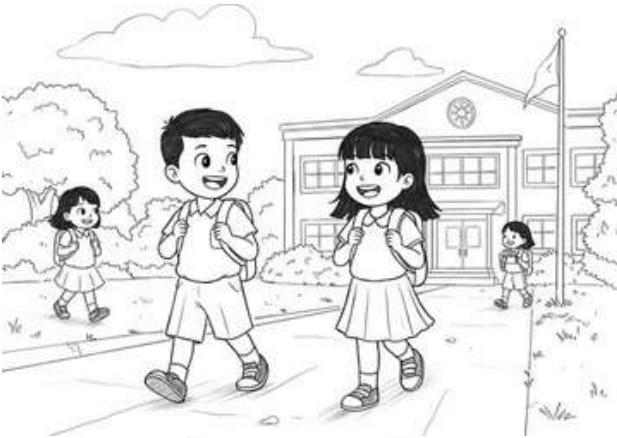
## LET'S TRY THESE

- A. Every child has the right to a well-balanced growth and development as stated in Luke 2:52. There are four areas of growth:
1. growth in wisdom – is mental development, hence the right to education
  2. growth in stature – means physical growth akin to the right to eat or to have nutritious food, and safe water to drink in order to be healthy
  3. growth in favor with man is to have sound social-emotional relations which entail the right to have a home and a family, and also establish relations with other people
  4. growth in favor with God refers to spiritual development or the right to choose one's faith and mode of worship





1.



2.



3.



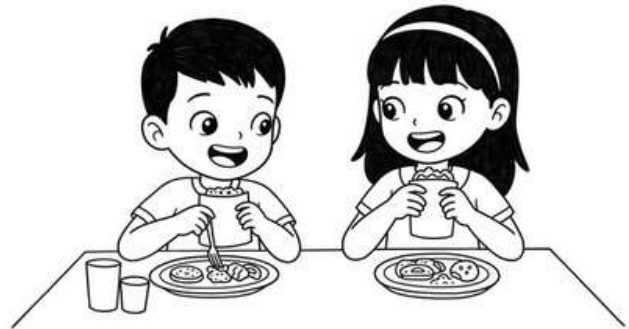
4.



5.



6.



B. Children are special, innocent, and fragile. They have the right to enjoy the highest attainable standard of a healthy and safe environment. A right is a privilege to which one

is justly entitled. Every child has the right to be protected from abuse—physical and emotional. Physical abuse is when someone hurts you with his hands, feet, or an object. Emotional abuse is unbecoming behavior, speech, or action that harm one's self-worth, like threats of violence, insulting, name-calling, and withholding love, support, and guidance.

Read each story below and study the pictures.

Choose each picture where a child's right is violated. Cross out the picture of your answer.

1. Mrs. Cruz, one of the teachers is expecting a baby.

a.



b.



2. Your household helper is mad because you left your toys scattered on the floor.

a.





3. Dad and Mom go to work everyday. Younger brother is left with his yaya at home. [Form tellu.s this page](#)

a.



b.



4. Liza is interested in music, especially in playing the piano.

a.

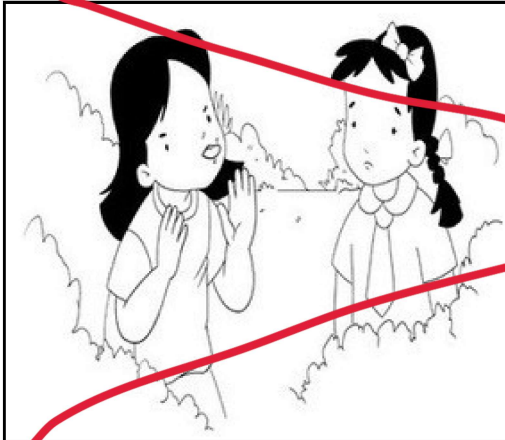


b.

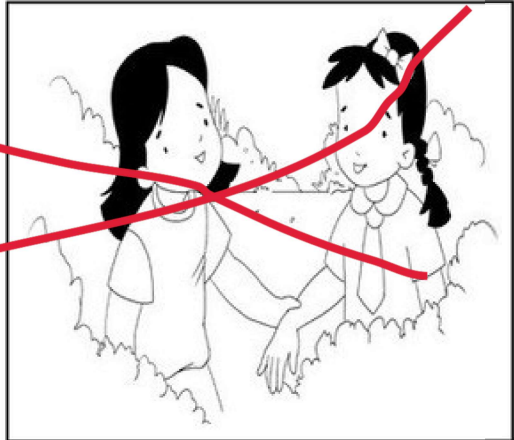


5. ~~Sammy is very shy. She just nods or shakes her head when spoken to.~~

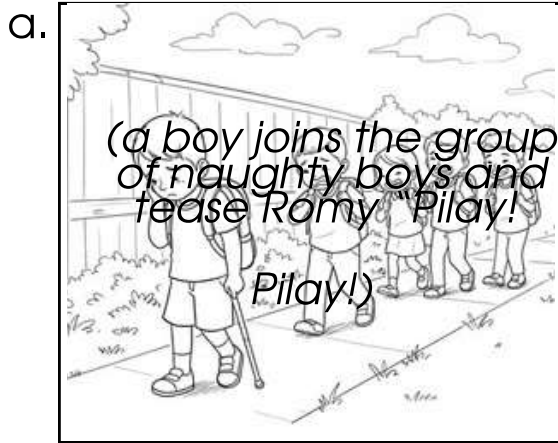
a.



b.



- b.
6. Romy is a polio victim. Here we make a what a limp the naughty boys in school tease him.



C. Read the following stories and encircle the letter of your answer.

1. Mother wants her twins to be free from getting sick. What is the best thing for her to do? She should...
  - a. let her twins stay late outside.
  - b. bring them to the clinic for vaccination.
  - c. feed them whatever they want.
2. Grace accidentally broke an expensive vase. When Aunt Gilda arrived, she was awfully mad with the maids, blaming them for carelessness. What should Grace do? She should...
  - a. just keep silent.
  - b. let the maids pay for the vase.
  - c. tell the truth.
3. There are children of school age like you who wander

along the streets or parks. At night, they sleep on cardboards spread on the grass. What should the police or guards do? They should...

- a. bring the kids to the Social Welfare Administration (SWA) office.
  - b. put the kids in jail.
  - c. drive the kids away.
4. Ramon was chosen to be adopted by a childless young couple, but he did not want to leave his friends in the orphanage. If you were one of his friends, what would you do? I should...
- a. tell him to remain with us.
  - b. scare him that the couple might abuse him.
  - c. convince him to go, to have a good home and family.
5. Mrs. Hilario is happily expecting a baby. She takes good care of herself and prepares for the baby's layette before her term. What privilege does the unborn baby enjoy? She enjoys the...
- a. right to be born.
  - b. right to be safe.
  - c. right to have a name.



## **FORM YOUR VALUES**

Being healthy means being in a stable physical, mental, social, emotional, and spiritual state. As young as you are,

you can start doing things which will keep you healthy. To be physically fit, you need to eat nutritious food, drink enough safe water, exercise daily and have plenty of rest and sleep.

Make the most of your school. Study your lessons to the

best of your ability. Ask Dad or Mom for help if needed. They are more than willing to assist you. Read books other than your textbooks. Form the habit of being a “bookworm” for your mental development.

Children like you need good friends to play and study with, to learn to cooperate and share with. As a song runs, “Make new friends, but keep the old; One is silver and the other is gold!” This is for your social-emotional growth and development.

Form the habit of talking to or praising God, of reading your Bible or devotional guide. Volunteer to lead in prayer in your home devotion and even in your class. Memorize some Bible verses, too, and recite them by heart.

“Love the Lord your God, with all your heart, with all your mind, and with all your strength;  
Love your neighbor as yourself.”

*-Mark 12:30-31*



**LIVE IT UP**

### **My Promise**

To show respect as I observe my rights as a child, I will always...

1. eat nutritious food to keep me healthy.

2. drink plenty of clean and safe water.
3. help my friend when he/she needs help.
4. be friendly with my classmates or schoolmates.
5. greet teacher "Good morning" or "Good afternoon."
6. read books and study my lessons to the best I could.
7. go to bed early and wake up early.
8. avoid hitting others with my hands or feet, or with any object.
9. refrain from shouting, name calling or insulting others.
10. love and obey my family.

---

Your Name



## LET'S DO MORE

### A. Music

Sing this beautiful historical song about Jesus.

"When Jesus was a little baby,  
He slept upon the hay,  
And then he grew and work and play  
Each glad and happy day!"

### B. Science

Form a group of four pupils each. Plan a one-day menu-breakfast, lunch, and dinner. Be sure to include foods that make you strong and healthy.



## PARENTS/GUARDIAN's CORNER

It is highly important for little children's rights to be respected.

Your role as parents or guardian is crucial in allowing your child to enjoy his rights awareness to accept responsibility for the rights he enjoy. Respect begets respect.

On the spaces below, write your observations and/or expereicnes with your child along this area. You may refer to **Live It Up** section on page \_\_\_\_.

*My child \_\_\_\_\_, feels safe and protected whenever he is with us.*

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Date

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Signature Over Printed Name