



PURPOSE

To introduce the connection of love to human dignity.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Understand the different types of love they experience.
2. Explain how **love** affirms human dignity.

MATERIALS & RESOURCES

- **Paint Me a Picture Game** list (see Materials)
- **Simple Gifts, arranged by Mack Wilberg – Mormon Tabernacle Choir** video (<https://www.youtube.com/watch?v=OXDW-J3U2g4>)
- **Simple Delights** worksheet (see Materials)
- Supplemental materials:
 - **Simple Gifts** lyrics (<http://www.americanmusicpreservation.com/JosephBrackettSimpleGifts.htm>)

VOCABULARY

- **love:** our choice to affirm the good in another person by recognizing and respecting their human dignity

PROCEDURE

Step 1: Review the previous lessons. Explain: For the past lessons, we have learned about solidarity as another manifestation of our human dignity. We learned how we can do this through self-gift in our authentic friendships. Lastly, we also discussed how justice plays a role in showing respect for our and others' dignity. Today, we are going to talk about a concept related to how we can deepen our way of affirming other people's dignity: love.

Step 2: Introduce love.

Start with a hook.

Ask the kids to play the game *Paint Me a Picture Game*. Use the provided list.

Divide the class into groups. Give the groups a scene to depict. Give the groups one minute to quickly plot how they'll "paint" it with their bodies before saying, "Paint me a Picture." This cues them to hold still like a painting for the class, each group by rotation.

Explain: We all know what it looks like to spend time and feel happy in the company of the people we love. It is something we encounter every day in books, films, and our daily lives. Love is something we see so often that we sometimes forget how valuable it is. We feel happy to feel loved by our family and friends and we show them love because it is a way to affirm our human dignity as well as theirs!

Write on the board:

- **love:** our choice to affirm the good in another person by recognizing and respecting their human dignity

Explain: When we look at this definition of love, we can see that love not only involves the recognition of another's dignity but also the choice to help them pursue it. That's what makes the act of loving hard sometimes, because love requires us to look beyond ourselves and towards the need of another person. We call this **self-gift**.

Step 3: Further the understanding of love.

Explain: Today we are going to listen to an American Shaker folk song called, "Simple Gifts." The song teaches us what it means to love.

Play the *Simple Gifts, arranged by Mack Wilberg – Mormon Tabernacle Choir* video.

Provide a copy of the *Simple Gifts* lyrics if helpful for students to appreciate the song. Play the song once more. You can invite the whole class to sing together.

Explain: The song tells us that to be in the "valley of love and delight," we need to be simple, free, and come down to the place where we belong. What does this mean? It means that to experience love we cannot be proud, and cannot feel we are better than others, but need to work to be good and free ourselves to love and be loved. We have to be simple and good ourselves. This is an important way for us to work on ourselves to make sure that our human dignity shines through so that others can see how loveable we are!

Give students the *Simple Delights* worksheet, and instruct them to draw a picture of some of the “Simple Delights” that they show to people around them. Explain: Perhaps it is when you sing, or when you dance, or when you sit quietly and read or draw. Perhaps it is when you have a walk or conversation with one of your parents or someone you love. Is it when you are tired and give your parents a hug and kiss goodnight?

Step 4: Summarize: Today we learned about love and how it involves and requires self-gift to give ourselves to another. We also learned how love entails a kind of simplicity in the way we see ourselves. We do all of these things in order to show our love for someone. However, we must always remember that this must be done in ways that will affirm our own dignity as well.

FOLLOW-UP & HOMEWORK

Ask students to bring home their *Simple Delights* worksheet, and show it to their parents.

SUPPLEMENTS

None.



PAINT ME A PICTURE GAME

a family reunion

you and your best friend go out for ice cream
to celebrate his birthday

Your soccer team wins the tournament, and you all congratulate each other, since you played well as a team and had respect for one another and the opposing team. You shake the hands of the losing team, since everyone tried hard, and played with courage and respect.

You've been having trouble in math class lately, so you and your math tutor have been working really hard to make sure you understand the concepts. Your tutor is kind and patient, and you've been working as a team. On your last test, you got an A! You celebrate with your tutor, who is very proud of you.

You and your siblings surprise your parents by cleaning the house and cooking dinner for them. Your entire family enjoys the nice meal together.



Human
Dignity
Curriculum

Name: _____

SIMPLE DELIGHTS

Directions: Draw two ways you are a simple delight to the people around you.

1.

2.



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Name: _____

SIMPLE DELIGHTS

Directions: Draw two ways you are a simple delight to the people around you.

1.

2.