

We Prepare Our Hearts for Jesus' Birth

Activity: The child makes a heart that depicts ways to show love and kindness to others.

Concept

During the season of Advent, we prepare our hearts for Jesus through acts of love and kindness.

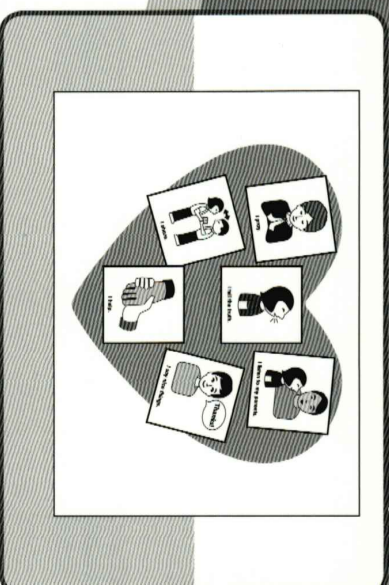
What You Need

- ▶ watercolor paints, cup of water, paintbrush, art paper
- ▶ photocopy of Side B of this Lesson Card
- ▶ sheet of construction paper
- ▶ art supplies

At Home

Invite the parents to review the Advent heart with their child during the week. Suggest that when their child acts with love or kindness, they make a connection to the act to one of the pictures on the heart or add it to the heart.

Example



Lesson Steps

1 Opening Prayer

Pray the Sign of the Cross with the child, followed by: ***Dear God, help us show love and kindness to prepare our hearts for Jesus.*** Pray the Sign of the Cross.

2 Begin with Life Experience

Show the child the blank sheet of construction paper. Say: ***I want to paint a picture.*** Set the cup of water, the watercolors, and the brush in front of the child. Say: ***I want to use these paints and this brush, but (show how using the dry brush on the dry paints doesn't do anything) I am not prepared to paint yet. It's too dry. What do I need to do?*** Help the child identify or point to the water. Model these actions as you say: ***I prepare the brush by dipping it in the water. Now I swirl the brush in the paint. Now I am prepared to paint.*** Paint an outline of a heart and invite the child to dip the brush in the water, then the paint. Guide him or her in painting the rest of the heart. Say: ***We do things to prepare to paint a picture, just as we act with love and kindness to prepare our hearts for Jesus' birth.***

3 Connect

Help the child color and cut out the pictures from the photocopy of Side B of this card while allowing the painted heart to dry. Help the child identify each picture by displaying two at a time and asking the child to identify one of them through questions. For example, show the pictures for *I share* and *I help*. Then say: ***I show my love for others by sharing my things. Which picture shows I share?*** As the child selects each picture, help him or her glue it to the painted heart. Continue until all the pictures have been identified and attached to the heart.

4 Closing Prayer

Pray the Sign of the Cross with the child, followed by: ***Dear God, thank you for the gift of your Son, Jesus, and for helping us prepare our hearts to celebrate his birth.*** Conclude by praying the Sign of the Cross.

