SAMPLE DEMONSTRATIONS
Theme One: Created and Loved by God

<table>
<thead>
<tr>
<th>Key Expectations</th>
<th>Sample Demonstrations/Activities</th>
</tr>
</thead>
</table>
| • recognize and appreciate the gift of human life and of all God’s creation (Topics 1 and 2) | • contribution to class discussion of the many gifts of creation and ways of showing appreciation  
• a drawing of one of God’s gifts of creation (BLM #1)  
• a riddle about a gift of creation  
• a drawing of someone who is a special gift of God (BLM #2) |
| • recognize and appreciate the uniqueness of each person, including appearance, and likes and dislikes (Topics 3 and 4) | • contribution to class discussion of unique appearance, God’s love for each person, and personal likes and dislikes  
• handprint (BLM #4)  
• written inventory of some personal likes and dislikes (BLM #6) |
| • recognize and appreciate that feelings, growth, and development are part of human life (Topics 5 and 6) | • contribution to class discussion of feelings and growth and development  
• demonstration of common feelings, using facial expressions and body posture  
• a drawing representing a skill that has been mastered |
| • understand that mental health is a part of overall health and reflect on the things that can be done to appreciate and take care of physical, social, emotional, and spiritual selves  
• understand that thoughts, feelings, and behaviours can affect mental health (Topic 5) | • contribution to class discussion about the different elements that make up mental health  
• list, draw, or create a collage of examples of the various ways to take care of mental health |