GRADE 3 CRE NOTES

STRAND 1: CREATION

Self-Awareness

Introduction

Self-awareness is understanding who we are and appreciating ourselves as God's creation. This lesson teaches us to identify ourselves as male or female, recognize our emotions, and make right choices guided by God's Word. By appreciating ourselves, we learn to value others and live happily.

Key Bible Verse: *"So God created mankind in his own image, in the image of God he created them; male and female he created them."* – Genesis 1:27

This verse reminds us that everyone is special and created in God's image.

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1. Understanding Our Gender

a. Identifying Ourselves as Male or Female

- God created us as boys or girls, as stated in Genesis 1:27.
- Boys and girls are both important and unique.

b. Activities for Boys and Girls

- Examples of activities boys and girls can do:
  - Boys: Playing football, helping with heavy tasks.
  - Girls: Singing, helping in the kitchen.
  - Both: Drawing, studying, praying.

Activity: Sharing Activities

- List activities you enjoy doing as a boy or girl.
- Share your list with a friend and talk about why you enjoy them.

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2. Recognizing Our Emotions

a. What Makes Us Happy or Sad