GRADE 4 CRE NOTES

Unit 1: Creation

Self awareness

a) Made in the image and likeness of God

My name makes me unique.

- We all have a name.
- God has written our names on the palm of his hands.
- People call us by our names
- Our names make us different from other people.
- Our names make us unique.
- Our names also make us special.

I am unique and special to God.

- God created us in His image and likeness.
- Although we may look different from each other we all look like Good.
- We are special to God.He loves the way we are.
- We should love ourselves and thank God for creating us.
- We should love and respect others ,even when they look different from us.

Our thoughts and feelings

Good thoughts and feelings.

- We should always try to have good thoughts and feelings.
- Bad thoughts make us to have bad feelings.
- When we have bad feelings,we can do things that hurt others or ourselves.
- When we feel bad,we should do things that make us feel good.
- Good thoughts make us have good feelings.Good thoughts make us do good things
- This include loving others, sharing items with others, being kind to others, helping those in need, helping our parents or guardians and respecting our elders.

Coping with emotions.

We cope with our emotions by doing things that make us happy.These things include:

a) Reading an interesting story book
b) Playing with our friends