Unit 1: Happiness

Unit 1 Lesson 1 - Choose to be Happy
Unit 1 Lesson 2 - Sharing Brings Happiness
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Philippians 4:4 – Rejoice in the Lord always. I will say it again: Rejoice!

Unit 1: Lesson 1 Pre-Reader

Choose to be Happy

Exceptional students often struggle to use appropriate words and actions to express their emotions. For many of our students, emotional recognition and regulation is difficult. Emotional recognition is an ability to identify our emotional states and the emotional states in others. Emotional regulation is the ability to control our emotions. Identifying and regulating emotions is very important in the development of social skills. Often, our actions are governed by our feelings and the origin of our feelings are our thoughts.

You will need the following for this lesson:

- Seeing Our Goal page, one per student (optional)
- 8 x 10 pictures of the parts of the equation on the goal page
- Bigtalks communicative device
- A pitcher of water
- A lemon
- A flashlight
- Vocabulary and Scripture Verse Worksheet
- Vocabulary and Scripture Verse Worksheet Answers
- Feelings paddles
- Magnetic White Board
- Markers
- 1 8 x 10 picture of the body of a boy and a girl - Teacher Resource Binder
- Paul and Silas Happiness in Prison Scripture Card
- Sanctuary Book front cover
- How to Use the Sanctuary Book
- Purpose of the Sanctuary Book
- Sanctuary Book Happiness page
- Happiness Resource page
- I Can be Happy Script
- Props for the role play - Sanctuary Book Happiness page, school supplies, backpacks, and baseball caps
- Student supply boxes
- Teacher supply box
- God with God family page(s) - The scripture card with Go with God message and Bible story is to given to take home. All other activities in the lesson are available upon parent request.

Lesson preparation:

Post the 8 x 10 pictures of the Seeing Our Goal and the plus (+) and equal (=) sign in every room you are providing instruction for, so as to reinforce the concept. Prepare a Sanctuary Book for the students to view. The book should include the cover page, How to Use the Sanctuary Book page, The Purpose of the Sanctuary Book page, Sanctuary Book Happiness page, all completed with pictures from the Happiness Resource page. This will serve as a model for the students. Review the “lesson preparation” portion of the curriculum to ensure you have all of the pre-teaching activities completed before instruction begins. Have enough sets of the Sanctuary Book templates for all of your students.
1. Goal

Students will be able to identify their feeling of happiness. They will be able to remain happy by thinking about God’s blessings in their lives, as well as His overall goodness and love.

Present each student with the Seeing Our Goal page or simply post the equation in each room you will be teaching. Read to the students and point to the parts of the equation as you read. Repeat the equation two (2) times. Say this: “Today we are going to learn about how to stay happy by focusing on your blessings.”

\[
\begin{array}{c}
\text{I feel unhappy.} \\
\text{I think of God’s Word, and praise Him.} \\
\hline
\text{I am happy.}
\end{array}
\]

Read the scripture to the students. For students who are not verbal, have them point to the words in the scripture as you read them.

Philippians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!

2. Grab their attention

Tell the students the following and complete the activity: Show the students the lemon and say, “Life is like this lemon. Sometimes, life is sour and bitter. It doesn’t taste good, because there are a lot of things that happen in life that cause us to be worried, sad, and afraid. God gives us protection against these feelings and that protection is His Word, the Bible. This teaches us to be grateful for all of the blessings He has given us. His Word also encourages us to focus on the positive things in life. When we do this, we can float on the top of all of the difficult things in our lives.” Then show the students the happy face.

Take the lemon and place it in the pitcher filled with water; the lemon will float. Tell the students this: “When we peel away our protection (if you don’t think about your blessings or God’s Word), we sink. We feel sad, angry, and afraid.” Then peel the lemon and place it in the pitcher; it will sink. Now show the students the sad face.

Tell the students the following: “No matter what is happening in our lives, we can be happy. Happiness is a thought away.” Finally, show the students the happy face again.

*Alternative Object Lesson:

Tell the students the following: “Sometimes things happen in our lives that cause us to feel worried, sad, or afraid.” Then turn off the lights. Say, “God helps us feel better. He shines His light on us so that we can see all of the good things He has done for us and how He loves us.” Now turn on the light. Then say, “When we are under His light, the darkness disappears, and we are happy.” Turn on the flashlight and hold it over your head.
Accommodations & Modifications

- Use body motions to help the students understand and remember the vocabulary. Some examples include:

  - For the word “thought” have the students touch their temples.
  - For the word “feelings” have the students touch their hearts.
  - For the word “action” have the students pretend they are running.
  - Have the students act out “rejoice” by popping up in their chairs.
  - Happiness can be expressed by a smile.

3. Grasp the concept

Now show the diagram below to the students. For the duration of this lesson and all the lessons in this curriculum, remind the students about this concept. Refer to it often.

Our Thoughts ➔ Our Feelings ➔ Our Actions

Then you say, “Feelings are a special system designed by God, and they provide us with information about the world around us. Feelings can be positive or negative, and they can help us, or they can prevent us from having a good life. Feelings come from our thoughts. What we think affects how we feel, and we act often comes from how we feel. If you can control your thoughts, then you can control your actions. For the next few times we are together, we are going to learn how to be comfortable no matter what is happening in our lives, by changing our thought patterns.”

Vocabulary Development

Give each student the Vocabulary and Scripture Verse Worksheet. Introduce the vocabulary words to the students. Talk about the meaning of each word. Use the pictures on the worksheet to assist the students in understanding more abstract words or concepts. Acting the words out (miming, gestures, etc.) can help the students understand the meanings of the words. The words are as follows:

- Happiness - is a good feeling about something
- Thoughts - are ideas
- Feelings - are emotions
- Action - are what you do
- Rejoice - is to celebrate, cheer, and be glad

Give the students the Vocabulary and Scripture Verse Worksheet Answers. Cut out the words and pictures and encourage the students to place them on the worksheet in the correct spaces.

Scripture memorization activity:

Encourage the students to participate in a choral reading of the scripture. Break down the scripture into three (3) parts. The first part is as follows: “Rejoice in the Lord always.” The second part is as follows: “I will say it again.” The third point is as follows: “Rejoice!” First, split the class into two groups, and have the first group say the first part of the verse. Then have the second group say the second part. Finally, encourage all of the students to say the last part of the verse together. In between the first and second parts of the verse, have all of the students clap twice. If the students are not able to participate verbally, have them still clap at the appropriate time. Repeat the exercise several times.
Happiness Activity:

Give the students their feeling paddles. Have them select the happy and sad faces.

Have the students look at the two faces and point out the differences in the facial features of each. First, have the students hold up the happy face. Then tell them, “Happy means, I feel good and excited.”

Finally, have the students hold up the sad face, and tell the students, “Sadness is not being happy. It means feeling bad, afraid, worried, or heavy in your heart.”

Explain the following situations to the students and have them indicate how they would feel in the situation by holding up the happy or sad face:

- It’s your birthday
- Your pet ran away
- Playing with friends
- No one will play with you
- Going to church
- Playing a video game

Then say this: “The scripture says to ‘rejoice in the Lord always.’ God wants us to remember to be happy always because He is with us even when bad things happen. God’s Word states it is important to think about the good things in our lives because it helps us to stay happy and grateful to God. Happiness is sometimes a feeling that doesn’t stay very long, but no matter what is happening in our lives, we can still praise God and be happy because we are praising Him.”

How My Body Feels When I am Happy

Show the students the picture of a boy and a girl. Talk about how our bodies feel when we are happy. Show the students the happy face. As you talk about how our bodies feel when we are happy, have the students point to the place on the body of the girl or boy. Answers may include the following:

- Warm feeling in my heart
- Laughing
- Tickling feeling on my skin

Bible Story

Give each student a scripture card and point out the features of the picture while you read the Bible story out loud. Read the scripture to the students and have them color the picture. Encourage the students as they color, saying things such as, “Great job,” or, “Keep it up! It looks wonderful!”
Paul and Silas in Prison Scripture Card

Paul and Silas were praying when a female slave who had an evil spirit in her came to them. This spirit allowed her to predict the future, and she earned a great deal of money for her owners by fortune-telling. Paul prayed for her and the evil spirit left her.

When her owners realized what had happened, they had Paul and Silas beaten and thrown into jail with their feet chained to the wall. The jailer was told to watch Paul and Silas carefully because if they escaped, he would be in a lot of trouble.

Paul and Silas didn’t do anything wrong, yet they were in a dark, cold, bad place. They had no reason to be happy, but they knew that no matter where they were, God was with them. This caused them to begin praying and praising God by singing.

The other prisoners were listening to them. Suddenly, there was a violent earthquake and the prison doors flew open. All the chains of the prisoners came loose.

It was a miracle. The jailer who saw the whole thing asked Jesus into his heart and invited Paul and Silas to his home for dinner.

Even when bad things happen to us, we can still be happy because God is with us and He can make something bad turn into something good (adapted from Acts 16:11-40).

Sanctuary Book

Tell the students the following: “For the next few weeks, we will begin to put together a Sanctuary Book. The Bible states that our purpose on the earth is to know and love God and share His love with others. This begins with knowing ourselves and learning how to be comfortable in any situation, because God is with us. If we can control our thoughts, we can control our feelings, and our actions. Our actions show others what we believe.”

Our Thoughts → Our Feelings → Our Actions

Then say to the students, “The Sanctuary Book will help you turn to God and rely on His Word, and this will help you be comfortable and in control. A sanctuary is a safe place in our mind. In the Bible, the sanctuary was a very special place where God was, and where someone can go to be with God.

Psalm 73:16-17 - When I tried to understand all this, it was oppressive to me till I entered the sanctuary of God; then I understood their final destiny.

Have a sample of the Sanctuary Book available for the students to look at, and then tell them, “This is what the Sanctuary Book will look like after it is done.”
Accommodations & Modifications

- Some students struggle with their fine motor skills and will need some assistance in completing this task. For those students who are able to complete the task, but require more time, have several of the words and pictures from the Happiness Resource page already cut out. For those students who have more profound deficits in fine motor skills development, cut out all the pictures and words for them and put them in a baggie. You will also need to assist them in the coloring, gluing and placement of the items on the Happiness page.

To begin the process of making the Sanctuary Book, give two (2) copies of the Sanctuary Book cover page to each student. Tell them the following while pointing to different images on the page: “This is the cover of the book. The sun in the window represents the Son of God, who is Jesus. God is light; in Him, there is no darkness at all.”

Then say to them, “Color both copies of the front cover your favorite color!” This will remind them that the Sanctuary Book is a good place. Say to them, “Put one of the cover pages in the sleeve on the front of your binder.” This will be a 3-ring binder that each student will have; now point to the binder. Then say, “Now, place the other copy in the first plastic sleeve of the Sanctuary Book. This will be your front page! Now behind the first page, place paper that says Purpose of the Sanctuary Book on it. In the second plastic sleeve, put your paper that says How to Use the Sanctuary Book on it.”

Give the students their Sanctuary Book Happiness page and their Sanctuary Book Happiness Resource page. Have the students color, cut out, and glue the words, pictures, and scripture onto their Sanctuary Book Happiness page. Have the students look at the pictures and words on the resource page. Discuss the meaning of them. Then, have the students select the pictures they most identify with in terms of their happiness. Encourage them to color, cut out, and glue the words from the resource page in the appropriate boxes on the Sanctuary Book Happiness page.

Now say to the students, “In the next sleeve, place your Paul and Silas in Prison Scripture Card. The Bible story is written on the back of the Scripture Card; therefore, all Scripture Cards should be placed in their own sleeves so that the student is able to read the story and see the picture.

Teacher note: We suggest you save the leftover pictures in a large accordion file for future use. Things that trigger particular thoughts resulting in specific emotions can change as children grow. Different pictures can be added to the book at a later date.

Tell the students the following: “When you feel unhappy, you can change your feelings to happiness by changing what you are thinking. God’s Word states it is important to think about the positive things in our lives. It also says to rejoice and give thanks to God, no matter what you are going through. Praising God helps us become comfortable. Let’s practice going to our sanctuary and thinking about our blessings. Here are some things to remember to praise God for:

- Thank Him for His love for you.
- Praise Him for being your Savior.
- Thank Him for His care and comfort.
- Praise Him for giving you a family and friends.
Accommodations & Modifications

- Allow the students to read from the scripts as they perform. If reading is difficult for the students, the teacher can read the script while the students act out their parts.

- A great way to do role play activities is to use puppets. You may purchase puppets, you can make them with socks, paper bags, or other materials. (Rees, Rubenstein, Booky, Shelby et. al., 2013).

Guided practice

Behavioral Rehearsal: Role Play

Some students may not be able to communicate their understanding of the role play; however, exposing them to the role playing of peers is a central component of inclusion. Before each role play, identify the characters and the setting. Encourage the students to wear/use miscellaneous props to get into character. After the role play activity is complete, reinforce the key concepts of the exercise.

I Can Be Happy Script

Characters: Narrator, Travis, and Ann (the names may be changed to the names of students actually participating in the activity)

Props: Sanctuary Book Happiness page, school supplies, backpacks, and baseball caps

Setting: Ann’s home

Narrator: Ann and Travis were at her house. Travis noticed that Ann was very quiet.

Travis: Ann, is there something wrong?

Ann: I am not happy. Today at school, I asked a group of kids if I could play with them, and they just walked away from me.

Travis: Our Sanctuary Book tells us when we are unhappy to praise God because he loves us and always wants to be our friend.

Narrator: Travis takes out his Sanctuary Book.

Travis: God wants us to be happy no matter what is happening in our lives. Let’s say the scripture together.

Travis & Ann: Philippians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!

Ann: Thank you Travis, you are a great friend.

Repeat the role play activity so that the students are able to play more than one role. This gives students the opportunity to experience things from another's perspective. Understanding another person's point of view is essential in the development of social skills.
5. Get it

Review the lesson using the *Seeing Our Goal* page given to the students at the beginning of the lesson or direct the students’ attention to the posted equation. Repeat the equation together out loud, pointing to each part of the equation as you read it.

\[
\text{I feel unhappy.} + \text{I think of God’s Word, and praise Him.} = \text{I am happy.}
\]

Repeat the scripture together or ask each student to press the Bigtalks to hear the verse.

**Philippians 4:4** - *Rejoice in the Lord always. I will say it again: Rejoice!*

Give the students their Sanctuary Books, and have them place the completed activities in the appropriate section of the book.

6. Go with God

Review the instructions on the *Go with God* take-home document with the students.

Tell the students the following: "Today we began making our Sanctuary Books. It is a book to help us organize our lessons. It’s something we can use to help us identify our feelings and how to deal with them by having faith in God. We will keep the book at church. If you would like to have your own book at home, let us know and we will talk to your parents about it."

Then say the following: "God wants you to enjoy your life now and choose to be happy. When you get up in the morning, choose to be happy and enjoy the day. Take time each day to pray or talk to God. Spend time thanking God for His goodness and all His blessings. Thank God for loving you and tell God how much you love Him and how wonderful He is. Starting today, don’t allow circumstances to keep you from being happy. Quit worrying and live one day at a time. Enjoy your family and friends. Smile a lot, and blossom where you are."

“We are sending home your scripture card. Please read the Bible story and color the picture with your family. Please review the scripture for the lesson daily with your family.”

**Philippians 4:4** - *Rejoice in the Lord always. I will say it again: Rejoice!*

Teachers, please send home a copy of the scripture card with the message to the families and the Bible story copied onto the back of the card. If the family is creating a Sanctuary Book at home, please send home a copy of the materials the family will need for the book.

7. Gauge the success of the lesson

At the end of the lesson, take a few moments to gauge your success. Use the *Gauge the Success of the Lesson* chart as a tool to make future accommodations and modifications to the lesson.
Philippians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!

You read them or activate the communication device to hear the scripture.

Read the scripture to the students. Encourage them to repeat it. For students who are not verbal, have them point to the words as you read them.

Encourage them to repeat it or point to the words as you read them.

Choose to be Happy

Unit 1: Lesson 1
I feel unhappy.
I think of God’s Word, and praise Him.
I am happy.
Choose to be Happy

Unit 1: Lesson 1

Vocabulary and Scripture Verse Worksheet

Directions: Cut out the pictures from the Vocabulary and Scripture Verse Worksheet Answers page and place them in the correct spaces.

How I think

How I feel

How I act

Philippians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!

Directions: Fill in the blanks with the correct words from the Vocabulary and Scripture Verse Worksheet Answers page.

in the Lord

I will say it : Rejoice!

(Philippians 4:4)
**Vocabulary and Scripture Verse Worksheet Answers**

Directions: Cut out the pictures and place them in the correct places on the worksheet.

<table>
<thead>
<tr>
<th>How I think</th>
<th>How I feel</th>
<th>How I act</th>
</tr>
</thead>
</table>

**Philippians 4:4** - Rejoice in the Lord always. I will say it again: Rejoice!

Directions: Cut out the words in the boxes and place them in the correct spaces on the worksheet.

<table>
<thead>
<tr>
<th>Rejoice</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>in the Lord</td>
<td>.</td>
</tr>
</tbody>
</table>

I will say it again: Rejoice!

*(Philippians 4:4)*
Choose to be Happy

Unit 1: Lesson 1

Paul and Silas Scripture Card

Philippians 4:4 – Rejoice in the Lord always. I will say it again: Rejoice!
Paul and Silas Scripture Card

Paul and Silas were praying when a female slave who had an evil spirit in her came to them. This spirit allowed her to predict the future, and she earned a great deal of money for her owners by fortune-telling. Paul prayed for her and the evil spirit left her.

When her owners realized what had happened, they had Paul and Silas beaten and thrown into jail with their feet chained to the wall. The jailer was told to watch Paul and Silas carefully because if they escaped, he would be in a lot of trouble.

Paul and Silas didn’t do anything wrong, yet they were in a dark, cold, bad place. They had no reason to be happy, but they knew that no matter where they were, God was with them. This caused them to begin praying and praising God by singing.

The other prisoners were listening to them. Suddenly, there was a violent earthquake and the prison doors flew open. All the chains of the prisoners came loose.

It was a miracle. The jailer who saw the whole thing asked Jesus into his heart and invited Paul and Silas to his home for dinner.

Even when bad things happen to us, we can still be happy because God is with us and He can make something bad turn into something good (adapted from Acts 16:11-40).

Phileppians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!
Creating a Sanctuary Book

To complete an individual Sanctuary Book, you will need the following: a 3 inch Showcase View white ring binder, 26 3-hole punched plastic page protectors, and 26 3-hole punched pocket folders, and all the documents your student brings home from church. We will be adding to the Sanctuary Book each week.

To begin the process of making the Sanctuary Book, give two copies of the Sanctuary Book cover page to each student. Talk about the cover of the book. Point out the sun in the window which represents the son of God Jesus. God is light; in Him, there is no darkness at all (1 John 1:5b). Encourage the students to color both copies of the front cover their favorite color. This will remind them that the Sanctuary Book is a good place. Tell the students to put one of the cover pages in the sleeve on the front of the three ring binder. Place the other copy in the first plastic sleeve of the Sanctuary book. It will serve as the front page.

Behind the first page, place the document entitled the Purpose of the Sanctuary Book. In the second plastic sleeve, place the document entitled How to Use the Sanctuary Book. Place your Sanctuary Book Happiness page behind this document. In the third plastic sleeve, place your scripture card. The Bible story is written on the back of the scripture card; therefore all scripture cards should be placed in their own sleeves so that the student is able to read the story and see the picture.
The Bible states that our purpose on the earth is to know and love God and share His love with others. This begins with knowing ourselves and learning how to be comfortable in any situation because God is with us. To accomplish this, we have developed a Sanctuary Book. This book has activities that assist the students in identifying their thoughts and feelings, which often lead to their actions. If we can control our thoughts, we can control our feelings, and therefore, we can control our actions. Our actions show others what we believe.

Our Thoughts  →  Our Feelings  →  Our Actions

The Sanctuary Book teaches the student that no matter what the situation, turning to God and relying on His Word brings calmness, comfort, and control. A sanctuary is a safe place in our mind. In the Bible, a sanctuary was a very special place where God's people could go to be with Him.

Psalm 73:16-17 – When I tried to understand all this, it was oppressive to me till I entered the sanctuary of God; then I understood their final destiny.

We can go to our sanctuary or safe place at any time because it is in our minds. We can talk to God any time. He is waiting for us in the sanctuary.
How to use the book

To use the Sanctuary Book follow the steps below:

Step 1: Try to figure out how you are feeling and find the page in the book that matches how you feel. Look at the faces on the pages to help to find out how you are feeling.

Step 2: Try to figure out why you feel this way. What were you thinking about before you started to feel this way?

Step 3: Look in your Sanctuary Book for what God’s Word says about your thoughts and feelings. Go to the sanctuary in your mind. Change your thoughts from the things that make you feel sad, anxious, afraid, or angry to thoughts of God’s love, comfort, care, and protection.

Step 4: Repeat the scriptures over and over in your mind. This will remind you of how much God loves you.
When I am happy, God’s word tells me to think about the good things in my life.

**Philippians 4:4**  - Rejoice in the Lord always. I will say it again: Rejoice!

(Words and pictures associated with happiness and our blessings from God)

Say the following sentences out loud.

I am in my sanctuary. God is here with me. It is a place I can go when I am happy. When I am happy, I am to praise and thank God. I will thank God for the following:

- His love for me.
- He listens to my prayers.
- He protects me.
- He is always watching over me.
## Happiness Resources

Have the students color, cut out, and glue the words and pictures onto their *Sanctuary Book Happiness* page.

<table>
<thead>
<tr>
<th>Stuffed Animal</th>
<th>Present</th>
<th>Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bible</td>
<td>My bed</td>
<td>Music</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My friend</td>
<td>My computer/ Ipad</td>
<td>Jesus</td>
</tr>
<tr>
<td></td>
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<td></td>
</tr>
<tr>
<td>Home</td>
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<tr>
<td>Comfortable</td>
<td>Sports</td>
<td>Toys</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Pets</td>
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</tbody>
</table>
Choose to be Happy  Unit 1: Lesson 1

I Can Be Happy Script

Characters: Narrator, Travis, and Ann

Props: Sanctuary Book Happiness page, school supplies, backpacks, and baseball caps

Setting: Ann’s home

Narrator: Ann and Travis were at her house. Travis noticed that Ann was very quiet.

Travis: Ann, is there something wrong?

Ann: I am not happy. Today at school, I asked a group of kids if I could play with them, and they just walked away from me.

Travis: Our Sanctuary Book tells us when we are unhappy to praise God because he loves us and always wants to be our friend.

Narrator: Travis takes out his Sanctuary Book.

Travis: God wants us to be happy no matter what is happening in our lives. Let's say the scripture together.

Travis & Ann: Philippians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!

Ann: Thank you Travis, you are a great friend.
Please print the following Go with God page with the scripture picture card on the back.
Choose to be Happy

Unit 1: Lesson 1

Go with God

Dear Family,

We learned today that we can choose to be happy. We do this by thinking about how good God is, how He protects us, and loves us. We can take time each day or pray or talk to God. We can spend time thanking God for His goodness and all His blessing. Thank God for loving you and tell God how much you love Him and how wonderful He is. Starting today, don't allow circumstances to keep you from being happy. Quit worrying and live one day at a time. Enjoy your family and friends. Smile a lot, and be happy where ever you are.

Please read the Bible story with your child and color the picture together. Review the Scripture verse and its meanings with your family daily.

Philippians 4: 4 - Rejoice in the Lord always. I will say it again: Rejoice!

Our students began making their Sanctuary Books today. The Sanctuary Book is a organizational tool to keep the activities completed for each lesson in one location. The Sanctuary Book is a tool to assist students, through visually rich material, to increase their knowledge and love of God, identify and manage their emotions, and develop social skills. If you would like to have a copy of the Sanctuary Book at home, we will provide you with the documents you will need to complete your book.

Paul and Silas Scripture Card

Paul and Silas were praying when a female slave who had an evil spirit in her came to them. This spirit allowed her to predict the future, and she earned a great deal of money for her owners by fortune-telling. Paul prayed for her and the evil spirit left her.

When her owners realized what had happened, they had Paul and Silas beaten and thrown into jail with their feet chained to the wall. The jailer was told to watch Paul and Silas carefully because if they escaped, he would be in a lot of trouble.

Paul and Silas didn’t do anything wrong, yet they were in a dark, cold, bad place. They had no reason to be happy, but they knew that no matter where they were, God was with them. This caused them to begin praying and praising God by singing.

The other prisoners were listening to them. Suddenly, there was a violent earthquake and the prison doors flew open. All the chains of the prisoners came loose.

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Paul and Silas Scripture Card

Philippians 4:4 – Rejoice in the Lord always. I will say it again: Rejoice!
Choose to be Happy

Unit 1: Lesson 1

Gauge the Success of Your Lesson

First box checked: Objective met with excellence.

Second box checked: Objective met, but I need to make some adjustments.

Third box checked: Objective not met.

Did you stimulate the students’ interest in the topic?

Were the objectives clear to the group?

Were most of the students able to transition to the next part of the lesson?

Were the lessons adequate for the time available? Was the lesson well sequenced?

Did you use teaching and learning accommodations and modifications when teaching?

Did you check frequently whether or not your students were learning? (For example: writing, signals, choral response, telling partners, other, etc.)

Did you have all the materials organized and ready for the project?

Did you guide your students through problems or examples, checking how well they were doing?

Did you stress the main points in the final stages of the class?

Did the students achieve the objectives for this session?

Rate this lesson overall.

If you were to teach this lesson again, how would you change or refine the lesson?