

# KINDERGARTEN: Religious Life

## OVERVIEW

### OBJECTIVES:

- To know a little bit about what a religious sister and a brother do.
- To know to address a consecrated religious person as “Brother” or “Sister”.

### MAIN CONCEPTS:

- A nun is a woman who does not get married but instead loves Jesus by praying often, serving others and living with other nuns.
- A monk is a man who does not get married but instead loves Jesus by praying often, serving others and living with other monks.
- Monks and nuns are also called “Sisters” and “Brothers”.
- Brothers and Sisters often serve others by teaching, praying for people, working with the poor, and caring for the sick.

### PLANNING DIRECTIONS:

Teach the core components. Choose other components from the lesson that you wish to use given the time you have and the needs of your children.

## INTRODUCTION

2 min

### NUNS, MONKS, SISTERS AND BROTHERS

Summarize this theme as it relates to vocation.

*Remember that there are several main ways (vocations) that God calls people to live: as a married person, as a priest or, as a religious sister or brother. Right now, you are in the single state of life, but someday God may call you to a particular vocation—married life, priesthood, or religious life. Today we will talk about being a religious brother or sister. When I say “sister” or “brother,” I don’t mean people like your little brother or sister. I mean someone like a monk or a nun. This is the special vocation we are going to learn about today.*

## RELIGIOUS LIFE

“We love because he first loved us.” –1 JOHN 4:19

### ACTIVITY



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### SIMPLE PRAYER

1 min

Let’s draw near to God during today’s lesson. Read 1 John 4:19.

“We love because he first loved us.” –1 JOHN 4:19

### POSSIBLE PRAYER:

“Thank you God for being with us. Please help us to have fun today and be close to you.”

## MAIN CONCEPTS

5 min

### TEACH:

Explain these main concepts.

- God calls some people to be a religious sister or brother.
- A woman who does not get married but instead loves Jesus by praying often, serving others and living in community is called a sister.
- A man who does not get married but instead loves Jesus by praying often, serving others and living in community is called a brother.
- Another name for sister is nun.
- Another name for brother is monk.

### REINFORCE:

Ask the children simple questions that they can answer out loud.

- Does God call everyone to be a religious sister or brother? No!
- A woman who does not get married but instead loves Jesus by praying often, serving others and living in community is called a? Sister!
- A man who does not get married but instead loves Jesus by praying often, serving others and living in community is called a? Brother!
- What is another name for a sister? Nun!
- What is another name for a brother? Monk!

## ACTIVITY

20 min

### PLAY HOUSE

- Provide or assemble a toy person for each child (a doll, little people figurine, stuffed animal or just a paper cut out).
- The children may color their person.
- The children use their figurines to act out what the sister or brother is doing during the day as you direct them.

## RELIGIOUS LIFE

"We love because he first loved us." -1 JOHN 4:19

### ACTIVITY



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Let's play a game to see to learn what kind of things a person in a religious vocation does.

If you have a boy, then he is a religious brother or a monk. If you have a girl, she is a religious sister or a nun. We can play house with them.

Make your monk or nun go into his or her house. A nun's house is called a convent. A monk's house is called a monastery.

Bong, bong, bong. A bell is ringing! It is time to pray. Bring your brother or sister to the chapel to pray.

Now it is time to work. You pick whether your consecrated brother or sister works in a school, gives food to the poor or takes care of people who are sick.

Bong, bong, bong. Time to pray again! Bring them together so they can pray together.

Oh, it is bed time! Bring each brother or sister back to the convent or monastery.

## READING

15 min

### “PRINCESS TO A NUN”

1. Introduce the story.
2. Read aloud “Princess to a Nun.”
3. Discuss the story using the reflection questions and/or any of your own.

### INTRODUCTION

This story about a princess can give you a little idea about what the religious life is.

#### *“Princess to a Nun”*

Irish castle Once upon a time there was a princess. She was a real princess. Her mom was the queen and her dad was the king. They lived in a beautiful castle with a giant golden throne where the king sat. The princess was very beautiful, and every day servants would brush her long beautiful hair. She wore fancy clothes and ate fancy food. She sat up straight in her chair and always knew how to be polite to the many people who visited the throne room.

*Refer to image of castle.*

As the princess got older, people started to ask her if she was going to marry a prince when she grew up. She just smiled and said, “We’ll see!” But in her heart, she heard the whisper of her true love—Jesus. She prayed to Jesus every day, and her heart felt very close to him. She felt like Jesus wanted her to do something wonderful with her life.

One day, while looking outside her castle window, the princess saw a woman dressed in simple clothes with a rosary hanging from her waist. (A rosary is a long chain of beads people use to pray to Mary and think about Jesus). On her head was a veil—like the veil of a bride. But this veil looked very strong and simple. The princess ran down the stairs, snuck past the doorman, and ran up to the lady who was walking down the street. “Why are you dressed that way?” the princess asked. The lady said, “I am a bride of Jesus. I am a nun. I wear this to always remember my love.”



## RELIGIOUS LIFE

READING: Princess to a Nun



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*Refer to image of nuns.*

The princess’s eyes grew big. Suddenly, she wanted to be a nun, too! (Do you remember who a nun is? A nun is a lady who does not get married but instead loves Jesus by praying often, serving others, and living with other nuns). But who ever heard of a princess becoming a nun? What would people think? What would the Queen say? What about the King?

That night, when she told her parents she wanted to be a nun, they frowned at the idea. As she grew up, however, she continued to pray that one day she would be a bride of Christ. When her parents saw that God really was calling her to be a nun, they said, “Yes. Do whatever the Good Lord is asking you.”

And so it happened that the princess gave away all her treasure—even her crown—and went to the convent where she became a bride of Christ. Her days in the poor convent were even happier than the ones in the beautiful castle. (A convent is a home where nuns live.) Instead of fancy clothes, she wore a simple veil. Instead of fancy food, she ate simple meals. Instead

## READING *continued*

of having servants do everything for her, she and the other nuns did all the cleaning and cooking.

*Refer to image of tabernacle.*

But there was one part of the convent that was even more magnificent than her father's throne room. Each morning, the nuns would wake up and go into the convent chapel. They would sing and pray before an altar decorated with flowers and candles. It reminded her of how people would come to the royal throne room to see her father, the king. Except in this little chapel, the person on the throne was Jesus!

Every day the princess, who was now a nun, prayed from her heart, "Thank you, my Jesus, for loving me so much."

The End

*Note: There are real princesses who have become nuns. Princess Ileana of Romania still lives and prays as a nun in Pennsylvania. Camilla Battista da Varano was a princess who joined a convent and was canonized a saint in 2010.*

### DISCUSS: BE CURIOUS

- Who did the princess love most of all?
- How was the convent different than the castle?
- Where can we see Jesus on the throne today?
- How did the princess feel when she became a nun?

### EXPLORATION

10 min

Have the students color the picture of Saint Angela Merici, who was a sister, and/or the picture of Blessed Junipero Serra, who was a brother.

*Access the coloring pages at [www.vocationlessons.com](http://www.vocationlessons.com).*



## RELIGIOUS LIFE

READING: Princess to a Nun



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### VISUAL ART

10 min

#### BROTHERS AND SISTERS

Look at some photos of people who are living in the religious life. See Vianny Vocation's religious life PowerPoint/ photo gallery for some options. Solicit students' questions and comments.

## REFLECTIVE PRAYER

3 min

### HE FIRST LOVED US

Set an atmosphere of calm and peace, and lead the children in conversing inwardly with Jesus.

*Our focus on vocation is not just to learn about things but to realize deep inside that God calls each of us to something both today and when we are older.*

*The Bible reading for today says, "We love because he first loved us."*

1 JOHN 4:19.

*Think about these things in your heart:*

*God loves you and calls you. Your vocation right now is to be a child. He loves just how you are. How is God calling you today? Does He have someone in your life that you can help? Does He want to speak to your heart? Does He want to fill you with energy? Will you listen to God? Will you do the special jobs he has for you? Will you love Him?*

### PRAY TOGETHER

3 min

*We can look at the way Mary listened to God. He spoke to her a lot, and she always listened with her heart. Whenever we pray the Hail Mary, we can grow close to God like Mary.*

Lead the children in praying the Hail Mary together. If children do not yet know this prayer, have them repeat it after you line by line.



## RELIGIOUS LIFE



PRAYER - Thank You for Priests

*"We love because he first loved us."*

1 JOHN 4:19

PRAY TOGETHER

Hail Mary full of Grace,  
the Lord is with thee.

Blessed art thou  
among women

and blessed is the fruit of  
thy womb Jesus.

Holy Mary,

Mother of God,

pray for us sinners,

now and at the hour  
of our death.

AMEN.

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