

# Confirmation Saints

## Hallow Teens Lesson Plan

Unit Summary

Grades: 3rd-12th

### Rationale

This seven-session collection is perfect for those preparing for the sacrament of Confirmation and anyone wanting to learn more about the lives of many diverse saints. Below is a brief overview of the sessions.

**Session 1 and 2 are specific to those preparing for Confirmation:**

Session #1- What Makes a Saint? (5 mins)

Session #2- How to Choose a Saint (6 mins)

**Sessions 3-7 can be used for anyone wanting to learn more about the saints and includes brief biographies about different Catholic Saints, categorized in the following ways:**

Session #3- Thinkers, Athletes, Artists (23 mins)

Session #4- From Difficult Circumstances (19 mins)

Session #5- Suffered from Mental Illness (18 mins)

Session #6- Fought For Justice (22 mins)

Session #7- Saints Who Sinned (17 mins)

### Teacher Tips

The Lessons for Sessions 3-7 can be used interchangeably. Sessions can be listened to in one sitting or broken up into smaller chunks. The starting time for each saint has been noted.

Students can be assigned sessions to listen to for homework before the class so they come into class prepared for the group activity.

Consider a special saint journal, slide deck, or a photocopied packet of the "Hallow Saints Recording Sheet" that students will keep their notes in. Over time, after listening to all 5 sessions, they will have detailed notes on 30 different saints!

In addition to using these sessions as Confirmation prep, you might consider using them during November, beginning with All Saints Day, or as a "Saint a Day" during the season of Lent.

## Session 1 : What Makes a Saint?

Recommended grade level: 3-12

### Objective

The students will be able to identify what makes someone a saint.

The students will be able to name multiple ways in which they can be holy in their own lives.

### Key Points

A saint is someone who lives in holiness. What that looks like is going to vary according to how God uniquely created us.

You are good. You are loved. It is good that you exist just as you are.

| Est Time | Activity/Procedures |
|----------|---------------------|
|----------|---------------------|

|       |                                                                                                                                  |
|-------|----------------------------------------------------------------------------------------------------------------------------------|
| 5 min | <b>Hallow Session</b><br>Have students listen to the session, "What makes a saint?" This can be done individually or as a class. |
|-------|----------------------------------------------------------------------------------------------------------------------------------|

|        |                                                                                                                                                                                                                                                              |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15 min | <b>Activity: Personal Reflection Brainstorm</b><br>Pass out the student handout and give students time for their personal reflection. For younger students, you might work through the chart together to brainstorm ideas and create a bank of word choices. |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|  |                                                                                         |
|--|-----------------------------------------------------------------------------------------|
|  | When finished, students can share with a partner, table group, or with the whole class. |
|--|-----------------------------------------------------------------------------------------|

### Extension Ideas

Play instrumental music while students color or letter the quote: "Be Who God meant you to be and you will set the world on fire." (St. Catherine of Siena)

Create a class slide deck where each student can add pictures and words to one

slide depicting themselves and their journey to holiness.

For grades 6-12, this could be a brainstorming activity for an essay

### Supporting Resources

1. What Makes a Saint?

## Session 2 : How to Choose a Saint (Option 1 and 2)

Recommended grade level: 3-12

### Objective

Option 1: The students will be able to identify potential saints for their confirmation, and how particular saints connect to their identifying traits.

Option 2: The students will be able to understand the structure and purpose of a litany, and create their own litany prayer to identify their "team" of saints, including the saint of their birth date, baptismal date, baptismal name, and other defining moments in their life.

### Key Points

The saints show us what it looks like to offer all of our gifts to God in gratitude for all He has done for us.

Our canon of saints is full of people of every type, with every different lived experience.

Ask the Holy Spirit to guide you to your Confirmation Saint.

Est Time      Option 1 Activity/Procedures

6 min

#### **Hallow Session**

Have students listen to the session, "How to Choose a Saint." This can be done individually or as a class.

20-30 min

#### **Activity: Saint Brainstorm**

Pass out the student handout and have students complete Box 1. Especially for

younger students, you might work together to brainstorm ideas and create a bank of choices.

Give students time to complete Box 2. You might assign this for homework or as a longer lesson, as it likely will take research. This also might be completed over time as you listen to the saint stories in Session #3-7.

When finished, students can share with a partner, table group, or with the whole class.

Est Time      Option 2 Activity/Procedures

6 min

**Hallow Session**

Listen to the Hallow Session, "How to Choose a Saint" together as a class, or have students listen to it individually if desired.

10 min

**Activity: Personal Litany of Saints**

Remind students what a litany is: "A litany is a special kind of prayer made up of a series of short requests or praises. In a litany of saints, the leader says the name of a saint, and everyone responds with a phrase like 'pray for us.' It's a way for us to call on the saints to support and pray for us." You may want to pray an example together in the Hallow App. Search "litany" for many options!

Remind students that as they heard in the Hallow session, they already have a personal team of saints praying for them, and they may decide to choose one of these as their Confirmation saint, or they may end up adding a new saint to the roster!

20 min

**Extension Ideas**

Assign "My Personal Litany of Saints" worksheet for homework. Review with students so they are clear what information they need to be gathering at home.

When students return to class with their litany completed, post them around the classroom and take turns praying each student's personal litany over the course of the year -OR- have each student choose one of their saints and create a class litany that is prayed often together.

**Supporting Resources**

1. Saint Brainstorm
2. My Personal Litany of Saints

### Session 3: Thinkers, Athletes, Artists

Recommended grade level: 3-12

|            |                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Objective  | The students will be able to demonstrate knowledge of the saints by recalling pertinent information about their lives.                                                                                                                                                                                                                                                                                |
| Key Points | <p>God doesn't want to shove everything but Himself out of your life, but He wants everything in your life to be driving you to Him.</p> <p>Includes the lives of: Blessed Benedict Daswa (1:00), St. Hildegard of Bingen (4:01), St. Albert Chmielowski (7:12), Blessed José Gregorio Hernández (10:21), St. Dulce Pontes (13:32), Blessed Nicholas Steno (16:31), Blessed Dina Bélanger (19:54)</p> |

| Est Time | Activity/Procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 min    | <b>Introduction</b><br>Arrange students in small groups of your choosing. Pass out whiteboards or paper for recording trivia answers.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 23 min   | <b>Hallow Session</b><br>Play the Hallow session "Thinkers, Athletes, Artists." You may choose to give them Hallow Saint Recording Sheets for notes or allow them to jot notes on scratch paper.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 10 min   | <b>Activity: Team Trivia</b><br>After listening to the session, ask teams the following questions. Feel free to create your own as well! <ol style="list-style-type: none"><li>Which saint was a school principal and played and coached soccer? (Blessed Benedict Daswa)</li><li>Which saint was the "father of Geology" and a leader in the field of paleontology? (Blessed Nicholas Steno)</li><li>Which Polish saint became a painter and auctioned his paintings to raise money for the poor? (St. Albert Chmielowski)</li><li>Which saint trained as both a teacher and a nurse and founded the first Catholic workers organization in her state? (St. Dulce Pontes)</li></ol> |

- e. Which saint was a Benedictine nun who had mystical visions and invented a whole new language? (St. Hildegard of Bingen)
- f. Which saint was a Canadian concert pianist? (Blessed Dina Bélanger)
- g. Which saint entered medical school at 17 and brought the first microscope to Venezuela? (Blessed José Gregorio Hernández)

You may choose to keep a visible scoreboard through the trivia, or collect answers at the end. At the end, declare your winning team the Saint Experts!

#### Extension Ideas

For students interested in sports, check out the "Athletes" section on the Hallow App

#### Supporting Resources

1. Hallow Saints Recording Sheet

### Session 4: From Difficult Circumstances

Recommended grade level: 3-12

#### Objective

The students will be able to demonstrate knowledge of the saints by presenting information about different saints through a jigsaw activity.

#### Key Points

In difficult life moments, we can look to the lives of the saints who also suffered, saints who lived through difficult circumstances and were able to find holiness in the midst of it all.

Includes the lives of: St. Marguerite Bays (0:38), St. Margaret of Castello (3:46), Blessed Columba Kang Wan Suk (6:45), Blessed Pier Giorgio Frassati (9:49), St. Agatha Kim A-gi (12:57), Blessed Miguel Pro (16:00)

Est Time

Activity/Procedures

|        |                                                                                                                                                                                                                                                                                                                                      |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 min  | <b>Introduction</b><br>Divide the class into six small groups. Assign each group one of the saints from the Hallow Session.                                                                                                                                                                                                          |
| 19 min | <b>Hallow Session: From Difficult Circumstances</b><br>Have each group listen to the short biography of their assigned saint and record pertinent information on a "Hallow Saints Recording Sheet." Instruct them to be prepared to present on their assigned saint.                                                                 |
| 10 min | <b>Activity: Jigsaw Group Activity (can also be used with Sessions 3 and 5-7)</b><br>Reorganize the groups so that each new group has one representative from each of the original groups (each saint is represented).<br><br>Have students take turns teaching the new group about their original saint using their prepared notes. |
|        | Return as a whole group and have a class discussion about the different saints. Discuss what you have learned and how these saints model holiness for us.                                                                                                                                                                            |

### Supporting Resources

1. Hallow Saints Recording Sheet

## Session 5: Suffered from Mental Illness

Recommended grade level: 7-12

### Objective

The students will be able to identify main details about particular lives of the saints.

The students will be able to participate in traditional Catholic prayer by reciting "pray for us" after invoking a saint's name.

### Key Points

If you are suffering from mental illness, you are not alone. These saints show us what it looks like to suffer from mental illness in holiness.

Includes the lives of: St. Mark Ji Tianxiang (1:34), Blessed Rutilio Grande (4:41), St. Alphonsa Muttathupadathu (8:03), Blessed Basil Hopko (10:53), Blessed Eustochium of Padua (14:16)

**\*Content warning for this session: mental illness, trauma,**

## addiction, and self-harm

| Est Time        | Activity/Procedures                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 min           | <b>Introduction</b><br>Prior to introducing this session, create a blank space in your classroom with the title "Heavenly Wall of Fame" and the words "Pray for Us."                                                                                                                                                                                                                                                                                    |
| 3 min per saint | <b>Hallow Session: Suffered from Mental Illness</b><br>Play any 3 minute saint biography from Hallow Sessions 3-7. This can be done once a day at the beginning or end of class, as a special Monday activity to focus on a "Saint of the Week," or whenever you find it best fits into your schedule.                                                                                                                                                  |
| 5 min per saint | <b>Activity: Heavenly Wall of Fame (can also be used with Sessions 3-4 and 6-7)</b><br>After listening to the session clip, assign one or two students to draw or print a picture of the saint in the template, and add his/her name and one main detail about their life in the bottom space of the template.<br><br>Add the completed template to your Heavenly Wall of Fame. Say the saint's name out loud as the class responds with "Pray for Us." |
|                 | Continue throughout the school year with all the saints from Sessions 3-7. By the end, ensure each student has contributed at least once.                                                                                                                                                                                                                                                                                                               |

### Supporting Resources

1. Heavenly Wall of Fame template

## SESSION 6: Fought for Justice

Recommended grade level: 3-12

### Objective

The students will be able to write a reflective journal entry about the life of a saint that includes main biographical and a personal connection.



## Key Points

These saints are men and women who fought against evil and injustice, who gave their lives to bring hope, peace, and joy to people the world had forgotten and abused.

Includes the lives of: St. Vitalis of Gaza (0:45), Blessed Natalia Tułasiewicz (3:43), Blessed Miguel Gomez Loza (6:44), St. Josephine Bakhita (9:41), St. Jean-Marie Kiwanuka Muzeyi (12:54), St. Devasahayam (15:55), Blessed Sára Salkaházi (18:48)

**\*Content warning for this session: suicidal ideations and sexual assault**

| Est Time | Activity/Procedures |
|----------|---------------------|
|----------|---------------------|

|        |  |
|--------|--|
| 22 min |  |
|--------|--|

### Hallow Session

Have students listen to the Hallow session "Fought for Justice." For younger students, it is recommended to listen to one saint at a time and take notes together on the board to be used for journal reflection. For older students, you may ask them to jot notes as they listen.

|                        |  |
|------------------------|--|
| 10-15 min<br>per saint |  |
|------------------------|--|

### Activity: Journal Reflection

Post the following questions for students to see and instruct them to write a reflection based on the following questions:

Grades 3-5: Write a complete paragraph about one of the saints. Include some key details about their life, how they demonstrated holiness, and what you have in common with them.

Grades 6-12: Write a reflective journal entry about one of the saints. Include the following:

1. Who is the saint? (Name, Country of Origin, any identifying features)
2. What are some of the main details about the Saint's life?
3. How does the Saint demonstrate his/her faith and devotion to God?
4. What was unique about this Saint? How did he/she live in holiness according to their circumstances?
5. How do you connect to this Saint in your own life?

This can be done with as many saints as you choose from the session.

## SESSION 7: Saints Who Sinned

Recommended grade level: 7-12

|            |                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Objective  | The students will be able to demonstrate knowledge of the saints by drawing a symbol that represents each saint.                                                                                                                                                                                                                                                                                                |
| Key Points | <p>There is nothing you can do that will stop the merciful love of God. There is no sin that makes you ineligible for holiness.</p> <p>Includes the lives of: Blessed Bartolo Longo (0:50), St. Mary of Egypt (4:25), St. Bruno Sserunkuuma (7:30), St. Michael HỒ Đình Hy (10:38), St. Hyacintha Mariscotti (14:01)</p> <p><b>*Content warning for this session: suicidal ideations and sexual assault</b></p> |

| Est Time | Activity/Procedures                                                                                                                                                                                                                   |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 min    | <b>Introduction</b><br>Pass out the "Symbols of the Saints" handout.                                                                                                                                                                  |
| 17 min   | <b>Hallow Session</b><br>Have students listen to the Hallow Session "Saints Who Sinned." As they listen, instruct them to draw a symbol for how each saint demonstrates holiness.                                                     |
| 5 min    | <b>Activity (can also be used with Sessions 3-6)</b><br>When the session ends, allow for a few minutes for students to finish drawing.<br><br>When finished, students can share with a partner, table group, or with the whole class. |

### Supporting Resources

1. Symbols of the Saints- Saints Who Sinned

## Printable Resources

*[Include worksheets and other printable resources that go along with the lessons above]*

1. What Makes a Saint?
2. Saint Brainstorm
3. My Personal Litany of Saints
4. Hallow Saints Recording Sheet
5. Heavenly Wall of Fame Template
6. Symbols of the Saint- Saints Who Sinned
7. Symbols of the Saint

Name \_\_\_\_\_ Date \_\_\_\_\_

### What Makes a Saint?

A saint is someone who lives in holiness. What that looks like is going to vary according to how God uniquely created us. Take a few minutes to reflect on your own life. Jot some notes below.

### Who am I?

| My Gifts & Talents | My Interests & Hobbies | My Personality Traits | Other Identifying Characteristics |
|--------------------|------------------------|-----------------------|-----------------------------------|
|                    |                        |                       |                                   |

Now think about what might holiness look like unique to you. How can you strive for holiness everyday just as you are?

---

---

---

---

---

---

---

---

Name \_\_\_\_\_ Date \_\_\_\_\_

### Saint Brainstorm

#### Box 1

Are there any saints that come to mind right away for you? Even if for no apparent reason? List them here.

#### Box 2

Choose one word from your Session 1 brainstorm “Who Am I?” Find a saint for each trait and write them below.

|            | My Gifts & Talents | My Interests & Hobbies | My Personality Traits | Other Identifying Characteristics |
|------------|--------------------|------------------------|-----------------------|-----------------------------------|
| My Word    |                    |                        |                       |                                   |
| Saint Name |                    |                        |                       |                                   |

Name \_\_\_\_\_ Date \_\_\_\_\_

### My Personal Litany Of Saints

**Let's see who's already on your heavenly team! Find out the saints for the following:**

Birth date: \_\_\_\_\_

Baptism date: \_\_\_\_\_

Birth name: \_\_\_\_\_

Family Country of Origin: \_\_\_\_\_

Others important to You/Your Family (Optional):

\_\_\_\_\_

**Write your name and the names of your saints below to create your personal litany.**

|                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>_____’s Personal Litany of Saints</p> <p><b>Saint</b> _____, pray for us.</p> <p><b>Saint</b> _____, pray for us.</p> <p><b>Saint</b> _____, pray for us.</p> <p><b>Saint</b> _____, pray for us.</p> <p><b>Saint</b> _____, pray for us.</p> <p><b>Saint</b> _____, pray for us.</p> <p><b>All you holy men and women, pray for us!</b></p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

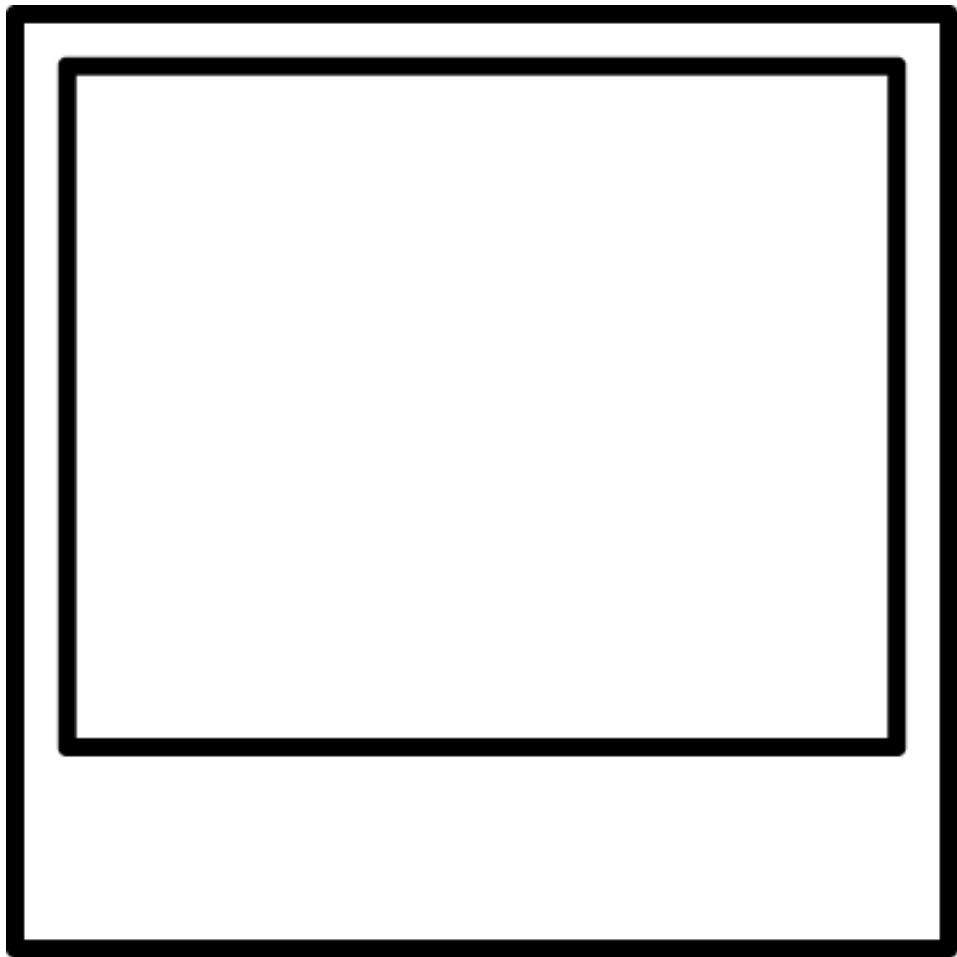
Name \_\_\_\_\_ Date \_\_\_\_\_

## Hallow Saints Recording Sheet

**Directions:** After listening to the Hallow Session, fill in the chart about the Saint.

|                                                           |  |
|-----------------------------------------------------------|--|
| <b>Who is the Saint?</b>                                  |  |
| <b>What are some main details about the Saint's life?</b> |  |
| <b>How did this Saint demonstrate holiness?</b>           |  |
| <b>What was unique about this Saint?</b>                  |  |
| <b>How can you personally connect to this Saint?</b>      |  |

**Heavenly Wall of Fame Template**





Name\_\_\_\_\_ Date\_\_\_\_\_

### **Symbols of the Saint- Saints Who Sinned**

**Directions:** As you listen to the Hallow session, draw a symbol that represents the holiness of each saint.

|                                          |
|------------------------------------------|
| <b>Blessed Bartolo Longo</b>             |
| <br><br><br><br><br><br><br><br><br><br> |

|                                          |
|------------------------------------------|
| <b>St. Bruno Sserunkuuma</b>             |
| <br><br><br><br><br><br><br><br><br><br> |

|                                          |
|------------------------------------------|
| <b>St. Mary of Egypt</b>                 |
| <br><br><br><br><br><br><br><br><br><br> |

|                                          |
|------------------------------------------|
| <b>St. Michael Hồ Đình Hy</b>            |
| <br><br><br><br><br><br><br><br><br><br> |

|                                          |
|------------------------------------------|
| <b>St. Hyacintha Mariscotti</b>          |
| <br><br><br><br><br><br><br><br><br><br> |

Name \_\_\_\_\_ Date \_\_\_\_\_

## Symbols of the Saint

**Directions:** As you listen to the Hallow session, write the saint's name in the top box and then draw a symbol that represents the holiness of each saint below it.

|  |
|--|
|  |
|  |

|  |
|--|
|  |
|  |

|  |
|--|
|  |
|  |

|  |
|--|
|  |
|  |

|  |
|--|
|  |
|  |

|  |
|--|
|  |
|  |

