

Our Lady of the Valley Religious Education

March 2026 Activity Packet

Grades 3-6



Name: _____

March 2026 Table of Contents

Overview.....	3
Learning Standards.....	5
Lesson Pacing Guide.....	11
Activities.....	18
Grade 3.....	18
Week 1.....	18
Week 2.....	20
Week 3.....	22
Grade 4.....	24
Week 1.....	24
Week 2.....	26
Week 3.....	28
Grade 5.....	30
Week 1.....	30
Week 2.....	32
Week 3.....	34
Grade 6.....	36
Week 1.....	36
Week 2.....	38
Week 3.....	39
Review.....	41

March 2026 Overview: Grades 3-6

Theme: Month of St. Joseph

Litany of the Holy Eucharist Title: Jesus, with us always

Seventh Office of the Sacred Heart: Promoter of Our Lord, Jesus

Invocation of the Seventh Choir of Holy Angels: By the intercession of St. Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience.

Seventh Aspiration to the Sacred Heart: Heart of Jesus, infinitely pure and without stain, give me an inviolable purity of body, mind, and heart.

Thematic Guiding Questions, 3-6:

- ✠ Who is St. Joseph?
- ✠ How did St. Joseph practice his faith in God? How did he honor Our Lady?
- ✠ To better love Jesus and Our Lady, why do you think we should go to St. Joseph as our heavenly friend?
- ✠ Why do you think St. Joseph was so close to the holy angels?
- ✠ How did St. Joseph imitate the holy angels in their actions? How may we?
- ✠ What did St. Joseph do to be a loving father to Jesus, and how do you think Jesus was a loving son to St. Joseph?
- ✠ How does St. Joseph show us to love Jesus?

Saint of the Month: St. Joseph was chosen by God to be the husband of Our Lady, and the foster father of God's only Son, Jesus. He cared for Jesus and Mary at their home in Nazareth, providing for them through his work as a carpenter. Guiding the Holy Family out of harm's way, St. Joseph was a true leader and protector who continues to watch over us, guarding his family, the Church. Saint Joseph is the patron of the universal Church, and a spiritual father to us all. He responded to the holy angels' messages that were sent by God in his dreams, faithfully taking action to fulfill God the Father's plan. Like the holy angels, St. Joseph constantly adored Jesus, holding the Christ Child near to his Chaste Heart, and keeping Jesus, the Bread of Life, safe. He preserved Jesus in the Holy Family's home at Nazareth, the first perpetual Adoration chapel.

Monthly Challenge: From the Feast of the Annunciation of Our Lord (March 25) to the Feast of the Nativity of Our Lord (December 25), Catholics may choose to pray a nine-month novena, offering special prayer intentions as they wait for the Birth of Christ with Our Lady. Choose a special intention to pray for, if not for nine months, then for nine days as part of a special novena. Another option is to say nine "Memorare" or "Hail Mary" prayers to Our Lady for a special intention. Pray for members of the nine choirs of holy angels to bring your petitions to God the Father, and to help you to faithfully carry out God's plan as you discern answers to your prayers.

Practice the seventh Office of the Sacred Heart in your visit to the Blessed Sacrament. Pray to promote devotion to Jesus' Eucharistic Heart like St. Joseph, the perpetual adorer of Christ, did. Promote devotion to the Blessed Sacrament by modeling it, devoting yourself to Jesus by giving your time and love to Him, faithfully dedicating special prayers to Jesus when you go to the tabernacle. Meditate on St. Joseph's sorrows and joys, contemplating how he promoted devotion

to Jesus through all of these experiences, finding strength and sustenance in His closeness to Christ through all of his journeys in life.

Overall Learning Goals: Our goal this month is to learn about why the virtue of patience St. Joseph had is a blessing, and how we can practice patience in our everyday lives like St. Joseph did, especially during Lent.

Summary of Activities: We will learn about living out the virtue of patience through the lives of St. Patrick, St. Joseph, and Mother Mary. In doing so, we will explore feast day traditions in our Church from around the world, use sacred art, Scripture, and music to bring the beauty of God's patience and love alive, and reflect on how the Holy Trinity teaches us about how we can build community through patience.

Additional Enrichment Ideas:

- Deepen devotion to Christ during Lent through praying the Stations of the Cross either at home or at church. At home, consider printing out images of the Stations, or doing an outdoor Way of the Cross, to reflect on how we see Jesus' love and patience at each Station. Connect the Stations to the Sorrowful Mysteries of the Rosary you pray.
- Say a St. Joseph's Day novena as a family. Offer your prayer intentions to St. Joseph for nine days leading up to his feast day on March 19
- If you have a home shrine, you can put lilies and a statue, prayer card, or picture of St. Joseph on it, or at the center of your dining table, where you can have a St. Joseph's Day feast, incorporating St. Joseph's Day dishes or traditions from a variety of cultures. Place your prayer intentions under a sleeping St. Joseph statue.

Scripture Memory Card:

“Love is patient, love is kind.”



-1 Corinthians 13:4

Learning Standards

Grade Level	Week	Activities	Learning Standards
Grade 3	1	“The Blessing of Patience”	<p>3.1 The theological virtues are faith, hope, and love. Love is the greatest of the virtues. They are called the “theological virtues” because they come from God (“theo” is “God” in Greek).</p>
	2	“Patient like St. Patrick”	<p>3.3 Sacramentals are blessed objects reminding us of the sacraments... They include the Rosary, holy water, and images of saints, angels, and the Holy Family.</p>
	3	“Patience at Lent: The St. Joseph’s Day Altar”	<p>3.2 God is at the center of life. All the sacraments point back to Him as the source of all love and goodness.</p> <p>3.5 The process of becoming a saint (a holy, virtuous person in Heaven) recognized by the Catholic Church starts with Beatification. In this initial stage of the process, when the cause for sainthood is made, the potential saint’s life, spiritual writing, and practice of virtue are investigated. There must be at least one miracle attributed to the candidate and certified, though</p>

			certified miracles are not required of martyrs. If the investigation's results are favorable, the candidate is deemed "Blessed." After that, another investigation takes place. Following this investigation, the Pope may declare the candidate a saint, canonizing them.
Grade 4	1	"Symbols of the Holy Trinity"	4.4 The Church year is called the liturgical year, because it organizes our celebration of the liturgy, the public worship of God (namely, through the Mass). The liturgical seasons reflect Christ's life: Advent and Lent memorialize His birth, dying, and rising.
	2	"The Claddagh Ring and the Trinity"	4.3 The 5 precepts of the Church tell us what we need to do to practice our faith: "You shall attend Mass on Sundays and holy days of obligation"; "You shall confess your sins at least once a year"; "You shall receive the sacrament of the Eucharist at least during the Easter season"; "You shall observe the days of fasting and abstinence established by the

			<p>Church”; and “You shall help provide for the needs of the Church.”</p> <p>4.8 Doing good works is an essential part of the Christian life, as Christ was Himself a servant who lived to care for others, tending to their physical and spiritual ailments.</p>
	3	<p>“The Beatitudes: Patience will be Blessed”</p>	<p>4.5 There are eight Beatitudes (blessings) Jesus gave in the Sermon on the Mount: Blessed are the poor in spirit, for theirs is the kingdom of heaven; Blessed are the meek, for they will inherit the earth; Blessed are they that mourn, for they will be comforted; Blessed are they that hunger and thirst for righteousness, for they shall be filled; Blessed are the merciful, for they shall obtain mercy; Blessed are the clean of heart, for they shall see God; Blessed are the peacemakers, for they shall be called the children of God; Blessed are they that suffer persecution for justice’s sake, for theirs is the kingdom of Heaven.</p>

Grade 5	1	“The Cross and Patience”	5.4 We each have a different calling, something that God is asking us to do, by using the special talents and personalities He gave us. We are all made in God’s image, but are completely unique. There is no one else like you... all of us can live out our callings to do good things out of love for God.
	2	“The Paten, The Eucharist, and Patience”	5.3 There are a variety of different roles fulfilled in leading the Church forward, both as a global body, and within local territories. Priests, bishops, cardinals, and the Pope have received the sacrament of Holy Orders, serving the Church distinctly.
	3	“St. Joseph’s Day Traditions”	5.1 The global Church is so large, spread across such a wide territory, that it is divided in such a way that allows for governance of smaller areas underlying Rome (the Vatican), the central seat of power in the Church. There are smaller groups of worshippers in local parish churches, which are collected regionally into larger groups of

			faithful called dioceses. Many dioceses make up the global Church.
Grade 6	1	“Building Patience and Building Community”	6.2 In Church history, there have been a number of schisms, or breaks. The split of (what would become) the Orthodox Church from the Catholic Church is one such schism, known as the “East-West Schism” of 1054 A.D. ...The Orthodox Church did not recognize the Pope’s authority. Today, some members of the Orthodox Church have rejoined the Catholic Church as members of the Eastern Catholic rite, continuing their traditions in full communion with the Church (leaving behind teachings in conflict with Catholic beliefs).
	2	“Patience in God’s Plan”	6.4 A variety of saints have faithfully lived out God’s will for them throughout history, even when it was difficult... Saints... offered their lives to Christ, joyfully and humbly, which provides an example of how we, too, can carry crosses with hope,

			knowing they will be used for our good.
	3	“Patience and the Annunciation”	6.7 ... The Old Testament tells the stories of the people who lived before Jesus... Jesus’ life is the focus of the New Testament, which shows how He fulfilled the prophecies of the Old Testament. The Pentateuch consists of the first five books of the Old Testament: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

March 2026 Lesson Pacing Guide (Suggested Schedule)

Grades 3-6

Week Number/Date	Grade Level	Activities
Week 1 (March 2, 2026 – March 6, 2026)	Grade 3	“The Blessing of Patience”
	Grade 4	“Symbols of the Holy Trinity”
	Grade 5	“The Cross and Patience”
	Grade 6	“Building Patience and Building Community”
Week 2 (March 9, 2026 – March 13, 2026)	Grade 3	“Patient like St. Patrick”
	Grade 4	“The Claddagh Ring and the Trinity”
	Grade 5	“The Paten, The Eucharist, and Patience”
	Grade 6	“Patience in God’s Plan”
Week 3 (March 16, 2026 – March 20, 2026)	Grade 3	“Patience at Lent: The St. Joseph’s Day Altar”
	Grade 4	“The Beatitudes: Patience will be Blessed”
	Grade 5	“St. Joseph’s Day Traditions”
	Grade 6	“Patience and the Annunciation”

Week Number/Date	Grade Level	Words to Practice	Definitions
Week 1 (March 2, 2026 – March 6, 2026)	Grade 3	Theology	Studying about God. “Theo” means “God,” and “ology” means “study of.”
	Grade 4	Liturgy	Public worship of God, including the Mass (and all sacraments), Divine Office (liturgy of the hours), and sacramentals.
	Grade 5	Cruciform	A cross-shaped design. Catholic churches usually follow this layout.
	Grade 6	Schism	A split, usually due to religious differences, such as the break between the Orthodox and Catholic Churches.

Week 2 (March 9, 2026 – March 13, 2026)	Grade 3	Relic	A saint's body, an object that once was owned by a saint, or an object that touched a saint. Relics, remnants (remainders) of saints' lives, remind us of the holiness of the saints.
	Grade 4	Creed	A statement saying what we believe. This is the prayer at Mass when we say "I believe in God, Father Almighty..."
	Grade 5	Paten	The gold plate on which the Sacred Host is placed at the Mass.
	Grade 6	Leviticus	The third book of the Pentateuch (the first five books of the Old Testament), called "Leviticus" for its focus on the Levites, the priests in the Old Testament of the Bible.
Week 3 (March 16, 2026 – March 20, 2026)	Grade 3	Canonization	When someone is officially made a saint in the Church. These are people we know to be in Heaven, and can pray to for intercession (help and guidance). There are many souls who are also in Heaven, but are not officially recognized (canonized) by the Church.
	Grade 4	Sermon	The reflection, also called a homily, given by a priest at the Mass after the readings. Usually, the priest talks about the readings themselves, especially the Gospels, explaining how they connect to our lives, how we can live them out to be more like Jesus.
	Grade 5	Universal	The whole Church. The word "Catholic" means universal- open to the universe, global. The Church is one family in Christ, made up of baptized Catholics all over the world. Those in Heaven and in Purgatory are part of the Church, too.
	Grade 6	Exodus	The second book of the Pentateuch, about the migration of the Hebrews out of Egypt, following their wanderings through the desert. "Exodus" means "departure," leaving a place.

Week Number/Date	Grade Level	Prayers to Practice	Text of Prayers
Week 1 (March 2, 2026 – March 6, 2026)	Grade 3	Apostles' Creed	<p>I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.</p>
	Grade 4	Apostles' Creed	<p>I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.</p>
	Grade 5	Apostles' Creed	<p>I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He</p>

			<p>arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.</p>
	Grade 6	Apostles' Creed	<p>I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.</p>
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	Grade 4	Apostles' Creed	I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.
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Week 3 (March 16, 2026 – March 20, 2026)	Grade 3	Apostles' Creed	I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.
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	Grade 5	Apostles' Creed	I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.
	Grade 6	Apostles' Creed	I believe in God, the Father almighty, Creator of Heaven and Earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried: He descended into Hell, the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

March 2026 3-6 Activities: Week 1
Grade 3- “The Blessing of Patience”

In March, we celebrate special feast days of saints, remembering how they showed God’s love to people, and continue to teach us about God’s love today. On March 17, we remember St. Patrick, and on March 19, we remember St. Joseph. These saints were both patient teachers. St. Patrick traveled to the country of Ireland to teach people about God. St. Joseph taught His Son, Jesus. St. Joseph showed Jesus how to treat people with love, patience, and kindness through the way he cared for others, including Jesus.

When we learn about God, we are studying **theology**. “Theo” is a Greek root word meaning “God.” Theology is the study of God. One way we can learn about God is by listening to songs about God. Beautiful, good things come from God. Beautiful music makes us think of God’s goodness. As we learn and grow in time, God sends us blessings. The more we learn about God, the more we can share with others, and be teachers like St. Patrick and St. Joseph.

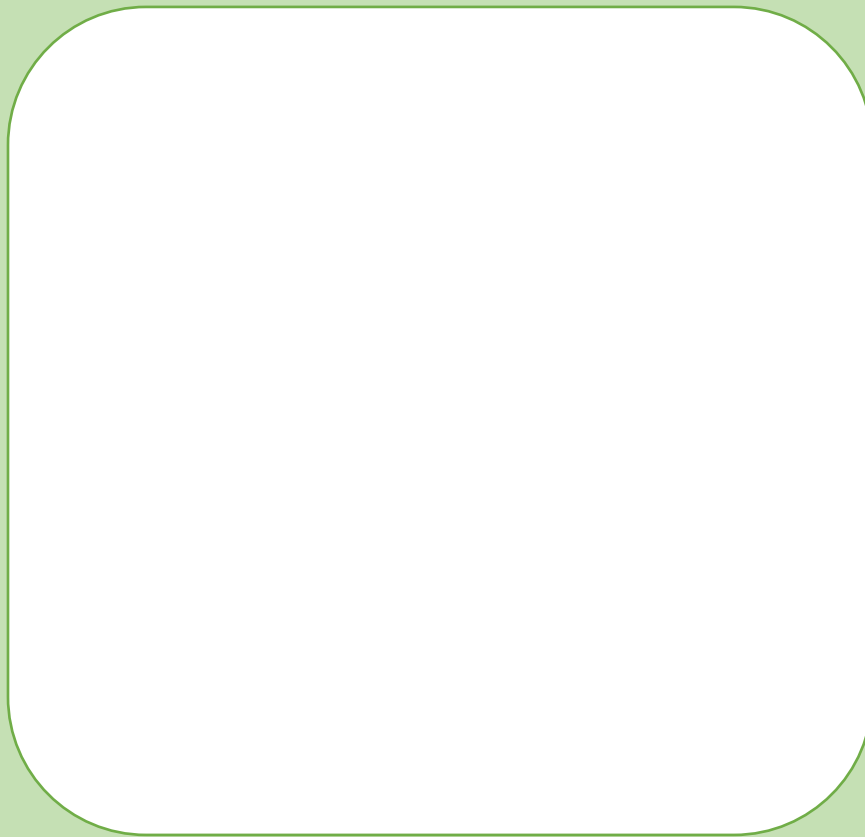
Listen to the song “May the Road Rise to Meet You.” A link is here: https://www.youtube.com/watch?v=u_k6nRWg4OE. This is an Irish blessing, a prayer. Giving a blessing to someone is to pray that good things from God will come their way. Then, write a blessing for a friend or family member.



Grade 3- "The Blessing of Patience" Continued

Taking time to listen to music about God, or to look at art made to honor God, teaches us about patience, because we can appreciate the time and skill that the artists put into their work. Whenever we spend time doing good work, sharing our talents with others, and listening, we are practicing patience. Being patient helps us to do our best work. It is a blessing, because it helps us to see the beautiful things around us, and in our hearts. We can see the goodness of what God has made.

While listening to the Irish blessing "May the Road Rise to Meet You," you can draw a picture showing how God has blessed you.

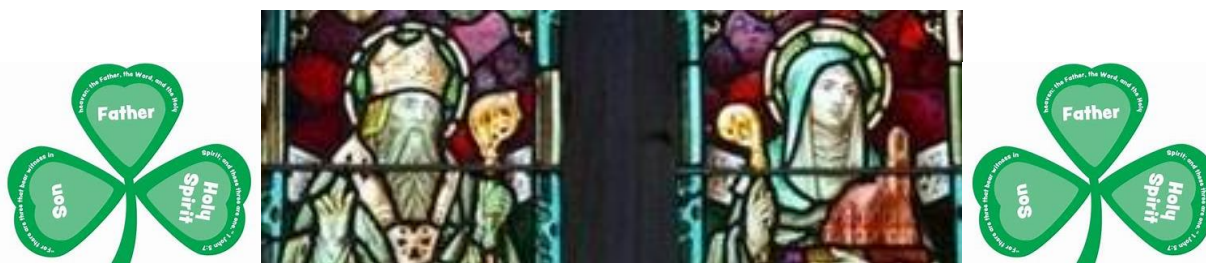


March 2026 3-6 Activities: Week 2 Grade 3- “Patient like St. Patrick”



On March 17, we will celebrate St. Patrick’s Day. Saint Patrick traveled to Ireland, where he taught people about God. He taught them that the Holy Trinity, God the Father, God the Son, and God the Holy Spirit, are all One God. They all show us God’s love, each in their own unique way.

Saint Patrick used a three-leaf clover to teach people about God the Father, God the Son, and God the Holy Spirit. Each leaf on the clover was used to remind people of each Person of God in the Holy Trinity. We can remember that the Holy Trinity is made up of God the Father, God the Son, and God the Holy Spirit (Three Persons of God) because the root word “tri” in “trinity” means “three.” The root word “tri” is also in the word “triangle,” because triangles are shapes with three sides. This is why a triangle is used to remind us of the Three Persons of God in the Holy Trinity, too. When we see a three-leaf clover, we can think of St. Patrick and the Holy Trinity.

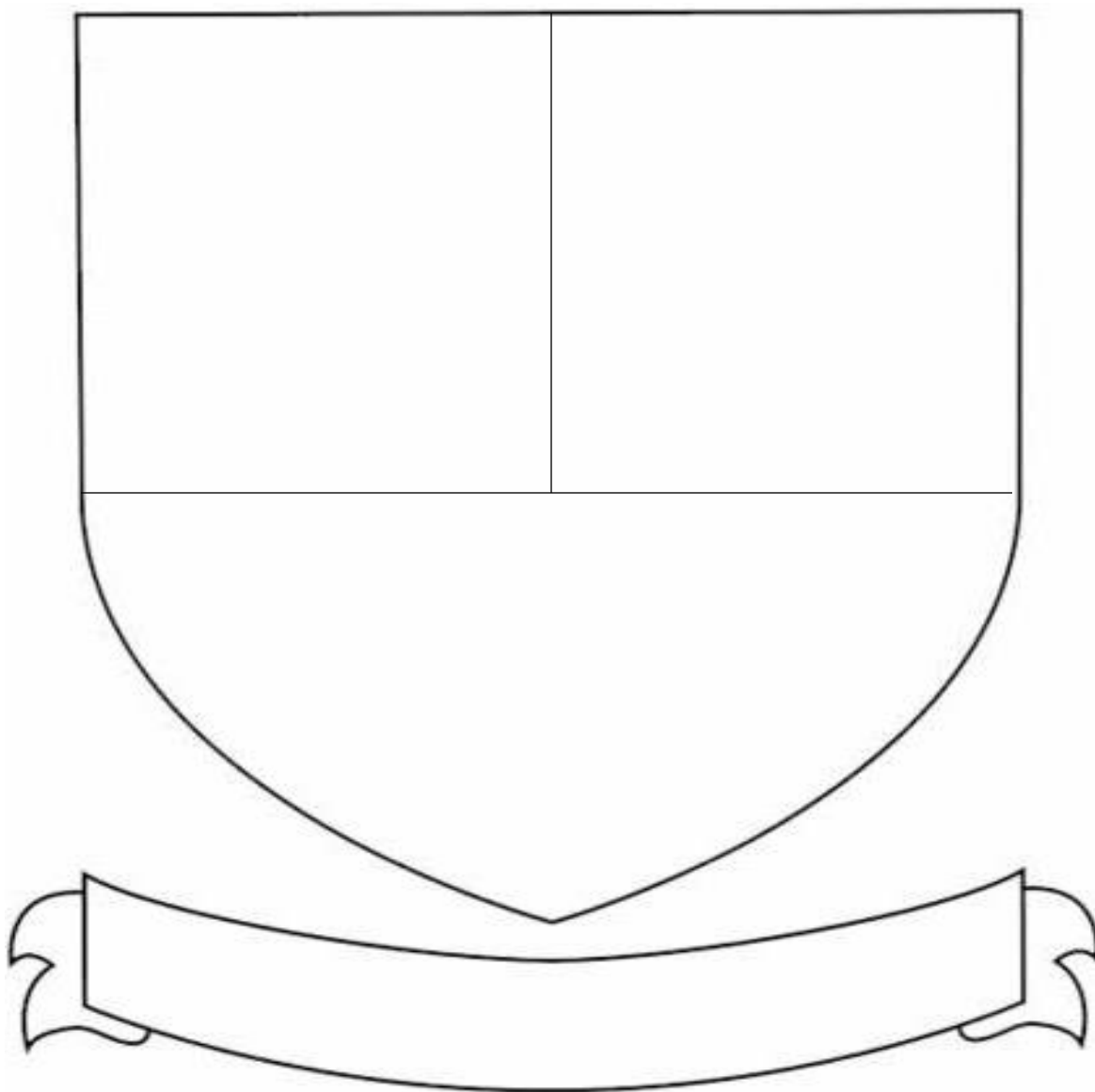


In our Church, there are special holy items that remind us of the saints, called **relics**. These can be items that belonged to the saints, like pieces of their clothing. Some prayer cards have pieces of fabric (like cloth) attached to them that touched something the saint owned. These are also relics that are used when we pray, asking the saints to help us. Relics are sacramentals. They remind us to receive the sacraments respectfully like the saints did, to show our love for God in how we live our lives, at home and at church.

Saint Patrick’s “Breastplate” is the name of the prayer he prayed to God, asking for His protection. A breastplate is a shield. Knights would use shields to protect them, so St. Patrick called his prayer the “breastplate” prayer, because he knew God’s love would protect him in his travels. Saint Patrick traveled far and taught many people. He was patient as he kept going, because he continued to pray to God.

You can cut out the shield on the next page to remind you of St. Patrick. You can put it in a prayer corner in your house as a reminder to pray for St. Patrick to help you.

On each of the three parts of the St. Patrick shield below, write or draw a way in which you can practice being patient like St. Patrick. How does being patient help you to show your love for God the Father, God the Son, and God the Holy Spirit?



March 2026 3-6 Activities: Week 3
Grade 3- “Patience at Lent: The St. Joseph’s Day Altar”



During Lent, we can do good things that show our love for God. Three things we can do are praying, fasting, and giving. These are things we can do throughout the year, but Lent is a special time to think about how Jesus showed His love for us by giving His life for us on the Cross. The saints spent their time praying, fasting, and giving, which helped them get to Heaven.

All people in Heaven are saints. Some people today are **canonized** as saints. This means the Church officially calls them a saint, telling Catholics around the world that they can pray for this saint to help them. These saints have brought about miracles, such as healing people who were very sick. The canonization process starts with researching (learning about, studying) the person who is being considered for sainthood, and then proving that miracles have happened because of their intercession (helping people on Earth).

Some saints from the early days of the Church were not canonized, but are still recognized officially as saints of the Church we can pray to. St. Joseph did not go through the canonization process, because he was very holy, and it was known for sure that he was a saint in Heaven. God the Father is our Father in Heaven. He sent His Son, Jesus, to be with us and save us. St. Joseph was Jesus’ father on Earth who watched over Him.

Saint Joseph’s Day is on March 19. People around the world celebrate St. Joseph, remembering him for his gentleness, kindness, and holiness. He was a patient teacher who showed Jesus how to make things out of wood as a carpenter, like tables. He set an example of how to be loving, and listen to God the Father.

One way people celebrate St. Joseph’s Day today is by making St. Joseph’s Day altars. The altars have three layers, looking almost like stacked cakes. People put a statue of St. Joseph on top of the altar, and put food around the layers. They share the food in a meal, and ask for St. Joseph to bless them. The altars remind us of what God has given us. When we are patient, He rewards us. On the next page, make your own Lenten St. Joseph’s Day altar to honor St. Joseph. →



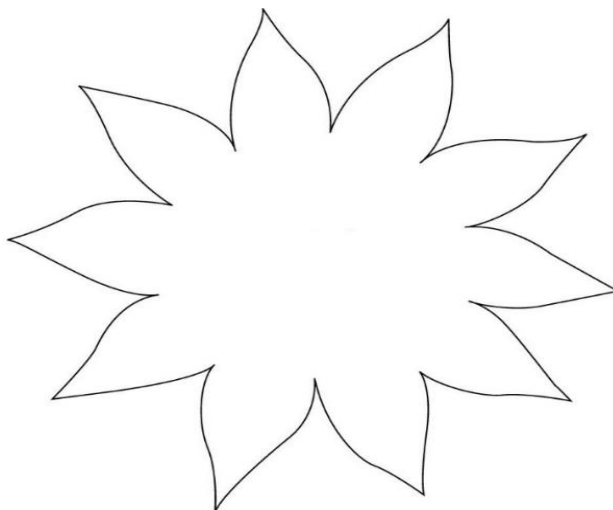
Joseph

What can I pray at Lent? _____

What can I give or share at Lent? _____

What can I fast from at Lent? What is something good I can choose to do to focus on God, instead of something else? _____

To top off your altar, make a lily. Lilies are flowers that symbolize St. Joseph's purity of heart. He was pure of heart, because he was holy, kind, and listened to God.



On your lily, write what you love about St. Joseph. How do you want to be like St. Joseph?

March 2026 3-6 Activities: Week 1
Grade 4- “Symbols of the Holy Trinity”



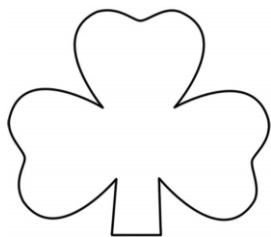
Our Church has many symbols that remind us of God. Symbols are images and objects that stand for something. The Cross is a symbol of God’s love, because Jesus went on the Cross and gave His life out of love for us, because He wanted to save us from sin. In the **liturgy**, the worship (praise and honor) of God in our parish and universal Church communities, we see symbols that call us to pray to God and show our love for Him. Sacramentals like crucifixes, crosses with Jesus on them, remind us of Jesus’ Sacrifice. We remember to thank Him for helping us, and to tell Him that we love Him.

On March 17, we will celebrate St. Patrick’s Day. Saint Patrick traveled to Ireland, where he taught people about God. He taught them that, as Catholics, we believe in the Holy Trinity: the Father, Son, and Holy Spirit. God the Father, God the Son, and God the Holy Spirit are all One God. They are not separate, but connected. We call God the Father, God the Son, and God the Holy Spirit the Three Persons of God in the Holy Trinity. The root word “tri” in “trinity” means “three.” We see God’s love in God the Father, God the Son, and God the Holy Spirit. Each Person is God, but shows us God’s love in a unique way. For example, Jesus is God, but also human. In Jesus, we see God’s love in human form. Saint Patrick was a patient teacher who used symbols to help others learn more about Who God is, and how much He loves us.

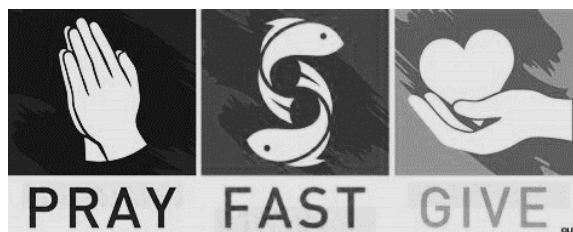
Look at the symbols below. How is each one a symbol of the Holy Trinity?



Claddagh ring: _____



Clover: _____



During Lent, we work on growing in our love for God through praying, fasting, and giving. On days when we fast, like Ash Wednesday, Catholics don't eat meat. But fasting does not only mean giving up certain foods. For example, we can fast from technology. While we are waiting in moments throughout the day, we can give up time we would spend online or watching TV to pray instead. And giving does not only mean to share the things we have, but also our time. We can give our time to help other people.

In the Three Persons of God in the Holy Trinity, we see God's love. The three practices of Lent, praying, fasting, and giving, help us to show God and others our love. **How do you think praying, fasting, and giving can help us to be more patient?**



March 2026 3-6 Activities: Week 2
Grade 4- “The Claddagh Ring and the Trinity”



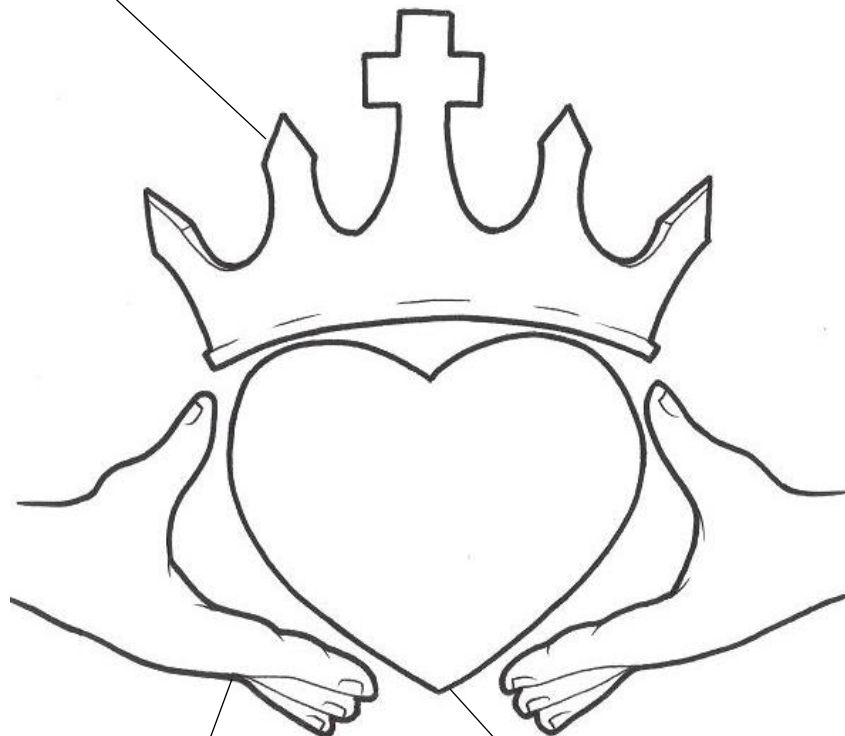
At Holy Mass, we pray the **Creed**. We say what we believe, what we know to be true. In the Creed, we say that we believe in God the Father, God the Son, and God the Holy Spirit. We can share what we believe with others, just like St. Patrick did. While traveling through Ireland and teaching people about God, St. Patrick used the symbol of the three-leaf clover to teach about the Three Persons of the Holy Trinity Who are all One God, united. When you look at the three leaves of a clover, they look like three small hearts. This is a reminder of how each Person of God in the Holy Trinity, God the Father, God the Son, and God the Holy Spirit, all love us.



The claddagh is a traditional Irish ring. The ring has a special design: two hands hold a heart with a crown. These three parts of the ring are symbols that can remind us of the Holy Trinity, too. The heart is a symbol of love. The hands holding the heart remind us of friendship, because friends give a helping hand to care for each other. The crown on the heart is a symbol of loyalty, because it reminds us of royalty- kings and queens who are loyal to the people in their kingdoms. They care for the people they watch over, not leaving them alone, but patiently being with them to help and guide them. This is just like how God, the Father created the world, His kingdom, and watches over all of us. The Holy Spirit is our friend, the helper. Jesus’ Sacred Heart is full of love. His love is what led Him to give His life on the Cross for us. Each Person of the Holy Trinity can remind us of friendship, love, and loyalty. They all show us how to live out these qualities.

On the next page, look at the picture of the claddagh ring symbols: the hands, heart, and crown. In the boxes next to each symbol, write how you can honor the Holy Trinity. Next to the hands, write how you can be a friend to God. Next to the crown, write what you can do to be loyal to God- what can you do to keep living out your faith in God, each day, each week? In the box next to the heart, write how you can show your love for the Holy Trinity. You can also draw your ideas in the boxes.

(Crown) To be loyal to God, I can _____



(Hands) To be a friend to God, I
can _____

(Heart) To show my love for
the Father, Son, and Holy
Spirit, I can _____

March 2026 3-6 Activities: Week 3
Grade 4- “The Beatitudes: Patience will be Blessed”



A **sermon**, or homily, is a reflection the priest gives at Holy Mass. During the sermon, the priest talks about how the readings from the Bible that we hear at Holy Mass have to do with our lives today. The priest tells us what we can do to live out what God says in the Bible, and be more loving like Jesus. In the Sermon on the Mount, Jesus talked to a crowd of people on a mountain. He told them what they should do to be blessed, to get to Heaven. The 8 blessings He gave are called the Beatitudes. They tell us the right kind of “attitude” we should have to be like Jesus.

The Beatitudes remind us that even when we wait, God is helping us, making things happen. God will bring good from hard times. When we are patient, He blesses us. During Lent, we wait for Easter. Waiting can be challenging, but God rewards us for it. He always gives us something to look forward to. We can have hope in Him, because God does what He says He will.

March 25 is the Feast of the Annunciation. “Annunciation” means an announcement, a message. This was the day the archangel St. Gabriel visited Mary, telling Her She would be the Mother of Jesus, God’s Son. Holy angels are messengers. They tell people important things God wants them to know so they can live out God’s special plan for them. Mary was patient, listening to God, and trusting in Him. She waited for Jesus, and on December 25, was blessed when He was born.

Read the Beatitudes below. Write how they are examples of patience being blessed by God.

- 1. Blessed are they who mourn, for they will be comforted.** (People who are sad will be comforted.)

- 2. Blessed are the merciful, for they will be shown mercy.** (People who are forgiving will be shown forgiveness.)

3. Blessed are the peacemakers, for they will be called children of God. (People who help others be peaceful will be called children of God.)

Read the 8 Beatitudes:

- 1. Blessed are the poor in spirit, for theirs is the kingdom of Heaven**
(People who put their trust in God will be blessed)
- 2. Blessed are the meek, for they will inherit the earth**
(People who are humble and gentle will be blessed)
- 3. Blessed are they that mourn, for they will be comforted**
- 4. Blessed are they that hunger and thirst for righteousness, for they shall be filled**
(People who follow God's rules and help others do the right thing, putting God first, will be blessed, given what they need)
- 5. Blessed are the merciful, for they shall obtain mercy**
- 6. Blessed are the clean of heart, for they shall see God**
- 7. Blessed are the peacemakers, for they shall be called the children of God**
- 8. Blessed are they that suffer persecution for justice's sake, for theirs is the kingdom of Heaven**
(People who are not treated fairly by others will be blessed by God. He will bless them by making things right for them)

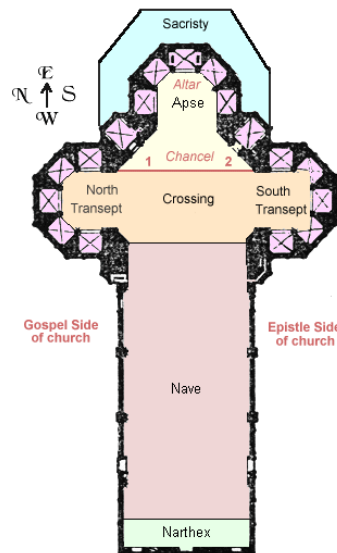
Write the number of the Beatitude you think is the best example of how Mother Mary lived, and was blessed. Why do you think this is the best example?

March 2026 3-6 Activities: Week 1 Grade 5- “The Cross and Patience”



Celtic Cross

Many churches follow a **cruciform** design, meaning that they are designed in the shape of a cross (like a crucifix, a cross with Jesus on it). The part of the church where the altar is located is the head of the cross, the top part. The crossing is where the arms of the cross stretch out in the area in front of the altar. The nave is the body of the cross, the long aisle in the center of the church. The pews where we sit are lined up alongside the nave.



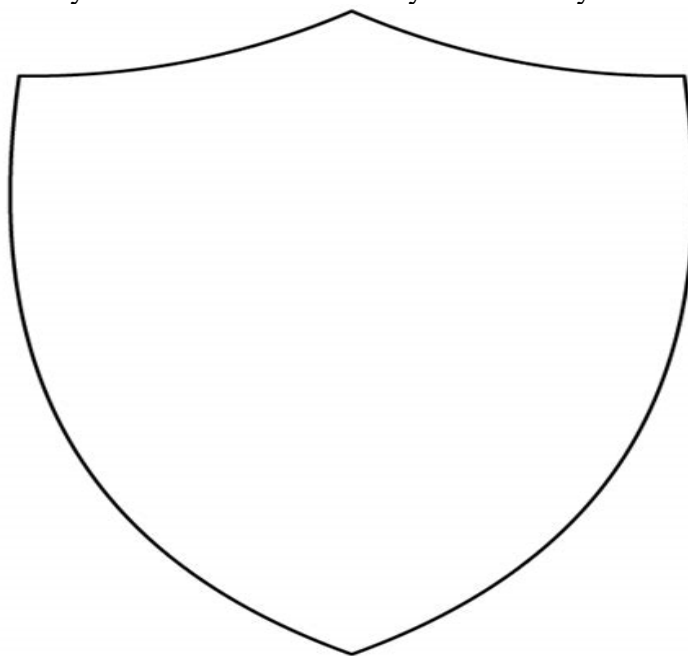
The Cross is a powerful symbol of love, which is why our churches are designed to follow the shape of a cross, reminding us that we go to church to share our love for God and others. Jesus gave His life on the Cross for us. Looking at crosses, we are reminded of His triumph, since Jesus rose after dying on the Cross. We all face challenges in life, carrying our own crosses, but God is with us through it all. His love helps us to overcome any challenge. God helps us to be patient in what we are going through, offering it up in love, just as Jesus did with His own Cross.

- 1. Why is the Cross a symbol of patience? How does it remind us to have compassion for others? →**

2. Saint Patrick, whose feast day is on March 17, traveled to Ireland to teach people about God. He used three-leaf clovers to teach about the Holy Trinity, pointing out how each leaf is like one of the Three Persons of God in the Holy Trinity, unique, but connected. The Father, Son, and Holy Spirit are One God, each showing God's love for us in unique ways. Jesus is the human form of God's love, for example. **How is the design of a Celtic Cross symbolic of the Holy Trinity, God's Trinitarian love?**
-
-
-

3. In St. Patrick's travels as a missionary bringing the Word of God across Ireland, he followed God's plan for him, going where God was calling him to go. Being patient in following God's plan for us can be challenging, but St. Patrick could help many people because in going where God called him to go, he was following a plan that was greater than anything he could have imagined for himself. We can learn from challenges, and share with others what we learn from carrying our crosses, like St. Patrick. **How does God help us to patiently carry our crosses and overcome challenges? How do you think going to Holy Mass and receiving the sacraments can help us?**
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-
-

4. Prayer helped St. Patrick in his work as a missionary. St. Patrick's "Breastplate Prayer" is his prayer asking for God to protect him, just like how a breastplate, or shield, protected knights in battle. **On the shield below, write something you have learned about God that you would share with others to help them carry their crosses and overcome challenges.** What symbols of God's love can you draw on your shield?



March 2026 3-6 Activities: Week 2
Grade 5- “The Paten, The Eucharist, and Patience”



The **paten** is the gold plate holding the Sacred Host at the Mass. In some portraits of Christ, especially Eastern icons, His halo (the light around His head) is painted to look like the paten, decorated with beautiful gold details. In Eastern icons, only Christ’s halo has a Cross on it, which is how Christ is set apart from other saints or angels in the icons. These paintings remind us that when we receive the Holy Eucharist, we are receiving the Body of Christ, given up for us out of Jesus’ love. We are called to remember that Christ lives in us, guiding our hearts.

The paten is made in the shape of a circle. Circles have no endpoint, so they remind us that God’s love goes on forever. We are patient as we wait for our prayers to be answered, for things to happen in God’s time, but we can always be sure of God’s love. Sacraments like the Holy Eucharist remind us of God’s love, and His Presence, always with us. Circles are also whole, like the Holy Trinity. We have been learning about St. Patrick, whose feast day we celebrate this month. St. Patrick used a three-leaf clover to teach about the Three Persons of God in the Holy Trinity.

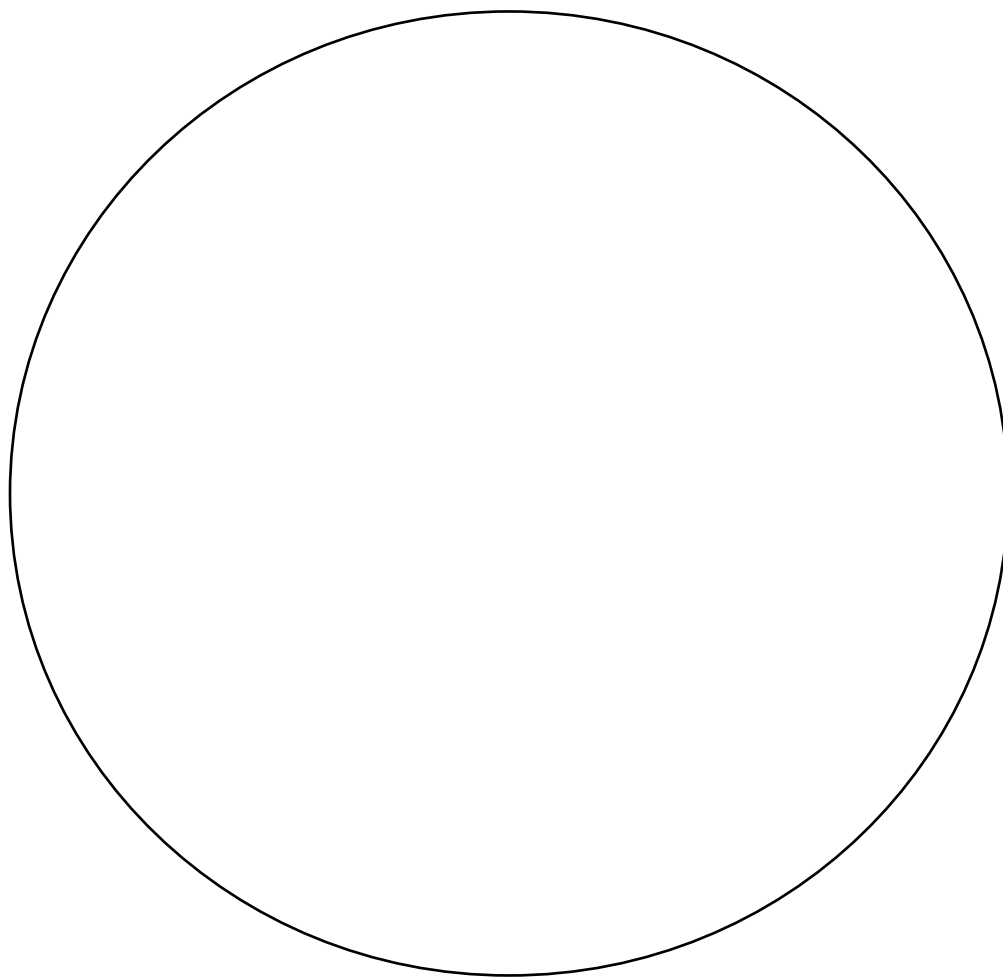
Triangles are also used as symbols of the Holy Trinity, because there are three sides that make up the one shape, just as the Holy Trinity is One God, made up of Three Persons, three expressions of God’s love for us, like Jesus, the visible face of God’s love we see in human form. The Persons of God in the Holy Trinity are not divided, but connected. Each Person of God carries out a special role, like how God the Father creates, and God the Holy Spirit gives holy gifts such as strength and wisdom. The Persons of God show their love for us uniquely, but are united in their identity as God.

1. How can a circle be a symbol of the Holy Trinity?

2. Do you find yourself praying most to God the Father, God the Son, or God the Holy Spirit? Why do you think this is?

3. Why do you think we should pray to each Person of God in the Holy Trinity?

4. Think about how you relate to each Person of God in the Holy Trinity. **In the circle below, write a prayer to the Persons of God in the Holy Trinity.** You might thank each Person of God for something unique about how they show you God's love, or write about what you love about each Person of God in the Holy Trinity. You can also draw how you would symbolize each Person of God in the Holy Trinity, based on how you see each Person of God as uniquely sharing God's love.

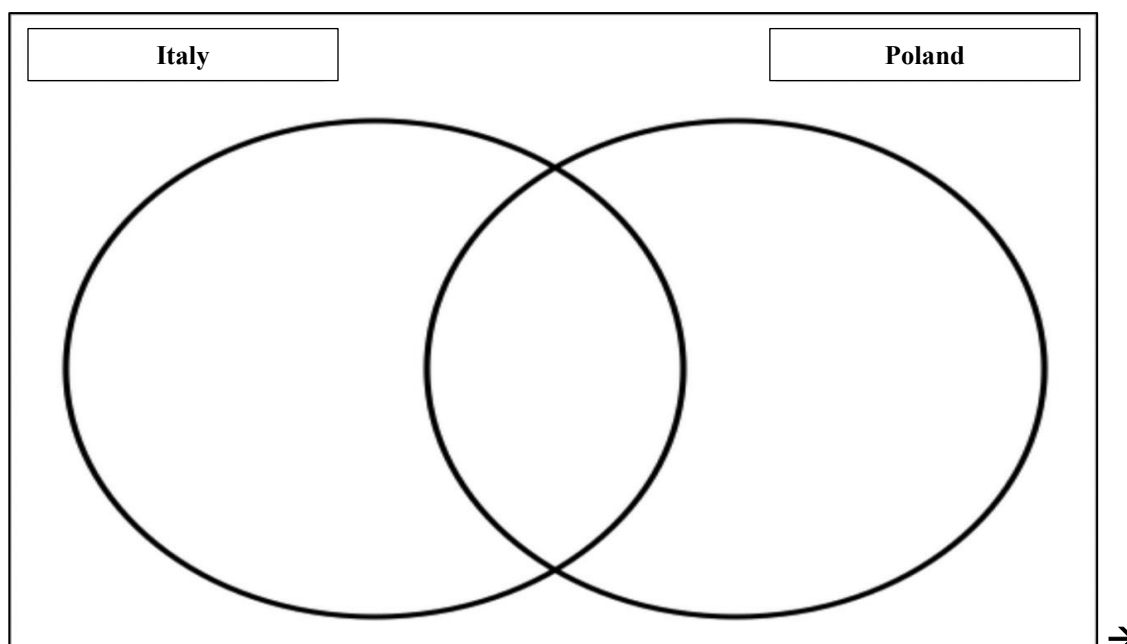


March 2026 3-6 Activities: Week 3
Grade 5- “St. Joseph’s Day Traditions”



Catholics around the world are united in a shared love for God, each expressing their faith uniquely. We see St. Joseph’s love for God in how he cared for Jesus, the Son of God, and in how St. Joseph listened to God the Father. St. Joseph followed God the Father’s plan for him to be Jesus’ earthly father. St. Joseph is honored by people throughout the **universal** (worldwide) Church. March 19, St. Joseph’s Day, is a solemnity, the highest feast day rank. On a large scale, St. Joseph’s Day is celebrated in countries with a deep devotion to the saint, and on a smaller scale, dioceses and parishes within each nation show their respect for St. Joseph. In the St. Joseph’s Day traditions they celebrate, Catholics strive to be patient, caring, and giving, just like St. Joseph. As God’s plan unfolds over time, we see how He brings us together as a Church, especially on feast days where we celebrate popular and liturgical traditions together.

In countries like Italy and Poland, there is a special devotion to St. Joseph, which has been passed down by Italian and Polish immigrants to the United States. **Research international St. Joseph’s Day traditions. Take note of how each culture uniquely expresses devotion to Jesus and St. Joseph on this day, and how some traditions across cultures are similar. Compare and contrast the traditions celebrated by Italian and Polish Catholics.**



- 1. Did you find that there were more differences or similarities in cultural celebrations of St. Joseph's Day? Why do you think this might be?**

- 2. The universal Church is large, but how do the traditions of our Church, like feast day celebrations, bring us together? How can celebrating St. Joseph help us to further develop our patience and love for God?**

- 3. What can you do on St. Joseph's Day to honor St. Joseph? Why did you choose this devotion?**

March 2026 3-6 Activities: Week 1
Grade 6- “Building Patience and Building Community”



On March 17, St. Patrick’s Day, we think of how St. Patrick helped build God’s kingdom on Earth. Traveling through Ireland, he used a three-leaf clover to teach people about the Holy Trinity, pointing out how each leaf of the clover was like one of the Three Persons of God in the Holy Trinity, God the Father, God the Son, and God the Holy Spirit. Each leaf was unique, but connected by the stem of the clover. The Persons of God in the Holy Trinity are connected in their shared identity as One God. They each are God, but express God’s love uniquely. God the Son, Jesus, shows us God the Father’s love in human form.

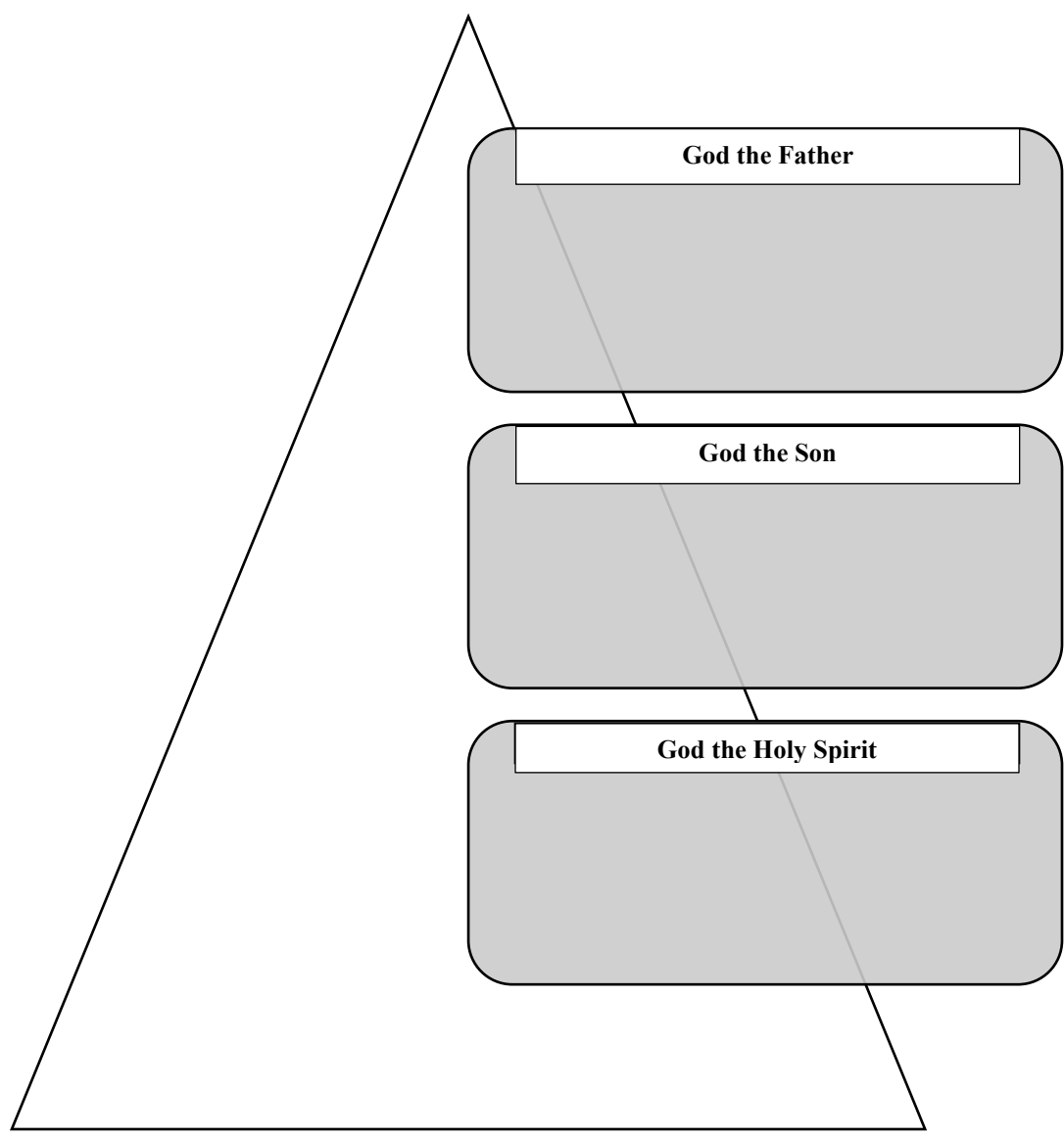
In 1054, there was a **schism** in the Church known as the East-West schism. A schism is a break, a division, between people in a community. People from the Eastern part of the Church believed the liturgy (worship of God, such as at Holy Mass) should be in the Greek language, but the Western members of the Church believed in keeping it in Latin, the traditional language of the Church. The Eastern Church members also argued about the part of the Creed, the prayer we say about our beliefs, that has to do with the Holy Trinity. They questioned whether the Holy Spirit truly came from the Father and the Son. Some from the East left the Catholic Church to form the Orthodox Church. Today, there are people from the Orthodox Church who have returned to the Catholic Church, known as Eastern Catholics, like the Maronites.

It is God who brings peace and unity. In God, there is not division, but wholeness. We see this in the Holy Trinity, which is a community *Itself*, just like as a Church, we are called to be a community of Christ’s followers. Being true to living out Jesus’ teachings, His mission to bring God’s love into the world, is what creates unity.

1. Building up the Church takes time, because it is about building deep friendships with each other and Christ. It’s much like planting a tree, which takes time to grow. **What are some steps we can take today to build community in our Church, in Christ? How does being patient help us to build up our Church?**

2. **How is the Holy Trinity an example of community?**

3. **How do you think each Person of God in the Holy Trinity, God the Father, God the Son, and God the Holy Spirit, show their love for us? You can use examples from the Holy Bible, or use examples of how you have seen God working in your life. →**



March 2026 3-6 Activities: Week 2
Grade 6- "Patience in God's Plan"



On March 17, we remember St. Patrick, the missionary to Ireland. St. Patrick went where God called him to go. He was needed in Ireland, where he could make a positive difference by helping to teach people about God. By listening to God's plan, St. Patrick made more of an impact than he could have if he followed his own plan. Knowing God was with him wherever he went, he didn't have to be afraid in his travels. When we pray, we can better understand what God's plan for us is.

The third book of the Old Testament in the Bible is called **Leviticus**, because it is about the Levites, the priests. Sons from other Jewish tribes in the Bible inherited the land owned by their families, but the priests did not. This symbolized that they would make their home in God, instead of building up earthly homes. With God in their hearts, everywhere they traveled to share Him with others could become their home. Similarly, St. Patrick taught people about getting to Heaven, our forever home with God.



1. Irish blessings are prayers. When we give someone a blessing, we are praying for them to receive God's graces, for good things to come their way. "May the Road Rise to Meet You" is a popular Irish blessing that is set to music. You can listen to it here: https://www.youtube.com/watch?v=u_k6nRWg4OE. This blessing comes from Ecclesiastes 3:1-8 in the Bible, which you can read here: <https://bible.usccb.org/bible/ecclesiastes/3>. The song "May the Road Rise to Meet You" and Ecclesiastes verses are about everything happening when the time is right. **Why is it a good thing to be patient, and to wait for things to happen in God's time? How can patience be a blessing to us?**

2. **Even though being patient and putting our trust in God to lead us where He wants us to go can be challenging sometimes, why do you think the Levites did this instead of building up earthly homes, and St. Patrick in his missionary travels?**

3. **How can we turn to God to help us become more patient?** _____

March 2026 3-6 Activities: Week 3
Grade 6- “Patience and the Annunciation”



March 25 is the Feast of the Annunciation, when the archangel St. Gabriel announced to Mary that God had chosen Her to be the Mother of His only Son, Jesus. Mother Mary was amazed that God had chosen Her for such a special purpose, not knowing how it could be. She decided to trust in God’s plan for Her, believing He would help Her to carry out Her amazing calling, a calling that went beyond Herself, for She would bring into the world the Savior of us all.

Mother Mary is an example of being patient, even when we may not understand God’s plan for us. Her strong faith meant that She hoped in God, knowing He would not leave Her alone, but would be with Her always to guide Her, even as She carried Her own crosses, just like Her Son, Jesus, would. During Lent, we are called to be patient, too, as we offer up our sacrifices, remembering that God will bring goodness out of them.

Lent is 40 days, because Jesus spent 40 days fasting and praying in the desert. In **Exodus**, the second book of the Old Testament, which is about the Hebrews leaving Egypt, we read about how the Hebrews wandered 40 years in the desert. Every Lent is an exodus: a departure from sin, when we leave old ways behind, and start anew. We can leave our worries behind, and trust in God more. Trusting in God, we can find what we are looking for in time, with patience.

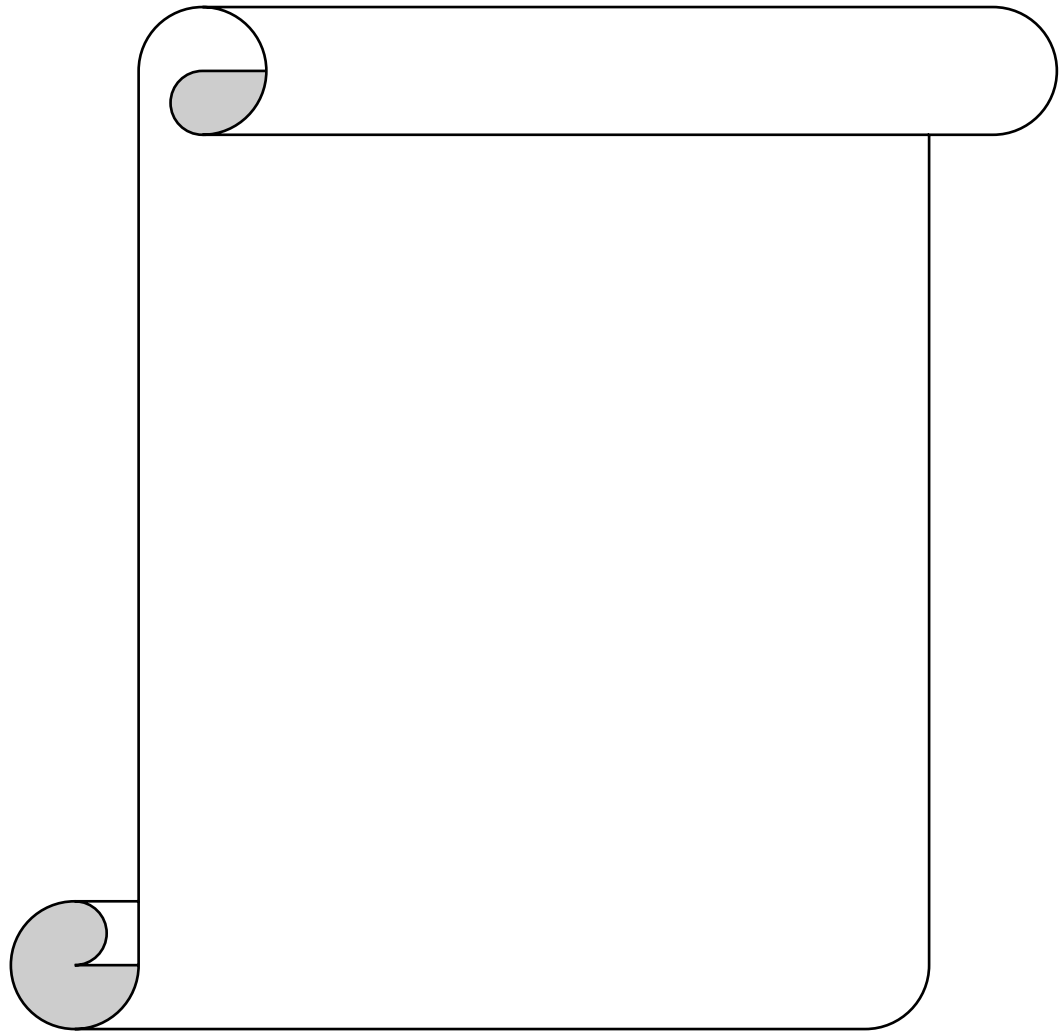
1. During Lent, how can we follow Mother Mary’s example of patience?

2. How is Lent an “exodus,” like the book of the Bible?

3. The Annunciation was when the holy angel announced God’s plan for Mary to her. Through praying, reading the Bible, and going to church, we can come to understand God’s plans for us. God has a plan for each of us personally, and a plan for all of us together.



What do you think God is calling all of us to do to build up His Church? If you were to tell someone else about God's great plan, what announcement would you make? Draw & write your ideas below.



March 2026 3-6 Review

Use this review sheet as a reference to track progress and check that learning goals are met.

Recap: What did we learn?

All Grades

- Saints like St. Patrick and St. Joseph are examples of patience
- Saint Patrick was a missionary to Ireland who taught about the Holy Trinity in his travels
- The Holy Trinity is One God made up of Three Persons (Father, Son, and Holy Spirit)
- As a teacher of the Catholic Faith, St. Patrick showed God's love and patience to the people he met
- Patience is a good thing, a virtue, that helps us to better love God and others
- Being patient is how we can put faith and trust in God's plan

Grade 3

- The study of God is called "theology." We can learn about God through music and art
- Music and art show us how patience is a blessing from God, because we see how the patience of musicians and artists helped them to create beautiful art
- Relics are items the saints once owned, or items that touched the saints. Relics can be used in prayer.
- Praying helps us to become more patient as we wait
- When people are canonized, they are officially called saints by the Church
- Saint Joseph was a patient teacher to His Son, Jesus. He was kind and giving
- People continue to celebrate St. Joseph's holiness on March 19, St. Joseph's Day

Grade 4

- We see God's love in each Person of the Holy Trinity (Father, Son, and Holy Spirit)
- The liturgy is the public worship of God. There are many symbols in the liturgy that remind us of each Person in the Holy Trinity
- The Creed is the prayer we say that states our beliefs, such as our belief in the Holy Trinity
- The claddagh ring is an example of a symbol reflecting the Holy Trinity
- In his sermon, the priest at Holy Mass talks about how the Bible connects to us, showing us how to live like Jesus
- In His Sermon on the Mount, Jesus told us how we should live if we want to be blessed
- The Beatitudes show us how our patience is blessed
- March 25 is when we remember the Annunciation. The holy angel came to Mother Mary, telling Her God's plan for Her
- Mother Mary trusted in God's plan. She was blessed for Her patience

Grade 5

- Churches follow a cruciform, or cross-shaped, design

- The Holy Cross is a symbol of patience. Jesus carried the Holy Cross patiently out of love for us
- The Sacred Host is placed on the paten, a gold plate, during Holy Mass
- The paten is a circular shape. Circles can remind us of the Holy Trinity, because they go on forever, like God's love, and are not divided, but whole
- Cultures across countries around the world celebrate St. Joseph's Day
- Feast day traditions in the universal Church bring us together in love for God

Grade 6

- Schisms are divisions between people with different beliefs
- The East-West Schism in the Church happened because of different views about the languages that should be used in worship of God, and about the Holy Trinity
- The Persons of the Holy Trinity are united, and God's love in the Holy Trinity is ultimately what brings us together. True unity comes about when we follow God's plan
- Leviticus is the book in the Bible about the priests who lived before Jesus, the Levites
- The Levites didn't stay rooted to one place, but found their home in God
- Similarly, St. Patrick trusted in God to lead him, which helped him in his missionary travels
- Exodus is the book in the Bible about the Hebrews leaving Egypt and traveling through the desert
- Every Lent is an exodus as we leave past ways and focus on moving forward with God, into the new life brought by Jesus' Resurrection on Easter
- Mother Mary's patience and trust in God's plan, which we remember on the Feast of the Annunciation, models to us how we can be patient during Lent as we wait for Easter and offer up our sacrifices

What vocabulary words did we practice?

Grade 3

Week 1

Theology

Week 2

Relic

Week 3

Canonization

Grade 4

Week 1

Liturgy

Week 2

Creed

Week 3

Sermon

Grade 5

Week 1

Cruciform

Week 2

Paten

Week 3

Universal

Grade 6

Week 1

Schism

Week 2

Leviticus

Week 3

Exodus

What prayers did we practice?

Grade 3

Apostles' Creed

Grade 4

Apostles' Creed

Grade 5

Apostles' Creed

Grade 6

Apostles' Creed

Checklist: Activity Completion

Grade 3

- Week 1: “The Blessing of Patience”
- Week 2: “Patient like St. Patrick”
- Week 3: “Patience at Lent: The St. Joseph’s Day Altar”

Grade 4

- Week 1: “The Claddagh Ring and the Trinity”
- Week 2: “Symbols of the Holy Trinity”
- Week 3: “The Beatitudes: Patience will be Blessed”

Grade 5

- Week 1: “The Cross and Patience”
- Week 2: “The Paten, The Eucharist, and Patience”
- Week 3: “St. Joseph’s Day Traditions”

Grade 6

- Week 1: “Building Patience and Building Community”
- Week 2: “Patience in God’s Plan”
- Week 3: “Patience and the Annunciation”

Quick Check:

Tell us about your experience with these activities this month! Our March 2026 Google Form for Grades 3-6 is available here: <https://forms.gle/JdcDhKKLrwnfT3wi9>