



*Challenge Jr*  
*Leader Guide*  
1 WEEK SAMPLE

2017-18 SERIES 1



# Challenge JR Curriculum

(Taken from 201718 Leader Guide)

## 2017•18 series 1

1 week SAMPLE  
curriculum &  
curriculum map

## **Challenge Jr 2017-18 Curriculum Guide**

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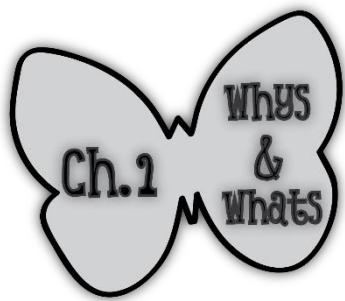
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Contributing Writers: Nadine McMillan and Todd Brechbill**

*“Dear parents teach your  
children to pray.  
Pray with them.”*

**- Pope Francis**

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# what is Challenge Jr?



Challenge Jr is a Catholic Program for girls in K through 4<sup>th</sup> grade to learn about their Catholic Faith and Christian Virtue in a fun environment.

## Challenge Jr...

- **Is for Kindergarten through 4<sup>th</sup> Grade.** There are activities throughout the curriculum for both older and younger girls. Eventually, depending on membership we may develop curriculum for different age groups.
- **Is led by Adult Leaders,** with the help of teen mentors who are usually Challenge members. Teen leader can be present in a guest speaker role, or run a certain part of the meeting.
- **Is supported by a national team** who offer Annual Challenge Jr Curriculum and materials to help the girls and leaders successfully participate in the programs.
- **Has both large group and smaller team activities.** Girls will be grouped in teams for activities. 8-10 per team is a good number. Each team should have a leader (adult or teen) to help. A group of butterflies is called a Kaleidoscope so you can call the teams – kaleidoscopes- if you like.
- **Is a great way to make new friends.** To give the girls an opportunity to meet new friends, the teams can change after every virtue campaign.

## Challenge Jr Curriculum & Activities:

- We focus on five virtues each year. Challenge Jr Curriculum will change each year with new virtues and material. Each virtue has four weeks of curriculum, which focuses on living that virtue with God, with family, with friends, at school in the corresponding week. For example if the virtue is honesty:
  - Week 1 – Honesty with God,
  - Week 2 – Honesty at home
  - Week 3 – Honesty at school
  - Week 4 - Honesty with my friends
- Each virtue has a saint role model that the girls can learn about. The story of that saint will be carried throughout the 4 weeks of meetings by showing a video or telling a story about their life.

- Each week the girls will learn about one Catholic prayer. They have a prayer focused moment where their Member prayer coloring book will be a guide to learn the prayer.
- The weekly meetings will always the fun elements that are necessary for the girls to enjoy themselves and build good friendship: snack time, games, and crafts. These moments are all related to the virtue theme.
- Each year they have two suggested service projects: Lent and Christmas. Both should be family events. The projects should be moments to live out the virtue they learned about.
- At the end of each year they will have a Challenge Jr family event where the Challenge girls can help out with.

## Recognition, Motivation & Friendship Memories :

- **Charms:** When the girls join Challenge Jr, they receive a member kit with a friendship bracelet that has a Challenge Jr charm. Each time they complete a 4 week session on virtue, they receive a charm that goes along with that virtue & saint. At the end of the year they should have 6 charms. The charms should be presented to the girls with the special cards that are included.
- The charms are in specific shapes and go along with the theme each week.
  - Heart = Honesty - Our Lady of Fatima
  - Star = Hard Work = St Anthony
  - Happy Face = Respect = Our Lady of Guadalupe
  - Cross = Courage = St Paul
  - Flower = friendship = St Francis
- **Membership Card and Stickers:** When joining the girls receive a membership card for the year which has a place stickers and personal progress. There is a different sticker for each virtue. The girls can get stickers each week for acts of virtue and participation.
- **Virtue Poster:** For each virtue in the curriculum, there will be a special poster where the girls can add stickers and color to create a masterpiece of virtue.

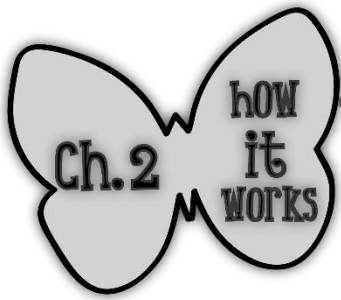
## Kits and Material Include:

- **Leader Kits:** The leader kits contain all that the Adult Leader needs to run Challenge Jr. Most importantly this Curriculum Guide with the weekly activities. The Adult Leader kit also includes sample packs of charms, 5 virtue posters, Over 800 stickers, Challenge Jr Leader USB, Challenge Calendar, Prayer book, holy cards, pen, journal and key chain.
- **Challenge Jr T-shirts** are available in adult and youth sizes.
- **Member Kits:** The member kit has everything a Challenge Jr girl needs for her meeting – Pink Cinch Bag, Member Bookmark Cards, Member Coloring Prayer Book, Challenge Jr bracelet and starter charm, calendar, holy cards and pen.
- **Optional Virtue Charms:** You can chose whether or not to purchase the add on charms for each virtue. There are 10 in a pack and they come with a holy card

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# Challenge JR Weekly Meeting

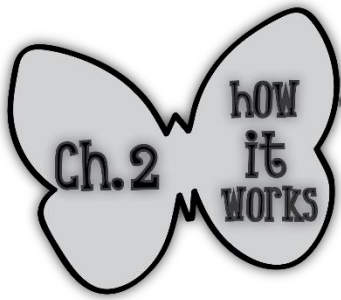


## Challenge Jr Weekly Meeting is where the magic happens!

- Before each virtue cycle, the girls all choose their teams (or kaleidoscopes) by picking a butterfly color out of the jar. They should stay with that team for the next 4 meetings about virtue.
- The girls are all together for the majority of the activity but can break into teams for some things, especially the games. Each team should have a mentor or leader who is either a Challenge girl or adult to help.
- Adults or Challenge girls can also direct different parts of the activity. They can alternate during the meeting or week by week.
- **The weekly activities have 8 different parts:**
  1. Welcome and Opening Prayer
  2. Snack
  3. Group Game
  4. Virtue Activity
  5. Virtue Craft
  6. Saint Story Video
  7. Faith and Prayer Chat
  8. Wrap Up: Connect the Dots

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# Example of How the Challenge Curriculum Works

## Sample Curriculum on Honesty: 4 Weeks

hide the halo



group game



group game

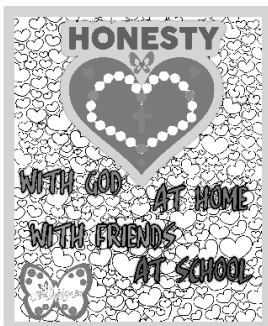


group game



group game

Week	Group Game	Virtue Activity	Virtue Craft	Saint Story	Prayer Chat
<b>Week 1: Honesty with God</b>	Hide the Halo	What is Honesty?	Honesty Jewel Mirror	Our Lady of Fatima - Angel	Our Father Morning Prayers
<b>Week 2: Honesty At Home</b>	Guess Who Saints	How can I be honest with my parents and siblings?	Paper Plate Yarn Hearts	Our Lady of Fatima- First apparition	Prayers at Meals
<b>Week 3: Honesty at School</b>	Balloon Relay Races	How should I be honest with my teachers?	Clothes Pin Butterflies	Our Lady of Fatima- 2 <sup>nd</sup> apparition	Guardian Angel Prayer
<b>Week 4: Honesty with Friends</b>	Sock Stories	Why is honesty important in friendship?	Mosaic Fatima Pictures	Our Lady of Fatima - Miracle	Hail Mary



**Each week includes print off handouts on a USB drive with coloring sheets, game pieces and activities for the leaders to use. There are links to videos and other resources to help teach the girls in a dynamic way. They have the virtue stickers, virtue posters and virtue charms to motivate the girls, as well as the Member Coloring book to help in the prayer chat moment.**

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# Week #1 Honesty with God



## ★ Meeting at a Glance ★

### 1♥ Welcome and opening prayer:

Choose Teams. Introduction to Honesty.  
Explain Cards, Stickers, Charms and Poster for Virtue of Honesty.

### 2♥ SNACK:

 Heart shaped treats

### 3♥ GROUP game:

 Hide the Halo

### 4♥ VIRTUE ACTIVITY:

 What is honesty all about? How can I be honest with God?

### 5♥ VIRTUE CRAFT:

 Bejeweled Honesty Mirrors

### 6♥ SAINT STORY AND VIDEO:

 Our Lady of Fatima & the Children

### 7♥ FAITH AND PRAYER CHAT:

 The Our Father

### 8♥ CONNECT THE DOTS:

 Honesty with God

## Gather Material Before the Meeting:



### Material for Every Meeting:

- Craft Bucket
- Virtue Poster
- Virtue Stickers
- Challenge Jr Leader Guide
- Sample Charm Pack for Honesty
- Computer to show video of saint online
- Challenge Jr Coloring Book Prayer Book

### Specifically for This Week:

- Heart Shaped Snacks
- Apple, carrot, and donut for game
- Tablet or something to play music
- Something to play video –TV
- 2 glasses of water
- Mirror Craft Supplies:
- Option A: Jewels, Cardboard to make mirrors, Markers, Tin foil, glue, popsicle sticks
- Option B: Plastic or wooden mirrors, paint pens
- Mirror Print Off for each girl

# PREP Before the Meeting:



- ★ Read Over the entire Meeting from the Leader Guide
- ★ Test out all the online links and watch the videos.
- ★ Print off the following from the USB drive:
  - Virtue Activity Talking Points
  - Our Father Coloring Book Sheet
  - Virtue Craft Mirror Print off



## ★ Talk to your Team and ASSIGN a Job to Everyone

### TASK

### Team member

**Set Up:** Video, stations, poster, bring materials

**Welcome and Opening Prayer:** Be there to greet everyone and gather the group to start

**Snacks:** Prepare, set up and clean up snacks

**Games:** Prepare, bring material, lead the game

**Virtue Activity:** Give the talk about the virtue.

**Virtue Craft:** Prepare, bring material, lead and clean up craft

**Saint Story Video:** Set Up Video, Lead and Quiz

**Faith and Prayer Chat:** Lead coloring moment when you explain prayer

**Wrap Up:** Connect the Dots. Give out stickers and conclude activity

## notes:



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# Week #1 Honesty with God

~ butterfly ~ butterfly ~ butterfly ~ butterfly ~ butterfly ~ butterfly ~ butterfly ~ butterfly ~ butterfly ~



## Welcome and Opening Prayer.....



- **Greeting the Girls:** It is important from the moment the girls walk in the door they feel welcome. If you have Challenge girls helping with your meeting, this is a moment to make them aware of. An adult leader should be present in the drop off area to see the parents and if a parent wants to come in, this is a good time for that as well.
- **Gather:** Once most of the girls are there, have everyone sit down and begin.
- **Picking Teams:** Since this is the beginning of a virtue – HONESTY – it is a good moment to pick teams or kaleidoscopes (pack of butterflies) Remember teams will probably only be used for games as most moments in the meeting are all together in a group. A simple way to pick teams is to take a butterfly net and place in it paper butterflies of different colors ( equal amounts) and have the girls come pick out a butterfly and that is their team for the next 4 meetings.

### Introduction to the Virtue of Honesty:

- Put the Honesty poster up on the wall. Take 2 minutes to explain to the girls that for the next 4 meetings we will be talking about honesty. There are 4 aspects of honesty that we will learn about- Honesty with God, at home, with your friends and at school. During each meeting, we will also be coloring in our honesty poster so at the end we have a beautiful work of art.
- Show the girls the Challenge Jr Honesty Charm and Heart Stickers. The symbol for honesty is a heart because deep down in your heart is where you know if you are telling the truth or not.
- During each meeting you will get at least one heart sticker. On the week we are learning about being honest at home, your parents can sign your member card and when you come to the next meeting we will give you a heart sticker.
- After all 4 meetings on honesty, you will be given the Honesty Charm for your bracelet.
- There are also 2 coloring pages about honesty in your member coloring book.

### Opening Prayer

- Before snack, start off our Challenge Jr meeting with a prayer. One of the leaders should lead the prayer. All the girls should quiet down and listen to the prayer. They should respond Amen. If you are meeting at a parish, go to the church for the prayer.
- **Dear Lord, thank you for everything you have given to us, especially our families, our friends and our faith. Please help us to grow in the virtue of HONESTY so we can become more like you in all that we say and do. We also ask Mary, our tender, loving Mother in heaven and St. Joseph to pray for us this day. We ask this through Christ Our Lord. Amen.**



## Snack Time



### Suggestion: Heart Shaped Snacks

- Using a heart shaped cookie cutter, you can turn whatever planned snack into part of the honesty theme. ( Watermelon, rice krispie treats – whatever! )



### General Tips for Snack Time:

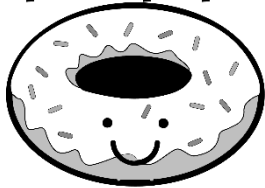
- Snack is a great time for the girls to talk. Usually they need time to chat and be silly and get to know each other.
- It's a great moment for them to earn stickers – for helping clean up or sharing.
- You can always play an honesty song during snack too.
- If you are short for time, do the welcome announcements during snack time.



## Group Game: Hide the Halo



### hide the HALO



### group game

**Material:** A few sprinkle donuts, a carrot, an apple, other random objects. Tablet or something to play music. Napkins.

**Location:** This game can be played inside or outside as long as it is a space large enough to have the girls sit in a big circle.

**Small Group/ Large Group Variation:** If you have more than 15 girls, you may want to split the group into two smaller circles so the girls stay engaged.

**How to Play:** Have the girls sit in a circle. It is like the game hide the button, where one person is in the middle of the circle, with everyone passing a button behind their backs while the music is playing. When the music stops, the person in the middle has to guess the location of the button. In this game, instead of a button we are using a “halo” - which is a sprinkle donut. The twist is that when the person in the middle is not looking, the girls try to take a bite of the donut, and keep passing it. If the donut is completely eaten before it is found, the girls win and the person in the middle loses. If the person in the middle guesses where the donut is when the music stops, then the person who has the donut switches places and comes to the middle to guess. You will need someone who will stop and play the music. We suggest starting off with a leader in the middle and then having the girls go in the middle. If the girls are young, you could put two girls in the middle together at a time.

**Other Variations:** This game can be played many different ways to keep it interesting. You can switch the object to be an apple or carrot instead of the donut. You can also have two objects going at the same time – like an apple and a donut. You can have other random items being passed around (like a tennis ball) to throw the person in the middle off. You can have the girls stand up and move in a circle while playing.

**Remember that every game can be an opportunity to learn about the virtue.** For this game, you can talk to the girls at the end and ask them a few question. Did you like it when you were in the middle guessing where the item was hidden? Probably not. It does not feel good when people hide things from you. Honesty is about not hiding who you are or what you do. What would the game be like if you were floating above the circle and or you could see behind everyone's backs? That is what it is like for God. We can't hide anything from him because he sees our hearts. That is why we should always be honest with him.





# Week #1 Honesty with God

## 4 Virtue Activity: Honesty with God

### What is Honesty?

- Honesty in what you SAY.
  - Tell the truth at all times no matter what.
  - Let people know what really happened.
  - Don't spread rumors about people.
- Honesty in what you DO.
  - Don't act different around different people.
  - Never to take things that don't belong to me.

### Honesty is to be clear as water inside. Nothing is hidden.

- Show the girls two glasses of water... one that is clear and the other that is murky with mud. Which one would you drink?
- If you saw a lake that was clear water to the bottom or a lake that was all muddy, which would you want to swim in?
- We all like when things are not hidden to us. We want to see things clearly. Honesty is about being true from deep down in your heart. When you are honest, you feel clean inside and happy because you have nothing to hide. When you are not honest, or you lie, you feel dirty inside, shady and like you have something to hide.

### How can you be honest with God?

- Honesty with God is special. God can see everything. He can see our hearts. He can see all our actions and he can hear everything we say to other people. But we still need to be honest with him. It makes God happy when we are honest with him. God loves us no matter what.
- We can be honest with God when we pray. Instead of just saying words, we can ask him for what we need and want deep down in our hearts. Try to pay attention and mean the words you say in prayers. Never be afraid to talk to God and tell him the truth. We can be honest with God by saying sorry when we hurt him or do something that hurts other people. I can be honest with God in confession.

### What can you do this week to be more honest with God?

- Ask the girls and have them write the answer on the poster in a heart or in their coloring books.

### NOTES:

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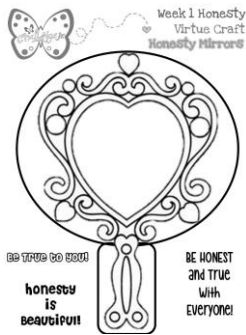
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**note: REMEMBER**

The talk should be no longer than 5 minutes. Use the virtue poster & stickers to help you keep the girls' attention by rewarding them when they participate. Use props and objects to give vivid examples. Use positive role models & personal stories.



# Virtue Craft: Honesty Jewel Mirror....



**Crafts for Different Age Groups:** Some crafts can be fun for any age group of girls but other crafts can be more appropriate for an older or younger group. For this activity, we will give you two options which are similar but appropriate for an older and younger girl. You know the group better than anyone, so you can decide. You may want to do both if you have girls of different ages. For both younger and older girls, make an example to show them. It will also help you figure out any issues.

## Option A for Younger Girls: The Cardboard Jewel Mirror

**Material:** Plastic jewels or sparkly paint or sparkle foam pieces, Cardboard or Cardstock to make mirrors, Markers, Tin foil, glue, popsicle sticks, scissors, Print out of Honesty Mirror from USB for each girl

**Online Inspiration:** Check out this website with a similar type craft for inspiration: <https://thepinterestedparent.com/2016/07/jeweled-cardboard-mirror/>

**Steps:** This is a simple but meaningful virtue craft for the girls to think about what it means to be honest with God and with themselves, being true to who they are.

- 1) Set up the craft station with everything ready for the girls. If you have a very young group you can print the handouts, cut them out and glue them to a piece of cardboard so that the girls can skip the cutting and gluing portion. If not, just bring enough scissors and glue for the girls to share.
- 2) Each girl should have a heart print out from the USB to use as a tracing guide on the tinfoil. The need to cut out the tracer, put it over the tinfoil and use a pencil or pen to trace on the tin foil. They can cut the heart out and glue to the mirror.
- 3) Then they can take plastic jewels, sparkle foam pieces or sparkle pens and decorate the edges of the mirror. You can use a stick to reinforce the handle.
- 4) Explain to the girls that there are 3 sayings on the print out sheet. They can choose the one they like and glue it or write it on the mirror. The three choices are: Honesty is beautiful. Be Honest and True with everyone. Be True to You.
- 5) When they look in the mirror at themselves it should be a reminder to be honest and true to who God wants them to be.



## Option B for Older Girls: The Wooden or Plastic Message Mirror

**Material:** Plastic jewels or sparkly paint or sparkle foam pieces, Wooden or plastic Mirrors, Paint Markers, glue, Print out of Honesty Mirror from USB for each girl



**Online Inspiration:** Check out this website with a similar type craft for inspiration: <http://blog.darice.com/basics/diy-gifts-for-girls-mirrors/>

**Steps:** This craft involves real plastic mirrors or wooden mirrors that the girls decorate with paint pens or permanent markers. They can use ribbon or jewels if you have them too. Make sure they use the print outs with the honesty phrases and write a message. Give the girls the same meaningful explanation as in OPTION A: When they look in the mirror at themselves it should be a reminder to be honest and true to who God wants them to be.



# Week #1 Honesty with God

## 6 Saint Story & Video:----- Our Lady of Fatima and the Children



### Introduction to the Saint Story

- Refer to the saint story in this book at the beginning of the honesty series for help.
- For the virtue of honesty we are going to talk about Our Lady of Fatima. Fatima is in Portugal, beside Spain. Mary appeared to three children – Lucia, Jacinta and Francisco. Lucia was 9 and Francisco was 8. Jacinta was the youngest. She was 6. She appeared to them and gave them a special message to pray the rosary. Before Mary appeared to them, an angel came and spoke to the children.
- No one wanted to believe the children but they were honest and told the truth about Mary. The apparition happened 100 years ago in 1916 and 1917

### Video

- If you own the cartoon movie “The Day the Sun Danced” by CCC America you can show the first 2-5 minutes to the girls. If you don’t have the movie, you can show them this clip from YouTube which is about 2 minutes long.



### First visit from the Angel- The Day the Sun Danced

<https://youtu.be/QmuvRnqCyqQ>

### Questions and Answers about Fatima Part 1

You can have a question and answer session with the girls and give out stickers if you like for participation. Here are a few questions you could ask them.

1. What were the children doing before the angel appeared to them? A: Tending Sheep in a pasture
2. What village did the visit of the angel take place in? A: Fatima, Portugal
3. What was the name of the oldest child who the angel appeared to? A: Lucia Santos
4. How old was she? A: 9
5. What were the names of the other two children who were Lucia’s cousins? A: Francisco and Jacinta Marot
6. How old were they? A: Francisco was 8 and Jacinto was 6
7. Who did the angel of the Lord say he was? A: Angel of Peace, the Guardian Angel of Portugal
8. Fill in the blank... The angel taught the children to say “My God, I believe, I adore, I hope and I \_\_\_\_\_ you. I ask forgiveness for those who do not believe, nor hope, nor \_\_\_\_\_ you.” What word fills in both blanks? A: Love
9. What three things did the angel ask the children to do? A: 1) Pray for sinners, 2) Pray for peace and 3) Bear the suffering the Lord would send them



# Prayer and Faith Chat: Our Father



## Intro to Prayer and Faith Chat

- Every week we will take 5 minutes to learn one of the Catholic prayer that can be found in the Challenge Jr prayer coloring book. You can also find print outs of the coloring sheet on the Adult Leader USB.
- The idea is to teach the girls how to pray one prayer each week and have them color the page from their member book while they learn about the prayer and while you explain it. This is only a 5 minute part of the meeting, but very important to help them grow in their spiritual life.
- If you have older girls in Challenge Jr you may want to get some special coloring markers or scrapbook supplies to make their prayer book special.



## The Our Father:

- The Our Father is a beautiful prayer that Jesus himself taught his apostles to pray. That is why it is so special to us. The Our Father is a great prayer to say often and to learn how to pray.
- In the bible Luke 11:1 Jesus' apostles came to him and said "Lord, teach us how to pray." Jesus' answer to them was the prayer of the Our Father.
- In the morning, when you wake up, the Our Father is a nice prayer to say to God to start each day. God, our Father in heaven is listening to us.
- The Our Father is about trusting in God to help us and asking him for forgiveness.
- Pray the Our Father together. Repeat each line after the leader... or pray as a group



# Wrap Up: Connect the Dots



## Go over the different parts of the Meeting and lessons:

Give out stickers to the girls for the answers or just for being there. They can put the stickers on their member card or in their prayer book on the honesty page. Go over the main lesson from the meeting from beginning to end. Ask the girls what they learned about this week.

- What was the virtue we learned about this week? **HONESTY**
- Who is the first person we need to be honest with? **GOD**
- What did we learn in the game? **HIDING THINGS IS NOT HONEST.**
- When can we be honest with God everyday? **WHEN WE PRAY**
- What can the honesty mirror remind us of? **HONESTY IS BEAUTIFUL. BE TRUE TO YOU.**
- What were the names of the three children who the angel appear to in Fatima? **LUCIA, FRANCISCO and JACINTA.**
- What prayer did we learn about today? **OUR FATHER**
- How can we be honest with God this week at home? **PRAYING DAILY.**



**Virtue Poster:** Make sure the girls color in one fourth of the virtue poster. Remind them that each week they will color in a section of the poster and at the end of the 4 weeks about honesty, they will receive their charms.

**Final Prayer:** Dear Lord, thank you for all the gifts and blessings you have given us during our meeting today. Help us to live the virtue of HONESTY with our families, our friends and our neighbors so we can be more like you. Our Lady of Fatima – pray for us!

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