



Challenge Jr.

Information Booklet



# Introducing

# Challenge Jr.

**New for 2017-18!**

**Challenge Jr is a Catholic Program for girls K through 4th grade to learn about their Catholic Faith and Christian virtue in a fun environment.**

## **A Little History....**



For years, Conquest Jr has existed as a great option for younger boys who were not old enough for Conquest. We have been receiving requests from Challenge Leaders for many years to offer something similar for younger girls in K- 4th grade. We are very excited to share this new program with you all. It is a beautiful way to evangelize younger girls and their families.

Challenge Jr was born from a desire of Challenge club leaders to offer something to younger girls to help them to learn Christian virtue and prayer. We first asked the existing groups via survey what they were looking for in Challenge Jr materials. We also used Conquest Jr as a base to build, so the Junior programs would be parallel. Then, we paused to ask ourselves a few questions in general... These answers helped us build out the components of Challenge Jr.

## *What are families with daughters in K to 4th grade looking for?*

- A truly Catholic Virtue Program for younger girls (attractive, motivational, catechetical content);
- A good fun environment for girls to make friends;
- Somewhere their daughters want to go to learn about faith;
- Something for the whole family, where moms can be involved;
- A place to find positive role models and leaders for their daughters.

## *What are girls in K to 4th grade looking for in a Catholic Program?*

- Friends, Fun – new things, games, crafts; cool girly Catholic stuff.
- Feeling part of something special (member kits & gear);
- Recognition for their achievements;
- A role model and mentor they can look up to;



## 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.



**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.



**A Complete Annual Program of Materials and Curriculum** to help the girls and leaders successfully participate in the programs.



**Includes 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 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 believes in the power of motivation, positive recognition and creating friendship memories. We offer materials to help do that.**

- *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 are in specific shapes and go along with the theme each week.
  - Heart = Honesty - Our Lady of Fatima
  - Cross = Courage = St Paul
  - Star = Hard Work = St Anthony
  - Flower = friendship = St Francis
  - Happy Face = Respect = Our Lady of Guadalupe
- *Membership Card Virtue Posters and Stickers* The girls receive a membership card for the year in their member kit which has a place stickers and personal progress. There is a different sticker for each virtue in the curriculum. There is also a special poster for each virtue where the girls can add stickers and color to create a masterpiece of virtue.



## 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 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.





## The Challenge JR weekly meeting has 8 different parts:

- |                               |                              |
|-------------------------------|------------------------------|
| 1. Welcome and Opening Prayer | 5. Virtue Craft              |
| 2. Snack                      | 6. Saint Story Video         |
| 3. Group Game                 | 7. Faith and Prayer Chat     |
| 4. Virtue Activity            | 8. Wrap Up: Connect the Dots |

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.

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.

In addition to the virtue, 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 Curriculum Guide Book for the Leader has all the material needed and links to videos and other resources to help teach the girls in a dynamic way.

## Example of the Challenge Jr Curriculum Map for the 4 Weeks about the Virtue of Honesty

hide The HALO



GROUP GAME



GROUP GAME

balloon relay race!

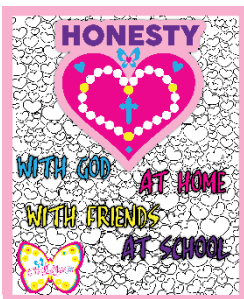


GROUP GAME



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- 1 <sup>st</sup> 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.

Each week's meeting incorporate 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.



# The Challenge Jr Kits and Material



## Challenge Jr 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.

The 2017-18 Challenge Jr Adult Leader Kit includes:

- ▶ Challenge Black & Blue Zipper Tote Bag
- ▶ Challenge Jr 2017-18 Leader Curriculum Guide
- ▶ Challenge Jr Leader USB Drive with Resources
- ▶ Challenge Jr Leader Sticker Pack (800+ stickers)
- ▶ 5 Pack Challenge Jr Virtue Posters (16x20)
- ▶ Challenge Jr Virtue Charm Sample Pack (5)
- ▶ Challenge Jr Member Card
- ▶ Challenge Journal and Pen
- ▶ Challenge 13 Pack Holy Cards
- ▶ Challenge Prayer Book and Calendar
- ▶ Challenge Key Chain

▶ Challenge Jr T-Shirt = \$11.95



2017-18 Challenge Jr ADULT LEADER KIT PRICE

\$69.95  
 \* If being used as an *Adult* On Program to Challenge Annual Membership  
**Free**  
 \* If you have purchased a Challenge Jr Annual Membership, you will receive a coupon.

## Challenge Jr Virtue Charms

The Challenge Jr Virtue Charms are a complement to the program and come in a pack with ten individually packaged charms in a cute organza bag with a holy card about the virtue and saint.



The 2017-18 Challenge Jr Virtue Charm Packs include ten individually packaged charms in a cute organza colored bag with a holy card about the virtue and saint. There are five different virtue charms for this year:

- ▶ Charm 1: Honesty Pink Heart ( Our Lady of Fatima )
- ▶ Charm 2: Hard Work Magenta Star ( St Anthony )
- ▶ Charm 3: Respect Blue Our Lady of Guadalupe Charm
- ▶ Charm 4: Courage Purple Cross ( St Paul )
- ▶ Charm 5: Friendship Yellow Flower ( St Francis )



2017-18 Challenge Jr VIRTUE CHARM PACK

\$24.95

\* If you have purchased a Challenge Jr Annual Membership, you will receive a coupon for one free Virtue Charm Pack.





## Challenge Jr 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. Challenge Jr T-shirts are available in adult and youth sizes and are sold separately.

### Challenge Jr Member Kit for 2017-18

The 2017-18 Challenge Jr Member Kit includes:

- ▶ Challenge JR Pink Heart Cinch Bag
- ▶ Challenge JR Prayer Coloring Book
- ▶ Challenge JR Member Bracelet
- ▶ Challenge JR Butterfly Member Charm
- ▶ Challenge Jr Book Mark Member Card
- ▶ Challenge Saints and Virtues Calendar
- ▶ Challenge 13 Pack of Holy Cards
- ▶ Challenge Pen

▶ Challenge Jr T-Shirt = \$11.95

**2017-18 Challenge JR MEMBER KIT**  
\$12.95

*\* If you have purchased a Challenge Jr Annual Membership, you will receive a coupon for 6 free member kits and 6 free t-shirts*

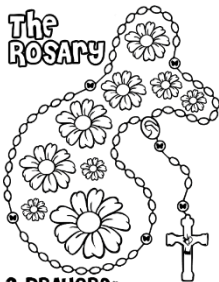


Challenge Jr Member bracelet and charm



## Challenge Jr Prayer Book Member Book

The Challenge Jr Prayer Book is a coloring book that not only has the essential Catholic prayers but it also includes pages about each virtue. This book is included in the member kits.



### 3 PRAYERS:

1 Our Father

2 Hail Mary

3 Glory Be

Glory be to the Father, the Son & the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

### PRAYERS AT MEALS



### GUARDIAN ANGEL PRAYER

Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at our side, to light and guard, to rule and guide. Amen.





## Two Different Ways to Start Challenge Jr:

#1

If you have a 2017-18 challenge Annual Membership, then you purchase the Challenge Jr material as an ADD ON program.

Challenge Jr Leader Kit - \$69.95  
Challenge Jr Member Kits - \$12.95  
Challenge Jr Tshirts - \$11.95  
Challenge Jr Charm Packs - \$24.95

Visit the Challenge Store to order your material & curriculum.

#2

If you are new to Challenge, then you can purchase the Challenge Jr Annual membership (\$549) which includes coupons for:

Free Challenge Jr Leader Kit,  
6 Free Challenge Jr tshirts,  
6 Free Challenge Jr Member Kits,  
1 Free Ten Pack Virtue Charms

Visit the Mission Network Website to purchase your Annual Membership & receive your coupons.

Visit the Challenge Store to choose your tshirt sizes and order your materials.

## CHALLENGE JR Frequently Asked Questions

**What age group is Challenge Jr meant for?** Challenge Jr is for girls in Kindergarten through 4<sup>th</sup> grade. There are age appropriate activities in the Curriculum Guide for both.



**What material and tools are available to get Challenge Jr started?**

Challenge nationally offers on the online store 3 main kits for Challenge Jr: Member kits, Adult Leader Kits, and Virtue Charm Packs. We also offer Challenge Jr T-shirts in Adult and Youth sizes.

**How many weeks of curriculum is available?** For the Series 1 Curriculum this year we have 5 virtues x 4 weeks each, which is a total of 20 weeks curriculum. We also have 2 service project weeks and 1 week for a Challenge Jr awards, so it is a total of 23 weeks of activities. We realize some groups meet every week, others meet twice a month and some only meet monthly. With holidays and school breaks, 23 weeks of activities seems to be sufficient for most groups.

**Do I have to have a Challenge group to start Challenge JR?** No, but it definitely helps. Having a Challenge club not only helps provide support for the Junior club but it gives the girls something to aspire to.



**Who leads the girls in the Challenge Jr meeting?** Challenge Jr is an adult led program that can have adult leadership or teen leadership for the weekly meetings. This means the moms can be behind the scenes or involved every week. The most important thing is whoever is working with the girls needs to have a heart that is open and excited about evangelizing kids.

**How long is the weekly activity supposed to be?** The weekly meeting can be anywhere from 1 hour and 15 min to 2 hours. The breakdown of time and each part can be found in the butterfly diagram.



**Is Challenge Jr a lot of work?** It's no cup of tea, but it definitely is worth all of the effort. Girl Scouts is one of the most popular after school activities for millions of girls across the world. Their groups are led by adults and have been around for years. On a human level, creating a place for girls to grow in long lasting friendships, team spirit and adventure is a noble thing. Challenge Jr is a similar age group and team dynamic with adult leadership, but it also has a very specific Catholic curriculum and focus. Build a team of moms to help you out and don't forget to get the Challenge girls involved. When you start up a Challenge Jr program, you are doing something awesome that will bring young girls and families closer to God and the Church.

**What is the differences and similarities with Conquest Jr?** Challenge and Conquest Jr are both Catholic virtue programs and we share the same curriculum (same virtues and same saints each year). The similarities end there because of the obvious difference of being for boys or girls, Conquest JR is a very competitive program with point chips and codes of conduct. For girls, we have taken a different approach with the charms and stickers as recognition, achievement and creating friendship memories throughout the program.



**How do I get started?** If you have a Challenge Annual membership for 2017-18, its very simple. Just go online to the Challenge online store and purchase the Challenge Jr material. IF you do not have a Challenge club and are just starting, you will need to visit the Mission Network website to purchase your annual membership and you will receive an email with access to the online store, coupons for free Challenge Jr items and instructions.

**Why are the virtue charms add on items and not included in the leader kit?** We wanted to keep the cost of the leader kit lower and also give the clubs the option of buying some or all of the charms for their group. We also have no way of knowing how many girls are in each group, so this way the Challenge JR leader can buy as few or as many packs of charms as needed.

**Do you have guide books for the teen leaders with just curriculum?** No, just one leader curriculum guide. On the USB you will find a print out for the virtue activity that can be printed and given to the person giving the talk. If the demand is there, we will print leader guides in future years for the meetings.



**Who can I contact if I have questions about Challenge Jr?** You can contact the National Team at [customerservice@missionnetwork.com](mailto:customerservice@missionnetwork.com) or [nmcmillan@missionnetwork.com](mailto:nmcmillan@missionnetwork.com)



## Week #1 Honesty with God



### \* Meeting at a Glance \*

#### 1<sup>o</sup> Welcome and opening prayer:

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

#### 2<sup>o</sup> SNACK: Heart shaped treats

#### 3<sup>o</sup> GROUP GAME: Hide the Halo

4<sup>o</sup> VIRTUE ACTIVITY: What is honesty all  
about? How can I be honest with God?

5<sup>o</sup> VIRTUE CRAFT: Bejeweled Honesty  
Mirrors

6<sup>o</sup> SAINT STORY AND VIDEO: Our Lady of  
Fatima & the Children

7<sup>o</sup> FAITH AND PRAYER CHAT: The Our Father

8<sup>o</sup> 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

# SAMPLE CURRICULUM



## 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



virtue #1  
HONESTY



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.**

# SAMPLE CURRICULUM



## 2

### 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.

## 3

### 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 questions. 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

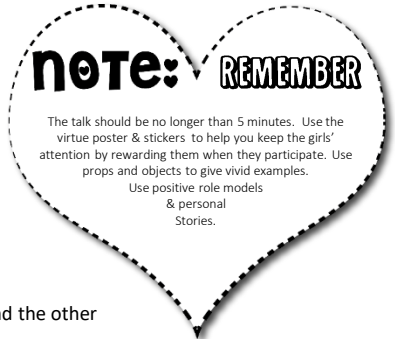


### Virtue Activity: Honesty with God



#### 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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# SAMPLE CURRICULUM



## 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://theinterestedparent.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



virtue #1  
HONESTY



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

# SAMPLE CURRICULUM



## 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.**

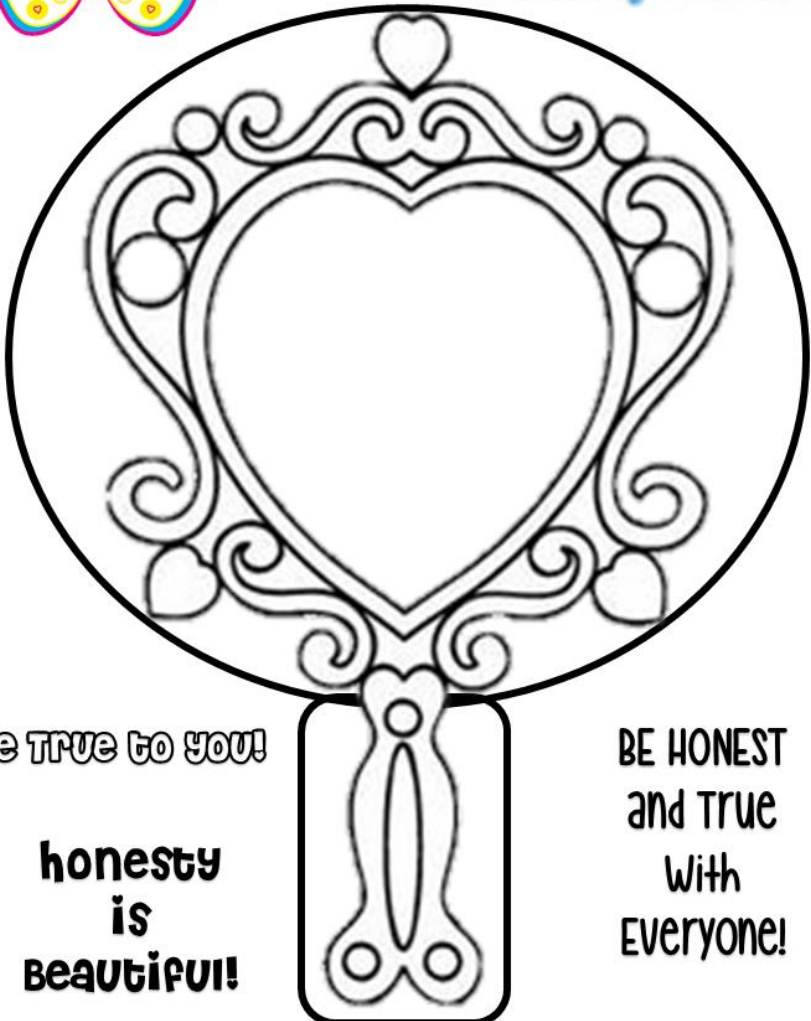


**Virtue Poster:** Make sure the girls color in one fourth of the virtue poster. Remind them that each week they will color in a section of the poster and at the end of the 4 weeks about honesty, they will receive their charms.

**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!



Week 1 Honesty  
Virtue Craft  
Honesty Mirrors



BE TRUE TO YOU!

**honesty  
is  
BEAUTIFUL!**

BE HONEST  
and TRUE  
With  
EVERYONE!

*Challenge Jr*



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