

Praise

CHEEKY PANDAS

The Duck Awards

Key Learning: We are made to praise God any time, any place, any situation.

'The Lord has done great things for us, and we rejoiced'
Psalm 126:3

Session Outline

1. Informal welcome as families arrive

2. Official welcome

Introduce the title, theme, and all members of your team to all present, including the person to contact if they have technical issues, questions or concerns.

Outline what will happen during this session, how long it will take, and the key learning for today's session.

Ensure they have any resources needed for the activity in the video.

3. Opening prayer

Lord make me an instrument of Your peace.

Where there is hatred let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O Divine master grant that I may

Not so much seek to be consoled, as to console;

To be understood, as to understand;

To be loved, as to love.

For it's in giving that we receive,

And it's in pardoning that we are pardoned,

And it's in dying that we are born to eternal life.

Saints of the Day

St Francis and St Clare

were from the small city of Assisi in Italy. St Francis was the son of rich parents who gave up everything he owned to follow Jesus. He loved the beauty of creation and thought all of nature praised God through its beauty. St Clare heard St. Francis preach and asked him to help her live according to the Gospel. She wanted to live a simple life of work and prayer. They were great soul friends who encouraged many others to praise God through a simple life.

You will need...

- ☐ Cheeky Pandas Video
- ☐ Something small and beautiful e.g. flower or stone
- ☐ Presentation for Prayer



4. Warm-up activity

Invite the children who have brought something to show during the session to hold it up to the camera. This could be done using different categories e.g. flowers, stones, animals, finishing with something else, so everyone has the opportunity to share.

5. Saint of the day

Today we have two friends who were great friends, St Francis and St Clare. They both came from rich families but didn't know what to do with their lives until they became friends with Jesus. When this happened, they decided to give everything up to follow Jesus. St Francis would spend hours looking at the beauty of nature and could see God's glory reflected in nature. St. Clare followed in her friend's footsteps and encouraged others to praise God no matter what happened in their lives.

St Clare: 'Love Him totally, who gave Himself totally for your love.'

St Francis: 'Be praised, my Lord, through all your creatures, especially through my lord Brother Sun, who brings the day; and you give light through him. And he is beautiful and radiant in all his splendour! Of you, Most High, he bears the likeness.'

6. Watch video

It is a special day for the Pandas: let's see what happens. Remember to watch carefully as there are some questions afterwards.

8. Family challenge

Encourage the families present to talk about today's session using the following questions:

- ☐ What did you learn from today?
- ☐ What questions do you have?
- ☐ What happens to our hearts when we praise God?

If you will send the questions via email, mention it here so people can subscribe to your email list.



9. Parish announcements

We would love to see you at the following events/services:

Sunday Mass at _____am/pm or online via: _____

Next week our session is called 'The Birthday Gift' where we will learn the important of thanking God. We would love to see one of your favourite birthday presents, if you bring it with you to the next session.

7. Group discussion

After the video, help the children explore the theme through using the following questions:

- ☐ What happened to CJ to make her so sad?
- ☐ What did you learn about the Venus fly trap?
- ☐ Why is it so important to keep praising God?
- ☐ Can you think of a time when you were disappointed?

What difference does it make to know that God loves us even when bad things happen?

If you have enough facilitators this can be done in smaller groups, using multiple rooms. However, if this is not possible, you can also ask people to respond via the chat and then ask them to tell you a little more.

10. Closing prayer

Begin with the Sign of the Cross

Prayer Intention: Today we pray for people who have been let down or are going through a difficult time. May the Holy Spirit raise their hearts so they can praise God in every situation.

Our Father - Hail Mary - Glory be

Leader: St Francis and St Clare,

All: Pray for us.

Leader: Mary, help of Christians,

All: Pray for us.

Finish with the Sign of the Cross