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Credits

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Cat.Chat Kids Club: Saints in Training

PROGRAM OVERVIEW



	Theme Song	Vital Verse / Bible Story	Games	Crafts	Super Saint / Challenge	Snacks
Lesson 1: Training in SELF CONTROL	Do What's Right	Vital Verse Song: 1 Cor.9:25 "Every athlete exercises self- control in all things." Bible Story: Matthew 4:1-11 Jesus in the Desert	Feather Fun Bubble Control Still Statues	Blessing Beads Jumbo Jellybean Jar	St. Michael Set up a prayer spot	Popcorn Munch
Lesson 2: Training in PURITY	Pure	Vital Verse Song: Matt.5:8 "Blessed are the pure in heart for they shall see God." Bible Story: Daniel 3 Shadrach, Meshach & Abednego	Crazy Course Immaculate Heart Relay Guard Your Heart	Holy Water Jars Vibrant Vases	Mary, Queen of all Saints Memorize the Vital Verse and post it up in your home.	Celebration Cupcakes
Lesson 3: Training in PATIENCE	Patience	Vital Verse Song: Rom.12:12 "Rejoice in hope and be patient in times of trouble..." Bible Story: Genesis 37, 39-47 The Life of Joseph	Patience Prize Ball Pom Pom Racing	Puzzle Patience Patience Pot	St. Kateri Tekakwitha Take care of a plant	Bold Butterflies
Lesson 4: Training in GENEROSITY	Be Blessed	Vital Verse Song: 2 Cor.9:7 "God loves a cheerful giver." Bible Story: Mark 12:41-44 The Widow's Offering	Giftwrap Challenge Triple T-Ball Blitz Cool Coin Search	Cool Coupons Christmas Hampers	St. Nicholas Give a gift to someone	Cookie Creations
Lesson 5: Training in JOY	I Will Dance	Vital Verse Song: Neh.8:10 "The joy of the Lord is my strength." Bible Story: Acts 16-18 Paul's Missionary Journey's	Autograph Laughs What a Funny Idea Fruits of the Spirit Dance	Musical Maracas Jumbo Joy Collage	St. John Bosco Make a Joy List	Silly Smiles
Lesson 6: Training in CHARITY	Without Love	Vital Verse Song: Matt.7:12 "Do to others what you would have them do to you." Bible Story: Luke 10:25-37 The Good Samaritan	The Band-Aid Game Silly Socks Circle of Love	Jelly Bean Crosses Charity Collection Cans	St. Elizabeth Ann Seton Make an Act of Consecration to the Sacred Heart of Jesus	Sundae Service
Lesson 7: Training in COURAGE	Courageous	Vital Verse Song: Phil.4:13 "I can do all things in Him who strengthens me." Bible Story: 1 Samuel 17 David & Goliath	Rock, Paper, Scissors Ice Cube Melt Down In the Face of Marshmallows	Virtue Rocks Courage Cards	St. Patrick Be a witness! Bless someone who does not know Jesus	Wacky Weights
Lesson 8: Training in FAITHFULNESS	Every Little Thing	Vital Verse Song: Psalm 36:5 "Your love O Lord reaches to the heavens, your faithfulness to the skies." Bible Story: Matthew 14:22-33 Peter Walks on Water	Faithful Fishermen Blind Faith Find Your Saint Partner	Saints in Training Frames Fingerprints of Faith	St. John Paul II Discover a new favorite saint	Goodie Gold Medals

CAT.CHAT KIDS CLUB



Dear Kids Club Director,

Welcome to the Cat.Chat Kids Club program: Saints in Training!

The overall goal of this program is to help kids (K-5th grade) understand that each person is called to become a saint. Throughout the year, kids will train in 8 different virtues that will strengthen their character and deepen their faith. Each monthly lesson features hands-on activities, music, and videos that focus on a specific virtue.

This Leader Guide is designed to help you organize, plan and orchestrate a successful Cat.Chat Kids Club. It also includes links to download reproducibles, music, and videos for each lesson.

Each lesson is designed to be 1 1/2 - 2 hours duration:

Opening Assembly (15 minutes)

Intro, Opening Prayer, Action Song & Virtue Demonstration

4 Interactive Stations (15 minutes each)

Vital Verse/Bible Story, Games, Crafts, Super Saints/Challenge

(Opt.) Cat.Chat Movie and Discussion (35 minutes)

The Cat.Chat: Saints in Training DVD features an episode to highlight the monthly virtue.

Snack (10 minutes)

The theme related snack can be served before the Closing Assembly, during the Cat.Chat movie, or at any other appropriate time.

Closing Assembly (5 minutes)

Action Song, Closing Prayer and Announcements.

Thank you for taking on this important role of making the faith come alive for kids. You are helping to raise up the next generation of saints. Pray for these children as they draw closer to Christ and begin to live out the virtues in their daily lives. We hope this Cat.Chat Kids Club program blesses you as much as it blesses the children who participate! We are all SAINTS IN TRAINING!

In Christ,

THE CAT.CHAT KIDS CLUB TEAM

“Never say, what great things the saints do, but what great things God does in his saints!”

St. Philip Neri

STATION OVERVIEW



Each activity has a stopwatch with a number to indicate the approximate time it should take in minutes.



This icon indicates a video segment from either the Kids Club DVD or one of the Cat.Chat: Saints in Training DVDs.

MUSIC



Music is such a powerful tool to teach the faith. Each lesson has a theme song featured on the Kids Club DVD. Kids and leaders can sing along and do the actions by watching the video.

FAITH



In the Faith Station, kids will learn the **Vital Verse** and take part in an interactive **Bible Story**. These activities will highlight the monthly virtue and help kids apply it to their daily life.

GAMES



Every lesson comes with 2-3 game options. Each game is designed for 5-10 minutes of play, for groups of all sizes. You do not have to play every game option. Choose which games are best for your group and time schedule. Be flexible and have fun!

CRAFTS



Each lesson gives you two craft options. You may choose to do either the individual craft or the team craft.

SUPER SAINTS



Every lesson features a Saint that the kids can learn from and be inspired by. We highly encourage you to purchase **Cat.Chat Saint Cards** as well as the **Super Saint Symbols** for the Super Saint station. These special take home items will remind the kids to ask the Super Saint to pray for them.

CHALLENGE



This is your opportunity to **challenge the kids to exercise the virtues**. Guide them through the Cat.Chat Challenge, the goals of the month, and give them concrete examples from your own life to help inspire them. Be passionate and enthusiastic as you explain this important part of their training.

SNACKS



Each lesson features a fun themed snack for kids to make and enjoy that emphasizes the virtue of the month. There is also the simpler option of serving popcorn to go along with the Cat.Chat Movie.

DIRECTOR GAME PLAN

- ☐ **Read through each lesson** so that you have a good understanding of the activities and teachings at each station.
- ☐ **Order the Kids Club Activity Books and Saint cards for each child.** You can also purchase Saint posters for the Super Saint Station.
To order: www.catchat.ca or call 1-866-286-5433
- ☐ **Plan the year in advance.** It's important to set a date and time for your monthly (*or bi-monthly*) Cat.Chat Kids Club at the beginning of the school year. Be sure to confirm the details with your parish priest.
(ie. First Tuesday of the month 3:30-5:00pm or Third Sunday at 1:30 - 3:30pm)
- ☐ **Be flexible.** Make any necessary changes to the program in order to best suit your Kids Club needs.
- ☐ **Determine your budget** in advance and how the parish will handle purchases for the supplies.
There is a sample budget list included in the Director Downloads.
- ☐ **Determine a registration fee.** Depending on your parish budget, you may choose to charge a registration fee for the year to help cover program expenses.
- ☐ **Advertise with Cat.Chat Kids Club posters and invitation cards.** Encourage kids and youth to help hand out invitations in your parish, school and community. (*See Director Downloads for printable invitations/posters*)
- ☐ **Make announcements** at Mass and youth groups to invite volunteers to join the Leader Team. (*Volunteer form available for download*)
- ☐ **Request any equipment** you might need from the parish. (*Tables for crafts & snacks, audio and visual equipment, projector screens, etc.*)

Recruit and confirm all leader positions

(*Recommended for large groups*)

- ☐ Assistant Kids Club Director
 - ☐ Faith Leader
 - ☐ Games Leader
 - ☐ Craft Leader
 - ☐ Super Saints/Challenge Leader
 - ☐ Snack Leader
 - ☐ Treasurer
- ☐ Kids Club Director and Team should **plan a meeting** to review the program and discuss any necessary details.
 - ☐ **Print downloadable name tags** for the participants, leaders and volunteers. We recommend you use a nametag holder or lanyard so they can be easily reused at each Kids Club.
 - ☐ **Divide your large group** into teams of 10-15 kids. Assign a leader (*youth volunteer grade 6 and up*) to each team to guide the kids from station to station.
 - ☐ **Decide if your Kids Club will meet once or twice a month.** We encourage you to meet twice a month as it helps foster stronger relationships and deepens the kids' faith formation. The 2nd monthly Kids Club can be a "fun social night" with a Cat.Chat Movie, popcorn, and games.

REMEMBER...

- ☒ PRAY!
- ☒ Relax
- ☒ Smile
- ☒ Have Fun
- ☐ 😊

TEAM ROLES

Assistant Kids Club Director

- ☐ Share responsibilities with Director.
- ☐ Choose a Super Saint for each team and print off team banners. (*Download*)

Handling Registrations:

- ☐ Set up a registration table.
- ☐ Have Sign In/Out sheets printed & ready to use. (*Files available for download*)
- ☐ Hand out name tags as the kids arrive and collect the name tags after the closing assembly.



Station Leaders (Adult)

- ☐ Gather materials and set up their appropriate station.
- ☐ Teach the lesson with enthusiasm.

Team Leaders (Grade 6 and up)

- ☐ Welcome the kids as they arrive.
- ☐ Look over the kids Activity Books and hand out stickers for their Kids Club Sticker Charts.
- ☐ Assist their team at each station.
- ☐ Participate in the lessons and action songs.
- ☐ Keep the Activity Books in a team sport bag or box and give them to the kids at the Super Saint/Challenge station and after the Closing Assembly.

Treasurer

- ☐ Handle all incoming registration payments.
- ☐ Write reimbursement checks.
- ☐ Keep track of the budget.

HOW TO DOWNLOAD REPRODUCIBLES, VIDEOS, MUSIC, AND MORE

1. Go to www.catchatkidsclub.com/director
2. Login to your account
3. Select your lesson
4. View or download items

Please do not share the links or passwords with anyone outside of your Cat.Chat Kids Club Team.
PERMISSION TO DOWNLOAD THE REPRODUCIBLES IS ONLY GRANTED TO THOSE WHO PURCHASE OUR PROGRAM.

Thank you for your understanding and cooperation.

HELPFUL HINTS

- 🔑 Meet with your leaders or volunteers before each lesson to **pray for the Holy Spirit's guidance**. Your mission is to help make the faith come alive for kids in your parish/ community. This is an important time in the lives of the kids attending.
- 🌐 Be sure to read the Pep Talk for Leaders each month as it will give you fresh ideas and get you pumped up for your lesson. You may want to print off extra copies for your team.
- 👉 **As part of the Cat.Chat Kids Club Program, each child will need an Activity Book.** They will need to bring their Activity books to each Kids Club lesson. By purchasing these books, it gives the parents and children free access to the links for all the videos, music, and printables featured in this program. It includes the Prayer Posters, Super Saint Coloring Pages, Vital Verse Cards, and more. This is a great way for parents to stay connected to their child's Cat.Chat Kids Club experience.
- 🔑 Be sure to emphasize the Kids Club Sticker Chart. It can be found on the second page of the Activity Book. Children may receive a sticker for each Kids Club they attend, as well as one for completing their Cat.Chat Challenge and Goals. Kids will love to collect stickers to redeem for prizes. We recommend purchasing prizes for the kids to redeem throughout the year.
- 🌐 The video components of the program will make your planning and preparations much simpler, plus kids will love them too. Assign someone who is tech savvy to ensure that a large screen TV or projector is set up for playing the videos.
- 👉 Encourage parents to get involved. Have them take turns bringing an item to share for the theme-related snack. Ask them to volunteer at one Kids Club lesson throughout the year.
- 👉 Please remember to **take lots of pictures** during the year. If you don't have time, assign this role to a volunteer. Creating a collage to display in the church foyer is a great way to show the kids and leaders that you value their participation. If you have someone really ambitious on your team, you may consider having a video created to promote your Kids Club for the following year. We'd love to be a part of the fun, so be sure to mention us on
Twitter @catchatforkids
Instagram @catchat_for_kids
Facebook - Cat.Chat Productions
- 🔑 If you're planning to host a fun wrap-up party at the end of the year, we recommend playing some of your favorite games, songs and videos from the year. You may also choose to incorporate some of the activities that you never had a chance to include throughout the year.



Cat.Chat is not responsible for any injury or accident that may occur during any of our suggested activities, snacks, crafts or games.



The Invitation

“HOW DO WE GET FAMILIES WHO DON’T GO TO CHURCH TO COME TO OUR KIDS CLUB?”

This is a question you may have been asking yourself. But wait... isn’t the Cat.Chat Kids Club just for those who belong to the parish? Not quite. It’s really for anyone who is called to be a saint, and last time I checked, that’s everyone; even those who might not know it yet. So what are you waiting for? Here are 5 tips to get you started.

1. START WITH RELATIONSHIP

The first step should always be to build a relationship. You’d be surprised at how a few ordinary conversations can go a long way to building trust and friendship. Your invitation will mean so much more if you’ve taken the time to get to know the family first. It shows that you care.

2. ACTUALLY INVITE THEM

An invitation is a simple thing. It requires nothing more than a few words and a friendly smile. Just because they are not regular churchgoers, it doesn’t mean they don’t want their kids to know anything about the faith. Let them know they’re welcome. It’s as easy as printing off our handy Kids Club Invitation Cards and passing them around to the families at the grocery store, the playground, and even at a soccer game or dance class.

3. MAKE IT PERSONAL

I know this may seem obvious, but it’s important that you make the invitation in person, or at least over the phone. Facebook events, emails, and text messages are all convenient means of communication, but they’ll never replace a real face-to-face conversation. People are much more likely to respond positively to your invitation when they recognize that you’re making a sincere effort to actually talk to them.

4. GET THEM INVOLVED

Everyone loves to feel important. Although a lot of parents are busy with work, there are some who would love the opportunity to share their gifts and talents, even if it’s just for one hour. Having a purpose makes people feel like they are part of a team, and it also gives them the chance to see firsthand what’s going on. Give moms, dads, and grandparents the opportunity to help with snack prep, dress up as the Super Saint, or take photos and video to show at the year end party.

5. KNOW YOUR MISSION

Although it may surprise you, the reason you’re doing all this isn’t to get kids to your Kids Club; it’s actually just part of our mission. Our primary mission as Church is to evangelize. Evangelization means reaching out to those around us, and showing them what it means to follow Jesus.

So now the question might be: How can you not invite families who don’t go to Church to come to your Kids Club? Not only would it be a fun for them, but it’s also a wonderful opportunity for you to share your faith. You never know all the amazing things God could do with that one small invitation.



Lesson 1

TRAINING IN SELF-CONTROL



**“Not all of us can become rich,
wise, famous... Yet all of us, yes
all of us, are called to be saints.”**

St. Josemaria Escriva



OPENING ASSEMBLY



Print off the Virtue Poster and post it up.

Play the theme song "Do What's Right" as kids are entering the main area.

Welcome everyone! I'm so glad that you decided to join the Cat.Chat Kids Club team! Take a look around. Everyone is here for the same reason: we are training to become saints! Just like athletes need to train every day to become a champion in their sport, we need to train every day to become a saint! This year, we'll be training in 8 different virtues: Self-Control, Purity, Patience, Generosity, Joy, Charity, Courage, & Faithfulness! This month, our focus will be training in SELF-CONTROL!



Virtue Poster available for download

First, we are going to learn a team cheer.

I'm going to say: "WE ARE" and you all reply

"SAINTS IN TRAINING!" Let's try it!

Leader: WE ARE...

Kids: SAINTS IN TRAINING! Repeat it again, louder each time.

Opening Prayer: In the name of the Father and of the Son and of the Holy Spirit. Father, we thank you for bringing the Cat.Chat Kids Club Team together. Show us the areas in our life where we need to practice SELF-CONTROL. Please give us the graces we need to become saints! Amen.



ACTION SONG: DO WHAT'S RIGHT



It takes a lot of self-control to do what's right, and not just what's easy. This song encourages us to make good and godly choices that will help us to become saints.



Play this video from your Kids Club DVD or download from catchatkidsclub.com.

This song can be repeated during the closing assembly.

DO WHAT'S RIGHT ©Gerald Montpetit

Verse 1:

Attitude check, how am I doing?
The choice is mine what will I choose.
Attitudes shape and form who we are,
Let's pick the best one and Shine like a star.

Chorus:

We gotta do what's right and not what's easy.
Become who we're called to be.
We gotta do what's right and not what's easy.
We want our lives to be ... a masterpiece.

Verse 2:

Sometimes I feel like doing my own thing.
Whatever I want, what feels good to me.
The world says, do it if it feels good for you.
But God says "No, that's not what you do!"

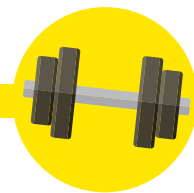
Chorus

What Would Jesus Do? (kids repeat) (2X)

Chorus



VIRTUE DEMONSTRATION



Play the 5 minute Virtue Demo video included on the Kids Club DVD.

If you prefer to do your own live demonstration, please use the script below:

You'll need:

- ☐ 1 bottle of soda (diet coke works best)
- ☐ 1 package of mint Mentos
- ☐ Large wet towel (or mop) for clean-up

Note: This demonstration should be done in an area that is easy to clean up.

Explain:

I'm going to do a little demonstration about self-control using this coke bottle and these Mentos.

Self-control is being able to control yourself so that you can act in a way that pleases God and others. There are many different ways we can practice self-control, and one way is by controlling our behavior.

The opposite of self-control is being out of control. When we don't practice self-control in our lives, or when we sin, our hearts become somewhat like a pop bottle that is ready to explode.

Ask:

Can you give me some examples of sin that could get out of control in your life? (Anger, disobedience, gluttony, lying, fighting, pride, stealing, cheating...)

Demonstrate:

This is what can happen when we don't use self-control. Open up the Coke bottle and drop 5 Mentos in. Be sure to do it quickly because the pop will fly up fast.

Note: Use the wet towel or mop for easy clean up after the virtue demo is finished.

Explain:

See what happens when we don't use self-control. It makes a huge mess! We might not even realize the effect it has on other people.

The Bible says in 1 Corinthians 9:25: "Every athlete exercises SELF-CONTROL in all things."

Explain:

One way we can practice self-control is with the food we eat. We can do that by making healthy food choices, eating one piece of cake instead of two, or just eating our food slowly and in small portions.

Ask:

What are some ways we can practice self-control with the words we speak? (Speaking only positive words, speaking kindly towards someone you may not like, being careful not to gossip about others, not complaining or arguing, not using bad language/swearing...)

How can we practice self-control with our actions?

(We can avoid bugging or hitting our siblings, we can dress modestly, we can spend less money on candy and tithe some of our money instead, we can choose not to watch inappropriate movies...)

Those are all great examples. Now how can we practice self-control with our time?

(Using your time wisely, playing 30 minutes a day on our electronic/computer games instead of several hours, taking our time to open up our birthday gifts and being thankful for each one of them...)

A challenging question we can ask ourselves:

Do I spend as much time with God as I do on the computer, watching TV or playing video games?

Do I think about the words I'm speaking, and whether they bring life to others? Are we careful not to gossip about others or complain all the time?

Our words and actions are so important, and self-control can help us choose to do what's right, even when it isn't always easy.



VITAL VERSE



You'll need:

- ☐ Vital Verse poster (*Download and post it up*)
- ☐ Vital Verse video (*See Kids Club DVD or download*)
- ☐ Catholic Bible



It's time for our Vital Verse!

Who knows what the word vital means? (*Let a couple kids try and answer*)

Vital means something that is extremely important and absolutely necessary.

I want you to put your hand on your heart. (*Put your hand on your heart*)

Now, sit very still and try to breathe slowly. Can you feel your heart beating?

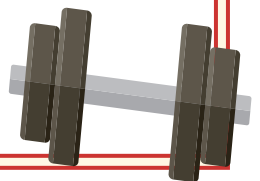
Your heart is vital because it keeps your body alive.

In the same way, the Bible is vital because it helps bring life to our soul. At every Cat.Chat Kids Club, we will learn a different scripture called a Vital Verse because it's extremely important in our training to become saints! (*Open up the Bible to the Vital Verse*)

Our Vital Verse for Self-Control is from 1 Corinthians 9:25:

**"EVERY ATHLETE
EXERCISES SELF-CONTROL
IN ALL THINGS"**

1 CORINTHIANS 9:25



We are going to learn a song to help us remember the Vital Verse.

Play the Vital Verse Video from the Kids Club DVD.

Does anyone remember where this Vital Verse is from in the Bible? *1 Corinthians 9:25 (Show verse in Bible)*

Let's sing it as team, "Every athlete exercises self-control in all things." Repeat 3X, louder each time.

Who wants to try singing it on their own? Have 1-2 kids sing the Vital Verse, one at a time.

The cool thing is that this little song just might get stuck in your head, and then you'll be singing it everywhere you go. But the important thing is not just to memorize it, but to live it out.

Show and Tell the Kids: You'll find the Vital Verse in your Activity Books.

You can also watch the Vital Verse Video and practice singing the song at home.

Optional: Next Kids Club, I'm going to give a prize to someone who can sing the Vital Verse.



BIBLE STORY



40 DAY TRAINING

JESUS IN THE DESERT - MATTHEW 4:1-11

When reading Bible Stories to children, it's important to engage as many of their senses as possible. When you appeal to their sense of sight, touch, taste, sound, and even smell, they are more likely to remember the story.

You'll need:

- ☐ Medium size rock
- ☐ Chair

While I read this story, everytime we hear the name Jesus, we all need to stand up or sit down really quickly.

One day, Jesus (*all stand up*) went out into the desert where it was quiet. (*whisper*) He wanted to hear God's voice. While Jesus (*all sit down*) was there, he prayed to God and fasted from food and drink for 40 days.

Does anyone know what fasting means? Does it mean he ran super fast all the time? Let's see you pretend to run really fast. (*stand up and run on the spot*) Is that fasting? No. Fasting means having self-control by choosing not to have certain foods. Jesus (*sit*) decided to fast from food and drink so that he could focus more on prayer. Do you remember how many days He fasted for? (*40 Days*)

As the days went by, Jesus (*stand*) became really hungry, and while he was praying, the sneaky devil came by and tried to tempt him. He tested Jesus (*sit*) 3 times.

The 1st test was when Satan heard Jesus' (*stand*) stomach rumbling and wanted him to turn two stones into bread. (*Hold up the rock*) Do you think Jesus (*sit*) could turn this stone into a piece of bread if he wanted to? Yes. He could've, but instead he used self-control and said, "God says that man does not live by bread alone, but on every word that comes from the mouth of God."

The 2nd test was when the devil took him to a really high building. (*Leader stands on a chair*) He told Jesus (*stand*), "If you are the Son of God, jump off and surely the angels will catch you." But Jesus (*kids and leader sit*) knew better than that and told him, "God also said, do not put the Lord your God to the test."

On **the 3rd test**, the devil took Jesus (*kids stand and leader stands on the chair again*) to the top of a very high mountain where they could see all the kingdoms of the world. The devil said, "I will give all of this to you if you bow down and worship me." But Jesus (*all sit*) said, "Be gone from me Satan! For it is written, Worship the Lord your God and serve Him only!" Repeat that with me. Worship the Lord your God (*repeat*) and serve Him only. (*repeat*) What did he say? (*Get them to repeat it louder and louder*)

Satan lost and left him alone. Jesus' (*all stand*) self-control and trust in God had kept him strong. (*All cheer!!!*)



Connection Questions



Why did Jesus decide to fast in the desert? *He wanted to pray and focus on God.*

Does anyone remember how Jesus was tempted with a rock? *The devil told him to turn the stone into bread.*

Do you remember a time when you had self-control and did what was right, even if it wasn't easy?

Is there anyone in your life that practices great self-control?

As a leader, give an example of someone in your life who has modeled self-control.

What are some ways that you can practice self-control?



GAMES

FEATHER FUN



VIRTUE CONNECTION

Have you ever had someone try tickling you, while you tried hard not to squirm or giggle? It would take a lot of self-control to keep still. This game is called Feather Fun because we're going to try and see how long we can last without moving or smiling while our partner tickles our face with a feather.

You'll need:

- ☐ Colorful Feathers (1/child)

Game instructions:

Tell the kids:

1. Find a partner and take turns tickling each other's face with a feather.
2. You have 3 tries before they switch roles. Be sure to keep the feathers out of the eyes.
3. Switch partners and

Fun Idea: Form a big circle with the leaders in the middle. Have a few kids take turns tickling the leaders.



BUBBLE CONTROL



Ages 5-7

VIRTUE CONNECTION

It's so easy to get distracted in life. There are always so many things trying to get our attention, but Jesus wants us to stay focused on him no matter what's going on around us. This game is going to take a lot of self-control if we want to keep our eyes fixed on Jesus.

You'll need:

- ☐ Bubbles and bubble wands (or a few balloons)
- ☐ Image of Jesus

Game instructions:

1. Blow bubbles and let the kids jump around and pop them.
2. Get the kids to sit down and try to pop them while only moving their arms.
3. Put an image of Jesus at the front of the room and continue to blow bubbles. Ask the kids to try and focus completely on Jesus and ignore all the bubbles floating around.
4. Ask a few questions to see who stayed focused on Jesus.
 - **Raise your hand if you thought it was hard to focus on Jesus with all the bubbles floating around.**
 - **Did you find you had to practice self-control to stay focused on Jesus?**

Note: You can use balloons if you feel the bubbles will be too messy. The kids can try to keep them off the ground.



STILL STATUES

VIRTUE CONNECTION

The Bible says, “Be still and know that I am God.” (*Psalms 46:10*)

It takes self-control to quiet ourselves so that we can hear God’s voice. Even when there’s so much going on around us, we need to take time to be still and have some quiet prayer time with our friend Jesus.

You’ll need:

- ☐ Cat.Chat Kids Club Music

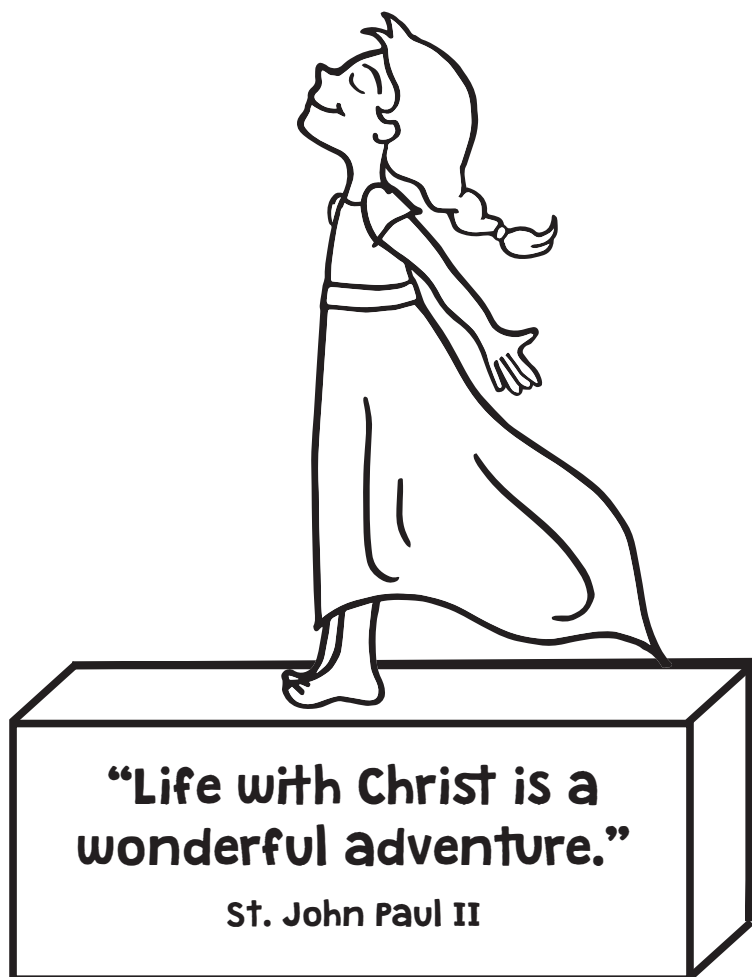
Play the theme song: “Do What’s Right”

Game instructions:

Tell the kids:

- 1. Dance around to the music. When the music stops, everyone has to be still like a statue.**
- 2. The other leaders and I will watch carefully to see who has the best dance moves and the stillest statues.**
- 3. When I turn the music back on, you can continue dancing.**

You may choose to hand out prizes to those who are the stillest statues.





BLESSING BEADS

VIRTUE CONNECTION

These blessing beads remind us that when we PRACTICE SELF-CONTROL with our thoughts, words and actions, we are a blessing to those around us. You can use these beads to pray 1 Our Father, and then 10 prayers “in action”. Every time you practice self-control, you can pull a bead. You can also use these beads to pray a decade of the rosary.

You'll need:

- ☐ Plastic stretch cord or silky cord
- ☐ Plastic crucifix with loop on top (1/child)
*You can order plastic crucifixes from: Our Lady's Rosary Makers (USA):
www.rosarymakingparts.com or call 1-502-968-1434 (select M51)
\$1.00/ 50 crucifixes (cost \$0.02 each)*
- ☐ Plastic beads (11/child) Choose a different color for the Our Father bead.
- ☐ Small clear sandwich bags (1/child)
- ☐ Optional: Keychain rings (1/child)

Prep:

- Cut all cord in 25” lengths.
- Place 1 length of cord, 11 pony beads, and a crucifix in each bag.

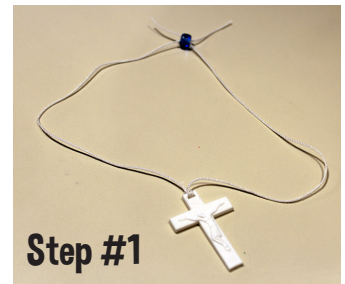
Activity:

Show a bag of Blessing Beads and emphasize the virtue connection!

Distribute a small bag to each child.

Tell the kids:

1. Place the crucifix at the center of the cord and tie a knot against the crucifix.
2. Take your first bead, (*The Our Father bead*) and pull the cord through the bead. Take the other end of the cord and pull it through the same bead, but in the opposite side so the cord makes an X inside the bead (See photo #1). Pull both ends of the cord, till the first bead is against the crucifix. Tie another knot.
3. Pick up your next bead and form an X with the cord. Pull cord till second bead is next to the knot.
4. Take another bead and do the same. Pull cord till third bead is against the second bead. Repeat this step until you have used all 10 blessing beads.
5. At the end of the beads, leave about 1” from the end before you tie a double knot. Note: This space will allow some room to pull each bead.
To finish it off, you may choose to tie a keychain ring to the end, or just cut off the remaining cord.



Step #1



Step #2



Step #3



JUMBO JELLYBEAN JAR

VIRTUE CONNECTION

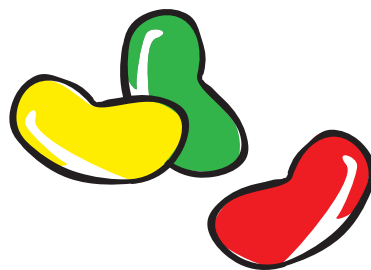
Lift up a big jar filled with jellybeans.

If I gave you this jar, (say a child's name and put the jar in front of them) how many do you think you could eat in one day? What if I told you to eat only one; just one jellybean for the whole day?

I know for me, it would take A LOT of self-control. For the rest of the year, this will be our Self-Control Jellybean Jar, and after every Cat.Chat Kids Club, you'll get to have three jellybeans to remind you to keep practicing self-control with the help of the Father, Son, and Holy Spirit.

You'll need:

- ☐ Large empty jar (1/team of 4-5 kids)
- ☐ Jellybeans (enough to fill the jar)
- ☐ Stickers, ribbon, letters, small sticker labels
- ☐ Colored markers and pencil crayons



Activity:

Show a sample Jumbo Jellybean Jar and emphasize the virtue connection!

Tell the kids:

1. Write your names on a small sticker label and stick it on the jar.
2. Decorate the jar with stickers and write "Self-Control" on it.
3. When you're finished, pour the jellybeans in the jar and pick three to remind you to pray to the Father, Son, and Holy Spirit.

Fun Idea: You can top-up the Jellybean jars for the last Kids Club event of the year and have the kids enter a draw to see who will get to take one home. You could also give one to your parish priest.



If time allows, have the kids cut and color their Vital Verse cards and bring them home in a small clear bag.

Tell the kids: Post these cards up in your home and it will make it easier for everyone in your family to learn and live the Bible verse.

These cards can be found in the Self-Control Lesson downloads.



SUPER SAINT: ST. MICHAEL THE ARCHANGEL



The kids will need to use their Activity Books in this station.

You'll need:

- ☐ St. Michael Saint card and poster (Available at www.catchat.ca or call 1-866-286-5433)
- ☐ St. Michael medals (1/child) Note: Ask your parish priest to bless the medals.
(CAN) Universal Church Supplies 1-888-316-8648 (USA) www.streetevangelization.com/spse-store/product/st-michael-medal/
- ☐ Prayer poster (Download)
- ☐ Sword and shield
- ☐ (Opt.) TV, DVD player and the Saints in Training DVD (Episode 1)

Our Super Saint this month is St. Michael the Archangel! Invite a boy to come hold the sword and shield. He is the leader of God's army of angels! God gave St. Michael a mission to protect us from evil and from anything that can lead us away from Him.

The Super Saint Symbol for St. Michael is a St. Michael medal. Pass around a medal for the kids to see and tell them that they will receive one along with a saint card at the closing assembly. You can keep it in your pocket, pin it on your backpack, or wear it on a chain around your neck. This will remind you to ask St. Michael to pray for you.

Have a child or leader read the story on the back of the Saint card.

Saint Trivia:

What is another name given to St. Michael?

Mighty warrior in the Heavenly Army of Angels

What is St. Michael often holding in his hand? A sword

What does St. Michael do for God's people? Defends and protects them



How many of you know the St. Michael prayer? Point to the Prayer Poster.

It's a prayer we can say everyday to protect us and to help us say NO to temptations.

Ask the kids to open their Activity Books to the Self-Control lesson.

Invite one child to read the prayer aloud and have the other children follow along.

You can also show them the St. Michael coloring page at the back of their book for them to color at home.

**St. Michael the Archangel, (Repeat for younger kids) defend us in battle, ...
Be our protection against the wickedness and snares of the devil ...
May God rebuke him, we humbly pray, ...and do thou, O Prince of the heavenly
hosts, ...by the power of God cast into hell Satan, ... and all the evil spirits ...
who prowl about the world ... seeking the ruin of souls. ... Amen. ...**

St. Michael, pray for us!



You may choose to play the Super Saint found on the Cat.Chat: Saints In Training DVD. (Episode 1 - Self-Control)



CAT.CHAT CHALLENGE



Now, it's time for our Cat.Chat Challenge! Are you Ready?!

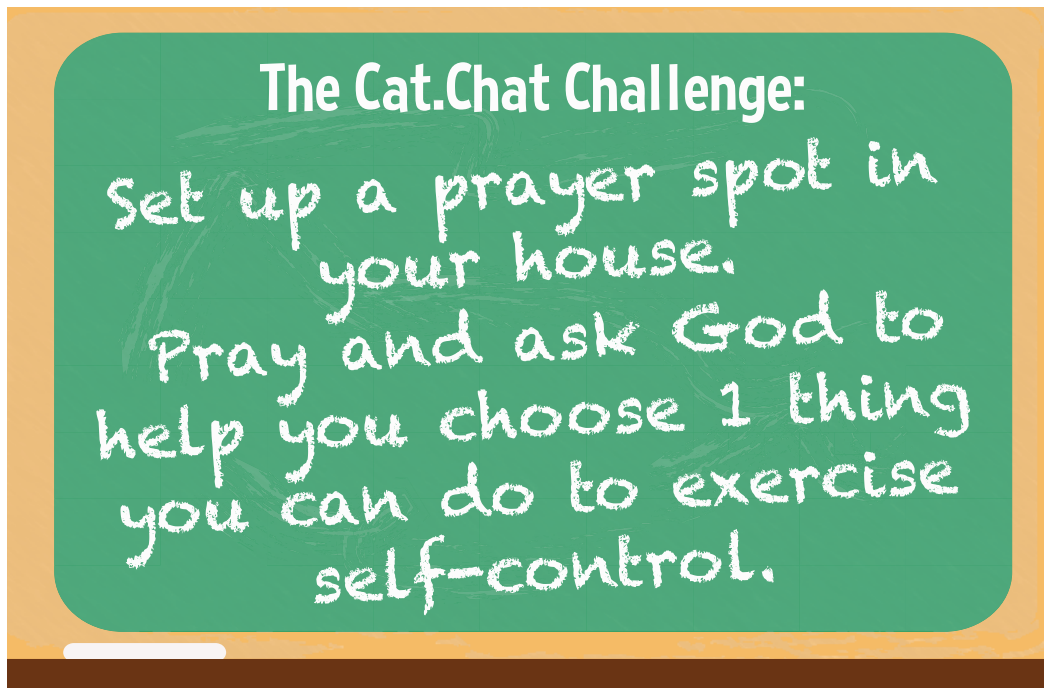
First, who can tell me what a challenge is? *Something that tests us, something that takes a lot of effort...*

Our Cat.Chat Challenge will help us in our training to grow closer to Christ and become a saint!

Show the Challenge in the Activity Book.



Play the Cat.Chat Challenge (2 min video) found on the Cat.Chat: Saints in Training DVD (Episode 1)



Who has a prayer spot in their house? (*show of hands*)

A prayer spot is simply a quiet place where you can go and pray. In your prayer spot, you can put pictures of Jesus and Mary, a crucifix, a Bible, and you can even place your St. Michael card there, as well.

When you're in your prayer spot, you can ask God to help you choose 1 thing you can do everyday to practice self-control.

*Ex: Try going to bed a little earlier during the week,
be patient with your younger siblings,
spend less time watching movies,
use kind words instead of complaining, etc.*

Go through the Self-Control Goals with the kids.

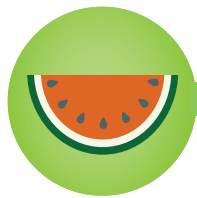


Tell them to have a parent sign their goals when they've completed them.

Explain to the kids how the Sticker Chart works in their Activity Book and show them the prizes that they can earn by completing their goals.

SELF-CONTROL GOALS

- ☐ Complete the Cat.Chat Challenge.
- ☐ Read the story of Jesus in the Desert (Matthew 4:1-11) with a parent.
- ☐ Post the Vital Verse Cards up in your home and memorize the verse.
- ☐ Share the story on the back of the St. Michael card with someone, color the coloring page, and pray the prayer with your family.
- ☐ Watch the Theme Song, Virtue Demo, and Vital Verse videos online.



SNACKS



POPCORN MUNCH



VIRTUE CONNECTION

We are going to make a popcorn munch!

This snack is an excellent way to practice self-control.

When you are eating your snack, I challenge you to eat one piece at a time, rather than big handfuls. Self-control is all about enjoying things in moderation.

You'll need:

- ☐ Buttered popcorn (*1 ½ cups popped popcorn/child*)
- ☐ Toasted cereal squares (*1/2 cup/child*)
- ☐ Mini pretzels (*1/2 cup/child*)
- ☐ M&Ms or chocolate chips (*1 Tbsp/child*)
- ☐ (Opt.) Popcorn seasoning
- ☐ Small clear sandwich bags
- ☐ Serving bowls and serving spoons

Prep:

- Set up a popcorn “munch” station:
- Portion popcorn, cereal squares, mini pretzels and M&Ms into bowls with serving spoons.

Activity:

Share the virtue connection.

Distribute a bag to each child.

Tell the kids:

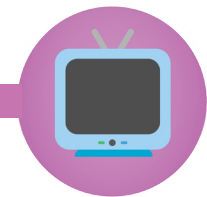
1. **Put scoops of popcorn, cereal squares and pretzels in your bag.**
Have the leader serve the M&Ms or chocolate chips to the kids.
2. **Sprinkle popcorn seasoning on top.**
3. **Seal your baggie and give it a little shake!**
4. **Sit down and enjoy!**

**“The soul hungers for
God, and nothing but
God can satiate it.”**

St. John Vianney



OPTIONAL MOVIE



You may choose to extend your Kids Club by playing the Cat.Chat: Saints in Training Episode on Self-Control.

CAT.CHAT: SAINTS IN TRAINING

Provide a comfortable area to watch the Self-Control Episode.

At the end of the movie, follow up with the Discussion Questions.

Note: You may choose to serve the snack while the kids are watching the movie.



Come on out and spend a day at the farm with Moses the Cat while the Cat.Chat family learns what it means to practice self-control. It's a lesson in discovering how important it is to control our words, our thoughts and our actions. Learn all about the Super Saint: St. Michael the Archangel, watch Moses drive a tractor, and dance and sing till the cows... er umm cats... come home.



DISCUSSION QUESTIONS

What did Moses do to practice self-control when he wanted to quit working?

He changed his thoughts. He thought of things that are good, true and pure.

Can anyone sing the Vital Verse?

"Every athlete exercises self-control in all things"

Who can show us their favorite dance move from a song in this episode?

Who knows how many fruits of the spirit there are? 9

Can you name the Fruits of the Spirit?

Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control



CLOSING ASSEMBLY



Hey Team! Great job training in SELF-CONTROL.

Let's do our team cheer! "WE ARE ... SAINTS IN TRAINING!" *Have them repeat it again.*

Who would've thought practicing self-control could be so much fun!

I'm so proud of all of you, and I can't wait to see how you do on your Cat.Chat Challenge.

Make sure you remember to complete your Self-Control Goals in your Activity Book.

Would anyone like to share one of their favorite parts of today's Kids Club? *(Ask 1-2 kids)*



Play the theme song "Do What's Right" from the Kids Club DVD.



For something different, you may choose to play the song from the Cat.Chat TV Series DVD (Episode 1).



Closing Prayer:

In the name of the Father and of the Son and of the Holy Spirit.
Thank you Jesus for all the fun we had today. Please help
us make the right decisions, even when it's hard to do.
Be with us as we continue to train in self-control.
St. Michael, pray for us! Amen.

Take Home Items:

- ☐ Craft
- ☐ Activity Book
- ☐ Vital Verse cards
- ☐ St. Michael Saint card
- ☐ Super Saint Symbol (medal)



TELL THE KIDS:
NEXT KIDS CLUB, WE WILL BE
TRAINING IN PURITY!
PLEASE REMEMBER TO BRING A
FLOWER TO HONOR MARY, AND
DON'T FORGET YOUR
ACTIVITY BOOKS!



MY SUPPLY CHECKLIST

☐☐☐☐☐☐☐☐☐☐☐☐☐☐

MY NOTES

○

○

○

REMEMBER...