

Catholic Family Album

Saint Teresa of Ávila (Saint Teresa of Jesus) said, "God can be served well among the pots and pans." Whatever she did, even scrubbing the dishes, Teresa did with love for God. Saint Teresa lived a very simple life in Spain around 500 years ago. Everyone enjoyed being with her because she was full of fun and laughter. Teresa played the flute, sang and danced. She used her feelings to express her love for God. Saint Teresa of Ávila found time to pray and told God how she felt. She praised him no matter what she was doing.



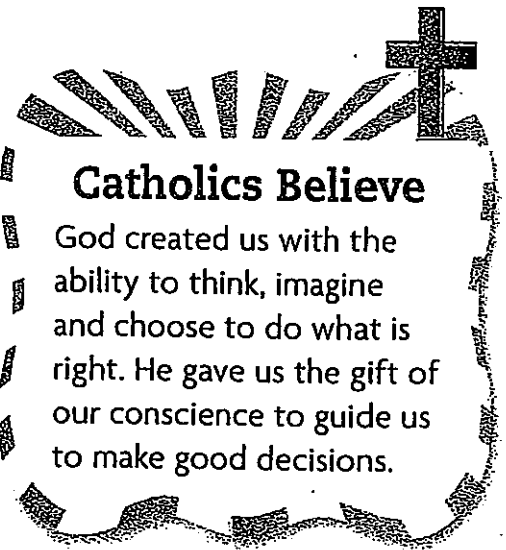
Listening to Your Feelings

Feelings can help protect you. Listening to your feelings is important. Sometimes they give you warnings about danger. They can say it's time to be cautious. They also guide you to recognize if you are being abused or mistreated. Listening to your feelings can help you protect yourself and keep you safe.

Imagine you are in the following situations. Tell how you feel and what you will do.

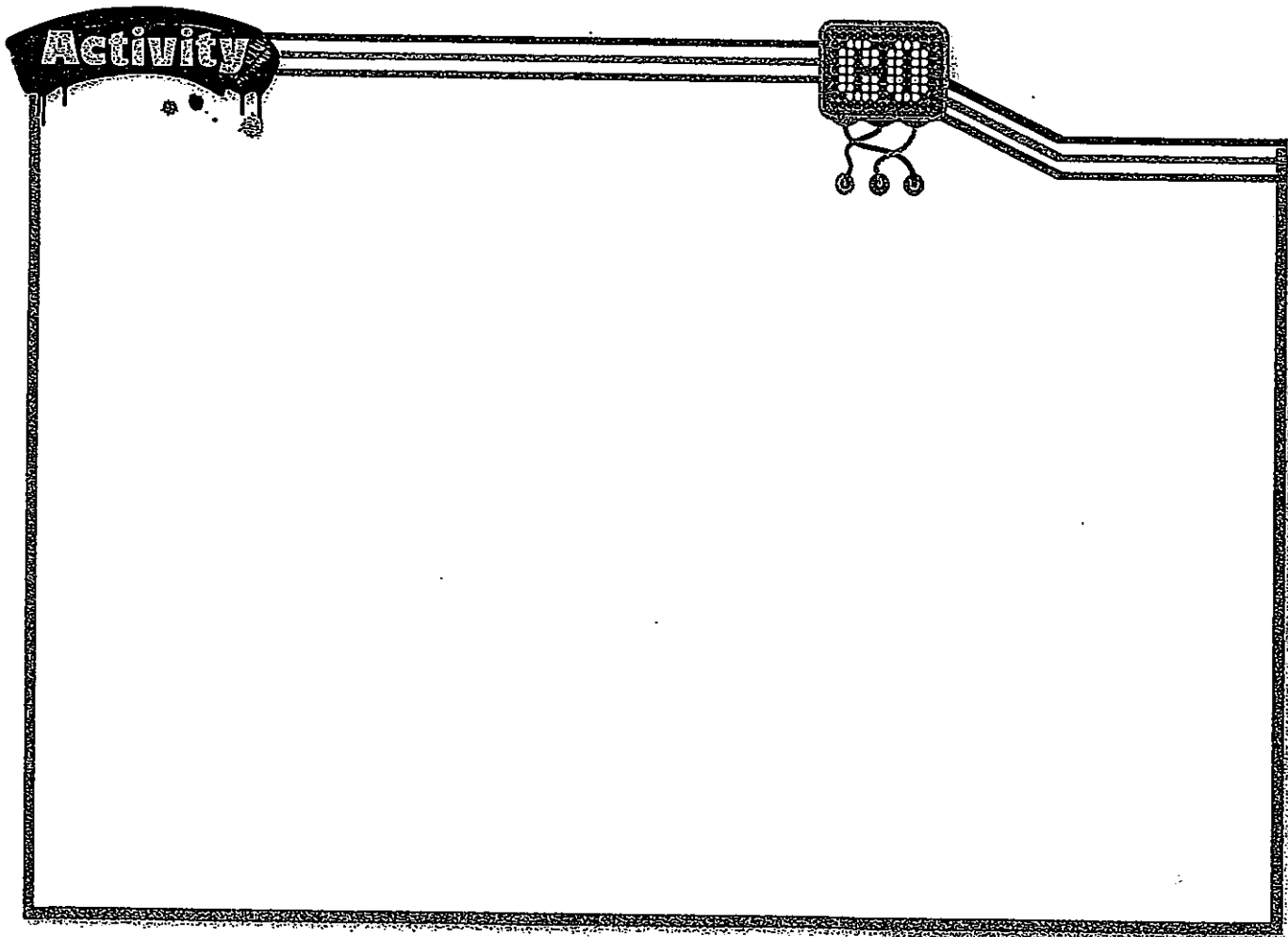
Situation	Identify Your Feelings and Actions
<p>1. You find a handgun in a garbage can.</p>	<p>I feel _____ I will _____</p>
<p>2. A friendly stranger asks you to help find a lost puppy.</p>	<p>I feel _____ I will _____</p>
<p>3. An adult whom you do not know tries to give you a big hug.</p>	<p>I feel _____ I will _____</p>
<p>4. A friend asks you to throw matches into trash cans to see if the trash catches fire.</p>	<p>I feel _____ I will _____</p>

Your power to think is your intellect. It helps you make decisions. For example, you can think about what you can do and how much fun you will have at an amusement park. You have the ability to think for yourself and to use your imagination to do good and avoid evil. God has given you the gift of individuality. You are not programmed like a computer. You have the freedom to choose to live a healthy and holy life. Sometimes, it takes courage to choose to do good.



“Command the Robot”

Imagine that you have designed and built a robot. Since it cannot think, you must tell it what to do. You need to command the robot to help you with your chores. Draw your robot and write your commands in the space provided.



Activity

Name

The Robot Servant

A robot servant would do exactly what you say, without being able to judge the results of its actions. It couldn't think about possible dangers or know right from wrong. On the lines, write what the robot might do if you gave these instructions: How would a human carry out the instructions differently? Why?

1. "Take all the food out of the refrigerator and wash it."

2. "Pick up all small objects from the lawn and throw them in the trash."

3. "Take the dog for a long walk."

4. "Cook lunch every day at twelve o'clock."

5. "If you run out of detergent, you can get some from our next-door neighbor."

6. "When you answer the phone, say 'hello' very politely."

Name

The Art of Stop and Think

Common sense is a skill one can learn. Just practice the art of stop-and-think. Here are some stories to practice on.

Story One: This One Time

Indian Hill is really steep. It would be a terrific place to sled, except that you'd go across a busy street down at the bottom. One snowy day, you're thinking: "I could slow down if I saw a car coming. Or I could roll off my sled at the last minute. I'd like to go down that hill, just this one time."

Before you shove off, stop and ask yourself some questions.

Story Two: I Can Do That

You've seen Dad light the outdoor barbecue grill a thousand times. It's simple, really. Just dump in the charcoal, squirt it with lighter fluid, and toss in a match. Dad and mom are fixing the food in the kitchen. You'd be helping them if you started the fire.

Before you pick up that charcoal, stop and ask yourself some questions.

Story Three: Nothing's Going to Happen

You're in the back seat of the family car. No one has reminded you to fasten your seat belt. Your mother is a good driver and has never had an accident. You're only going a few blocks. Why bother buckling up?

Before the car pulls out of the driveway, stop and ask yourself some questions.
