



RECOMMENDED RESOURCES FOR FIRST HOLY COMMUNION



There is no separation between time for learning and time for formation, between acquiring notions and growing in wisdom.'

(The Catholic School on the Threshold of the Third Millennium)



S.D.C. is a Catholic Society that works in the field of Catechesis and the spreading of the Word of God in different ways. This website gives some information about the Society, its activities and its founder. They also aim to provide catechists and teachers with free resources that can be used in different situations to help passing on the faith to others. You are welcome to this site, to make use of our resources and learn more about S.D.C. and its work.

SDC <http://sdc.me.uk/fhc/default.html>

RE Resources - First Holy Communion

The table below provides links to our resources for a FIRST COMMUNION and RECONCILIATION programme. The programme is made up of 16 sessions. For each unit there are session plans for catechists, a worksheet for children as well as other resources such as flashcards, images and also PowerPoint presentations. As in the case of all other worksheets on our website, paper-based resources can be downloaded using Adobe reader. Worksheets for children also include a second sheet with Bible passages and/or other readings, as well as a space for children to write their own prayers or reflections at home. The two worksheets' sides are designed to be printed on a double sided A4 sheet. They could be used during the catechism session, but they are mainly intended to be completed by children at home possibly with guidance by their parents.

Although the programme is designed over 16 sessions, catechists may need to make changes to suit their parish needs. Our resources could be adapted for a longer or shorter course with fewer or more sessions. Care must be taken however not to leave out core aspects in the preparation for these two important sacraments.

It is also important to remember to plan for input to learn and talk about the LITURGICAL YEAR and special days or Liturgical seasons such as Advent and Lent etc. You may also want to have a look at our [PRAYER BOOK](#) to use for the teaching of basic prayers and other prayers used at Mass. A few minutes in each session could be set aside specifically for the teaching and learning of prayers.

For more details and practical points about this programme and being a catechist in general see the Resource Sheet [GUIDANCE NOTES FOR CATECHISTS](#).

We welcome your comments and suggestions regarding these and other resources on this website. They will be used as a guide for improvements and future developments. Please write to us on info@sdc.me.uk. Thank you.

1	We belong to God's Family	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none">• Display Leaf (4 on an A4 sheet)• Flashcards: Jesus - Us (A4 sheet)• Big Poster: Tree (77 x 100cm)
2	God Gives Us Gifts	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none">• Creation images (6 A4 sheets - 2 images on each sheet)
3	God Made Me Special	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none">• Song: Thank you (2 copies on an A4 sheet)
4	Celebrating the Sacraments	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none">• Flashcards: The 7 Sacraments (4 A4 sheets - 2 images on each sheet)

- PowerPoint: Celebrating the Sacraments

5	My Baptism	SESSION PLAN	WORKSHEET	
6	We Love God	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Flashcards: The 10 Commandments (<i>5 A4 sheets - 2 on each sheet</i>) • Flashcards: Love God - Love One Another (<i>A4 sheet</i>) • Song: Morning Has Broken (<i>2 copies on an A4 sheet</i>)
7	We Love One Another	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Role-play cards (<i>4 on an A4 sheet</i>)
8	Better Friends with Jesus	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Story: Thomas' Story
9	Jesus Forgives Us	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Song: Peace is flowing like a river (<i>2 copies on an A4 sheet</i>)
10	Be Happy - Say Yes to Jesus	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Sheet: Real Life Situations
11	Friends Again with God	SESSION PLAN	WORKSHEET	
12	How to Receive Confession	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Poster: 5 Steps to Receive Confession (<i>A3 sheet [print on 2 A4 sheets]</i>) • PowerPoint: Reconciliation
13	We Gather as God's Family	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Posters: Parts of the Mass (<i>5 A4 sheets</i>) • Large Poster: Parts of the Mass (<i>Print on 16 A4 sheets</i>)
14	The Liturgy of the Word	SESSION PLAN	WORKSHEET	
15	The Liturgy of the Eucharist	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • Song: This is my Body (<i>2 copies on an A4 sheet</i>)
16	My First Holy Communion	SESSION PLAN	WORKSHEET	<ul style="list-style-type: none"> • PowerPoint: The Holy Mass

Other Resources

CATECHISTS' NOTES	Brief points and ideas to help the catechist make the best of this Programme.
PRAYER BOOK	You can print this prayer book in colour or black and white.
Reconciliation Service 1 LOST AND FOUND	Can be used for First Confession or during Lent.
Reconciliation Service 2 FRIENDS	Can be used for First Confession or during Lent.
RECONCILIATION CERTIFICATES	A selection of Reconciliation certificates.
FIRST HOLY COMMUNION CERTIFICATES	A selection of First Holy Communion certificates.

The Real Presence

[The Real Presence Activity Workbook - Eucharist - The Bread of Eternal Life](#)

[www.therealpresence.org > eucharst > mir > emc_book_002](http://www.therealpresence.org/eucharst/mir/emc_book_002)

An activity workbook to accompany "The Eucharist - The Bread of Eternal Life", ... Religious Life Mass and Liturgy **Holy Communion** Adoration Other Topics Resources Links ... Section 1: Introduction and Games - (PDF: 7.3 Mbytes / 19 pages).

http://www.therealpresence.org/eucharst/mir/emc_book_002.htm

Emmaus Productions RESOURCES FOR SPIRITUAL COMFORT & SUPPORT

Emmaus Resources (Monica Brown) *have prepared a complimentary resource kit of online videos and music downloads for children and adults by way of offering some spiritual support to parish teams and families during the Covid19 Pandemic.*

Videos and Music for Children

<https://www.emmausproductions.com/special-feature/spiritual-comfort-for-troubled-times-holy-week-2020/>

Videos

God's Comfort and Protection – "I Am With You Always" Scripture Prayer Cards

Precious, Honoured & Loved – Scripture Alive

God, Sometimes I Feel Sad – Hello My God Series (Suitable for little children)

Nothing Can Take Us Away ~ Children's Edition – Songs For All Seasons

Music for Children

Be Still and Know God Is Here

Trust In God

Be Not Afraid

Precious to God

In Stillness and Silence

You & Me - A Peace Prayer

Oh, How It's Good

CAFOD are offering a webinar of a **Liturgy of the Word with Children at home.**

Parents and children are encouraged to join online for prayers and reflection on this Sunday's Gospel. It is based on CAFOD children's liturgy resources. The link to register is:

<https://attendee.gotowebinar.com/register/5095942131288155403>

After registering you will receive a confirmation email containing information about joining the webinar.

Ten Ten Resources

A new Sunday Liturgy for families with children of primary school age has been created by Ten Ten Resources to help enable Sunday prayer and worship during the period of church closures.

Following the structure of the Mass, the liturgy includes an animated film of the Sunday Gospel, a short homily on video and an act of Spiritual Communion.

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/daily-prayers-for-home/>

Other free resources available include Daily Prayers for Home and guidance on to how to pray.

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/sunday-liturgy-for-families/>

GIA

This is a regularly updated Facebook page with liturgical resources, music and prayer, and also resources for families and children:

<https://interlude.giamusic.com/covid-19-crisis-resources-featured-on-facebook/>

Look particularly at Week 22-28th March for 'Free Resources for Families'

Missio

... offer activity sheets which include simple tasks, questions, prayers and adapted scriptures. They'll help children learn, reflect, and stand in solidarity with children around the world already living in hardship. At times like this, we encourage children to remember that we are all part of God's family

<https://missiontogether.org.uk/school-closures-home-activities/>

Family Prayer

Some helpful guidance to family prayer:

<https://www.catholicnh.org/family2/family/family-life/praying-as-a-family/>

Wednesday Word, familiar to parishes and schools, offers activities that families can do at home: <http://www.wednesdayword.org/>

Catholic Mom

<http://catholicmom.com/2020/03/21/when-you-cant-get-to-mass-15-at-home-resources-for-families/>

Catholic Icing

<https://www.catholicicing.com/coronavirus-home-resources-for-catholics/>

