

Topic 14 – Opening the G.A.T.E.

G-Grateful, A–Appreciation, T–Thankful, E–Enthusiastic

Learning Intention Hey, why this lesson?



TO COMPREHEND WHAT G.A.T.E. STANDS FOR AND WHAT IT CAN ACHIEVE



To take the time to reflect on the acronym G.A.T.E. and that it is vital that we:

- i) appreciate what we have
- ii) don't take anything/ anyone for granted.

Hint: Why do we need G.A.T.E.?

1. We all need reminding about creating ‘G.A.T.E.’ habits. When was the last time you thanked people at home for cooking dinner, driving you to school/sports or when did you say ‘Great lesson’ to your teacher.
2. We all need the ‘Attitude of Gratitude’, as it not only brings happiness to others, but it has been proven to help our mental and spiritual well being.
3. Remember all the G.A.T.E. qualities are a choice that you can make!

Scripture

The story of Martha and Mary

– Luke 10:38–42

ACARA Connection

RE Key Understanding

Connect to your own State/Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society

Virtues

- **appreciation** – when you positively respond and feel or show gratitude
- **consideration** – is where you pay attention to other people ie feelings, thoughts, property etc.
- **reflection** – this is when you think about the past events, other people or maybe your actions

Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Being healthy, safe and active

Curriculum content descriptions

Evaluate strategies to manage personal, physical and social changes that occur as they grow older (ACPPS071).

<https://www.australiancurriculum.edu.au/Search/?q=ACPPS071>

Before completing Warm Up Activity complete page 61–63 stressing the G.A.T.E. attributes and ‘How can we unlock the G.A.T.E.? ’

How can we use these three extra virtues to become a GATE person?



Warm Up Activity

On page 61 there is a sentence about the attitude of gratitude. Ask the students to research if this is scientifically proven. Present the evidence to the rest of the class.



Main Activity

1. Watch this amazing, emotional YouTube where a deaf woman by the name of Mandy Harvey wins the hearts of everyone with her courage. <https://www.youtube.com/watch?v=ZKSWXzAnVe0>
2. Now ask the students to reflect on their original lists on page 64 and add some of Mandy Harvey's qualities and skills to this list. E.g. hearing, courage, singing,
3. In relation to being thankful, in pairs or groups, identify what this YouTube on Mandy Harvey makes the students feel about themselves.

Another great story to use is Mick Fanning (Redbull)
https://www.youtube.com/watch?v=2_vILOS-9o

Jesus Connection

It is extremely important to continually REFLECT on what Jesus did for us – remember that the Risen Jesus is all around us and we can look for the 'Spirit of Jesus' moments in our lives page 63. These are the beautiful moments when we see others (and hopefully you) do something – little or big – for others. Take another look at the scripture reading and especially consider how you need to reflect on G.A.T.E. What can you share with others (e.g. talents, wealth, time, helping others with their physical and mental health, just sharing a smile etc) OR who do you see sharing 'Spirit of Jesus' moments?

Prayer/Reflection

Let us ask the Lord
for the grace of being generous,
so that our hearts
may be opened
and we may become
kinder.

Pope Francis Tweet @Pontifex 26 November 2018

Reflection Questions

Reflection Exercise

1. Take three minutes before each lesson to:
 - i) think of all the 'Spirit of Jesus' moments in the past 24 hours you have encountered
 - ii) ask students to share them and you write 4–5 on the board.
 - iii) suggest they to write their own 'Spirit of Jesus' moments or borrow 1–2 of the other students suggestions and journal them with the date.
2. Martha in the scripture used the 'It isn't fair!' card. Ask the students where they use this as a tactic at home. Maybe put to the class the statement 'The world isn't fair' and discuss it in depth.

Success Criteria

Students will be able to ...

- demonstrate how they can appreciate others, be considerate and respectful
- discuss the importance of the art of reflection and how getting into this habit transforms thinking and especially actions – ask them to give examples of this
- provide evidence from their own experiences that to G.A.T.E. can help our/others' mental and spiritual well being
- name up G.A.T.E. people in their lives
- back up their opinions of why these are life changing skills to strive for.

Take Away Bag



Suggest students select ONE main idea from G.A.T.E. that appeals to them and write it in the take away box page 64 – ask for a committed effort to use it in their lives.

Extensions

1. Being enthusiastic can be infectious. Name a G.A.T.E. person who you feel is a great person to model yourself on. Why this person?
2. The virtuous words of showing 'respect' & 'dignity' are thrown around in our society as actions teenagers have difficulty displaying. Agree or disagree? Why? Back up your decision.
3. Discuss with the class where you have seen homeless people.
4. Discuss
 - i) why or how do they think they have ended up on the streets?
 - ii) What do the students think needs to be done to help them?Show the class the YouTube of orange sky – the dream of two Australian men to help the homeless.

<https://www.youtube.com/watch?v=cb0YYMW6D6g>

Relatable Quote

It's not a bad idea to occasionally spend a little time thinking about things you take for granted. Plain everyday things.

– Evan Davis

