



iVoteCatholic
Option for the Poor & Vulnerable

Lesson Plans & Activities

- Use this document as a guide:<http://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/upload/cst-101-option-for-poor-vulnerable-discussion-guide.pdf>
- Watch this video for guidance:
https://www.youtube.com/watch?time_continue=3&v=NtRojcOp_8U&feature=emb_logo.
- Go through your possessions, give away things that you do not use or that may not be essential to your everyday living. Donate items to St. Vincent de Paul, Goodwill or other organizations that are involved in the wellness of your community.
- Educate yourself on a social issue that is prevalent in your community. Find a way to get involved with that social change, whether it is by advocacy, volunteering, donating, praying for or with people, etc.

Activities for Children:

- <https://www.unitedwaydanecounty.org/wp-content/uploads/SkittlesGame.pdf>
- <http://playspent.org/html/>
- After participating in virtual poverty simulations, ask your child (or yourself) what it felt like to be in those situations?
- How does that situation compare to your life at home?
- What knowledge will you take moving forward from that activity?