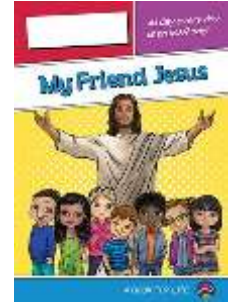


'My Friend Jesus' Journey

Hi everyone. My name is Liz Celegato - I am currently a teacher aide and MJR Coordinator at Our Lady of the Angels - Wavell Heights in QLD. Previous to that, I was the MJR Facilitator at another Brisbane Catholic school for approximately 10 years. I am also author of the book, '**My Friend Jesus**' that has been written specifically for Prep/K, Grade 1 and Grade 2.



MJR was originally written by Mitch for senior primary students but after spending a great deal of time with younger years classes, I thought those lessons were also very relevant for the younger students and so the picture books that helped create '**My Friend Jesus**' were born.

It has been a pleasure to be involved in the growth of MJR as well as being able to teach and share MJR with the younger year's students. They take it on from day one at this early age and 'suck up' the goodness of the MJR messages that they then take with them throughout each year of their Catholic primary school experience helping to pass on the messages of MJR throughout the school.

-
- MJR introduced me to what I thought religion should be - particularly when teaching young children about it.
 - **S**imple
 - **U**nderstandable
 - **R**elatable

 - MJR highlights the importance of:
 - using manners
 - being kind and considerate
 - having a positive attitude
 - showing tolerance and understanding toward others
 - giving time for reflection

 - MJR is just so relevant - not only for the students that we teach but also for **us** as adults too.

To grow and learn to be more like Jesus - to be able to greet, treat and speak (GTS) to others in the way Jesus did those many years ago is still very important today and is an absolute fundamental of MJR. It is the core of what MJR is about - trying to become the best person that we can be – ***trying to be more like Jesus.***

➤ **Did you know that.....**



Religion is easy.

Every time we....

- **smile**
- **say please, thanks or sorry**
- **take the time to help others**
- **are accepting of others regardless of their colour or creed**
- **show patience, tolerance and understanding toward everyone around us**

....we are actually LIVING our religion.

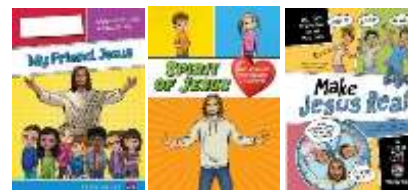
In other words, we are living out being W.E.S.T.

and we are

MAKING JESUS REAL.

- **'My Friend Jesus'** along with the other two MJR books, **'Spirit of Jesus' (Yrs 3 and 4)** written by Jason Perry and **'Make Jesus Real' (Yrs 5 and 6)** written by Peter Mitchell makes a very user-friendly set of teacher resources **AND** a valuable student work book for each individual child alike. Because all primary year levels now have their very own year level appropriate MJR work books, **it makes it extremely easy to teach MJR in your classroom.**
- I recommend purchasing the workbooks for each student if you can. These books give you plenty of content to work with and they are very easy to teach and work from. The books become a lovely memento for the children to take with them on completion of their Catholic primary school education. Hopefully, all three books will be something that they will cherish and revisit.
- The expense of your student workbooks can easily be 'absorbed' by adding the costing to your student book list each year as an MJR book levy. Please see example below:

- A **yearly Sophia book club fee from Garratt**, allows 15% off **all** books and resources purchased from their catalogue.
- Either charge a flat rate per child per year for MJR books **OR** break up the expense over the specific year levels.
For example:
- **My Friend Jesus** (Prep/K, Yr1, Yr2) \$5.70 per year for 3 years
Spirit of Jesus (Yr 3& 4) \$8.50 per year for 2 years
Make Jesus Real (Yr 5&6) \$10.60 per year for 2 years



(Please create your own calculations based on your own individual school's needs - this is just an example and approximation only)

If there is one thing to remember about MJR, it is that....

- it is not meant to be difficult or stressful.
- don't try to take on too much at the beginning.
- be willing to learn as you go - be open to learn alongside your students. You will be surprised at how much you will learn from them and about them during these sessions.

- As you begin to teach MJR and as you get more familiar with it, you will see that you can use MJR all day every day.

You can utilise the MJR language/terminology:

- while teaching other lessons throughout the day

(eg teamwork when completing a class science experiment, encouraging students to use their manners and kind words with each other/teachers in the classroom, use Mitch's thank you test - notice how many students say thank you when you hand out a worksheet etc)

- with **all** children during class and at break times in the playground
- with each other, as staff members
- at home - particularly if you have young children of your own.

I have prepared an MJR terminology sheet to help give you a head start with the language of MJR – this is included at the end of this presentation.

- If you would like to know more about the books or if you have any questions about teaching MJR at your school, please don't hesitate to contact me. My email address is: lcelegato@bne.catholic.edu.au

Happy MJR'ing everyone!!



Liz Celegato
MJR Coordinator
Our Lady of the Angels
Wavell Heights QLD

Hints for Teaching MJR

Don't try and do everything at once.

Take it slow - do not allow MJR to become a burden to an already busy curriculum.

There is nothing wrong with learning about MJR along WITH your students. Learn as you go.

Creating an MJR culture within your school won't happen overnight - but it will happen.

The published books are a great resource for teachers and they are a very user-friendly work book for students.

They are very easy to follow.

Student work books become a treasured memento of their MJR lessons at school when complete.

Above all, enjoy teaching MJR and enjoy the positivity that your school will reap from using it!

Craft Activities

I like to incorporate a craft activity with some of my MJR lessons to create class or school displays. Displays are a great way to educate others (students, staff and parents) about MJR.

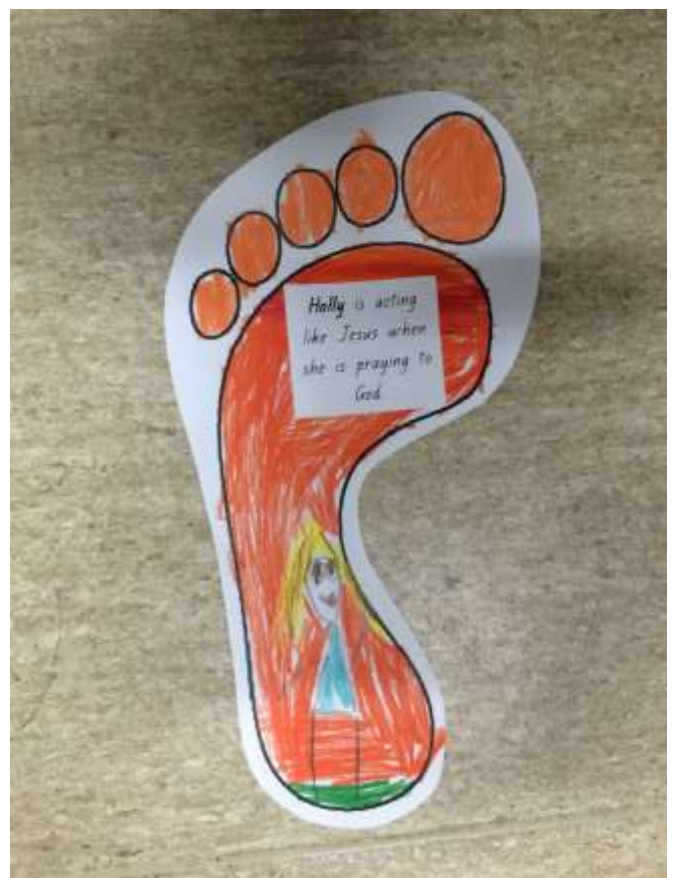
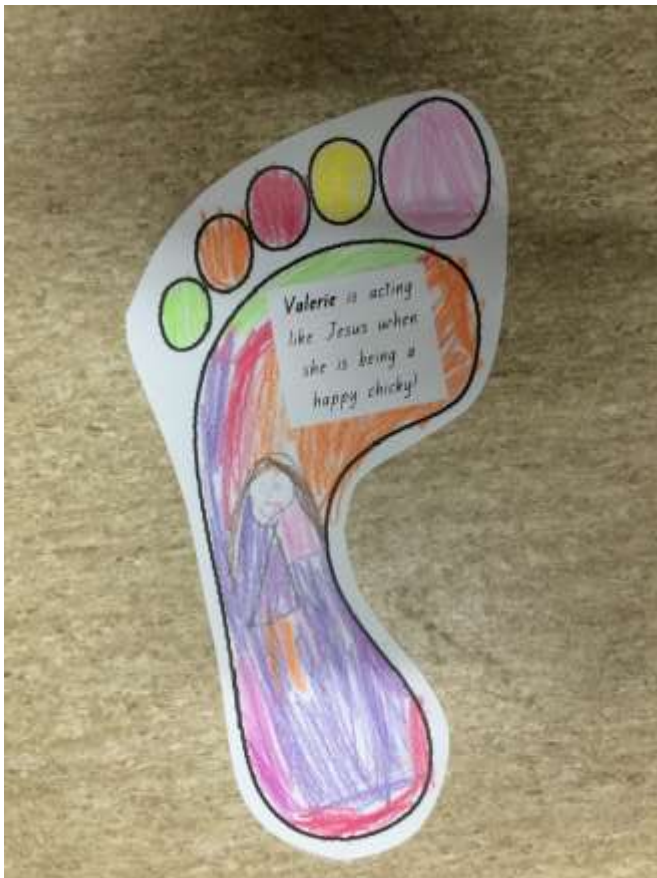
These can be very simple like examples shown below:



Flowers used in a class display to show SOJ (Spirit of Jesus).



Feet - used for a class display that showed how the children recognised their behaviours to be like Jesus'.



Worksheets - these can be displayed in the classroom and then glued into an RE/MJR scrap book for children to keep.



Draw a picture below to show the way that Jesus treated other people. Draw your picture to show that he was **kind, understanding and caring**. You might like to draw yourself in the picture with Jesus.



Or they can be a little more 'fancy' for whole school displays like examples shown below:



NB These are just a few examples of what you can do **if you wish to** - please work at your own pace and level - **please do not feel pressured in any way** to be creating works like this. It is entirely up to you and your school as to how you go about teaching MJR.

The most important thing when teaching MJR is to teach it in a way that you and your students will ENJOY!!

Glossary of MJR Terms

MJR – Making Jesus Real



Happy Chappy &/or Happy Chicky – a person who is cheerful, happy, welcoming, tolerant, understanding and patient (TUP) etc.



Nastie Pastie – a person who is self-centred, negative, and intolerant of others.

Moaner and a groaner – a person who moans and groans about many things/everything; has a negative approach to life.

WEST people are – **W**elcoming, **E**ncouraging, able to say **S**orry, able to say **T**hanks.

EAST people – **E**xclude, **A**rgue, **S**ulk, **T**alkback (to teachers and parents etc).

Build a bridge and get over it – time to forgive what has happened and move on.

Take the good with the bad – not everything in life is good; we all need to accept and work with the 'not so good' that life presents us with.

NAAM – **N**ot **A**ll **A**bout **M**e.

WIIFM – **W**hat's **I**n **I**t **F**or **M**e – usually selfish, self-centred people who do not want to be involved unless they get something out of it. (NB - teenagers make terrific WIIFM's!).

Be a grinner and a winner, not a moaner and a groaner – negative people (Nasty Pasties) are moaners and groaners while positive people (Happy Chappies/Chickies) are winners and grinners.

B.I.Y – **B**elieve **I**n **Y**ourself!

Be a giver and not a taker in life – give of **yourself** to help others (eg a smile, a hand to pick up dropped pencils, opening the door for someone, help with jobs/chores at home etc). Give a heartfelt gift – a gift that comes from your heart.

Be a diffuser not an escalator – **diffusers** would be able to say 'sorry', be able to remain calm and forgive others - they would be winners and grinners while **escalators** raise their voice, use aggressive language and push the blame onto others – they would be moaners and groaners.

Blamers and Claimers – **blamers** blame everyone else while a **claimer** claims their wrongdoing and is able to apologise and move on.

Billy Kart – someone who works or behaves well only when they are constantly being pushed by someone else - usually by teachers, parents, coach etc.

Go Kart – someone who can self-motivate themselves into action – the opposite of a Billy Kart.

Snow Flake – these people 'melt' as soon as any pressure arises or a situation becomes too hard.

Blisters – these are people who only come out when the work is done.

Team Work Makes The Dream Work – when everyone in a team situation gives their all, the end result or ‘dream’ is achieved.

The 1 per centers – these people give 101%.



TUP – Tolerance, Understanding, Patience.

‘Oh Yeah!’ Moments - when people realise that they can do better (eg Can I be better at smiling at people? *Oh Yeah!*)

Spirit of Jesus – is found in other people when they behave or act in a way that is reminiscent of the way that we assume Jesus would have behaved/acted when he was here on earth. It is also found in nature and all of God’s creation. The spirit of Jesus surrounds us on a daily basis.

MJR Phrases and One-Liners

*Your attitude is like a motor in a car – if you have a good attitude you will go places in life!

*Happiness comes in giving yourself to others.

*Be thankful for what you have and don’t worry about what you haven’t got.

*Jesus lives his life through us each day.

*Get switched on to the God Moments that are happening in our schoolyard each day.

*Never tell a lie to yourself – be honest with yourself each day of your life. If you are honest with yourself, only then can you be honest with others.

*You are in charge of your own growth as a person.

*A day is wasted if you don’t reflect on it. You only need 60 seconds to reflect each day.

*Be more of a team player at home and at school.

*MJR is 24/7. It is living our religion through everything we think, do and say.

*Problems are just opportunities with prickles on them.

*Self-discipline is the ability to make yourself do what you don’t want to do. (Wayne Bennett 2003)

*Being a WEST person leads to a happy life!

*Attitudes are contagious – is mine worth catching?

*Interesting people are interested in people.

*If you make a mistake, learn from it then build a bridge and move on.

*Remember to say ‘thank you’ at least 10 times a day.

*If you want to fly like an eagle, don’t go hanging around with turkeys.

*Jesus does his best work through us.





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