Postures and Gestures for Catholics in Prayer--Grade 5

To understand and be able to explain the postures and gestures Catholics use in communal and personal prayer

Desks in groups of four

Material list:  poster boards, paint and paint brushes, crayons, markers (thick and thin), rulers, and pencils.

This lesson would take more than one day, perhaps three.

1. Introduce the vocabulary:  postures and gestures.
2. Discuss with the class the ten postures and gestures used by Catholics.  This may take the whole period of the first day because of the ten postures and gestures to talk about.   If these are not in the book we are using, then I would have handouts for the students on the ten postures and gestures.
3. The nine postures and gestures are the following:  standing, kneeling, genuflect, orans, sitting, processions, sign of the cross, praying in unison, being silent and singing (will combine silent and singing together for a group).  Of course with each one and explanation would be provided.
4. Have each group design a poster depicting the posture or gesture they have chosen to do.  They may use whatever medium they want from crayons to paint.   When done with the poster, it will be presented and explained to the class.  All posters will then be hung on the classroom walls for later references.
5. When attending weekly masses, class masses, and praying in the morning or at lunch;  we can quickly review the gestures and postures  because of the hanging posters.