

arise

MADE FOR WHOLENESS™

TEACHER'S GUIDE



DISCIPLE *of* CHRIST
EDUCATION IN VIRTUE®



RAISED IN GRACE™
MADE FOR WHOLENESS

● Why Arise?

As a middle or high school teacher, you enjoy a privileged place in the great potential and flourishing needs in an adolescent's life. Our young people are thirsting for meaning and guidance and yet receive so many mixed messages and experience so much confusion in our world today. They are also going through huge developmental changes in both mind and body. As their teacher, you want more for them than just knowledge and compliance—you want them to be whole, free, and restored, living out their full potential in Christ. But as you serve and love your students, you may be wondering:

- How can I lead my students to both spiritual and mental health?
- How can I help my students see the connection between their Catholic faith and their everyday struggles as a teenager?
- How can I hold high standards of behavior for kids who are suffering so much?
- Are some of my students too confused and broken to be invited to a life of virtue?
- How can I integrate knowledge of adolescent psychology and development with the wisdom of our Catholic faith?



● Welcome to Arise!

Arise is a series of videos and lessons designed to meet the needs of teachers and students who are searching for a life of balance and holiness. **Arise** integrates the best of neurobiology with the call to virtue and holiness, leading adolescents to happiness, holiness, and secure attachment.

In leading your students through the **Arise** series, you will empower your students to:

- Understand their minds and bodies in light of the best scientific research.
- Develop healthy habits and strong social-emotional skills.
- Navigate the workings of their growing minds and bodies in a mature and virtuous way.
- Experience the connection between growth in virtue and mental and emotional health.
- Look to the saints as relatable role models who shared their same struggles and became heroes of virtue.
- Strengthen their characters and develop their personal identities as sons and daughters of God.
- See how their Catholic faith can shed light on their most authentic questions and struggles.



● Objectives of Arise

- Students will be able to understand their own brains and nervous systems through a practical study of **neuroscience**.
- Students will be able to practice **social-emotional learning strategies**, based in science, that can help them grow in emotional intelligence and self-regulation.
- Students will be able to look to the **saints** as relatable role models who shared their same struggles and integrated their humanity through God's grace and the practice of virtue.
- Students will be able to define 39 **virtues** and reflect on and apply them in their own lives.

● 39 Lessons, each including

- 1 video (2-4 minutes)
- Teacher Guide
- Student Handouts

● Each *Arise* lesson includes



NEUROBIOLOGY

A neurobiology “nugget” about how the brain and nervous system work.



STRATEGY

A social-emotional learning strategy to help adolescents with emotional regulation and mental health.



SAINT

The example of a saint, how he or she struggled, learned from, and integrated their own humanity by God’s grace.



VIRTUE

A virtue—both teaching the virtue and explaining how it helps us face challenges and become whole.

● Meet the presenters



Sr. John Michael, O.P.



Keri Tarrant



Sepe Kelly

	Neurobiology Topic	Strategies	Saint	Virtue
1	Introduction to <i>Arise</i> Series	Introduction	Introduction	Introduction
2	Healthy Adolescence for a Healthy Life	Creative Outlet	St. Hildegard	Temperance
3	The River of Grace	Journaling	Pope St. John XXIII	Moderation
4	The Limbic System	Deep Breathing	St. Charles de Foucauld	Self-Control
5	Cortical Thinking	Focused Attention Practice	St. Albert	Orderliness
6	Emotions are a Gift	Name it to Tame it	St. Therese	Meekness
7	Guilt & Freedom	Feelings Phrases	St. Augustine	Honesty
8	Learning from Failure – Resilience	Harmless Actions	St. Francis Xavier	Humility
9	Healthy Boundaries	Talk to an Adult	St. Maria Goretti	Modesty
10	Fight, Flight, Freeze	Movement	Bl. Chiara Luce	Fortitude
11	Amygdala	Music	Bl. Solanus Casey	Patience
12	Window of Tolerance	Visualize A Safe Place	St. Josephine Bakhita	Perseverance
13	Wiring for Good – Neuroplasticity	Learn Something New	Bl. Carlo Acutis	Magnanimity
14	Sprouting and Pruning – Neuroplasticity II	Time In	St. John Neumann	Industriousness
15	Talents	Eucharistic Adoration	St. John Paul II	Magnificence
16	Social Brain	Validating Your Feelings	St. Katharine Drexel	Justice
17	Identity	Community	Bl. Pier Giorgio Frassati	Affability
18	Seen and Heard	Reaching Out	St. Brigid	Courtesy
19	Positive Effects of Gratitude	Showing Gratitude	St. Bernadette	Gratitude
20	Generous Words	Words that Build Up	St. Teresa of Calcutta	Generosity

	Neurobiology Topic	Strategies	Saint	Virtue
21	Empathy	Perspective Taking	St. Veronica	Kindness
22	Integration	Body Scan	St. Paul	Obedience
23	Neurosequential Model	Regulate, Relate, Reason (Pray to a Saint)	Sts. Basil and Gregory	Loyalty
24	Conflict	Self-Hug	St. Anthony of Egypt	Responsibility
25	Apologizing	Contact with Physical Objects to Regain Control	St. Bartholomew	Sincerity
26	Rupture and Repair	Divine Mercy Chaplet	St. Faustina	Trustworthiness
27	Co-regulation	Talk to Jesus	St. Theodore Guerin	Prayerfulness
28	Self-Regulation	Take Five	St. Damien of Molokai	Respect
29	The Hero's Journey	Take in God's Creation	St. Patrick	Patriotism
30	Healthy Mind Platter	Schedule Your Day	Bl. Stanley Rother	Prudence
31	Stress: Positive, Tolerable, or Toxic	Visualization	St. Frances Xavier Cabrini	Foresight
32	Responsible Decision Making	Come Holy Spirit	St. Ignatius of Loyola	Good Counsel
33	Integrative Brain Fibers	Lectio Divina	St. Thomas Aquinas	Good Judgment
34	Executive Functioning	My Wise Self Speaks	St. Teresa of Avila	Command
35	Hippocampus and Memory	Reframing	St. Jane Frances de Chantal	Circumspection
36	Technology and the Brain	Alternative Behaviors	St. Dominic Savio	Docility
37	Sacramental Order and Development	Go to the Sacraments	Paralytic in the Gospels (Matthew 9:1-8)	Faith
38	Safe, Seen, Soothed, and Secure	Thank God for His Care	Jairus' Daughter (Mark 5:21-43)	Hope
39	Identity and Love of God, Self, and Neighbor	Examine and Order your Relationships	Son of a Widow (Luke 7:11-17)	Charity

What makes *Arise* different?



Recent findings in the fields of neuroscience have led to the development of social-emotional learning (SEL), the process of teaching children and adolescents the social and emotional skills needed for success in everyday life (e.g., empathy, maintaining positive relationships, making good choices). Recognizing truth where it is found, we rejoice in the continued developments of neuroscience which enable us to understand the human person more fully and support human flourishing. The scientific developments of neuroscience and their use in SEL resonate with Christian principles, such as:

- God creates us good, with senses and emotions as well as with intellect and will.
- We humans are social beings intended to live in harmony with God, with other persons, with ourselves, and with the rest of the material world.

That being said, it is crucially important that these scientific findings be set in the context of God’s revelation. All truths have their origin in God, our Creator, and all should be oriented back to Him in Jesus Christ. In addition, gaining and using SEL skills, while important, is insufficient for full human happiness, holiness, and flourishing. We need the grace of God, the gifts of the Holy Spirit, and the virtues to live in vertical communion with God and horizontal communion with other persons. Thus, we take up the good from these scientific findings to address SEL from a Christian worldview that focuses on the integration of the human person as a whole.

Arise integrates the best of neurobiology with the call to virtue and holiness, leading adolescents to happiness, holiness, and mental health. Each lesson will teach students something about their own minds and bodies, a neurobiology “nugget” about how the brain and nervous system work as well as strategies to cope with the challenges of growing up. These truths intersect amazingly with perennial truths of Christian anthropology and virtue ethics. Through the lens of our Catholic faith, these insights from neuroscience can help us understand what young minds needs to develop rightly and flourish fully.

Furthermore, the **Arise** lessons are rooted in Catholic faith and anthropology, in conjunction with the solid findings of neuroscience. All the information and strategies in the series are rooted in both science and the truths of the Catholic faith. We are committed to providing teachers and students with sound and wholesome resources that foster both spiritual and mental health and set young people on the sure path to heaven through Jesus Christ.

Arise draws upon the following fundamental principles of Catholic anthropology:

- **Created by God and for God:** God creates each human person, male and female, out of love. We are made by a God who is love (1 John 4:8) in order to share His goodness with us and invite us into communion with Himself and others. (Catechism of the Catholic Church, 356)
- **Image and Likeness:** God created the human person in His image and likeness (Genesis 1:26-27). We have a spiritual soul with intellect and free will. Our intellect is a capacity to know the truth and our will is a capacity to desire the good. These two capacities together allow us to choose God and what will lead us to God. (CCC 357, 1704-1705)
- **Body and Soul:** God created the human person, with a body and soul. Our soul is what is highest in our nature, containing our powers of intellect and will. But our body, too, is essential to who we are. It is good and created by God. We truly are both our body and soul. The human body, including the brain and the nervous system, is a tremendous gift from God, one that we’ve just started to explore and understand more fully through neuroscience. When we capitalize on what we’ve learned about the body, this knowledge can help us live according to our identity as sons and daughters of God. (CCC 362-363)
- **Made for Wholeness:** We are created by a good and wise God who made us for wholeness. But the human family has been wounded by the Original Sin of our first parents (CCC 404). We remain fundamentally good, but we experience disintegration in our nature, causing separation from God, ourselves, and others. We need the healing and restoring grace of Jesus Christ, God made man. Jesus healed the paralytic, He told him first that his sins were forgiven; then He healed his body (Mark 2:1-11). We, too, want freedom, wholeness, and restoration. We need the grace of Jesus Christ to touch every part of our being—intellect, will, senses, imagination, memory, emotions, and body (CCC 1708-1709). God’s grace perfects our nature, healing the rupture of sin and restoring us, in Christ, as our original state of holiness and justice. Fully living the virtuous life enables us to “become like God” (St. Gregory of Nyssa) and experience happiness found only in God.



Video and Digital



[Openlight Media Plus*](#)
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[Learn the Virtues Series](#)



[Youth Virtues](#)

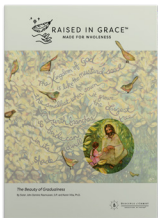


[Interactive Virtue Tree](#)

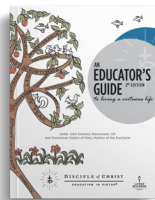


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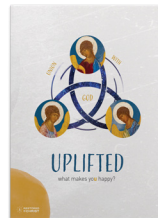
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[Raised in Grace:
The Beauty of Gradualness](#)



[Educator's Guide:
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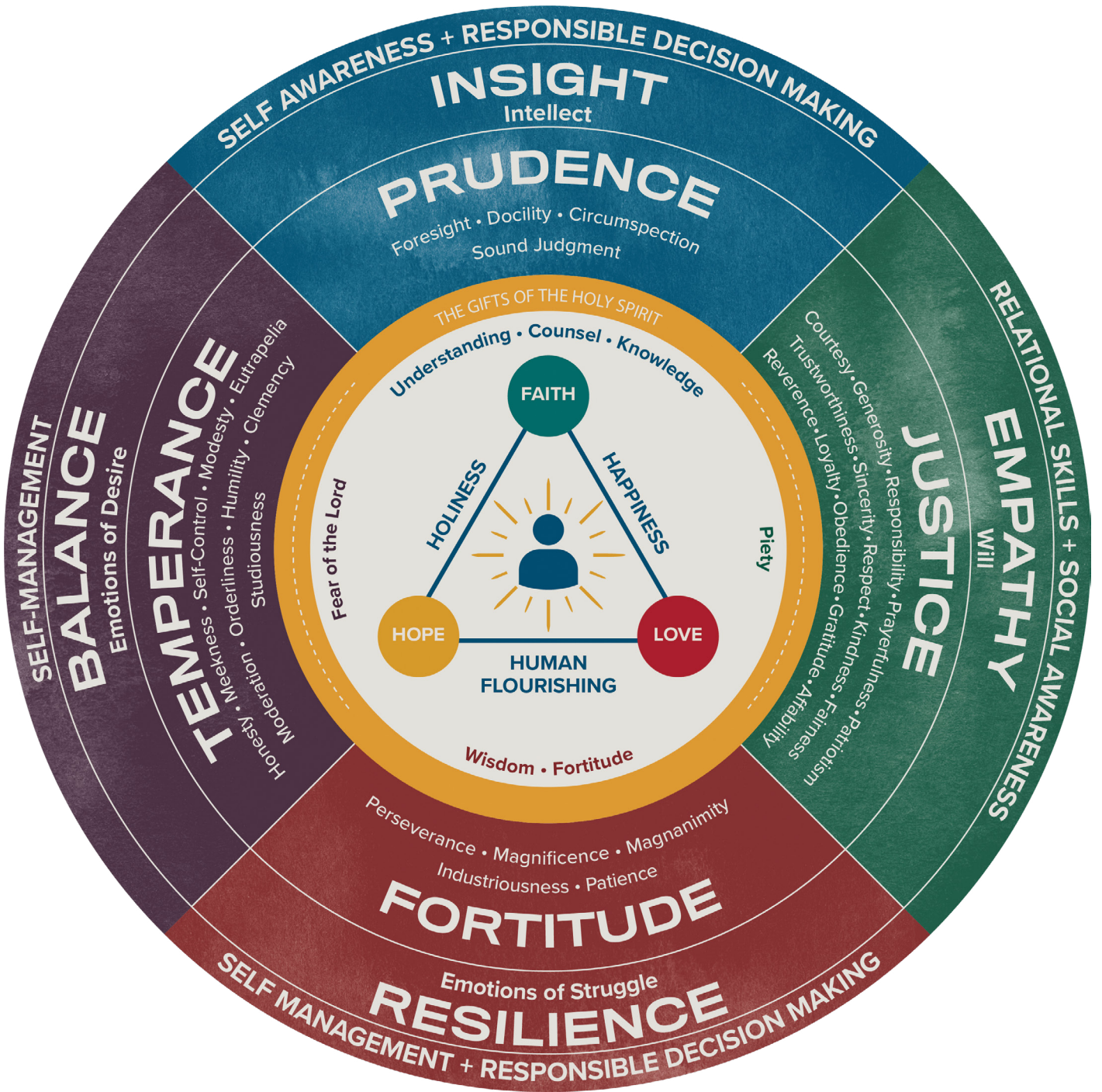
[Virtue Field Guide](#)



[Echoing the Mystery](#)



● Circle diagram



The **Arise** lessons are created by teachers for teachers and are intended to be ready-to-use. The videos and accompanying student materials are designed to be age appropriate and engaging for middle and high school students. They could be used in a variety of contexts, from theology, psychology, or health class, to mental health clubs, to formational or enrichment programs. Teachers should use the materials in whatever way meets their students' needs.

The following are several possible plans a teacher, mentor, or club moderator could follow:

Plan 1

1 Arise lesson per week, 5-10 minutes at the beginning of each class period

Monday: Video	Show video and discuss.
Tuesday: Neurological Topic and Strategy	Review neurological topic and use the Teacher Guide and handouts to explore related strategy(ies) with students.
Wednesday: Activity	Teach the strategy activity recommended in the video to the students, using the Teacher Guide and handouts.
Thursday: Virtue	Teach the virtue highlighted in the video and have students reflect on it using the virtue handouts.
Friday: Saint/other materials	Review the biography of the saint from the video and what we can learn from him or her. Use the saint coloring page. Supplement with the other videos and resources recommended in the Teacher Guide.

Plan 2

1 Arise lesson per 2 weeks, as time allows

Monday	Show video and discuss.
Tuesday-Friday	Use Teacher Guide materials related to the strategy, saint, and virtue throughout the week, as time allows.
Monday	Rewatch video and discuss.
Tuesday- Friday	Use Teacher Guide materials related to the strategy, saint, and virtue throughout the week, as time allows.

Plan 3

Weekly Enrichment, Leadership Club, or Support Group

Each meeting, watch 1 **Arise** video, discuss as a group, and use whichever strategies and handouts seem most relevant or interesting to the group.

Plan 4

To be used supplementally with any of the above

Create an interactive bulletin board with a place for each: neuroscience topic, strategy, saint, and virtue. Update the bulletin board each 1-2 weeks to correspond with the topics of each video.