

Discovery box ideas for exploring Sacramental Preparation sessions:

These boxes help children to understand the session content with objects to manipulate. For children with visual impairments, the MP3 recording plus the discovery box are a good combination to learn by listening and by touching.

An attractive box can be purchased cheaply at TK Maxx or another shop. Some of the objects you may already have at home or in school. Other objects might be cheaply available at discount stores or easy to make yourself.

Session 1 – ‘Come to the Water’: Family/Baptism

The church tour is itself a sensory experience of walking through the church, touching various objects (lectionary, missal, offertory gifts, Easter candle, holy water, hymn books, tabernacle, crucifix, stole and chairs in the Reconciliation Room, font, altar, and smelling the holy oil).

Session 2 – ‘Called by Name’: Names/Saints

Letters of the child’s name, Jesus spelled out in block letters, keys, rock, fish, shells, nets, water, prayer hands, hand games, saint statues

Session 3 – ‘Come Back to Me’: Choices/Reconciliation

Heart shape, counting seven, counting seventy-seven, priest’s stole, Bible, dove, handshake – sign of peace, something to fix/make right , Advent wreath

Session 4 – ‘Following Jesus’: a New Way of Living

Hand motions for each Beatitude action, Jesus spelled out in block letters, a cuddly toy to ‘comfort’ or ‘be gentle’ with, Bible, gift boxes (generosity), heart (merciful, pure of heart), dove or handshake (peacemaker), a rosary, Mary statue

Session 5 – ‘Teach Us to Pray’: Growth/The Lord’s Prayer

Bread, tree, leaves, seeds, soil, water, prayer hands, hosts, chalice, paten, prayer postures practice, seed planting, live plant

Session 6 – ‘Jesus Brings Us Together’: Community/Eucharist

Bread, hosts, chalice, paten, basket, fish, crucifix, last supper figurine, candle, practice receiving the host, palms, Pieta statue, Easter ‘cave’

Session 7 – ‘Jesus Calls Us to Follow Him’: Jesus/Eucharist

Chalice, paten, practise receiving the host, practise drinking from the chalice, footprints, symbols of the Sacraments, last supper figurine, candle, holding cross, Roman centurion toy or statue (to practise response)