



# Ten Commandments

August

# Adaptive Activities for Children



National Catholic  
Partnership on Disability

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# Introduction

Welcome and thank you for your ministry that serves the liturgical formation of children for their participation in the Eucharist, the “source and summit of the Christian life.” This resource is provided by the Committee on Intellectual and Developmental Disabilities of the National Catholic Partnership on Disability (NCPD). It aims to offer an adaptive catechetical opportunity for all who have a heart for disability ministry to reflect on the liturgical year. We welcome you to this virtual community and hope you find this resource beneficial.

Here you will find reflections to guide children with intellectual and developmental disabilities, or diverse learners, through the current liturgical season with adaptive catechesis to help them to participate fully. Each offering includes prayer, Scripture, activities and more that incorporate the senses and take into consideration the needs of all learners. We invite you to gather children around the table of the home or the table of the classroom as preparation for their participation at the sacred table of the Eucharist.

**Each monthly edition incorporates the following:**

- 1. Prayer**
- 2. Sacred Scripture**
- 3. Reflection**
- 4. Faith in Action**
- 5. Activities**
- 6. Saint**
- 7. Resources/Bibliography**

# Prayer

God gave Moses the Ten Commandments to help his people. These laws preceded the Beatitudes that Jesus gave us. The Ten Commandments are the base for the law to which God wants his followers to adhere. Below is a prayer to help us as we learn and reflect on the Ten Commandments.

Leader, have those praying with you repeat each line after you:

*Sign of the Cross.*

My Lord and God,

Help me keep you first in my life.

Help me speak only good things in your name.

Help me attend Mass each week.

Help me honor my parents.

Help me protect life.

Help me be faithful to those I love.

Help me be generous.

Help me speak the truth.

Help me celebrate the beauty of others.

Help me to want to share.

Amen.



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# Reading of Sacred Scripture

**Matthew 22:34-40**

A Reading from the Gospel of Matthew.

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them [a scholar of the law] tested him by asking, “Teacher, which commandment in the law is the greatest?” He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”

The Word of the Lord.

Thanks be to God.



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# Gospel Reflection

In the Gospel we just heard, Jesus is approached by the Pharisees after silencing the Sadducees, who did not believe in the Resurrection. Hoping to test him, they ask, “Teacher, which commandment in the law is the greatest?” Jesus does not respond with a long argument or a list of rules. Instead, he draws us to the heart of the faith: love. The Greatest Commandment calls each of us to love the Lord with our whole heart, soul, and mind, and to love our neighbor as ourselves. This love is not simply about doing the right thing or earning a reward; it is about living in relationship with God and allowing his love to shape the way we see, speak to, and serve others. To follow Christ is to let his patient and kind love become visible in us. As disciples, we are invited to ask ourselves: how is God calling me to love him more fully, and how can I reflect his love to the people around me?

## The Greatest Commandment

In Book X, Chapter X of his Confessions, St. Augustine suggests that happiness is found in the memory of the human heart and that the recollection of this happiness is known by all people, regardless of language or intellect. Yet this happiness is not merely a thing or an idea. It is a person, the one from whom all truth and goodness flow. This happiness is Jesus Christ, our Lord and God, who is the way, the truth, and the life (John 14:6).

So, what does following the Ten Commandments have to do with following Jesus? Didn’t Jesus set aside the Ten Commandments and give us the Greatest Commandment? Scripture tells us that

God is love (1 John 4:8), and to understand love, we must learn to live it. Jesus did not come to abolish the Ten Commandments; he came to fulfill them. When he gave us the Greatest Commandment, he summarized the commandments already given to us, drawing our attention not merely to outward obedience, but to the free choice to love God and neighbor with our whole lives. As 1 John 5:3 reminds us, “For the love of God is this, that we obey his commandments.” If we truly love God, our lives should show it through the way we love him and the way we love others in every part of our lives.



Image by Squiggle from Flickr

The old law that was given to the Israelites on Mt. Sinai in the Book of Exodus (20:3-17) is what we call the Ten Commandments. They are:

1. I am the Lord your God. You shall worship the Lord your God and him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



Image by Emmanuel Phaeton from Unsplash

The Ten Commandments, though given by God to the Israelites thousands of years before Jesus' birth, prepared God's people to recognize the Messiah when he came. The same is true of us: God wants others to recognize Christ within us. If we are call ourselves Christians, our words and actions should look like it. This is why following the Ten Commandments remains so important. Our words and actions not only help us grow in relationship and understanding of our loving God but also lead others closer to Christ.

What are some ways you can love God today? Reflect with these questions:

1. Have I prioritized God in my life? (Made time for prayer, gone to church, limited screen time to focus on Christ within others)
2. Have I spoken the Lord's name without respect?
3. Did I go to church and spend time with my family?
4. Have I respected my parents?
5. Have I killed anyone's spirit with my words or actions?
6. Have I viewed inappropriate images or entertained inappropriate thoughts?
7. I have taken anything that does not belong to me?
8. Have I been truthful?
9. Have I looked at men or women as objects and not people?
10. Have I allowed jealousy to enter into my heart this week?

**Vocabulary:**

**Commandment:** In moral theology, a rational order or directive to do something. It may be given to oneself, whenever an act of the reason prompted by the will directs a person in some human activity or in carrying out one's decisions. Or it may be an act of the reason of a lawgiver or superior requiring those under legitimate authority to take some definite action for the common good. On rare occasions, it may be an order imposed by authority on a person for his or her own private good.



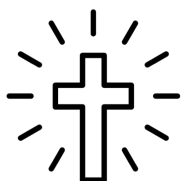
Image by Anna Kolosyuk from Unsplash

# Faith in Action

Have you ever taken your family bowling? If so, you may have requested bumpers on your bowling lane to help keep the ball from falling into the gutter. The bumpers act as guardrails that guide the ball and help it stay on its path in the lane. God gave us some special rules through Moses called the Ten Commandments to help us learn how to follow him better. Rather than think of the Ten Commandments as a strict list of rules that God requires us follow, we can help children see them more like bumpers on the bowling lane. The Ten Commandments act as boundaries, keeping us from doing things that will harm ourselves and others, guiding us to make good and loving choices, and helping us stay on our path to heaven. The Ten Commandments help us focus on loving God and others well.

Rewrite the Commandments in simple language, such as the below, and post them in a visible place at home as a reminder of the choices we can make every day. Engage children with selecting symbols to go with each Commandment, or ask them to draw a picture that reminds them of what God is asking of us for each one. If your child uses an AAC device, symbols can be added to their device.

1. Worship only God.



Created by Sanjaya  
from Noun Project

2. Use God's name with love.



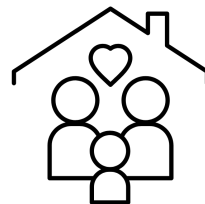
Created by Laree  
from Noun Project

3. Go to Mass on Sunday.



Created by Juan Pablo Pérez Beltrán  
from Noun Project

4. Respect and obey your parents.



Created by waqiahtul mukarromah  
from Noun Project

5. Do not hurt others in words or actions.



Created by Topicons07  
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6. Respect yourself and your body.



Created by Abdullah Salman  
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7. Do not take what belongs to others.



Created by Visual Glow  
from Noun Project

8. Always tell the truth.



Created by Izwar Muis  
from Noun Project

9. Respect your neighbors and friends.



Created by WEBTECHOPS LLP  
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10. Be happy with the things that you have.



Created by andriwidodo  
from Noun Project

Affirm children by pointing out when they make choices that are in line with one of the Commandments. Ask them how they feel after they make a loving choice. Remind children that we won't always keep God's law perfectly, but when we make mistakes, we can say we are sorry and God forgives us. We can model regular reception of the Sacrament of Reconciliation as a family. God gave us the Ten Commandments because he loves us. Doing our best to use the Commandments as a guide for our lives will help us be better followers of his son, Jesus, and reflect his love to persons around us.

# Activities with Children

**Let's Talk:** Talk with your child about the Ten Commandments and how they are God's loving rules that help us make good choices, love him, and care for others.

**What are the Ten Commandments:** The Ten Commandments are special laws God gave to Moses to teach his people how to live. They help us remember to love God with our whole heart and to treat other people with kindness, honesty, and respect.

**Why is this important:** The Ten Commandments help us know right from wrong and guide us to make choices that please God. When we follow God's commandments, we grow in love, build strong relationships, and become more like Jesus.

## **Discussion Questions:**

- Who gave us the Ten Commandments?
- Why did God give us the Ten Commandments?
- Which Commandment teaches us to honor our parents?
- How can we show love for God every day?
- How can we be kind and honest with others?
- Which Commandment do you think is the hardest to follow? Why?
- How do the Ten Commandments help us make good choices?

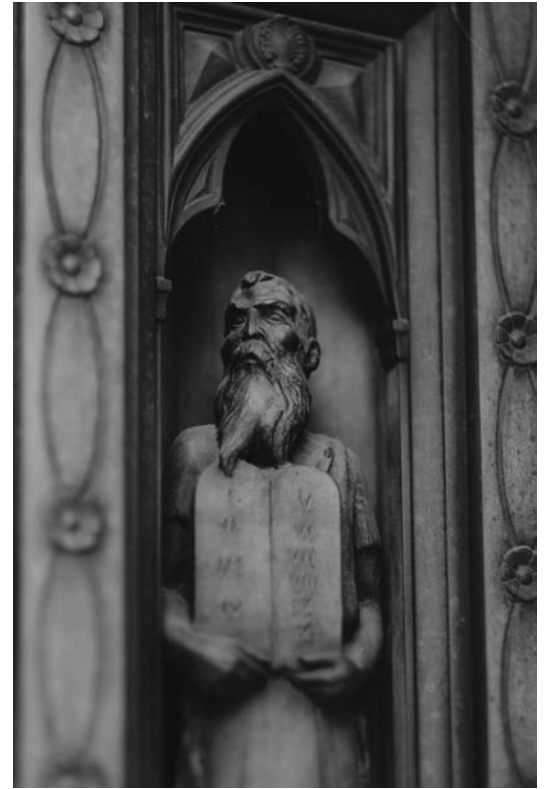


Image by Levi Meir Clancy from Unsplash

**Let's Read:** This month, read these Scripture passages that remind us of God's Commandments and his call to love him and others.

- Exodus 20:1-17: The Ten Commandments
- Deuteronomy 6:5: "Love the Lord your God with all your heart."
- Matthew 22:37-39: Jesus teaches the two greatest Commandments.
- John 14:15: "If you love me, you will keep my commandments."
- Psalm 119:105: "Your word is a lamp for my feet."

**Let's Pray:** This month, focus on asking God to help you make good choices and follow his Commandments with loving hearts.

*Dear God, thank you for giving us the Ten Commandments to help us know how to love you and love others. Help us make good choices each day, obey your teachings, and treat everyone with kindness, honesty, and respect. Give us hearts that always want to follow you. Amen.*

### **Let's Make It:** Ten Commandments Tablets Craft

#### **Supplies:**

- Gray or brown construction paper
- Scissors
- Black marker
- Glue
- Popsicle sticks (optional)
- Cotton balls (optional for clouds)



Image by Vitaly Gariev from Unsplash

#### **Instructions:**

- Cut two large stone tablet shapes from construction paper.
- Write "The Ten Commandments" across the top.
- With your child, write or draw simple pictures representing each Commandment.
- Decorate the tablets with cotton ball clouds or borders.
- Glue the tablets onto popsicle sticks or display them on the refrigerator.

Your Ten Commandments Craft is a reminder that God's rules help us live with love!

**Let's Cook:** Stone Tablet Graham Crackers: These sweet treats remind children of the stone tablets on which God gave Moses the Ten Commandments.

#### **Ingredients:**

- Graham crackers (rectangle sheets)
- Vanilla frosting
- Mini chocolate chips or raisins
- Plastic knife or popsicle stick

#### **Directions:**

- Break each graham cracker in half to make two "stone tablets."
- Spread a thin layer of vanilla frosting on each cracker.
- Use a popsicle stick or plastic knife to gently round the top corners to resemble stone tablets or simply imagine the shape!

- Use chocolate chips or raisins to make a "10" or decorate with simple symbols like hearts or crosses.
- Enjoy your snack while talking about how God gave Moses the Ten Commandments to help his people live with love and kindness.

#### **Family Discussion:**

- Who received the Ten Commandments from God?
- What is one Commandment you can follow today?
- How do God's Commandments help us make good choices?

#### **Sensory Play:** Following God's Path

##### **Materials:**

- Masking tape
- Paper footprints
- Marker
- Bible
- Battery-operated candle (optional)



Photo by Ylanite Koppens from Pexels

##### **Steps:**

- Create a simple path on the floor using tape or paper footprints.
- Write or draw one simple commandment or good choice on each footprint (for example: Pray, Tell the Truth, Be Kind, Obey Parents, Share).
- Walk the path together slowly.
- At each footprint, pause and talk about how your family can live that commandment.
- End by reading Psalm 119:105 and thanking God for helping us follow his path.
- Repeat this activity throughout the month to help children remember that God's Commandments guide us every day.

**Family Challenge:** Choose one Ten Commandment to focus on each week. At dinner or bedtime, ask each family member to share one way they lived that Commandment that day. Celebrate acts of kindness, honesty, respect, and love, and thank God for helping your family grow closer to him.

# Saint for August

## Saint Clare of Assisi

**Patron saint of eye disease, goldsmiths, laundry, television, the poor and the sick**

**Feast Day: August 11th**



Willthacheerleader18, CC0, via Wikimedia Commons

Clare was born on July 16, 1194 to a wealthy family in Assisi. She was the eldest daughter. During her childhood, she was devoted to prayer and practices of mortification. When she was 18 years old, she heard St. Francis speak. After Palm Sunday, Clare secretly left her father's house following advice from St. Francis. After putting her rich dress aside, Francis cut her hair off and clothed her in a rough tunic and thick veil.

Clare joined a convent of Benedictine nuns in San Paulo near Bastia. Her father wanted her to marry. She told her father that she wanted no other husband than Jesus. After her father's visit, Francis sent her to Saint Angelo in Panzo. Clare lived a simple life of self-denial, seclusion from the world, and poverty. She wore no shoes, did not eat meat, lived in a poor house, and kept silent most of the time. Her life consisted of prayer and manual labor. In 1215, she was made superior against her will and was abbess until her death in 1253. Clare considered St. Francis a spiritual father figure. As he grew old, she took care of him.

During 1234, the army of Frederick II scaled the walls of San Damiano during the night. Clare rose from her sick bed, took the Eucharist in a ciborium, and faced the invaders at an open window that had a ladder propped against it. She raised the ciborium up. The soldiers fell backward as if dazed and others ran away. A larger army returned in 1241 to attack Assisi. St. Clare gathered the sisters together to pray. While they were praying, a furious storm arose scattering the tents of the soldiers. The soldiers left.

Two days before she died, Pope Innocent IV approved a definitive rule similar to the spirit of St. Francis. Clare was 59 years old when she died. Ten years after her death, the order was renamed to Order of Saint Clare. St. Clare was canonized on September 26, 1255, two years after her death.



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