

Saint Catherine of Siena

A listening heart and a courageous voice

Ages about 7-11 | Video 5:42 | Group lesson about 25-35 minutes

Central truth Catherine joins prayer with care for suffering people and respectful efforts to bring peace to the Church.

Learning goals Children will recall Catherine helping sick people and speaking to the pope, distinguish courage from rudeness, and practice a peaceful request.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online [Open this video on Servus Dei](#)

Before watching | 2 minutes

Ask: How can we speak honestly while showing respect? Watch how Catherine listens to God and cares for people before offering advice.

Watch and notice

Notice quiet prayer, food and practical help, letters seeking peace, and Catherine's respectful conversation about returning to Rome.

Talk together | 6-8 minutes

1. How did Catherine care for suffering people?

She visited sick and poor people, brought food, cleaned homes, and offered kindness.

2. How was her speech to the pope both brave and respectful?

She spoke clearly because she loved the Church, without shouting or trying to humiliate him.

3. What does Doctor of the Church mean?

Her teaching helps the Church understand and live the faith; it does not mean a medical doctor.

4. How can you help bring peace in a small disagreement?

Listen, use respectful words, apologize where needed, and seek an adult when the problem is unsafe or too big.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

Saint Catherine of Siena

Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Draw one practical act of Catherine's care and a respectful way to make peace.

Read & Write Recall her service, explain respectful courage, and compose a kind request.

Adapt by readiness

Ages 7-8: practice "Please may we take turns?" with picture prompts.

Ages 9-11: compare a truthful, respectful request with blaming or shouting.

Practice a peaceful request | Optional 4 minutes

In pairs, use a simple pretend disagreement about taking turns. Each person listens, states what they need kindly, and suggests a fair next step. Do not use a child's private conflict as the example.

Look for understanding Look for one accurate service detail and a request that is clear, respectful, and appropriate for a child.

Closing prayer Jesus, help us listen to you, care for our neighbors, and speak the truth with love. Saint Catherine, pray for us. Amen.

At home Offer one practical kindness at home and practice a respectful request with an adult.

Handout answer notes Service: visits, food, cleaning, kindness. Respect: calm, clear concern for the Church. Requests vary; look for kind words and fair steps.

Teach with care

The story includes illness and Catherine's death. Explain that children do not have to solve adult conflicts or copy extraordinary visions. The retelling simplifies Catherine's life and dramatizes dialogue. Her childhood vision belongs to accounts of her spiritual life. Pope Gregory XI's return to Rome had many causes; Catherine was an important advocate. Children are not responsible for adult or Church conflicts.

Words to explain Dominican: a member of a religious family devoted to preaching. Doctor of the Church: a saint whose teaching especially helps the Church. Peacemaker: someone who works for reconciliation.

Sources for the leader

Story source: [Servus Dei video and English subtitle](#)

Life and teaching: [Saint Catherine of Siena - Benedict XVI](#)

Love listens and speaks

Saint Catherine of Siena

Catherine prayed, cared for people, and worked for peace.

Name _____

Adult helper Read aloud. Invite drawing, pointing, or spoken answers. Writing is optional.

1 Draw Catherine bringing help to someone in the story.



2 Draw yourself listening or making a kind request.



Tell What help is being offered? Which respectful words could you use?

Pray Jesus, help me listen and speak with love. Amen.

At home Share your picture and one thing you learned about God or following Jesus.

A courageous, caring voice

Saint Catherine of Siena

Recall Catherine's care and practice peaceful words.

Name _____

1 Remember service

Name one way Catherine helped someone.

Catherine helped by ...

2 Understand courage

How did she show respect while speaking to the pope?

She ...

3 Practice peace

Write a respectful request about sharing or taking turns.

I could say ...

Pray Jesus, help me listen and speak with love. Amen.

Go deeper Why do listening and practical kindness help our words become trustworthy?