

# Scope & Sequence: *I Believe*

The movie explores the journey of a young boy and his experiences as he searches for what Christmas means to him. What he encounters causes him to question his beliefs and to come to understand that it is the Spirit of Christmas that lives within his heart. He also realizes that he, alone, has the power to keep this feeling alive all year long. For Ages 5 to 12

Week	Lesson Title	Lesson Intention	Movie
1	“Saying Yes to Life”	To know that we have an internal guidance system that will lead us to our good.	<i>The Polar Express</i>
2	“What Do You Believe?”	To explore whether we need to see it to believe it or if we have faith that all is working for our highest good.	<i>The Polar Express</i>
3	“What is Real?”	To explore what is real and how working together helps us all.	<i>The Polar Express</i>
4	“Christmas Lives in Me”	To understand the true meaning of Christmas and how it lives within us all year long.	<i>The Polar Express</i>