



Arquidiócesis  
de Tlalnepantla  
*Tierra de en medio*

# Fichero Compendio

# Autoconocimiento

## Ficha 12

## Los diez mandamientos



## Objetivo

Que el joven aprenda la importancia de seguir reglas, que ejercite su conciencia y tome decisiones que le ayuden a vivir libremente, con un objetivo de vida clarificado y viva en el ejercicio de la obediencia, de la convicción y de la paz.

## Me preparo

Los mandamientos son leyes o normas que las personas deberían seguir por libre elección. Todas las leyes que existen son para servir al hombre, es decir, para ayudarlos a vivir mejor en el mundo. Hay leyes penales, morales, religiosas, familiares, incluso los clubs y equipos tienen sus propias leyes y su significado para nosotros.

## Logros a desbloquear

- Clarificar valores
- Creatividad
- Desarrollo del juicio crítico positivo
- Autoconocimiento
- Expresión y comunicación
- Conciencia social

## Necesito herramientas

- Papel
- Lápiz
- Pluma

## Manos a la obra

1. De forma individual, escribe tus diez mandamientos. Piensa en las diez mejores leyes que puedas, para vivir mejor, para ser más feliz y para que los que viven cerca de ti también puedan vivir felices con ellas.
2. Forma grupos pequeños y lean las leyes todos los del grupo.
3. Escojan las que crean que son las mejores y entre todos, hagan los diez mandamientos de su pequeño grupo.
4. Cuando hayan terminado, júntense con otro equipo, posteriormente harán el mismo procedimiento.
5. Cuando haya terminado, ahora reúnanse todos los equipos y harán exactamente el mismo procedimiento.
6. Cuando hayan terminado de elegir los diez mandamientos, una persona los leerá de forma completa.
7. Escribe en una hoja cómo fue tu experiencia al realizar la actividad.

## Profundicemos

Comenta cómo fue tu experiencia, si les costó trabajo hacerlo solos o si fue más difícil trabajar en sus grupos pequeños. Compartan sus sentimientos, lo que experimentaron al haber logrado entre todos hacer los diez mandamientos de su grupo y también reflexiona qué te dicen a ti esos mandamientos.

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. This increase is expected to be particularly large in the developing countries, where the population is growing rapidly.

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