



Grade Level: Grade 2

Title:

Keeping Healthy & Healthy Friendship with God

Denomination: Catholic

Lesson ID: LS-G2-07-CA

Contact Info:

Exploring the World, Discovering God (EWDG)
Institute for Theological Encounter with Science & Technology (ITEST)
20 Archbishop May Drive, Suite 3400A
St. Louis, MO 63119

EWDG email: EWDG-Info@creationlens.org

EWDG web site: www.creationlens.org

ITEST web site: www.faithscience.org

Ph: 314.792.7220

Note: Web sites referenced in this lesson were valid at time of publication.

Copyright by Exploring the World, Discovering God (EWDG), a pilot program of Institute for Theological Encounter with Science & Technology (ITEST). All rights reserved. The contents, or parts thereof, i.e., lessons/modules, may be reproduced for classroom educational use only. Any reprinting or reproducing for the purpose of sale is prohibited, and if done, party is subject to all legal sanctions.

© ITEST © EWDG



LIFE SCIENCE MODULE – GRADE TWO - CATHOLIC

LESSON 7 Keeping Healthy and Have a Healthy Friendship With God.

GENERAL CONCEPT: Physical Activities and Good Health and Have a Healthy Friendship with God.

SCIENCE LESSON CONCEPT

Exercise is important to keep your body healthy.

GOAL OF SCIENCE LESSON

Student will become more aware of their daily activities and develop a more physical activity schedule.

OUTCOME EXPECTED

Student will be more active.

MATERIALS NEEDED

- Pictures of children in the following activities: moving, sitting, watching TV, playing video games, playing sports, bike riding, running, eating pizza, eating vegetables and fruits, eating candy, in bed.
- Science Journal Page: EXERCISE

RELIGION LESSON CONCEPT

God's Word is important to keep your friendship with God.

GOAL OF RELIGION LESSON

The student will deepen their faith and appreciate God's Word.

OUTCOME EXPECTED

Student will read the Bible more often..

MATERIALS NEEDED

- Bible
- Prayer Table
- Altar cloth in appropriate liturgical color
- Coloring page of Bible Story
- Pencil

- Marker
- Pencil

SCIENCE METHODOLOGY

- **ASK:** What are some activities you do which give you good health?
- **RECORD** answers on the board.
- **HAVE** the students record all their activities from yesterday on the Science Journal Page. Have them include everything from getting up, everything they ate, did.
- **HAVE** the students circle anything they think gave them good health.
- **AS** the students start recording, start placing the pictures on the board.
- **WHEN** the students are finished recording, have them share the good health items.
- Story of the healing of the crippled man

- Chart Paper
- Crayons/markers
- Holy water

RELIGION METHODOLOGY

- **SHOW** the children the Bible.
- **EXPLAIN** that it is the book of God's Holy Word. It is how God lets us know who He is.
- **TELL** the students that we always show respect for the Bible. Never place it on the floor or scribble in it.
- **EXPLAIN** that you are going to lead them in an Enthroning Ceremony to show the respect we have for the Bible.
- **HAVE** one student carry in the Bible.
- **HAVE** the student place the Bible on the table.
- **PRAY** the Our Father.
- **READ** the story of the healing of the crippled man

- **USE** the pictures on the board to highlight their answers.
- **ASSIGN** the student to write down all their activities under the following headings: Food, Activity, and Rest. Have them do this on the back of the Science Journal Page.
- **BE SURE** each student knows what to do.
- **GIVE** them a few minutes throughout the day to write down items.
- **STUDENTS REPORT** back the next day.
- **COUNT** the items as a survey: how many good foods, questionable foods, active and inactive periods.
- **POSIT:** We need to add more activity to our day to be healthy.

- **HAVE** the student either color the page or draw the story.
- **POSIT:** The Bible is God's way of telling us who He is.

RESOURCES, LINKS AND COMPUTER LESSONS.

Science Links

(Teacher) Helps, plans, and activities for Science Lessons
<http://www.sfscience.com>

(Student with Teacher Guidance) Many different inter-active, on-line food as nutrition presentations
http://www.atozteacherstuff.com/Themes/Food_Nutrition/index.shtml

(Teacher) Research on need for more exercise for children
<http://www.kidsource.com/kidsource/content4/promote.phyed.html>

Religious Links

(Teacher) The Story itself.
<http://thestoryofjesus.com>

(Teacher) Maps of Israel and numbered locations where Jesus ministered.
www.ccel.org/bible/phillips/CP051GOSPELMAPS.htm

(Parent and Student) On-line story and activities to do at home
<http://www.tagnet.org/jesuskids/licao/english/3-99/11-III99en.html>

KEY WORDS
LIFE SCIENCE – GRADE TWO – LESSON 7 - CA



PHYSICAL ACTIVITY

EXERCISE

ACTIVE

DAILY ACTIVITY



SPIRITUAL ACTIVITY

BIBLE READING

FRIENDSHIP

PRAYER

KEY WORDS
LIFE SCIENCE – GRADE TWO – LESSON 7 - CA



PHYSICAL ACTIVITY

EXERCISE

ACTIVE

DAILY ACTIVITY

SPIRITUAL ACTIVITY

BIBLE READING

FRIENDSHIP

PRAYER