



Grade Level: Grade 2

Title:

The Body As a Creative Instrument & The Trinity As Creator, Word, and Spirit

Denomination: Catholic

Lesson ID: OS-G2-01-CA

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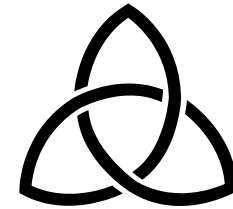
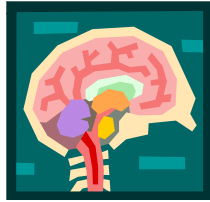
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Note: Web sites referenced in this lesson were valid at time of publication.

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OTHER SUBJECTS (DANCE & FAITH) – GRADE 2 – CATHOLIC
LESSON TITLE: The Body As a Creative Instrument & The Trinity As Creator, Word, and Spirit

DANCE LESSON CONCEPT

- Movement as performance with the mind, body, and spirit

GOAL OF DANCE LESSON

- Students will learn that the body, mind, and spirit work together to create the total movement of dance.

OUTCOME EXPECTED

- Students will become aware of their total being in the realm of dance and movement.

OS-G2-01-CA

RELIGION LESSON CONCEPT

- The Holy Trinity: Creator, Word, and Spirit

GOAL OF RELIGION LESSON

- Students will learn that God is living within us.
- We come into being by the creative love of the Father.
- We live by the Word of Christ.
- We are motivated by the power and energy of the Holy Spirit.

OUTCOME EXPECTED

- Students will be driven by their inner love to dance.

MATERIALS NEEDED

- Area where students can move about

DANCE METHODOLOGY

- **EXPLAIN** and demonstrate how every motion is part of an expression. (hands moved up, hands moved down, body lifted up on tiptoes, body bent down at the waist)
- **SAY:** Each motion you make expresses part of the dance. If the dance is a happy dance, then your motions will be faster and lighter and more upward in motion.
- **HAVE** the students respond in motion to the following words: birthday party; sunny day; Grandma is coming to visit; I'm happy.
- **HAVE** the students respond in motion to the following words: gloomy, rainy day; bad storm; home alone; I'm sad.
- **SAY:** Consistent practice with these motions will help you use them easily in your dance. It will build strength,

- Students will feel that they are filled by the power and energy of the Holy Spirit.

MATERIALS NEEDED

- DVD or video of Liturgical Dance
- DVD or video player
- Balloons – 1 per student
- Area where students can play with balloons safely

RELIGION METHODOLOGY

- **SAY:** We came into being through the creative power of God. When we came into life, it was because God wanted to share His life with us forever.
- **ASK:** Does that make God a loving Father? (yes)
- **SAY:** Jesus came to teach us how to live the life that the Father gave us.
- **ASK:** What did Jesus teach us about living a good life?
- **ASK:** How do we act and behave when we are being good? (kind, sharing, taking turns, polite, etc.)
- **ASK:** Does that make Jesus a loving God? (yes)
- **SAY:** God the Holy Spirit brings us the energy and pep to live the life God gave us and the life Jesus wants us

increase your balance, and improve your flexibility.

- **SAY:** Dance is one activity you can enjoy all throughout your life. When you are young, you are able to do more vigorous dance. As you grow older, you can still dance but there are all types of dances that you can do until you are very, very old.
- **HAVE** the students suggest words to which they can respond in motion.
- **SAY:** Your body is like a great piece of art called a Masterpiece. You can use your body's movement to express how you are feeling.
- **POSIT:** Dance is built on the sciences of anatomy and motion. The motions we make express what we are feeling and what the dance is all about.

to live.

- **ASK:** What happens when you blow into a balloon? (air causes the balloon to expand – grow larger)
- **SAY:** Try blowing up these balloons. (tie the balloons when they are inflated)
- **SAY:** When the Holy Spirit fills our souls with energy, we have great strength from the inside to do good. We become like these balloons—growing larger and lighter – able to do greater things than when we were flat and without the Holy Spirit. Let's play with the balloons and show that we are glad to be God's children.
- **ALLOW** the children to bat the balloons, chase them, and express their joy.
- **CALL** the students back to the group and put all the balloons in another area.
- **SAY:** Some times we use our bodies to praise God. I am going to show you a movie (a short one) that shows people praising God with a special dance. Please watch it carefully.
- **SHOW** a short but meaningful section of the Liturgical Dance film.
- **ASK:** How did the dancers move their arms? Did they bend their bodies? How could you tell this was sacred dance?

- **SAY:** Now I am going to give you the time to show how you can praise God with your body in dance. (Let each student find their own way of expressing love and praise for God in dance and movement.)
- **SAY:** Great praise! You did a terrific job of praising God with joy and happiness!
- **POSIT:** The Holy Spirit gives people the energy to praise God. Sometimes He calls them to express their love of God through dance.

DANCE LINKS

www.pecentral.com/lessonideas/ViewLesson.asp?ID=1266
[K-2 PE Lesson Ideas](#) PE Central's lesson plans for **physical education**. K-2 PE Lesson Ideas ... Description of Idea. **Class** Name/**Grade**: Time: **PE** Teachers' Cue Focus: Search: dance to get a variety of lesson plans

RELIGIOUS LINKS

www.worship.ca/docs/godkids2.html
[God's Children: Teaching Liturgy to Children](#) God's **Children**: Teaching **Liturgy** to **Children** by Debbie Lou Ludolph ... Invite the **children** who **dance**, to **dance** the offertory gifts forward at worship. Use as example of praising God through dance; not recommended as actual church worship activity.



KEY WORDS

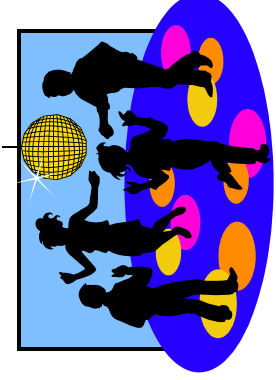
- MOVEMENT
- INSTRUMENT
- GESTURES
- PRACTICE
- STRENGTH
- BALANCE
- FLEXIBILITY
- MASTERPIECE
- ANATOMY
- MOTION



KEY WORDS

- TRINITY
- HOLY SPIRIT
- POWER
- ENERGY
- STRENGTH
- PRAISE
- DANCE
- LITURGICAL DANCE

KEY WORDS



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