



# Creation Lens

*Exploring the World, Discovering God*

*Grade Level: Grade 2*

*Title:*

## **Life Long Exercise & Spiritual Exercises**

*Denomination: Catholic*

*Lesson ID: LS-G2-08-CA*

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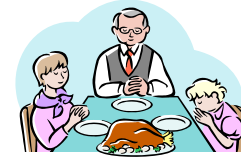
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***Note: Web sites referenced in this lesson were valid at time of publication.***

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## LIFE SCIENCE MODULE – GRADE TWO - CATHOLIC LESSON 8 Life Long Exercise Plans for Body and Soul

**GENERAL CONCEPT:** Life-long Exercise Plans for Body and Soul.

### SCIENCE LESSON CONCEPT

Physical exercise is necessary for a healthy body.

### GOAL OF SCIENCE LESSON

Student will experience exercise as appositive health process.

### OUTCOME EXPECTED

Each student will begin to acquire a personal exercise program.

### MATERIALS NEEDED

- CD Player
- Peppy exercise music
- Jump rope, balls, bicycle

### RELIGION LESSON CONCEPT

Prayer provides the necessary exercise to have a healthy soul.

### GOAL OF RELIGION LESSON

Student will experience prayer as an enjoyable activity.

### OUTCOME EXPECTED

Student will begin to develop a personal prayer life.

### MATERIALS NEEDED

- A Book of Guided Meditations for Children (See suggested materials in computer section.)
- A Litany
- CD Player

- Science Journal Page: EXERCISE FUN
- Pencil

## SCIENCE METHODOLOGY

- **HAVE** the students record on the Science Journal Page: EXERCISE FUN how they are feeling at the time the class begins.
- **TELL** the students they are going to have some exercise fun during this class.
- **HAVE** the students predict and record on the Science Journal Page how they think they will feel \_ way through the exercise.
- **HAVE** the students exercise to the peppy exercise CD The jump ropes, balls, and bicycle.
- **STOP** \_ through the exercise time.
- **ASK** the students to record how they feel.
- **CONTINUE** the exercise to the end of the exercise time.
- **STOP** the exercise. HAVE the students record how they felt after the exercise.
- **DISCUSS:** Did the predictions and the outcomes

- Paper
- Pencil
- Meditative Music

## RELIGION METHODOLOGY

- **ASK:** What is prayer?
- **RECORD** the answers on the board.
- **EXPLAIN** that just as we talk to our parents and our friends in different ways, we can talk to God and listen to God in different ways.
- **SAY:** The first way you already know. Everyone knows the Sign of the Cross and the Our Father.
- **HAVE** the students recite the Sign of the Cross and the Our Father.
- **SAY:** Saying prayers we have memorized in one way to pray to God.
- **SAY:** Another way to pray is to use prayers like a litany. Think of something for which you are grateful to God.
- **HAVE** each person in turn mention their gratitude.  
**For having a good Mother...**  
**For having a healthy body....**

- **ASK:** Which of these exercises do you think you could do when you are getting a lot older? (Be sure they put in golf, walking, tennis, swimming...) Life long exercise.
- **POSIT:** We need to do physical exercise all throughout life so we can be healthy.

- **TELL** the student that after each gratitude phrase we will all say “THANK YOU, GOD.”
- **PRAY** the gratitude litany.
- **TELL** the students that there are many litanies to Jesus, Mary, and the Saints in prayer books.
- **SAY:** Sometimes when we pray, we just listen with our ears, minds, and hearts. It is called a meditation. We are going to listen to a Guided Meditation. The speaker will try to lead us to Jesus. Try to be with Jesus. Teacher should either play or read a guided meditation.
- **ASK** the student when could they pray? Record the answers.
- **HAVE** the student make a prayer time reminder card.
- **POSIT:** There are many ways to pray and many times that we can pray during the day.

## RESOURCES, LINKS AND COMPUTER LESSONS.

### Science Links

(Teacher) Background for the teacher.

[www.wellsources.com/demo/fitness/approot/owl/content/longlife.asp](http://www.wellsources.com/demo/fitness/approot/owl/content/longlife.asp)

(Teacher) Free Exercise Calendar

[free exercise calendar download](#)

Body-for-LIFE involve activities like planning your next day *exercise* and meal schedule, performing the ... Home > free *exercise calendar* software download ...  
3d2f.com/tags/**exercise/calendar/**

### Religious Links

(Teacher and Student) Kids prayer Quilt

[http://www.visit-our-simple-life.com/prayer\\_quilts.html](http://www.visit-our-simple-life.com/prayer_quilts.html)

(Teacher) [Guided Meditation for Children](#)

A child's guided meditation for recovering peace and hints for problem solving.

<http://www.susankramer.com/ChildMeditation.html>

(Teacher) Great resource for prayer

IP

File Format: PDF/Adobe Acrobat - [View as HTML](#)

*Ways of Praying*. Compiled by Leonie Keoghan. WEBSITES FOR TEACHER AND STUDENT USE. Catholic Prayers -

<http://www.webdesk.com/catholic/prayers/> ...

[www.ceo.cg.catholic.edu.au/learning/re/tno/documents/ways\\_of\\_praying.pdf](http://www.ceo.cg.catholic.edu.au/learning/re/tno/documents/ways_of_praying.pdf)

(Teacher) [home gif](#)

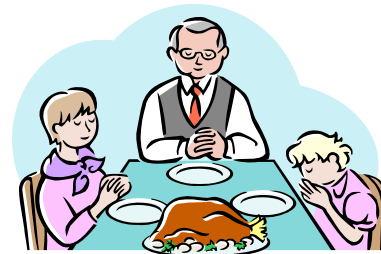
This is not a **catholic** site, but contains well worded prayers for use with ... Scripts for different types of **guided meditations for children** including ...

[www.stmarysbroome.wa.edu.au/home/religious/prayer\\_resources.htm](http://www.stmarysbroome.wa.edu.au/home/religious/prayer_resources.htm)

**KEY WORDS**  
**LIFE SCIENCE – GRADE TWO – LESSON 8 - CA**

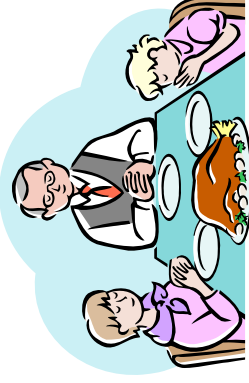
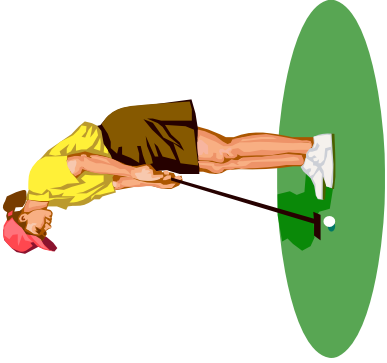


**PHYSICAL ACTIVITY**  
**EXERCISE**  
**ACTIVE**  
**DAILY ACTIVITY**  
**LIFE LONG ACTIVITY**  
**EXERCISE PROGRAM**



**SPIRITUAL EXERCISE**  
**BIBLE READING**  
**FRIENDSHIP**  
**PRAYER**  
**PRAYER LIFE**  
**PRAYER PROGRAM**  
**LITANY**  
**MEDITATION**

**KEY WORDS**  
**LIFE SCIENCE – GRADE TWO – LESSON 8 - CA**



**PHYSICAL ACTIVITY**

**SPIRITUAL EXERCISE**

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**MEDITATION**