

My Body

PDMU STRAND:

**Personal Understanding
and Health**

Listen

Invite the children to listen to the song 'My Body Clock' (*Alive O 4*). Alternatively, you can use the song 'I Am Special' (*Grow in Love: Junior Infants/Primary 1*, theme 2, lesson 2).

When you have finished listening ask questions such as:

- How does your body tell you that you are hungry?
- What does your body do when you are sad?
- When you are listening to music what does your body do?
- How do you know when your body is tired?

Then ask deeper questions such as:

- When a baby is born what part of their body shows whether they are a boy or girl?
- Is it possible to know if a baby is a boy or girl before it is born? Did you ever see a scan of a baby in its mother's womb/uterus? What was it like?

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- Do you remember being in your mother's womb/uterus?
- How long do babies grow inside their mother?
- What changes have happened to your body since you were born? Do you like getting bigger? Why or why not?

Simon Says

Play a game of 'Simon Says' calling out instructions involving different parts of the body. For example... 'Simon says put your hands on your head.' 'Simon says touch your knee with your elbow.' If a child follows an instruction that doesn't begin with 'Simon Says' (e.g. 'Kneel down.') they are out of the game.

Story

Dimitri came home from school one day and sat at the table with his mum having a snack before starting his homework. His little sister Ava was in the high chair banging a spoon on the table. As Dimitri was taking his books out of his bag, he noticed a photograph on the table. It was mostly black with white shapes and lines on it. He hadn't ever seen a photo like it before.

'What's that?' he asked his mum. 'It's a scan of your brother or sister,' Mum said, and she was smiling. Dimitri looked at Ava. 'It doesn't look like Ava,' he said, 'and anyway she's my sister, not my brother.' 'No it's not Ava,' said Mum. 'It's your new brother or sister that's growing in my tummy.' 'Another one!' said Dimitri. 'Yes, another one,' said Mum laughing. But we don't know yet whether it's a boy or girl.

Dimitri picked up the photo. 'I can't see a baby in it,' he said. 'Look carefully,' said Mum. 'Can you see a head, and a little fist?' 'Oh yeah,' said Dimitri. 'It's not very clear yet, but in another few months, when the baby is bigger, it will be much clearer and we might even be able to see if it's a boy or girl.' 'I hope it's a boy,' said Dimitri. 'We'll wait and see,' said Mum, 'but whatever God gives us we will be grateful for.'



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When you have read the story ask questions such as:

- Where was Dimitri when he saw the scan photo?
- What was Dimitri's sister's name?
- Why did Dimitri's mum not know if the new baby would be a boy or girl?

Then ask deeper questions such as:

- Do you think Dimitri was happy to be getting a new brother or sister? Why or why not?
- When someone is expecting a baby how can they take care of it?
- As the baby grows inside Dimitri's mum do you think she will need him to help her more? In what way?
- When the baby is born what kind of help will she need?

Reflection:

Show the children a picture of the nativity. Play some reflective music and read the following reflection:

Look at baby Jesus. He looks so small and helpless. An angel told Mary she would have a baby boy called Jesus. When he was in Mary's womb he grew and grew until he was ready to be born. Mary and Joseph fed him and looked after him. They wrapped him in warm blankets. They cared for him when he was sick. They loved him just as your parents/guardians love you. Jesus was a baby, just like you were a baby. God loves all of us, just like he loved Jesus. Close your eyes for a minute and thank God for sending Jesus. Together we say, 'Thank you, God, for babies. Thank you, God, for baby Jesus. Thank you, God, for me.'