



My Body

SPHE STRANDS:

Myself – Taking care of my body – Food and nutrition – Growing and changing

Senses Walk

Chat to the children about their senses – smell, touch, taste, sight and hearing.

Take them for a 'Senses Walk', preferably outside, and invite them to try to notice one thing they can smell, touch, see and hear. Tell them we will be dealing with taste later in the lesson.

On returning to the classroom ask the children to share some of the things they noticed. Ask questions such as the following:

- What part of your body do you smell with? What would life be like if we couldn't smell things? Does our sense of smell ever keep us safe? In what way?
- What part of your body do you hear with? What would it be like if you couldn't hear? Does your sense of hearing ever help to keep you safe? In what way?

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- What part of your body do you touch with? What would life be like if you couldn't feel anything with your skin?
- What part of your body do you see with? What would life be like if you couldn't see? How do people who can't see manage?
- Explain to the children that every part of our body has a function. God created each part of us for a very good reason.

Diagram

Show the diagram of a person showing a heart, lungs, kidneys, eyes, fingers, feet, etc.

Invite the children to say the name of each part and what its function is. (In accordance with school policy you may choose to mention the excretory system using the proper names.)

Taste Testers

Invite four or five children forward to be blindfolded. While they are blindfolded ask them to identify some strong smells e.g an orange, mint, an onion, coffee, salty crisps.

Then ask them to identify some more subtle smells like an apple, cucumber, carrot, etc.

Ask them if they would find it easier to identify the objects if they could see them? Taste them? Explain to the children that all of our senses work together to help us to make sense of the world around us.

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Reflection:

Invite the children to close their eyes and to listen to all the sounds around them. Then read the following reflection:

Close your eyes and put your hands on your lap. Can you feel you're the material of your clothes on your fingertips? Can you feel the hard floor beneath your feet? What can you hear? Can you hear any of the sounds of nature? Birds singing, or dogs barking or the wind blowing? Can you hear other sounds from around the school? Can you feel your breath going in and out of your lungs? Breathe in and out through your nose and hear the gentle sound it makes.

God made every bit of you. Each part has a very special job to do. As you grow and change your body will keep on doing its special job. God made you exactly as you are and he loves you. He made everyone to be unique and different and he loves us all.

We thank God for our wonderful bodies. We will do our best to look after ourselves and we will always look out for others. We ask God to be with us as we grow and change. Amen.