



Creation Lens

Exploring the World, Discovering God

Grade Level: Grade 3

Title:

Keeping the Brain and Body Free of Chemicals & Preserving Our Life

Denomination: Catholic

Lesson ID: OS-G3-01-CA

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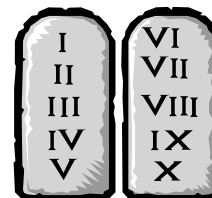
ITEST web site: www.faithscience.org

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

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OTHER SUBJECTS – DANCE – GRADE 3 – CATHOLIC
LESSON TITLE: Keeping the Brain and Body Free of Chemicals & Preserving Our Life

DANCE LESSON CONCEPT

- Care of the body by keeping the brain and body free of chemicals and negative influences

GOAL OF DANCE LESSON

- Students will understand the impact of negative influences and chemicals on the body.

OUTCOME EXPECTED

- Students will respect the body as God has intended.

RELIGION LESSON CONCEPT

- The Fifth Commandment: Preserve Life

GOAL OF RELIGION LESSON

- Students will learn to live for God by preserving their own bodies.

OUTCOME EXPECTED

- Students will understand that they need to respect their own bodies as well as the bodies of others.

MATERIALS NEEDED

- Science Journal Page
- Pen or pencil
- DVD or Video on the effects of chemicals on the brain and the body

SCIENCE METHODOLOGY

- **SHOW** DVD or video.
- **DISCUSS** those chemical effects on the brain and the body using coordination and memory of dance steps as examples.
- **EXPLAIN** how dance and exercise are built on the science concepts of anatomy and motion.
- **GIVE** several examples of muscles, organs, bones which will illustrate how dance uses those concepts and truths.
- **SAY:** Consistent practice will build strength, increase your balance, and improve your flexibility. But actually performing your routine before a real audience gives the audience joy and gives you joy too.

MATERIALS NEEDED

- Religion Notebook or Journal
- Pen or pencil
- Bible: Exodus 20:13
- Markers or crayons
- Paper or poster board

RELIGION METHODOLOGY

- **SAY:** Just as our bodies require exercise and use to stay healthy, our souls require exercise and use to stay healthy. We call many religious practices by the term “spiritual exercises”. This means that when we pray or do some good works, it is just like doing exercises or dance. It builds our spiritual strength, gives us a better balance in our lives, and makes us more flexible in obeying God’s wishes for us.
- **GIVE** each student a copy of Exodus 20:13.
- **SAY:** This passage from the book of Exodus is what God gave to the Israelites and to us to obey.
- **HAVE** the students read the passage silently.
- **ASK:** What does God say?

- **SAY:** If you had taken unnecessary chemicals into your body, you would not have been able to successfully do the dance routine you just finished.
- **HAVE** students run through a dance routine several times to get the correct steps, build strength and balance and to improve flexibility.
- **SAY:** Each time that you go through your dance routine or exercises, you have done it more easily, had more flexibility, and are building muscle strength. You are also increasing your heart health.
- **SAY:** I want you to imagine an audience seated right here. (Motion to the area. If possible, have some chairs set up in that area.) I want you to see their faces smiling at you. I want you to hear their applause.
- **HAVE** students do the performance routine again.
- **COMMENT** on how much better they do each time.
- **GIVE** several examples of how dance and exercise uses the concepts of motion. (force, inertia, etc.)
- **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 perform their dance before an audience of senior citizens or other students.

- **ASK:** What does that mean?

Two options are given below. Please choose one.

OPTION # 1:

- **DISCUSS** the various ways of killing (actually murdering some person intentionally, killing someone's spirit, killing someone's good name, killing yourself (suicide), deliberately weakening one's body through over-eating, taking non-prescription drugs, overuse of alcohol, etc.)

OPTION # 2

- **DISCUSS** what it means to respect your own life? Take care of your body by keeping clean, eating properly, exercising, take care of your mind by reading and seeing only good books and movies, studying, and learning, take care of your soul by praying, being a friend of Jesus, and going to Mass.

BOTH OPTIONS

- **ASK:** Jesus said that we should love God above all things and our neighbor as He has loved us. How do we live that in light of the 5th commandment? (take good care of our bodies: eat good food, watch our diet, no chemicals or liquor, get enough rest, exercise and be active, etc.)
- **HAVE** the students share one way that they could respect life – theirs and others.

- **AFTER** the performance, ask the audience to make positive comments about the students' performance.
- **POSIT:** Dance is built on the sciences of anatomy and motion. One component of dance is performance.

- **ASSIGN** the students to a group to make a poster that shows people obeying the 5th Commandment to respect and honor life.
- **HANG or DISPLAY** the poster beneath a sign that quotes Exodus 20:13.
- **POSIT:** Just as we exercise our bodies, we need to exercise our souls by doing good works as Jesus told us. We need to respect all life including our own. Taking good care of our bodies is one way to do that.

SCIENCE LINKS

www.ehow.com/list_6665738_dance-exercises-kids.html
[Dance Exercises for Kids | eHow.com](http://www.ehow.com) **Dance Exercises**
for Kids. **Dance** is beneficial for **children** for many reasons. Kids who participate in **dance exercises** can improve their coordination, muscle tone and ...

RELIGIOUS LINKS

The seven practices of charity toward our neighbor, based on Christ's prophecy of the Last Judgment, that will determine each person's final destiny:

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit those in prison
7. Bury the dead

Mt 25:34 "Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink?' And the king will answer them, 'Truly, I say to you, as you did it to one of the least of my brethren, you did it to me.'"

www.remnantofgod.org/10-rcc.htm

[Roman Catholic Commandments](#) Here is an "examination of conscience" - a guide for **CHILDREN** to be used before ... **5th Commandment** - HAVE I HAD ANY FIGHTS: OR QUARRELS? HOW MANY TIMES? - HAVE I MADE FUN ... Scroll down to 5th commandment.

biblewise.com/teaching/swap_shop/ten_commandments/...

[The Ten Commandments \(1-5\)- Activities, Projects, Puzzles ...](#)
5th Commandment - On The Trail helps **children** discover Jesus' question to his parents when they found him in the temple

www.letusteachkids.com/curriculum/laws/1.html

[Ten Commandments Children's Ministry Curriculum](#)
Children's Church curriculum to help **children** live out the Ten **Commandment** principles. ... 4th & **5th** graders were surveyed in numerous churches to discover 80% ...



KEY WORDS

- BRAIN
- POSITIVE INFLUENCES
- NEGATIVE INFLUENCES
- CHEMICALS
- DANCE
- EXERCISE
- ROUTINES
- STRENGTH
- BALANCE
- FLEXIBILITY
- MUSCLES
- HEART HEALTH



KEY WORDS

- SOUL
- SPIRITUAL EXERCISE
- PRAYER
- SACRAMENTS
- KILLING
- DRUG ABUSE
- ALCOHOL
- NUTRITION
- FIFTH COMMANDMENT
- RESPECT

KEY WORDS



BRAIN

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CHEMICALS

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