

# Myself: Outcomes and activities

## God is Love Year 1

### Spiritual Awareness: God loves me cares about me

God is Love. He loves me. I am special to Him.

God knows everything about me. He created me. He knew me before I was born. He knows the number of hairs on my head.

Each person is uniquely individual. Each person is special to God. Each person is wonderfully made. God loves me just the way I am. He has given me gifts and talents that I can use to serve Him.

Thank you God for the way you made me!

### Key Questions

Is there anything that God doesn't know about me?

What special things can I do for God?

Does God know when I am feeling unhappy or upset?

Does God care about the way I feel?

What does God think about the way I look?

What does God think about the special things I can do?

Is God happy when I want to be someone else?

Can we all be good at everything?

Does God love children as much as grown-ups?

How do I know that God loves me?

### Outcomes

Students will

#### *Knowledge*

- understand that God made them and knows them personally
- begin to understand the construction and working of our body
- understand the function of some of the different body parts
- understand that there are gender differences

#### *Skills*

- identify features of the body
- name body parts
- measure height, hand span, length of foot
- identify gifts and talents
- compare personal characteristics with others

#### *Values*

- develop a positive self-image, based on the understanding that God made us and loves us, and we are special to Him
- appreciate that we are all different
- appreciate that God has given each person different strengths and abilities
- realize that we all have weaknesses
- accept ourselves as God made us and to be free from fear of failure
- care for self
- appreciate that each person is special

## Activities

- Trace around each student's body, using a large sheet of paper.
- Draw / give a short talk - on 'things special to me' e.g. family, pets, toys, hobbies.
- Make a coat of arms depicting things special to me.
- Make a 'Me' booklet.
- Compare physical features e.g. height, hand size, feet size, eye, hair, skin colour.
- Cooperate with a partner to play a team game in which they make simple shapes with their bodies.
- Create a collage of pictures showing things that they like, then discuss shared interests and individual preferences.
- Make a class-list showing strengths of class members. Next to each name write a special gift or talent. (Note that personality features - e.g. friendliness, - can be included.)
- Make a card for a classmate expressing appreciation.
- List the reasons why I am important to my family.
- Discuss the personal qualities of Jesus as a boy.
- Discuss the reasons why people are 'popular' e.g. good looks, clothes, toys.
- Discuss the personal qualities that God wants us to look for in others e.g. kindness, fairness, truthfulness, courage, friendliness.
- Discuss kindness and care towards those who are handicapped.
- List ways in which I use my gifts for God, and ways in which I can improve my skills or talents.
- List the things I can do to keep my body fit and healthy.
- Participate in exercise for physical fitness.

## Assessment

1. Draw a time line that tells the story of your life: where and when you were born and specific events that have happened throughout your life.
2. Draw a shield and divide it into four sections. In each section draw the things that are special to you, e.g. family, home, hobbies, interests, sports, pets. Write your name on the shield.
3. In learning about myself, what have I also learned...
  - about God and the Bible?
  - about doing what God wants me to do?

## Learning Connections

**English:** make a book about 'Me'.

**Social Studies:** Explain why you are important to your family. How do you help family members?

**Art:** Draw yourself. Draw the things that you like to do. Draw the people you like to be with. Make hand prints, finger prints and foot prints.

**Science:** teacher can draw around each child on a large sheet of paper and they can draw some of the inner organs such as heart, brain and lungs. Discuss function of heart, lungs, brain, skin, eyes, ears, nose, hands, feet.

**Health:** care of the body; teeth; sun protection, healthy food, washing hands

**Mathematics:** Use hands for counting by ones, fives and tens. Make a height chart and track growth over the year.

**Make-your-own book:** My Body

# Values education Year 1

## God is Love

### Kindness

God is loving and kind. He wants me to be kind to others.

#### Kindness is...

- showing care and concern for other people
- being polite
- not being bossy.
- not being selfish.
- not being jealous
- being thoughtful
- helping those in need

#### Activities

1. Imagine that you have just moved to a new school or a new church. How would you like people to treat you?
2. Imagine that you have just fallen over and hurt yourself. How would you like people to treat you?
3. Imagine that you had an accident and had to be in a wheel chair. How would you like people to treat you?
4. Make a badge: Love is patient and kind.
5. Choose a person and show extra kindness to them this week. Be their 'angel'. Do kind deeds for them and even make a gift for them.

#### Draw pictures for these:

How did Jesus show love to Zacchaeus?

How can we show kindness to our family?

How can we show kindness to our friends?

How can we show kindness to someone who is sick?

How can we show kindness to someone who is sad?

#### What does the Bible say about kindness?

1 Corinthians 13: 4 Love is patient and kind.

Ephesians 4:32 Be kind to one another.

Proverbs 14:31 Whoever honours the needy honours God.

Luke 18:35-43 Jesus was kind to Blind Bartimus.

# God is Love values

## Gentleness

God's love is gentle and kind. God does not force us to follow Him. He gently shows us the right way.

### Gentleness is...

- not forcing my ideas on to others
- not pushing, shoving or hitting
- letting others go first, instead of pushing in to be first
- treating others with respect
- speaking kindly
- being well-mannered

### Activities

#### Draw pictures for these:

1. Mum is sick in bed. She has a head-ache and aches and pains. How can the family help?
2. Dad has had a busy day and is very tired. He doesn't like a lot of noise in the house. How can the family help?
3. Listen to examples of loud music and gentle music. When is it a good time to play gentle music? When is it a good time to play loud music?
4. Draw two pictures: one bright and busy, and one peaceful. Who could you give the bright busy drawing to? Who could you give the peaceful drawing to?

### Questions

1. What would you do if someone was playing with a toy that you wanted?
2. What would you do if someone wanted to join in your game but didn't know how to play?
3. What would you do if your friend is being treated unkindly by others?

### What does the Bible say about gentleness?

Galatians 5:22-23 Gentleness is a fruit of the Spirit.

John 10 Jesus, the Good Shepherd

Psalm 23 Jesus is our shepherd

**God made me 1**

Finish this drawing of a picture of you.



**God made me 2**

What problems could there be if you always walked on your hands?

Brainstorm some ideas.

**God made me 3**

What if you had 2 noses?

**God made me 4**

Invent an interesting, unusual friend for yourself. Draw a picture of this friend and give him or her a name.

**God made me 5**

How many ways could you eat your favourite food?

**God made me 6**

Name some clothes that you would NEVER wear if you were going to play in mud.

<p style="text-align: center;"><b>God made me 7</b></p> <p>Draw one of your favourite toys. Now redesign it using:</p> <p>B – make one part bigger</p> <p>A – Add something extra</p> <p>R – replace one part with something else.</p>	<p style="text-align: center;"><b>God made me 8</b></p> <p>What if you were unable to speak?</p> <p>What would you do at school?</p> <p>Give 3 suggestions.</p>
<p style="text-align: center;"><b>God made me 9</b></p> <p>Think of 5 things about yourself that are different to your friend..</p>	<p style="text-align: center;"><b>God made me 10</b></p> <p>Brainstorm 5 ways that God has made us special.</p>
<p style="text-align: center;"><b>God made me 11</b></p> <p>Draw a picture of yourself and write your name.</p> <p>Some body parts are in twos. Draw 5 different body parts of which there are two.</p>	<p style="text-align: center;"><b>God made me 12</b></p> <p>Make a book showing all the things you can do because God made you.</p>

# Art Year 1

## God is Love

### Topic: Myself

**Biblical connection:** God made me special. He knows my name and He loves me. He knows everything about me. He knows how many hairs on my head. No one else has the same fingerprints as me.

**Bible story art as a wall display:** Zaccheaus: Jesus knew all about him and called him by name.

#### 1. Modelling with clay or dough

Ask students to:

- Make your clay/dough into a long thin sausage, (or snake).
- Use long, thin sausages to make a drawing in clay of your face.
- Make a 2D standing model of yourself
- Make a 2D model yourself involved in one of these actions: running, jumping, skipping, hopping, walking, washing, balancing, kicking a football. (First get the children to observe these actions while someone demonstrates. Point out the shape of the legs etc. while performing these actions.)

#### 2. Painting

Ask students to:

- Paint yourself. (Children can draw themselves on a large sheet of paper where everyone contributes and teacher writes names on each figure. Then display as wall mural)
- Paint yourself running / jumping / hopping / swimming.
- Paint yourself: at the dentist; cooking with Mum; digging in the garden with Dad.
- Paint a picture of your family.

#### 3. Drawing

What is drawing?

Drawing is making a line. Lines do not have to be made with pencils and crayons. They can be made with many other types of media.

For each of the following choose a different drawing medium, e.g. crayons, felt pens, dry pastel, oil pastel, coloured pencils, wet chalk.

Ask student to:

- Draw yourself. How many fingers? What colour is your hair? What colour are your eyes? What clothes do you like wearing? How many fingers do you have? Will you be smiling in your picture?
- Draw your family.
- Draw your house. Draw your pets.
- Draw some of yourself with some of your favourite things...foods, toys, animals
- Draw the things you like to do

#### **4. Collage**

Ask students to:

- Use coloured paper shapes to make a picture of themselves. Other materials can be added such as pieces of string for hair, pieces of fabric for clothes.

#### **5. Printing**

Printing is making marks by stamping.

A “stamp pad” is made from a thin damp kitchen sponge placed in an open container such as a take-away food container. Paint is spread over the sponge.

Ask the students to

- First, experiment with hand/finger prints. Press parts of your hand into the stamp pad and make different kinds of marks on the paper with your hand. Use finger tips, whole hand print, side of hand, side of finger.
- Now take another piece of paper and make a picture using prints. Try making a lines of finger prints. Try using the lines of prints to make plants, animals, people or buildings.



Luke 18:35-43 Jesus was kind to Blind Bartimaeus.

## Yr 1 Love

### God made me 1

Thinking Skills

Finish this drawing of a picture of you.



### God made me 2

What problems could there be if you always walked on your hands?

Brainstorm some ideas.

### God made me 3

What if you had 2 noses?

### God made me 4

Invent an interesting, unusual friend for yourself. Draw a picture of this friend and give him or her a name.

### God made me 5

How many ways could you eat your favourite food?

### God made me 6

Name some clothes that you would NEVER wear if you were going to play in mud.

Yr 1 Love

**God made me 7**

Draw one of your favourite toys. Now redesign it using:

B – make one part bigger

A – Add something extra

R – replace one part with something else.

**God made me 8**

What if you were unable to speak?

What would you do at school?

Give 3 suggestions.

**God made me 9**

Think of 5 things about yourself that are different to your friend..

**God made me 10**

Brainstorm 5 ways that God has made us special.

**God made me 11**

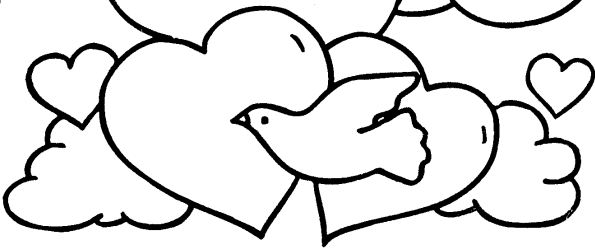
Draw a picture of yourself and write your name.

Some body parts are in twos. Draw 5 different body parts of which there are two.

**God made me 12**

Make a book showing all the things you can do because God made you.

Thank you, Jesus  
for loving me  
just the way I am!  
Amen.



... I am ... wonderfully made! Psalm 139:14

## All About Me

My name is \_\_\_\_\_

I am \_\_\_\_\_ years old.

I am \_\_\_\_\_ tall.

I weigh \_\_\_\_\_.

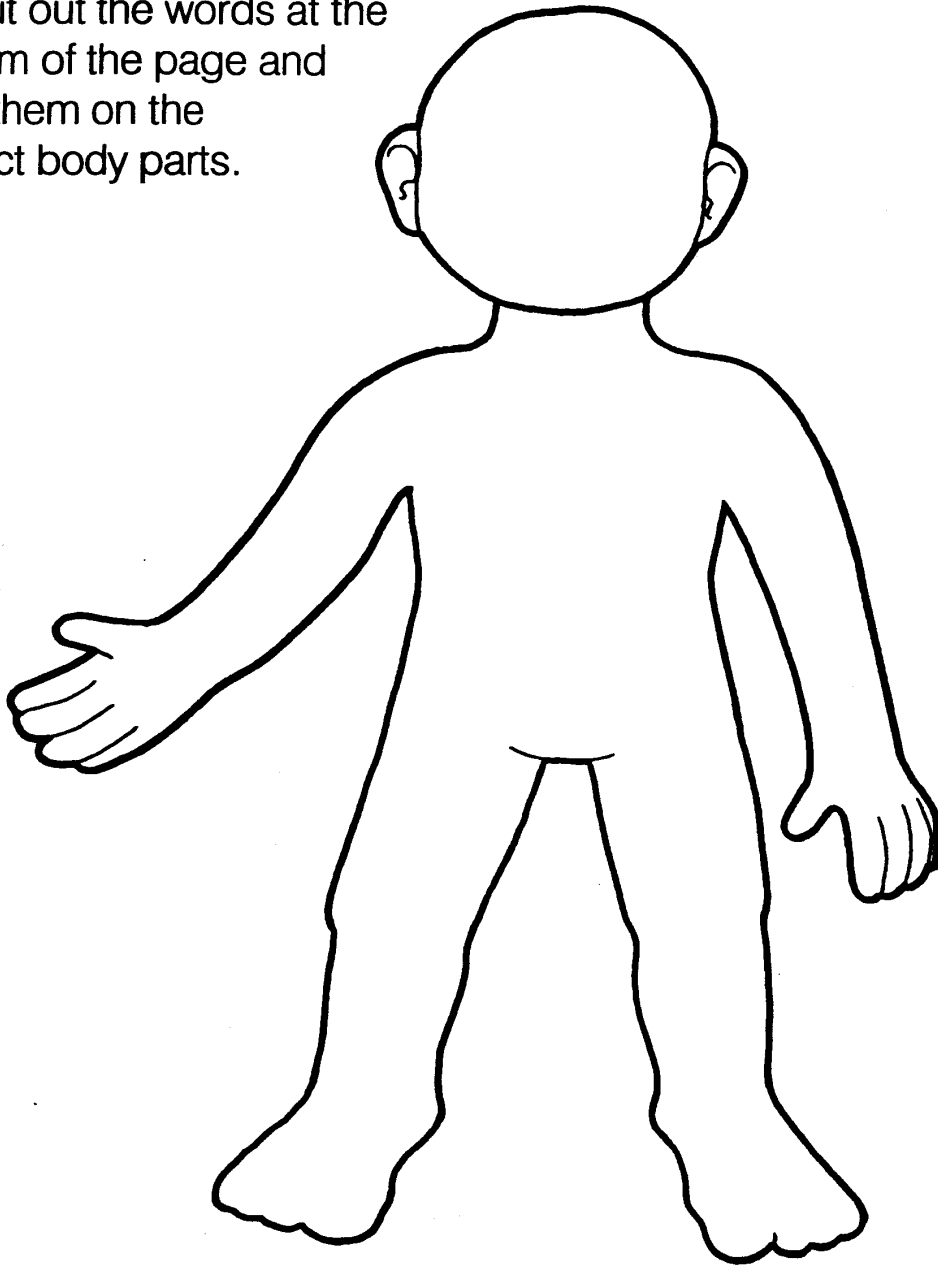
My hair is \_\_\_\_\_, and

my eyes are \_\_\_\_\_.

This is my handprint.

# My Body

Cut out the words at the bottom of the page and glue them on the correct body parts.

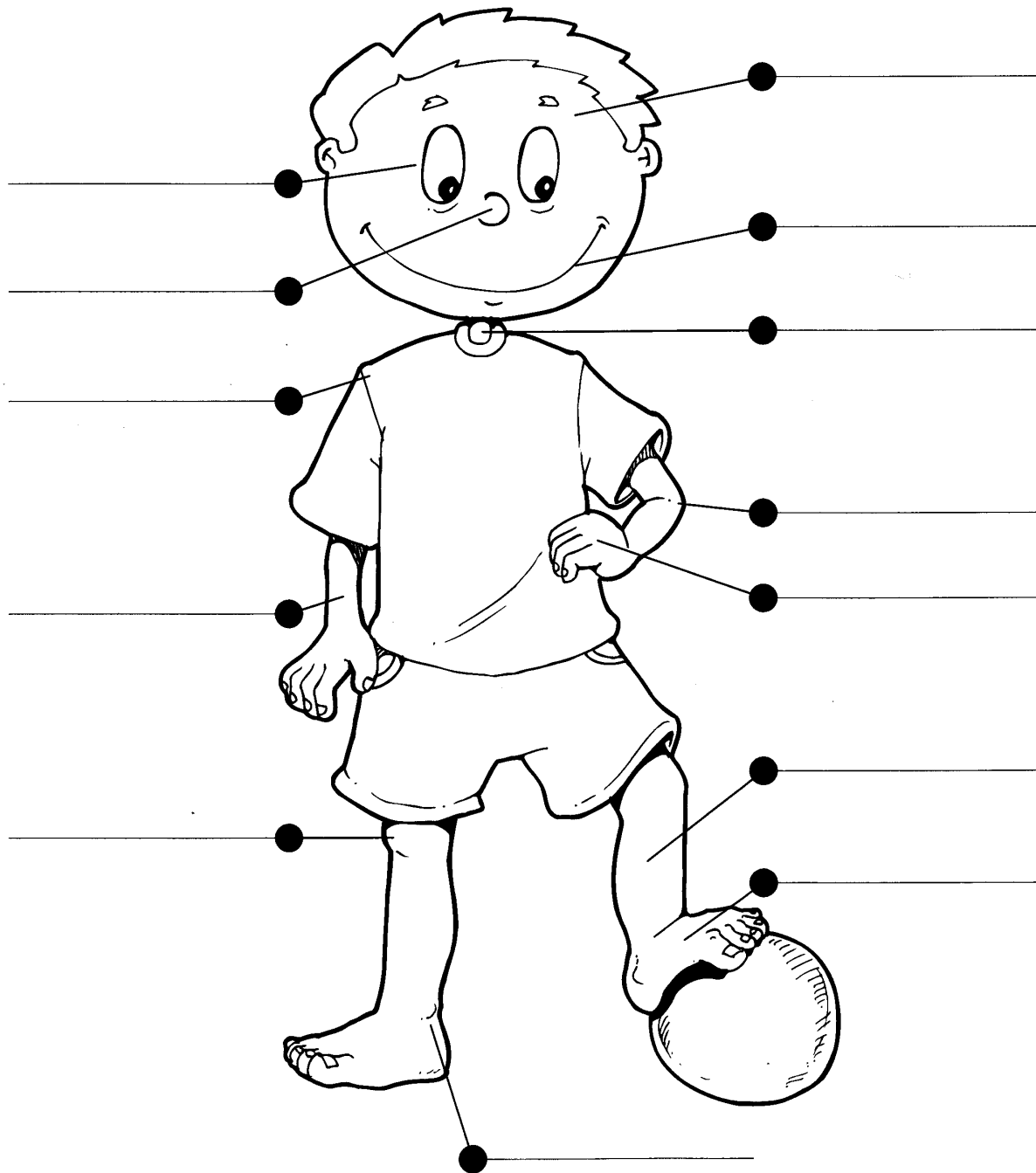


head	arm	chest	foot
hand	leg	neck	stomach

# My Body

Use these labels to name the parts of the body.

eye	foot	nose	knee	ankle
head	shoulder	neck	hand	
arm	mouth	elbow	leg	



Aim 1: To label the parts of the body.  
Aim 2: To develop familiarity with words related to the body.



**Year 1 God is Love**

**Poem: Two little eyes**

Two little eyes to look to God,  
Two little ears to hear His word,  
Two little feet to walk in His ways,  
Two little lips to sing His praise,  
Two little hands to do His will,  
And one little heart to love Him still.



*God made me.*

*I am special.*



*am me I*

*Cut out the words at the bottom of the page and stick them over the words at the top of the page.*

# THE FIVE SENSES

Put the correct word in each sentence.

smell      see      touch      hear      taste

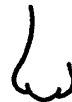
1. My eyes can \_\_\_\_\_.



2. My ears can \_\_\_\_\_.



3. My nose can \_\_\_\_\_.



4. My mouth can \_\_\_\_\_.



5. My hands can \_\_\_\_\_.



Fill in the missing letters.

hea \_ \_



sm \_ \_ l



s \_ \_ \_



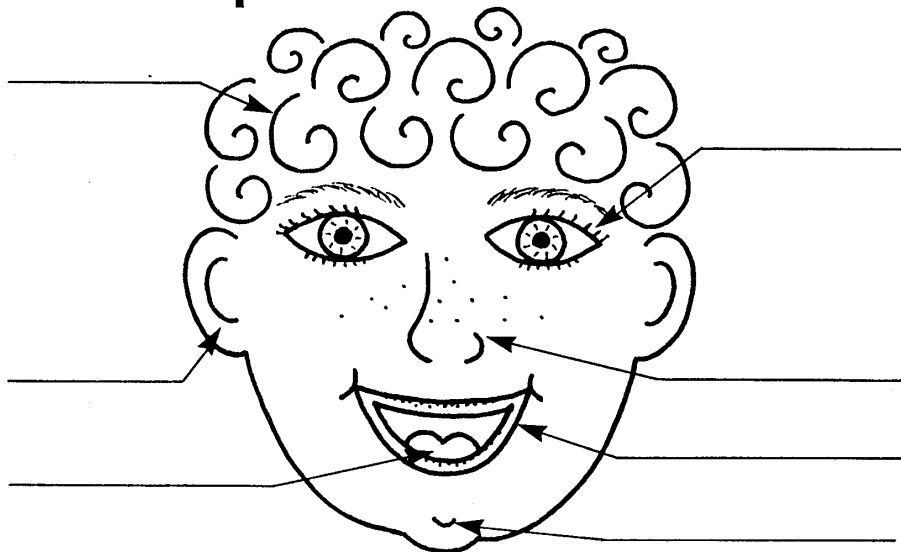
t \_ \_ st \_ \_



t \_ \_ \_ ch



Label the parts of the face.



eye  
mouth  
ear  
hair  
tongue  
nose  
chin



# WHAT AM I? — THE FIVE SENSES

Match the words to the pictures.



ear



nose



hand



eye



mouth

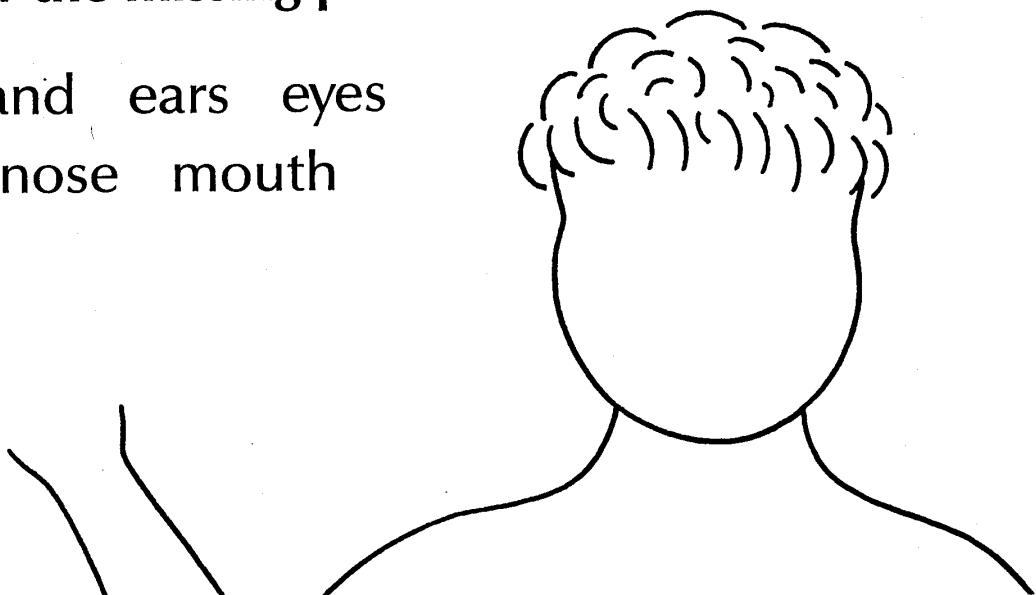
Put the correct word next to each sentence.

mouth    nose    hand    eyes    ears

1. I hear loud and soft sounds. \_\_\_\_\_
2. I smell food and flowers. \_\_\_\_\_
3. I see toys and books. \_\_\_\_\_
4. I touch soft and hard things. \_\_\_\_\_
5. I taste sweet and sour foods. \_\_\_\_\_

Draw the missing parts:

hand    ears    eyes  
nose    mouth



**My favourites**

My favourite game is

.....

My favourite book is

.....

My favourite food is

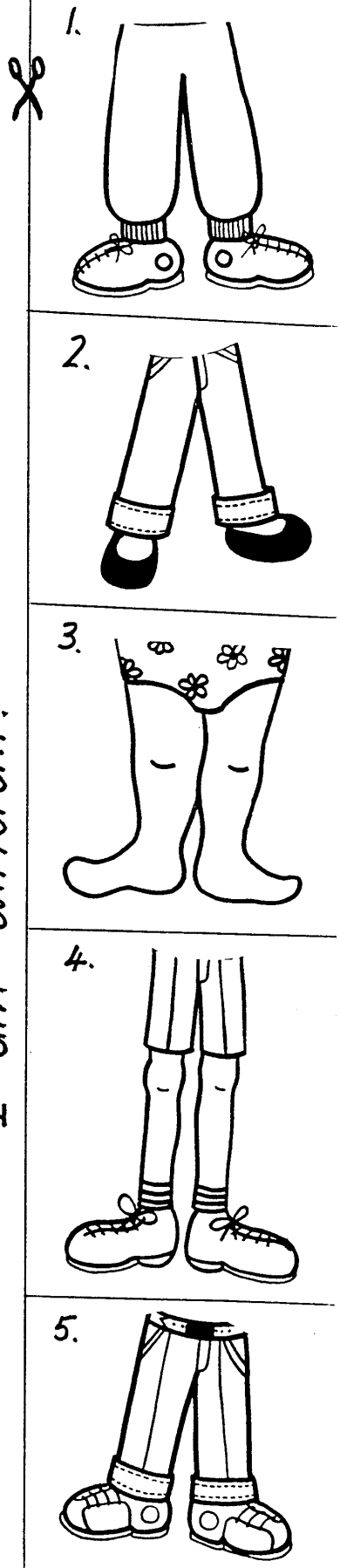
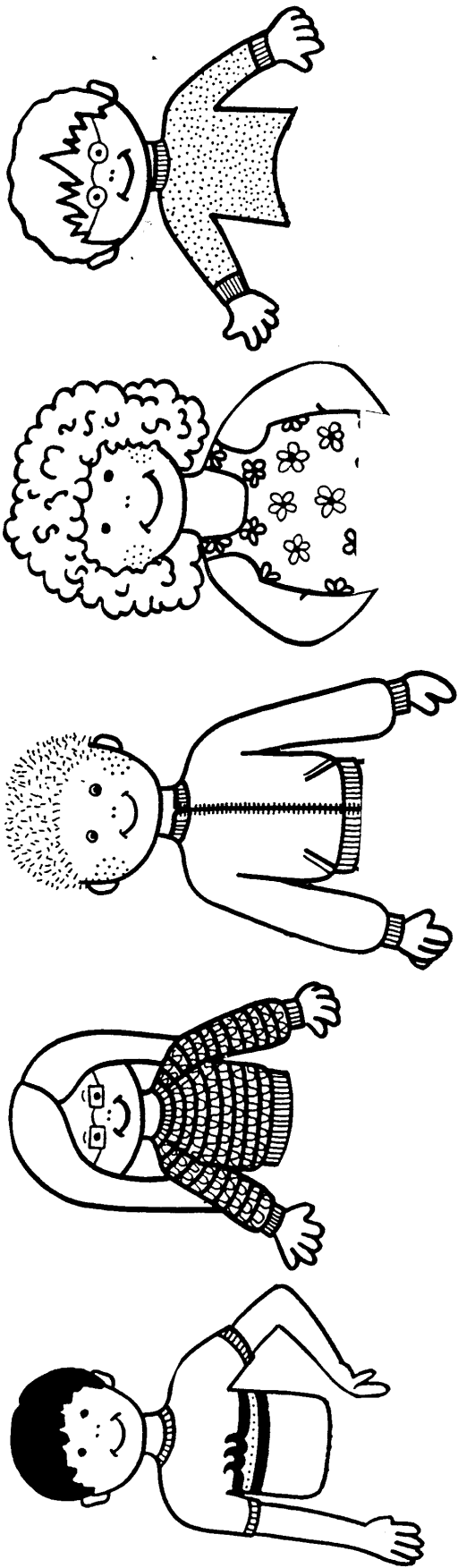
.....

My favourite colour is

.....

My favourite toy is

.....



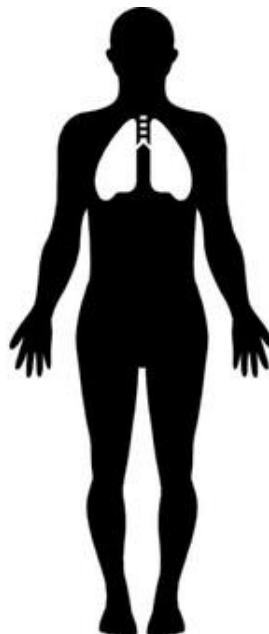
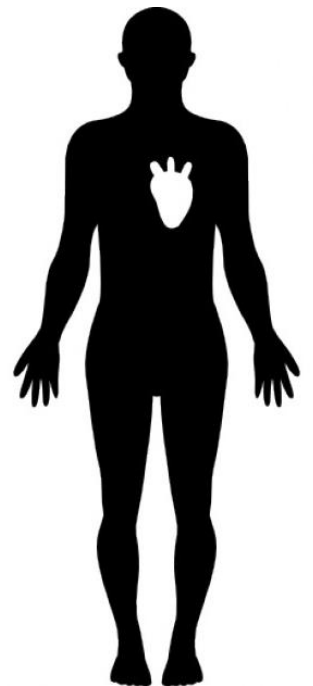
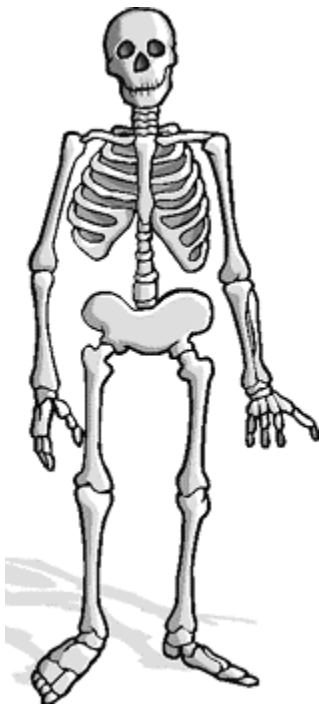
*I am different.*

# My Body

God loves me.  
He made every part of me.

(Use the following pages to make a book. Draw a picture in every box. Use the picture collection below to help you.)

## Picture collection



# **My body**

1

**My body is made of many parts. On the outside I have arms, legs, hands, feet and face.**

2

**My skin is on the outside. It stops me from getting too hot or cold. Skin can mend itself if I get a cut.**

3

**I have bones all over my body. Bones are on the inside. Bones hold up my body.**

4

**Bones are hard and strong. Some bones are big and some bones are small. You can see bones in an X-ray.**

5

**My brain is inside my head. My brain tells my body what to do. The bones around my brain keep it safe.**

6

**I breathe with my lungs. There are two lungs inside my chest. They fill up with air. Bones called ribs keep my lungs safe.**

7

**My heart is inside my chest. It is about the size of my fist. My heart is a pump. It pumps blood through my body.**

8