

Ann jumped up. “Let’s go to the park for a little while, Sara. Please?”

“I can’t this afternoon, Ann,” Sara answered. “I have another piano lesson in a little while and I need a short rest and a glass of milk.”

“But you don’t like milk,” Ann said.

“I know, but it’s good for me. When you’re pregnant you need to take good care of yourself so the baby will be strong and healthy. That’s why I exercise every day.”

“You sit down and I’ll get you a big glass of milk,” Ann said. “I want the baby to be healthy, too.”

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## *We Discover*


In the story, Sara spoke about exercise and eating healthy to keep her and her baby healthy. What other things do we do to keep ourselves healthy and keep others healthy as well? (washing hands with soap; using a tissue; sleeve sneezing; brushing and flossing teeth; not sharing hats or hairbrushes) You may wish to discuss how each hygiene habit keeps the individual healthy, while also keeping others healthy.

Recall that our lives are gifts that God gives to us. We show that we appreciate the gift of our lives by thanking God for our lives and caring for ourselves and others, just as Sara did when she was pregnant.

**Health and Physical Education  
expectation D2.5**

Invite the children’s comments on this part of the story of Sara and Dominic. Ask them:

- How did Sara and Dominic prepare for the new baby?
- Where does the baby grow before it is born?
- Why does Sara have to take good care of herself?
- What is the special prayer we say that tells us about Jesus growing inside his mother? (Remind the children of the words of the Hail Mary: “Blessed is the fruit of your womb, Jesus.” Explain to them that womb is another word for uterus.)



As you explore the story with the children, draw out the significant ideas, and record them on a chart. Use their contributions (rewording and summarizing as necessary), and encourage them to expand on their ideas to get at any important points that did not emerge in the discussion.

- It is God’s special plan for a new baby to grow inside a mother’s uterus.
- Mothers and fathers and other family members prepare for the baby.
- One way mothers prepare for a baby is by taking good care of themselves.

When the chart is complete, read it with the children and invite their comments. Is there anything that should be added? Removed? Ask the children to suggest a title for the chart.

## Using our Five Senses

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### Pre-Reading Activity

This material is intended to be delivered before the We Experience part of the lesson on page 128 of the Teacher's Guide.

In the story the children will hear today, Sara and Dominic are getting ready for Thanksgiving. You might say to students:

- Remember how we can imagine using our five senses? Let's think about Thanksgiving. What do you imagine you see, hear, smell, taste, and feel at Thanksgiving? Invite children to share their responses.

### OR

Students can write their own riddle about a holiday of their choice: I see \_\_\_\_\_. I hear \_\_\_\_\_. I taste \_\_\_\_\_. I feel \_\_\_\_\_. I smell \_\_\_\_\_. Write your own example on chart paper to use as an exemplar. Also, brainstorm the different holidays with the students and write them on chart paper for reference. Students can then share their riddles with the class.

Have students recall that our senses help us to appreciate the gifts of God's creation.

Continue now with the We Experience part of the lesson on page 128 of the Teacher's Guide.

### **Health and Physical Education expectation D1.4**