

Lesson 18 - God Gave Us Hands

Aims

To understand that God gave us hands to do many different things
To appreciate the sense of touch

Materials

- * My Hands by Aliko (Let's-Read-and-Find Out Science Book)
- * Objects for children to feel - soft & hard, smooth & rough, wet & dry, hot & cold, heavy & light, spongy, rubbery, bumpy, furry, bendy, sticky etc...
- * A feely bag with objects for children to guess - toy car, lego, spoon, pine cone, small soft toy, feather, balloon, money
- * pictures to cut out
- * paper, pencils, scissors, glue
- * Songs - Hear we go round the Mulberry Bush, Incy Wincy Spider
- * Story - beautiful Hands

Lesson Outline

1. Introduction
 2. Book & Discussion
 3. Activities - feel objects, guess objects, draw hand, cut & paste pictures, sing
 4. Review aims of lesson
 5. Prayer
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1) Introduction

Remind children about our five senses that God gave us. Today we will learn about hands and the sense of touch.

2) Book and Discussion

- * Read the book and look at the pictures. The book explains two things about the hands; a detailed look at the parts of a hand and what we use our hands for.
- * After reading get the children to do the things that the book explains.
- * Ask what favourite things they like to touch and why. How does it feel when they touch? What do they dislike touching?

3) Activities

- * Feel objects - Give the children different objects to feel (soft & hard, smooth & rough, wet & dry, hot & cold, stiff & bendy, bumpy & flat, sticky & non-sticky, spongy, rubbery, furry, etc)
- * Guess objects - Fill a feely bag with different objects (toy car, lego, spoon, pine cone, small soft toy, feather, balloon, money etc). Children take turns to guess what is inside.

- * Draw hand - Children draw around each hand, colour, cut them out and stick them on A4 paper.
- * Cut & paste -Cut out pictures of things to feel. Stick them on picture of girl raising her hand
- * Sing - “Here we go round the Mulberry Bush” to show the things we do with our hands
- “Incy Wincy Spider”
- * Extra story - Beautiful Hands. This story teaches that the most beautiful hands are those that are the most helpful.

5) Review the aims of the lesson

To understand that God gave us hands to do many different things

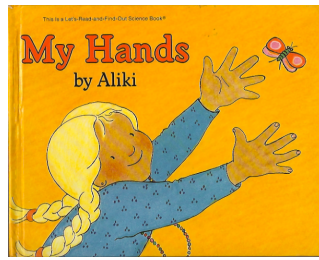
To appreciate the sense of touch

6) Prayer

Say a prayer together to thank God for our hands and all the things we can do with them.

My Hands by Alik

(Let's-Read-and-Find Out Science Book)



Peek-a-boo! Do you ever play finger games? Do you ever count on your fingers?

If you do, you know what I know. I have two hands. I have a left hand and a right hand. Each hand has five fingers. Each finger has a name. The names are: Thumb, Index, Middle, Ring, Little.

The thumb is the thickest finger. The index is the pointer. The middle finger is the longest finger. The ring finger holds the rings. The little finger is the smallest of all. Some people call it the "Pinky."

Each finger has a nail. The nail protects the finger. My fingernails help me to pick up little things. I put my hands together. The fingers of my right hand touch the same fingers of my left hand.

Now I stretch my fingers. Two are different from the others. My thumbs! They point side to side when the others point up and down. They point up and down when the others point side to side.. My thumb can touch any of my other fingers.

I can use my thumb and fingers to hold and grasp things. Try to hold a pencil without using your thumb. Try to button a button without using your thumb. Try to snap your fingers without using your thumb. It is not easy. We use our thumbs all the time.

This is the palm of my hand. I hold things in my palms. I use my palms to make snowballs. I use my palms to pat, to clap and to roll clay.

My fingers are sensitive. They tell me if I touch something hot, cold, smooth, rough or prickly. I am left-handed. Some people are right-handed. Some people are ambidextrous! They can use both hands for doing things.

My hands are covered with smooth skin. Inside there are many bones. I can feel my knuckles. If I look hard, I can see pale blue veins. Daddy's hands are different from mine. They are big and rough and bony. Mother's hands are soft . . .

. . . and Grandpa's are veined and wrinkled. Baby sister's hands will grow to be as big as mine. My hands will grow too. But I can do many things with my hands right now. I use them to push and pull, to cut and to build.

I use my hands to dig or tickle or eat, to scratch or swat or hammer. I use my hands to make music and to play games. Some people talk with their hands. Deaf people use sign language.

I use my hands on sunny days, on rainy days, even on cold days. On all days my hands help me to have good manners. I cover every cough and sneeze and yawn.

Some people use their hands to help them to shout or to say shhhh. I use them to say hello and good-bye.

For work or play, people use their hands and you do, too. Put your hands on your head. See how long you can keep them there without needing them.
See? How else could you have turned the page?

Here We Go Round the Mulberry Bush

Here we go round the mulberry bush
The mulberry bush, the mulberry bush
Here we go round the mulberry bush
So early in the morning

This is the way we wash our clothes
Wash our clothes, wash our clothes
This is the way we wash our clothes
So early Monday morning

This is the way we iron our clothes
Iron our clothes, iron our clothes
This is the way we iron our clothes
So early Tuesday morning

This is the way we mend our clothes
Mend our clothes, mend our clothes
This is the way we mend our clothes
So early Wednesday morning

This is the way we sweep the floor
Sweep the floor, sweep the floor
This is the way we sweep the floor
So early Thursday morning

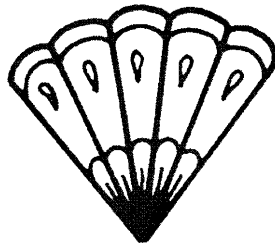
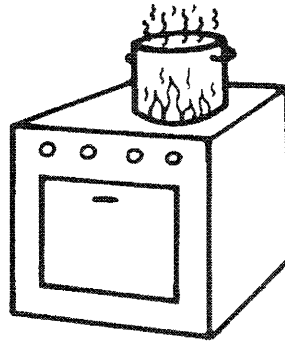
This is the way we scrub the floor
Scrub the floor, scrub the floor
This is the way we scrub the floor
So early Friday morning

This is the way we bake our bread
Bake our bread, bake our bread
This is the way we bake our bread
So early Saturday morning

This is the way we go to church
Go to church, go to church
This is the way we go to church
So early Sunday morning

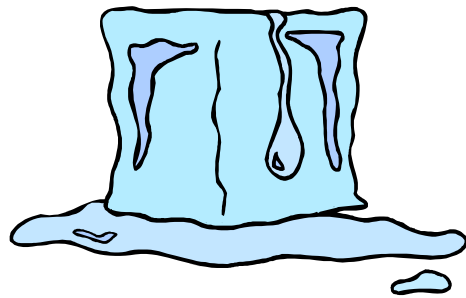
Incey wincey spider

The incey wincey spider
Climbed up the spout
Down came the rain
And washed the spider out
Out came the sun
And dried up all the rain
And the incey wincey spider
Climbed up again





Soft



Cold



Sharp

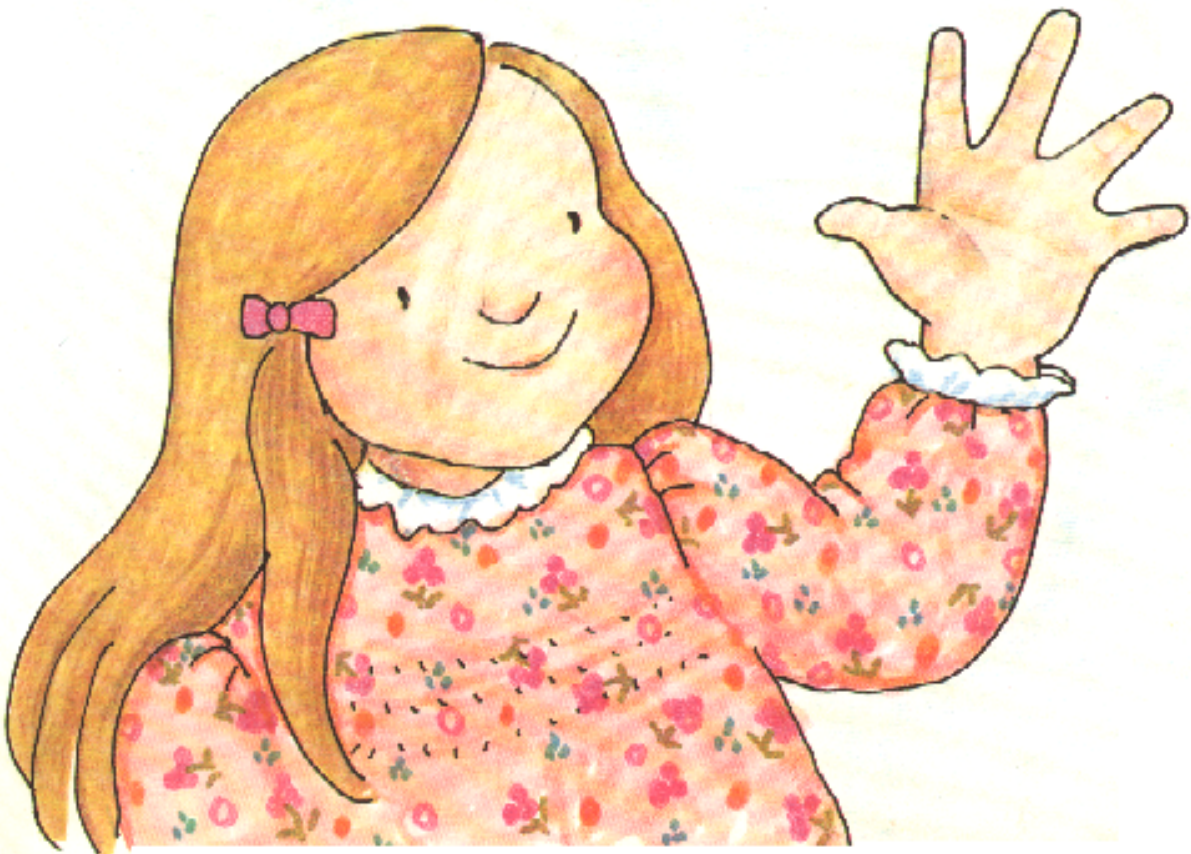


Hard



Hot

God Gave Us Hands



BEAUTIFUL HANDS

Adapted from Lawton B. Evans

Happy homes need helpful hands.

Some young girls were talking by the brook, boasting of their beautiful hands. One of them dipped her hands in the sparkling water and the drops looked like diamonds falling from her palms.

"See what beautiful hands I have! The water runs from them like precious jewels," said she, and held up her hands for the others to admire. They were very soft and white, for she had never done anything but wash them in clear, cold water.

Another one of them ran to get some strawberries and crushed them in her palms. The juice ran through her fingers like wine from a wine press until her fingers were as pink as the sunrise in the early morning.

"See what beautiful hands I have! The strawberry juice runs over them like wine," said she, and she held up her hands for the others to admire. They were very pink and soft, for she had never done anything but wash them in strawberry juice every morning.

Another one gathered some violets and crushed the flowers in her hands until they smelled like perfume.

"See what beautiful hands I have! They smell like violets in the deep woods in the spring time," said she, and she held up her hands for the others to admire. They were very soft and white, for she had never done anything but wash them in violets every morning.

The fourth girl did not show her hands but held them in her lap. An old woman came down the road and stopped before the girls. They all showed her their hands and asked her which were the most beautiful. She shook her head at each one and then asked to see the hands of the last girl, who held hers in her lap. The last girl raised her hands timidly for the old woman to see.

"Oh, these hands are clean, indeed," said the old woman, "but they are hard from toil. These hands have been helping Mother and Father dry the dishes, and sweep the floor, and wash the windows, and weed the garden. These hands have been taking care of the baby, and carrying hot tea to Grandma, and showing little brother how to build his blocks and fly his kite. Yes, these hands have been busy making the house a happy home, full of love and care."

Then the old woman fumbled in her pocket and brought out a ring set with diamonds, with rubies redder than strawberries, and turquoise bluer than violets.

"Here, wear this ring, my child. You deserve the prize for the most beautiful hands, for they have been the most helpful."

And the old woman vanished, leaving the four girls still sitting by the brook.