

## Science and Health - Week Five

### Light - Light and Sound are used to communicate

Goal - I can tell how light and sound are used for communication.

Read this [Mystery Science Lesson](#) together. Answer the questions together. Spend time on how we use light and sound to communicate in daily life. (driving - traffic lights, sirens, at home - timers buzz on machines, candles = special dinner, lights on = someone is home etc.)

Workbook - colouring page - picture of a lighthouse.

### Related craft project:

There are lots of crafts for kids with traffic lights or lighthouses. Make a lighthouse out of a toilet paper roll or the red plastic drink cups from Costco. Use slices of strawberry, banana, and kiwi to eat a traffic light snack.

### Health - I am a child of God

Goal - I know different ways to show love and respect to God and others.

How can we show love and respect for God?

- behaving respectfully during Mass, praying
- God created the birds, flowers, trees etc. How we treat the environment is showing respect for God as the creator. Get examples of how we can care for the environment.

How can we show love and respect for others? Break this down into specific people (parents, siblings, teachers, friends) How do our actions show love and respect?

- tone of voice, touch (hugs, pat on the back, holding hands)

Workbook page 5 - Who we show love and respect to - how we show love and respect.

## Science and Health - Week Six

### Light - Can you design and communication device?

Goal - I can use light to communicate.

Watch and discuss this [Mystery Science Lesson](#). I tried to find a grade-appropriate video on the use of Morris Code. It is an excellent example for this lesson as you can use light or sound to communicate the message. If you are familiar with Morris Code, you can talk about it with your child.

Task - Use light or sound to create a way to communicate.

This is the end of the Light and Sound units. In the classroom, I would take time to go over the booklets and review the things we have learned.

### Health - I am a child of God

Goal - I understand that taking care of my body shows love and respect for myself and also for God, who created me!

We talked about how taking care of the environment is a way we show love and respect for God. We also talked about how to show love and respect to others. How can we show love and respect for ourselves?

Examples - eating good food, exercise, get enough sleep, avoid things that aren't good for us, basic hygiene, go to the doctor when sick

Bible verses to consider - Psalm 139:14, Ephesians 2:10, I Corinthians 6:19-20

Workbook page 6 - Routines to take care of my body