

Path to Peace Inside: Elementary Teaching Aids

WEEK 1

Amazing Body Clues

Our bodies can do amazing things. Read the following clues out loud and then ask children to guess the body part.

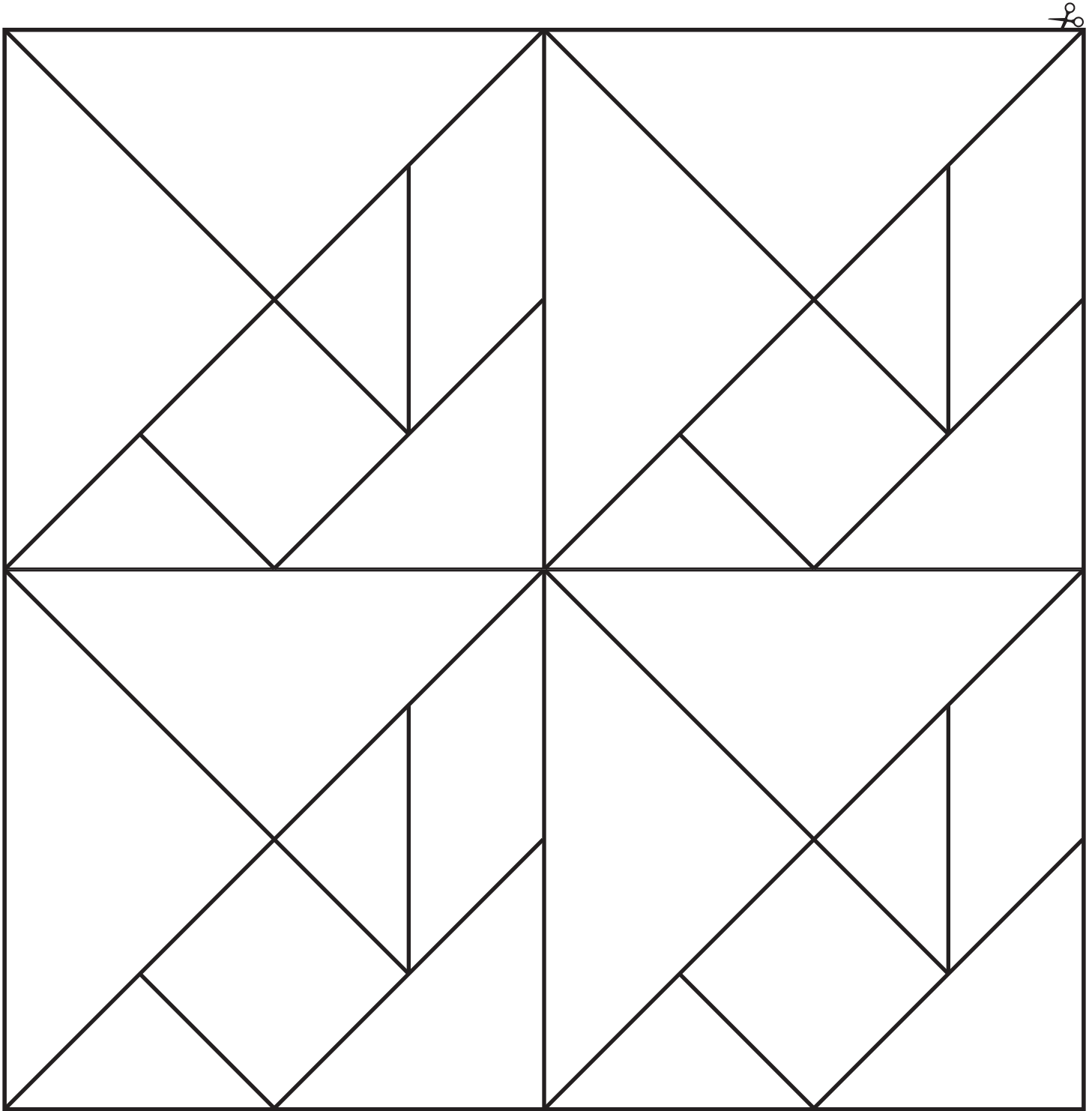
	Clue	Body Part
1.	You have more than 10,000 of these that help you to enjoy eating food.	taste buds
2.	This part of the body has 27 bones and 30 muscles.	hand
3.	These muscles move more than 10,000 times a day	eye
4.	This part of the body has the largest bone in your body.	leg/thigh
5.	This joint can move forward, backward, and side-to-side.	thumb
6.	For many people this part of the body can recognize up to 10,000 different colors. (Note: Some people are colorblind.)	brain
7.	This part of the body has the same number of bones as its counterpart in a giraffe.	neck
8.	This part of the body contains your smallest bone.	ear

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WEEK 1

"Talk About You" Squares

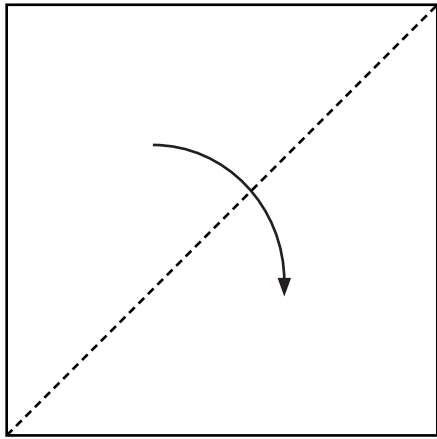
Copy and cut out the four large squares (not the individual shapes) to each child has one for Explore (Talk About You).



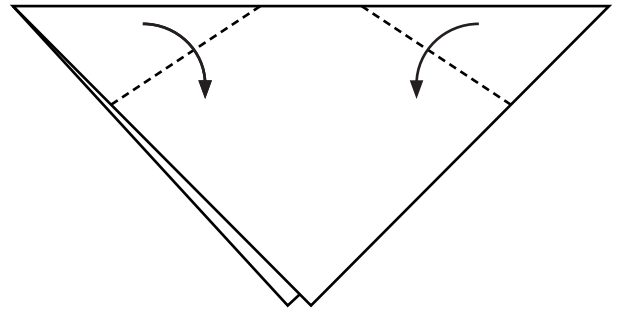
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WEEK 14

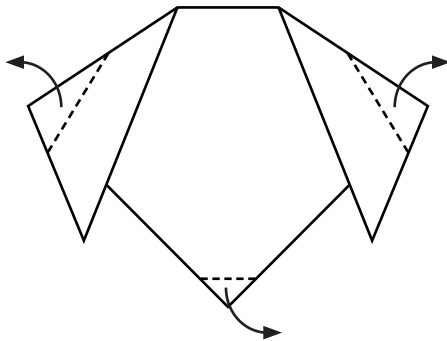
Origami Sheep Instructions



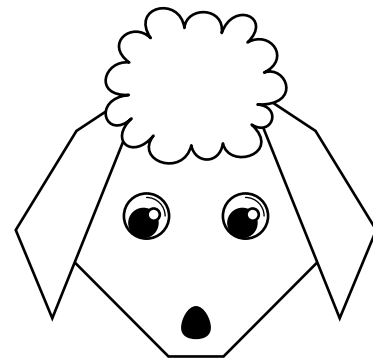
1. Fold square paper in half diagonally.



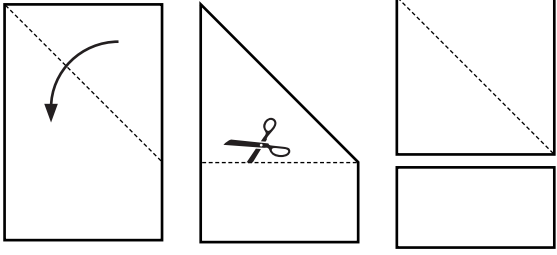
2. Fold a triangle down on each side to make ears.



3. Fold back the corners of the ears and nose.



4. Decorate the finished sheep: Add googly eyes. Pull apart a cotton ball and glue small bits onto the sheep.



Tip: Make your own square paper. Fold a sheet of copy paper as shown. Cut the bottom edge off. Unfold the paper.

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WEEK 15

Instructions for Making Instruments

Choose one or more of these options for use in Explore.

Envelope shakers: Scoop some dry beans, popcorn kernels, small stones, or buttons into a small envelope. Tape the envelope shut. Fold it in half and tape again to make a handheld shaker.

Paper plate tambourine 1: Punch holes around the edge of a small, sturdy paper plate. Use yarn to tie small jingle bells in the holes. *Optional:* Tape lengths of ribbon along one section of the plate.

Paper plate tambourine 2: Hold two small, sturdy, paper plates so they are facing. Staple around the edges, leaving an opening to put some popcorn kernels or dry beans inside. After scooping them in, finish stapling. Then cover the staples with colorful masking tape.

Tin can bongo shaker: Put a handful of popcorn kernels or dry beans in a clean, dry tin can that does not have any sharp edges. Cut the end off a balloon and stretch it over the opening of the can. Secure with rubber bands. Play it in multiple ways: shake it, tap the top like a drum, or tap the side with a spoon or chopstick for interesting sounds.

Trumpet: Cut the bottom off a small paper cup. Attach it to one end of a decorated paper tube using tape to make a trumpet. The cup forms the bell of the trumpet.

Kazoo: Put a square of wax paper over one end of a decorated paper tube. Secure it in place with a rubber band. Hum or sing through the other end.