

I Know My Father Lives – What Makes Someone Alive?

Important Note: Be mindful to consider recent family deaths or traumas the children may have experienced. Be careful in your word choice and approach to focus on science and fun, and not on life vs death.

Supplies:

- **Lungs: Paper Lunch Bag, Straw, Tape**
- **Heartbeat:** Egg Shakers
- **Brain Activity:** Plasma Lamp or Fiber Optic Lamp or Finger Lamps

Introduction:

- Start by singing through I Know My Father Lives.
- Ask the children how do you know if someone is alive? What signs do you see? (Collect answers)
- Tell the children that you're going to try 3 fun experiments that show how we are all alive!

#1 – Let's Breathe!

- Assemble paper lungs ahead of time. First, inflate the paper bag. Then, twist the end of the paper bag closed at the open end at the top. Slip in a straw. Then, twist the end back up and seal with tape.
- For additional help see my post on Paper Lungs here: <https://www.amomstake.com/kid-friendly-science/>
- Have the children feel their belly and take a big deep breath. Hold their breath. Then release slowly. Ask why their belly inflates?
- Have the kids breathe air in and out of the paper bags through the straw. They will watch it inflate and deflate.
- Have the children pay attention to how their belly raises and deflates as they sing through the song again!

Lungs Alternative Ideas: Adjust this lesson by having each children make their own lungs. Have them just securely hold the straw within the bag, clutching the bag, rather than using tape. Or you might make 1 per class ahead of time and let one volunteer from each class help you with this demonstration.

#2 – Steady Heartbeat

- Ask the children what a heartbeat sounds like. Have they ever heard a heartbeat? (Add a Heartbeat sound clip)
- What pattern do you hear? Do you hear a rhythm?
- Grab an egg shaker and shake in the consistent pattern of a heartbeat: Quick shake-shake, then rest. Repeat!
- Sing along to I Know My Father Lives and use the egg shakers to add a heartbeat track to the song.
- The cadence I used is doing a quick 2 shakes at the start of each measure and resting the rest of the words/notes: Know, lives, loves, too, Spirit, This, Tells, True, Tells, True.

Heartbeat Extension Idea: As another fun add on, you can have the children try to find their heartbeat!

Heartbeat Extension Idea: Repeat singing through the song with a faster heartbeat! Have the children jog in place or do jumping jacks for 30 seconds. Check how their heartbeat has changed then sing and shake at a faster cadence!

#3 – Brain Activity

- Use a plasma lamp or fiber optic lamp and let the kids take turn touching the lamp and see how it responds!
- Or use finger lights and have the children demonstrate how quickly a light can turn on, and off, and on again.
- That's just like our brains! They have an amazing ability to power our bodies!
- Sing through the song again and have the children focus on their brain and all the work it's doing to help them stand up still, wave around your finger, move your mouth to sing the words, and remember and recall the song!

Discuss & Sing:

- How do we know that Heavenly Father Lives? We know they live because they created us, they have physical bodies, they breathe and have a heartbeat, we know they think and know all things!
- Ask the children to pay attention to the Spirit that testifies, too, just like the song teaches as you sing once more.



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