

Our Life Before Birth-It's Amazing!

Elementary Lesson Plan – last updated May 2023

Anglicans for Life at The Falls Church Anglican, Falls Church, VA. Contact email: tfcafl@gmail.com

This lesson plan is geared for grades K-5 and can be adjusted for the age level of each class. There is more material below than will fit in a 45-minute class, so you can pick and choose what will work best for your particular group.

Introduction

Have you even wondered what it was like before you were born? Because you were ALIVE before you were born, growing inside your mother. Does anyone know how long you are inside before being born? (9months). Today we will look at what God says about our life before we were born. We are going to use the Bible, God's Word, as we always want to start there. We're also going to use science, which is when people study the world to see what it's like. For example, here is a stethoscope, it's a science tool for doctors to study your heart and hear it beating. We're going to put the Bible & science together to find out what's true about our life before we are born.

Booklet – My Life Before I was Born (attached)

Glue pictures and answer questions as read through book

- pg 2-3 Read scriptures. Key points: God gives us life; human beings are created in the image of God; God knew us personally inside the womb and we are wonderfully made

Watch Baby Olivia Movie – LifeAction.org, starting at second 40

- pg 4-5 Discuss how fast you grow. Start off size of dot. You were 1 cell. Heart started to beat right after you were 3 weeks old. You are size of raisin then. Look different but still you!

Listen to Baby heartbeat at 4 weeks – EHD.org. Use “prenatal age referenced from fertilization”

Can you feel your heart beat? (neck – carotid artery – pulse)
Is that faster or slower than your heartbeat today?

- pg 6-7 Answer hiccup question and “1” inch long. Show how big 1 inch is.
- pg 8-9 Answer “2” inch long – double size. Can you imagine if you were twice as tall as you are now in 3 weeks? Really growing fast. Glue in hand – skin translucent. Suck thumb after born? Right or left hand? Unique fingerprints. Make ink fingerprint.

Show and/or give 10-week rubber baby model – hh76.org

- pg 10-11 Still growing fast – how are you getting food and water? Umbilical cord falls off right after you are born. Glue in picture and find belly button. Discuss God's design for being cared for in womb. Very safe place.
- pg 12-13 Hear mom (and dad's) voice. Answer ear size question (ears don't keep growing, but sometimes grandparents' ears look bigger as age because sagging not growing, from gravity!)

- pg 14-15 Write in age now, and add a current picture when you get home
- pg 16 Recap God's design and love for us. Encourage writing a prayer of thanks or praise to God when get home. Show booklet to someone.

Other Activities and Resources

Songs "You Knit Me Together" by Steve Green
 "I am Not My Own" by the Getty Girls

Craft – Bracelet with heart beads to show that the baby's heart starts beating at 3 weeks

Supplies from Hobby Lobby: Elastic Cord (SKU 794941), Heart Beads (SKU 101840), Crystal AB Pony Beads (SKU 1735489)

- tape down the top of an elastic cord (11" length) on the table facing each student
- give each student a baggie with 6 heart beads and 18 clear round beads
- student slides on 3 clear beads, then 1 heart bead; repeat 6x (smaller children may only need 5x)
- help student remove tape and tie bracelet with triple knot, snipping the extra ends

You were smaller than the clear bead when your heart started beating. The 3 clear beads show that your heart starts beating at 3 weeks. Tell a friend what the bracelet means, wear the bracelet, or give it to someone who would like it.

Stethoscope – Children can listen to their own heartbeats with adult help. Clean with wipes in between each child.

Visit from pregnant mom & her husband

We have 3 special guests today. This is ____ & _____. Do you know where the other special guest is? Tell us about what it's like to have a baby inside of you! Let the children ask questions. How old is your baby? Can you feel your baby move? Can we say hello to your baby? Listen to heartbeat with doppler. Pray together for this growing family.

Cell Division – demonstrate exponential growth of embryo/fetus using poker chips or little pompoms. Start with 1 – 2 – 4 – 8, etc.

Make dot on paper. That's you at the very beginning of your life. Even though you were just the size of a dot when you started out, you were still you – a very tiny human being. Even when you were just 1 cell, you had everything you needed to be you. The color of your eyes, how tall you will be, the shape of your toes, it's all there. God puts an instruction book in the cell that tells it how to grow, called DNA. The instruction book is just for you, no one else has ever been created just like you. You are ONE OF A KIND and very special.

Each cell keeps dividing (exponential growth) until a grown person has 30 trillion cells – 30,000,000,000,000 (if you have a white board, write this number, seeing if the students can guess how many zeros it will have). The cells become different parts of your body – like hair, skin, teeth, heart.

Compare human growth to that of a plant - It starts out as a seed and grows into a houseplant, or bush, or big tree. The seed was still the plant, just in its first form. It just needs to grow. Show a packet of seeds, perhaps of a parsley plant. Ask if I planted the seeds would I get a watermelon? Of course not. A parsley seed will

grow into a parsley plant. Show bell pepper. Cut open to see the seeds inside. If I planted these seeds, what will they grow? A banana? No, a pepper, of course. A one-celled little human will grow up to be a big human. Just like you are still growing now! Next year you will be bigger than you are this year.

Recap - Let's tell others what we've learned today. Who is someone you can tell? What will you tell them? Review some things we've learned. Baby starts as 1 cell; grows to 30 trillion. Umbilical cord delivers food, water, oxygen. We grow very fast as cells divide. Baby can yawn, kick, suck thumb. Baby's heart beats at 3 weeks. Baby's heart beats faster than mine. God made the womb to be a safe little house. God made us very special.

Prayer Time - Let's take a moment to talk to God about unborn babies and their mommies. One of the best things we can do for them is to pray for them. Who knows a mom who is pregnant? We can pray for strength and good health. We can pray for people to come to know God better because of the gift of this baby.

Take Home Envelope (possibilities)

Summary of Today's Lesson
booklet, bracelet, baby model

Bookmark with Prayer - shopafl.org/ (view catalog)

Watch Me Grow brochure – LittleOnePublishing.com

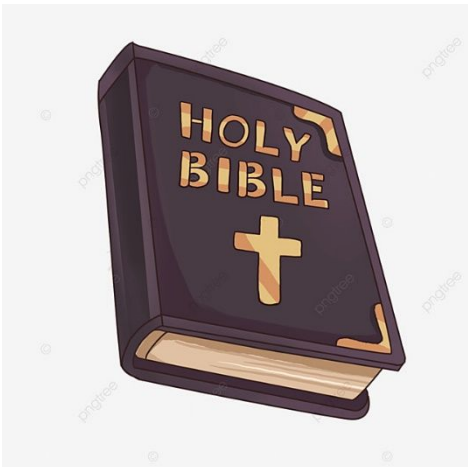
Followup

Parents can borrow books from Family Resource Box (see below)

A Book about

Before I was Born!

What does the Bible say?



Job 33:4 – God gave me life.

The Spirit of God has made me;
the breath of the Almighty gives me life.

Gen 1:27 – I show what God is like in a special way.

So God created mankind in his own image,
in the image of God he created them;
male and female he created them.

**Ps 139:13-14 – I am wonderful, and God knows and
loves me.**

I praise you because I am fearfully and wonderfully
made; your works are wonderful, I know that full well.

My frame was not hidden from you when I was made
in the secret place, when I was woven together in the
depths of the earth.

My heart started to beat
when I was just over
___ weeks old.

My heart rate got as high
as _____ beats per
minute before birth!

Today my heart rate is
about _____ beats per
minute.

At 7 weeks old, my fingers
and toes were growing,
and I had brain waves.

Could I hiccup?

yes

no

I was almost _____ inch long.



At 10 weeks old, I was _____ inches long.

My fingerprints started to form. They belong only to ME!!

Could I suck my thumb?

yes

no



My fingerprint now



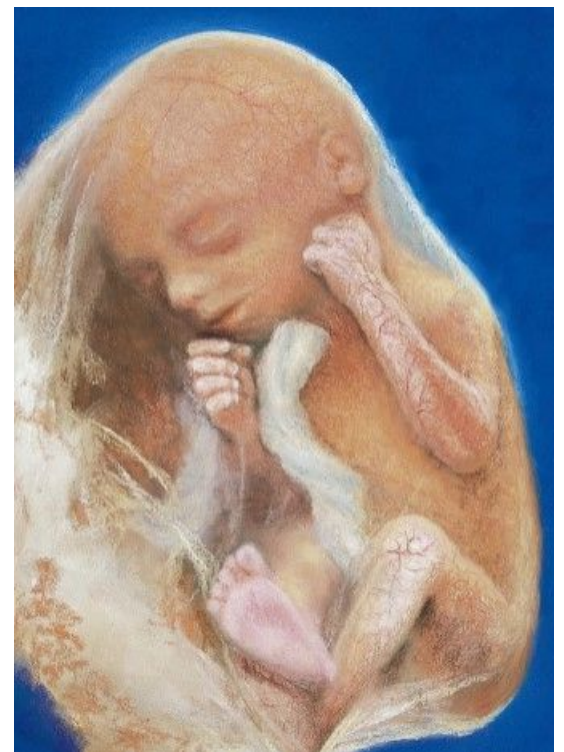
At 16 weeks old (4 months) my mom could feel me kick!

I got food and water through the umbilical cord.

Do I have a belly button now?

yes

no



At 25 weeks (6 months), I liked hearing my mom's voice.

Will my ears keep growing all my life?

yes

no



At 38 weeks (9 months), I was feeling SQUISHED and ready to be born!



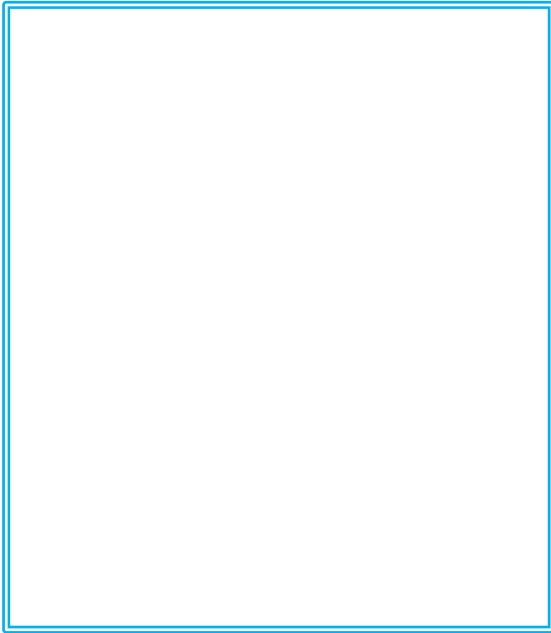
Here is what I look like now.




Age: _____

God says, "I have called you by name, you are mine." (Isaiah 43)

I am known and loved by God!



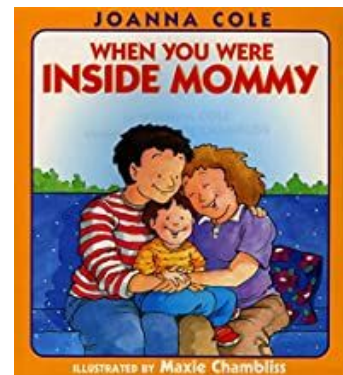
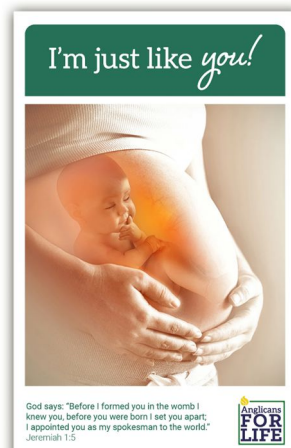
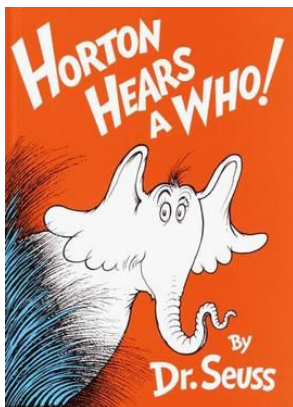
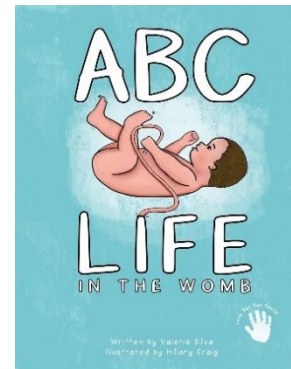
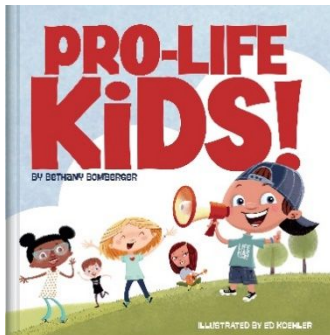
My prayer to God. 

Here are answers to the booklet questions:

- baby's heart started to beat at just over **3 weeks** old
- baby's heart rate got as high as **160 beats** per minute before birth
- today your child's heart rate is about **75 beats** per minute
- could baby hiccup at 7 weeks? **Yes**
- baby is almost **1 inch** long at 7 weeks
- baby is **2 inches** long at 10 weeks
- could baby suck thumb at 10 weeks? **Yes**
- does child have a belly button? **Yes**
- will ears keep growing throughout life? **No** (but older people's ears sometimes appear longer-gravity!)

Growing a Pro-Life Family

TFCA Anglicans for Life Family Resource Box – borrow



(Set of 14 flashcards)

TFCA Anglicans for Life Family Resource Box – free



Fold-out brochure with beautiful, medically-accurate illustrations of a baby's development in the womb.



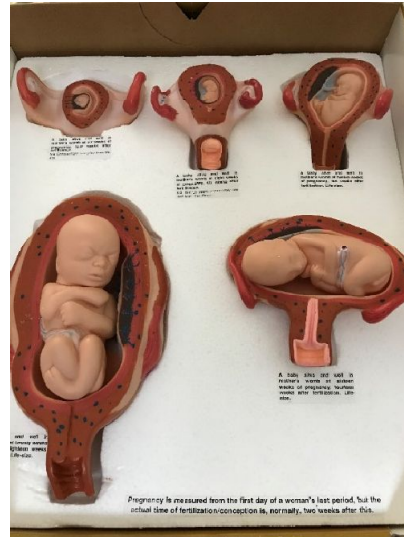
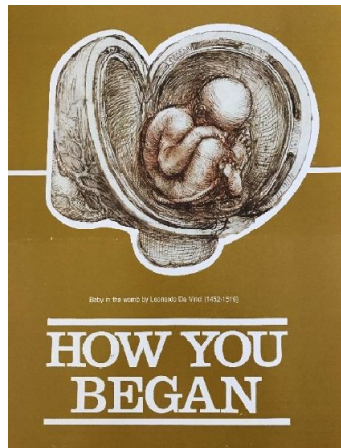
Car Magnet
Designed by TFCA Youth!



Realistic 10-12 week fetal model, soft to the touch and lifelike in appearance. Comes with a card describing child development in the first trimester of life.

The Family Resource Box is periodically available in the Learning Center entryway during Sunday School. Or please contact Jeanne Lee at tfcafl@gmail.com to obtain these items.

Available to borrow upon request (for use in families, educational settings, homeschool)



Fetal models (bigger ones are life-size and removable).

On-Line Resources

<https://babyolivia.liveaction.org/> - *Meet Baby Olivia* video. Realistic and medically accurate animation of a baby's development inside her mother's womb.

<https://lozierinstitute.org/voyage/> - *The Voyage of Life*. Step-by-step journey of human development in womb. Video and online lessons.

<https://www.ehd.org/> - Actual video footage of pre-born life each week of gestation (Endowment for Human Development)

<https://www.focusonthefamily.com/pro-life/top-pro-life-movies-and-books-for-the-whole-family/>

<https://momlifetoday.com/2013/06/a-persons-a-person-no-matter-how-small/> - Ideas for teaching about the Sanctity of Life

<https://www.babycenter.com/pregnancy/week-by-week/>

Join TFCA Anglicans for Life!

Stay informed about ways to uphold the sanctity of human life in our church and community. Visit our website at <https://www.tfcafl.org/>. Receive periodic emails by joining the TFCA Anglicans for Life group on Realm – to join, please email Jeanne Lee at tfcafl@gmail.com.