



## PURPOSE

To distinguish living beings from non-living things.

## LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Name and explain the three powers that distinguish living beings from non-living things.
2. Identify concrete uses of these powers from their own lives.

## MATERIALS & RESOURCES

- **Beings & Things** flashcards (see Materials)
- **Powers in Action** worksheet (see Materials)

## VOCABULARY

- **power**: the ability of a living thing to do something on its own
- **living being**: any being with a power to do something on its own (plants, animals, humans)
- **eat**: the power to take in food
- **grow**: the power to increase in size from within
- **reproduce**: the power to create another being of the same kind

## PROCEDURE

**Step 1:** Review the previous lesson. Repeat with students the **Dignity Statement**, along with the sign language and gestures:

Human dignity is the special value, or importance, that:

- we humans have,
- we always have,
- just because we're human.

Explain: Today and over the next few lessons, we are going to think more about who we are, what we can do, and who we can become. This will help us to understand even more what it means to be a person with dignity!

**Step 2:** Introduce the hierarchy of living beings with a class exercise.

Ask:

- When I say the word “powers,” what do you think of?
- Superheroes are characters in books and movies, but did you know that we have powers, too?  
Can you think of what kinds of powers we might have?

Ask students to list different types of things they see at or around school. As students give their answers, place them in the correct but unlabeled column. After twenty or so answers, ask students to figure out the differences between the categories, and label them as students answer correctly.

**Exercise:**

desks	grass	fish	teacher
pencils	flowers	sparrows	janitor
white boards			parents

**Result:**

<b>non-living things</b>	<b>plants</b>	<b>animals</b>	<b>humans</b>
desks	grass	fish	teacher
pencils	flowers	sparrows	janitor
white boards			parents

Then hand volunteers additional *Beings & Things* flashcards to sort into the correct category.

Discuss any questions or confusion.

**Step 3:** Teach the powers. Explain: What makes living beings different from non-living things is the ability to do different things on their own. We call these special abilities powers.

Write on the board:

- **power:** the ability of a living thing to do something on its own

Explain: Non-living things are unable to do anything on their own. They have no powers. Objects like computers or calculators have to be designed by humans first before they can do anything, while plants, animals, and humans can do certain things because they are part of what or who they are.

**Step 4:** Teach the three powers all living beings share, asking students to demonstrate an understanding of each power as you write the definition on the board.

- **eat:** the power to take in food
  - Show me how a snake eats.
  - Show me how a human eats.
- **grow:** the power to increase in size from within
  - Show me how a flower grows.
  - Show me how a human grows.
- **reproduce:** the power to create another being of the same kind
  - Ask: How would our world be different if there weren't any living beings in it?

Explain: Each of these three powers has a specific purpose. The purpose of each power is to help make it possible for plants, animals, and humans to be alive; to have life.

Since plants, animals, and humans have to eat in order to live, for example, their existence is different from that of non-living things, such as rocks, which don't have to eat and don't have any power to do things on their own. Animals and humans have other powers besides these. We will learn about them in future lessons.

For now, let's identify some of the ways in which we use these powers in our own life. Ask each student to complete the *Powers in Action* worksheet.

Ask:

- What are some examples of activities you can do to help you grow?

**Step 5:** Summarize.

Begin with a share-out:

- What are powers? [the ability of things to do something on their own]
- Do non-living beings have any powers? [no]
- Do living beings have any powers? [yes]
- What powers? [to eat, grow, reproduce]

Explain: We learned today that the existence of powers separates living beings from non-living things. All living beings, humans included, have the three powers that make it possible for us to live: the powers to eat, grow, and reproduce. In order to be living, healthy, excellent people, we need to practice these powers as much as we can!

### FOLLOW-UP & HOMEWORK

## All Living Beings: Powers to Eat, Grow, Reproduce

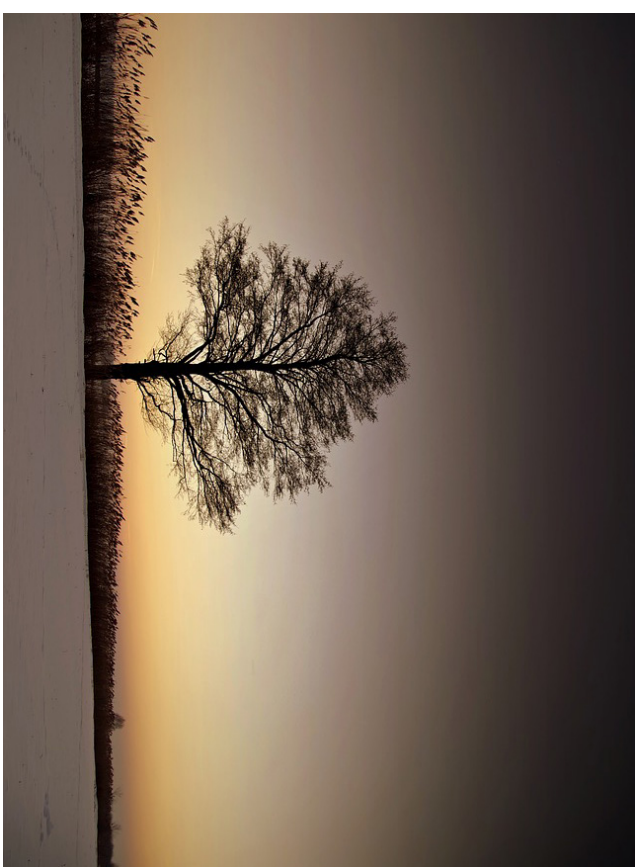
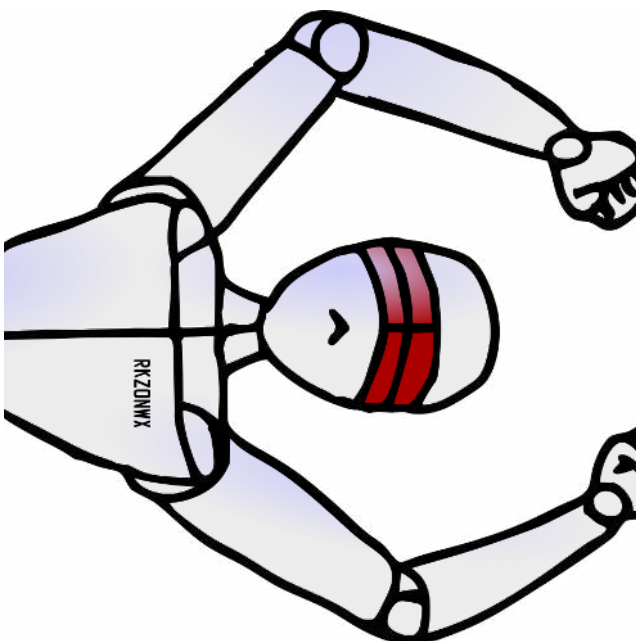
Human Dignity Curriculum – Grade 3 | Lesson 2

Put into practice one concrete activity for growing from their *Powers in Action* worksheet.











Name: \_\_\_\_\_

## POWERS IN ACTION

**Directions:** Draw everything that you ate yesterday.

In the chart above, circle the healthy foods and put a square around the unhealthy foods.

Choose one unhealthy food you want to try to give up.

What can you eat instead?

Write out what you have done for exercise in the last week:

Brainstorm three activities you can do to help you grow:



Name: \_\_\_\_\_

## POWERS IN ACTION

**Directions:** Draw everything that you ate yesterday.

In the chart above, circle the healthy foods and put a square around the unhealthy foods.

Choose one unhealthy food you want to try to give up.

What can you eat instead?

Write out what you have done for exercise in the last week:

Brainstorm three activities you can do to help you grow: