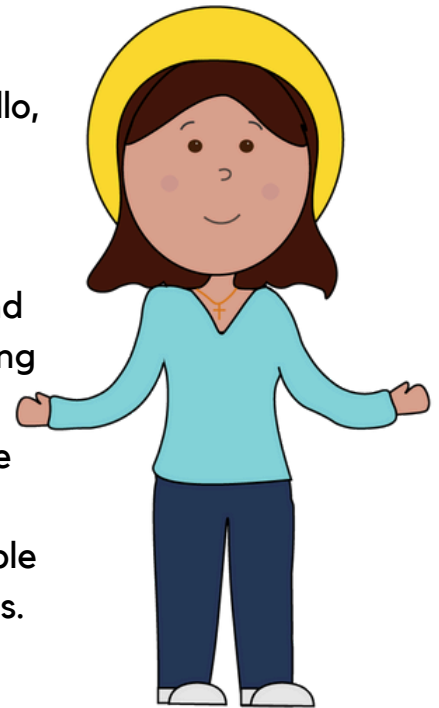


CELEBRATING ALL SAINTS

BLESSED CHIARA BADANO

Chiara Badano was born on 29 October 1971 in Sassello, a small town in northern Italy. From a young age, Chiara was known for her joyful spirit, love of sports, and deep faith. At age nine, she joined the Focolare Movement, a Catholic community focused on unity and love, where she was given the nickname Luce (meaning "light") by the founder. At 17, Chiara was diagnosed with a bad sickness in her bones, but she stayed close to Jesus through it all and turned the hard things she suffered into prayers for others. She is a great example of someone who followed Jesus even in the hard times.



EXERCISE DICE

Blessed Chiara Badano had a strong love for sports and one of the ways she lived her faith was through her athletic pursuits. She especially enjoyed tennis, skiing, and swimming, and was known for her vibrant, active lifestyle. She is a patroness for athletes.

This dice is a fun way to use your body! As you exercise, be thankful for the wonderful things your body can do! Ask Blessed Chiara to pray for you so that you can be joyful in all you do!

YOU WILL NEED:

- a printed template for each child
- scissors
- glue or tape

INSTRUCTIONS:

- Have the children cut out the templates.
- Fold in the tabs as indicated
- Glue the folder tabs under the dice squares
- Allow to dry, then play with the dice and do the exercise that the dice lands on.
- NB to make the dice stronger, print the template on card and/or cover with clear contact.

OPTIONAL ACTIVITY:

Exercise Relay:

- With some cones mark out a 10-20 metre running track that the children have to run to before returning back.
- Split your group into even teams of three to five and then have them stand in a line at one end of a field. Get the children to stand in a straight line with each team holding one exercise dice each.
- One at a time the person at the front of the line will roll the dice and perform the exercise that is on that dice.
- Once they have finished performing the exercise they have to run the 10 - 20 metres to the cone and back to their group.
- Meanwhile the next person in line will pick up the dice and get ready to roll it as soon as their teammate has finished the relay.
- The first team to get through all their teammates and sit down is the winner.
- **Note:** change the rule on the dice "Run on the spot for 30 seconds", to "Run on the spot for 10 seconds" to make it more fair.



