

Guideline for Suggested Activities



Activity: Visual Teaching Aid



Suggested Time: 5-20 minutes



Ideal Number of Participants: Any size group



Card Set: Double-sided Card Set



Instructions: Display the image side of a card to participants while using the information on the back as discussion points. Facilitators may use the cards individually to highlight specific concepts or move through multiple cards to provide an overview of human growth and development during pregnancy. Participants may be invited to share observations before the facilitator introduces additional information from the fact side of the card.



Activity: Timeline Sequencing Activity



Suggested Time: 10-20 minutes



Ideal Number of Participants: Up to 30



Card Set: One-sided Card Set - Image Only



Instructions: Shuffle the cards and ask participants to work individually, in pairs, or in small groups to place the cards in the order they believe events occur during pregnancy. Encourage discussion and reasoning before reviewing the correct sequence as a group. Facilitators may choose to include only developmental stages, only milestone cards, or the entire card set depending on the age and experience of participants.

Guideline for Suggested Activities



Activity: Find Your Match



Suggested Time: 10 - 15 minutes



Ideal Number of Participants: 8 - 30



Card Set: One-sided Card Set - Image and Fact Cards



Instructions: Distribute image cards to some participants and fact cards to others. Participants move around the room reading, discussing, and comparing cards to find their matching partner. Once matches are identified, pairs can explain to the larger group why they believe their cards belong together before the facilitator confirms the correct match.



Activity: Build a Development Timeline



Suggested Time: 15 - 25 minutes



Ideal Number of Participants: 4 - 30



Card Set: One-sided Card Set - Image and Fact Cards



Instructions: Place the image cards around the room, on a wall, or across a table. Working together, participants determine where each fact card belongs and place it beneath the corresponding image card. Once all cards have been placed, review the matches as a group and discuss the developmental changes occurring throughout pregnancy.

Guideline for Suggested Activities



Activity: Small Group Sorting Challenge



Suggested Time: 10 - 20 minutes



Ideal Number of Participants: 4 - 40



Card Set: Either Card Set



Instructions: Divide participants into small groups and provide each group with a complete card set. Groups work together to organize the cards into developmental stages, place them in sequence, or match images and facts. Groups compare answers and discuss any differences before reviewing the correct responses. Use appropriate card set based on the task, or instruct participants not to flip cards over until instructed



Activity: Race to Sequence



Suggested Time: 10 - 20 minutes



Ideal Number of Participants: 6 - 40



Card Set: Either Card Set



Instructions: Divide participants into teams and provide each team with a shuffled card set. Teams race to place the cards in the correct developmental order. Once finished, teams explain their reasoning and review the sequence together.

Guideline for Suggested Activities



Activity: Review and Reflect



Suggested Time: 5 - 25 minutes



Ideal Number of Participants: Any size group



Card Set: Either Card Set



Instructions: After viewing the Human Growth and Development videos, use the cards as a review activity. Participants identify one new thing they learned, one fact that surprised them, and one question they still have. Facilitators can use the cards to reinforce key concepts and address remaining questions.

Guideline for Suggested Activities



Activity: Find the False Fact



Suggested Time: 5 - 15 minutes



Ideal Number of Participants: Any Size Group



Card Set: Double-sided Card Set



Instructions: Display an image card to participants. Read three statements related to the card. At least two statements should be accurate (already provided on the back of the card), and one should be false. Participants vote individually, with partners, or as a group to identify the “false fact”. After voting, reveal the correct answer and discuss why it is incorrect. Facilitators may use this activity as an energizer, review activity, knowledge check, or discussion starter.

Suggested False Facts (Easier)

Card: Egg

False Fact: An egg is released from the uterus during ovulation.

Why it is false: Eggs are released from an ovary during ovulation, not the uterus.

Card: Fertilization

False Fact: Fertilization happens after implantation.

Why it is false: Fertilization must happen before implantation because implantation involves a fertilized egg attaching to the uterus.

Guideline for Suggested Activities



Activity: Find the False Fact Continued

Suggested False Facts (Easier)

Card: Zygote

False Fact: A zygote forms after the embryo stage.

Why it is false: The zygote stage comes before the embryo stage.

Card: Fertilization

False Fact: Fertilization happens after implantation.

Why it is false: Fertilization must happen before implantation because implantation involves a fertilized egg attaching to the uterus.

Card: Blastocyst

False Fact: A blastocyst develops after the fetus stage.

Why it is false: A blastocyst develops very early, long before the fetus stage.

Card: Implantation

False Fact: Implantation happens in the stomach.

Why it is false: Implantation occurs in the lining of the uterus.

Guideline for Suggested Activities



Activity: Find the False Fact Continued

Suggested False Facts (Easier)

Card: Embryo

False Fact: The embryo stage begins around week 20.

Why it is false: The embryo stage occurs much earlier, during the first several weeks of development.

Card: Fetus

False Fact: The fetus stage happens before fertilization.

Why it is false: Fertilization must occur before any stage of development can begin.

Card: Weeks 5 - 8

False Fact: The embryo is about the size of a watermelon during this stage.

Why it is false: During weeks 5–8, the embryo grows from about poppy seed size to about grape size.

Card: Weeks 11 - 12

False Fact: The fetus is about the size of a cabbage during this stage.

Why it is false: During weeks 11–12, the fetus is closer to the size of a cherry tomato or lime.

Guideline for Suggested Activities



Activity: Find the False Fact Continued

Suggested False Facts (Easier)

Card: 20 Weeks

False Fact: Twenty weeks occurs during the first month of pregnancy.

Why it is false: Twenty weeks is about halfway through a pregnancy.

Card: 20 - 28 Weeks

False Fact: Development stops during this stage.

Why it is false: Growth and development continue throughout this stage.

Card: Weeks 28 - 32

False Fact: The fetus becomes smaller during this stage.

Why it is false: The fetus continues growing and gaining weight.

Card: Weeks 35 Weeks

False Fact: Development is completely finished by 35 weeks.

Why it is false: Development and maturation continue after 35 weeks.

Guideline for Suggested Activities



Activity: Find the False Fact Continued

Suggested False Facts (Easier)

Card: 39 Weeks

False Fact: A fetus at 39 weeks is smaller than it was at 20 weeks.

Why it is false: The fetus continues growing throughout pregnancy and is much larger at 39 weeks.

Suggested False Facts (Harder)

Card: Egg

False Fact: An egg contains all of the genetic information needed to form a zygote.

Why it is false: An egg contains only half of the genetic information needed. The other half comes from sperm.

Card: Fertilization

False Fact: Fertilization most often occurs in the uterus.

Why it is false: Fertilization most often occurs in a fallopian tube.

Guideline for Suggested Activities



Activity: Find the False Fact Continued

Suggested False Facts (Harder)

Card: Zygote

False Fact: A zygote forms after implantation occurs.

Why it is false: Implantation happens after a zygote has already formed and divided into more cells.

Card: Blastocyst

False Fact: A blastocyst forms after the embryo stage begins.

Why it is false: The blastocyst stage occurs before the embryo stage.

Card: Implantation

False Fact: Implantation usually occurs within 24 hours of fertilization.

Why it is false: Implantation typically occurs several days after fertilization.

Card: Embryo

False Fact: The term embryo is used around the 9th week of pregnancy.

Why it is false: Around week 9, the developing organism is called a fetus rather than an embryo.

Guideline for Suggested Activities



Activity: Find the False Fact Continued

Suggested False Facts (Harder)

Card: Fetus

False Fact: The term fetus is first used around week 20.

Why it is false: The term fetus is generally used beginning around week 9.

Card: Weeks 5 - 8

False Fact: Fingers and toes are fully developed by the beginning of this stage.

Why it is false: Fingers and toes are still forming and developing during this stage.

Card: Weeks 11 - 12

False Fact: Most pregnant people can feel fetal movement during this stage.

Why it is false: Small movements may occur, but they usually cannot be felt this early.

Card: 20 Weeks

False Fact: Growth during this stage is mostly complete.

Why it is false: Significant growth continues during this stage and afterward.

Guideline for Suggested Activities



Activity: Find the False Fact Continued

Suggested False Facts (Harder)

Card: 20 - 28

False Fact: Brain development is mostly finished by this stage.

Why it is false: Brain development continues throughout pregnancy and after birth.

Card: Weeks 35 Weeks

False Fact: The lungs are fully mature in every pregnancy by 35 weeks.

Why it is false: Lung development varies, and maturation continues late into pregnancy.

Card: Weeks 39 Weeks

False Fact: No developmental changes occur after 39 weeks.

Why it is false: Development and maturation continue through the end of pregnancy.