

Lesson 22 - God gave us a Body

Aims

- * To learn to keep our body healthy and strong
- * To learn to use our body to help others

Materials

- * Picture of healthy food
- * Picture of someone running
- * Poem and pictures of Happyville and Grumpytown
- * A picture to colour

Lesson Outline

1. Introduction
2. Keep your body healthy and strong
3. Use your body to help others
4. Activities - healthy actions, Heads & Shoulders, Freeze, colour a picture
5. Review aims
6. Prayer

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1) Introduction

- * Talk about our body. God gave us a head, hands and arms, feet and legs, lungs to breathe, a stomach to digest food. We can do many things with our body. We can walk and run and jump with our legs. We can catch and carry and lift with our hands. We can turn and nod and shake our head. We can bend and twist and stretch our whole body.
- * Do some exercises together

2) Keep your body healthy and strong

What can we do to keep our body healthy and strong? What does our body need? We need water, healthy food, fresh air and sunlight everyday. Look at the picture of healthy food. We also need to sleep well. And we need to move our body and do exercise everyday to keep it healthy and strong. Look at the picture of a girl running and jumping on a beach.

3) Use your body to help others

- * Read the poem “Happyville and Grumpytown” and look at the pictures
- * What good things are the children doing in Happyville?
 - a boy running with a kite
 - a girl sweeping the path
 - girl on a swing
 - two girls playing together
 - boy and girl playing in the sandpit

- girl picking flowers
- mother and son standing together

How do they look? How do they feel? When we do good things with our body we feel happy.

* What bad things are the children doing in Grumptown?

- boy pulling girl's hair
- girl taking boy's ball
- boy poking a cat with a stick
- girl sitting looking angry
- toys are thrown on the ground

How do they look? How do they feel? When we do bad things with our body we feel unhappy, bad-tempered or sour.

- * What work can you do at home to keep it clean and tidy? What can you do to help your parents?
When we help others our body is full of energy and we feel happy in our hearts.

4) Activities

- * Practise doing all the things that are good for your body
- Do some stretching exercises
 - Drink some water
 - breathe deeply the fresh air
 - close your eyes and stand in the sun
 - go for a brisk walk
 - eat a piece of fruit
 - do a good deed (wash dishes, sweep the floor)
 - lie down and sleep.
- * Play "Heads and Shoulders, Knees and Toes"
- * Play a game of freeze.
- * Colour picture of a child helping

5) Review the aims of the lesson

- * To learn to keep our body healthy and strong
- * To learn to use our body to help others

6) Prayer

Say a prayer to thank God for giving us our body that we can do so many things with. Promise to take care of it by. Promise to help others.





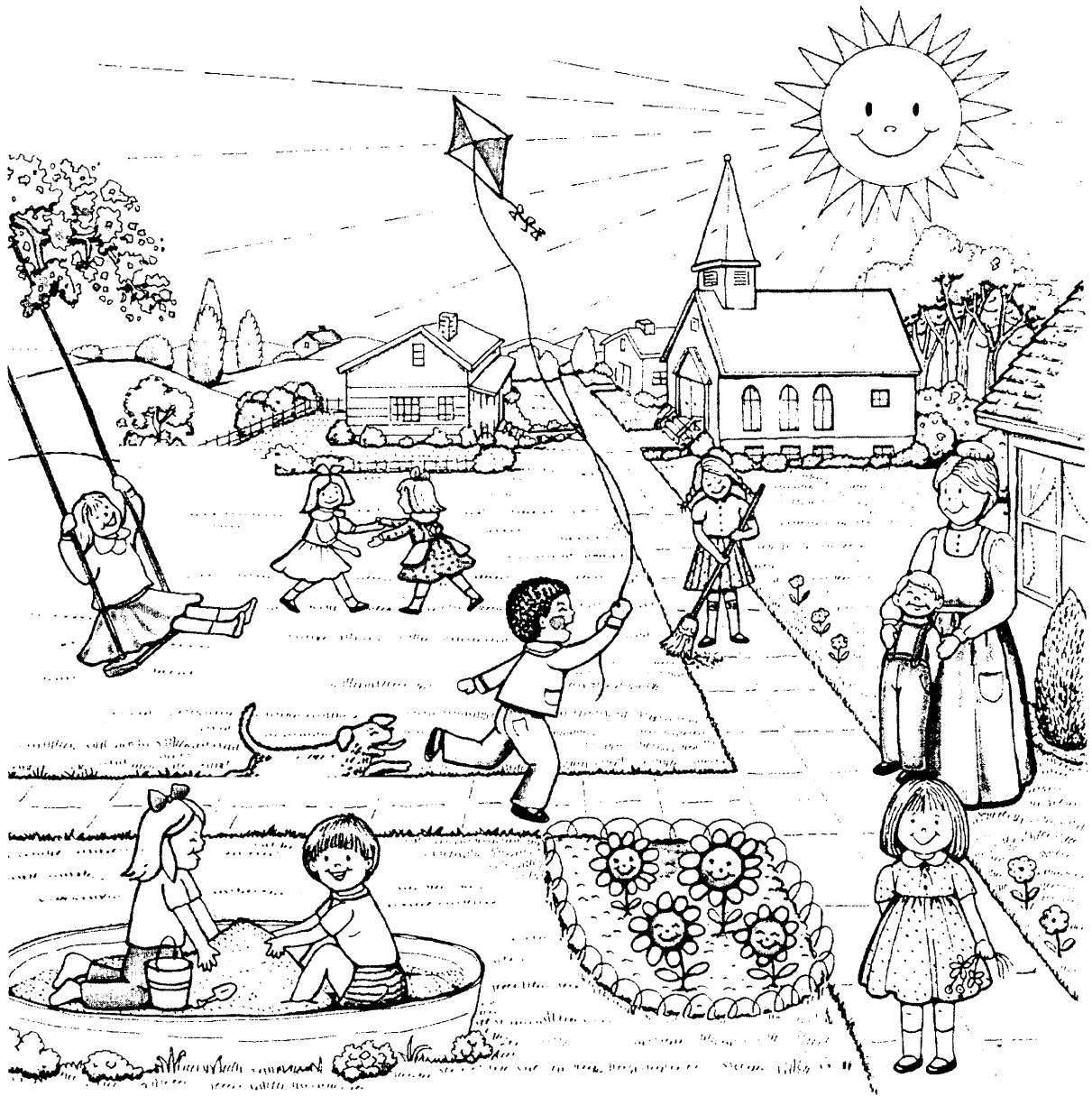
Head and Shoulders

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Head and shoulders, knees and toes, knees and toes,
Head and shoulders, knees and toes, knees and toes,
And eyes and ears and mouth and nose,
Head and shoulders, knees and toes, knees and toes.

Ankles, elbows, feet and seat, feet and seat,
Ankles, elbows, feet and seat, feet and seat,
And hair and hips and chin and cheeks,
Ankles, elbows, feet and seat, feet and seat.



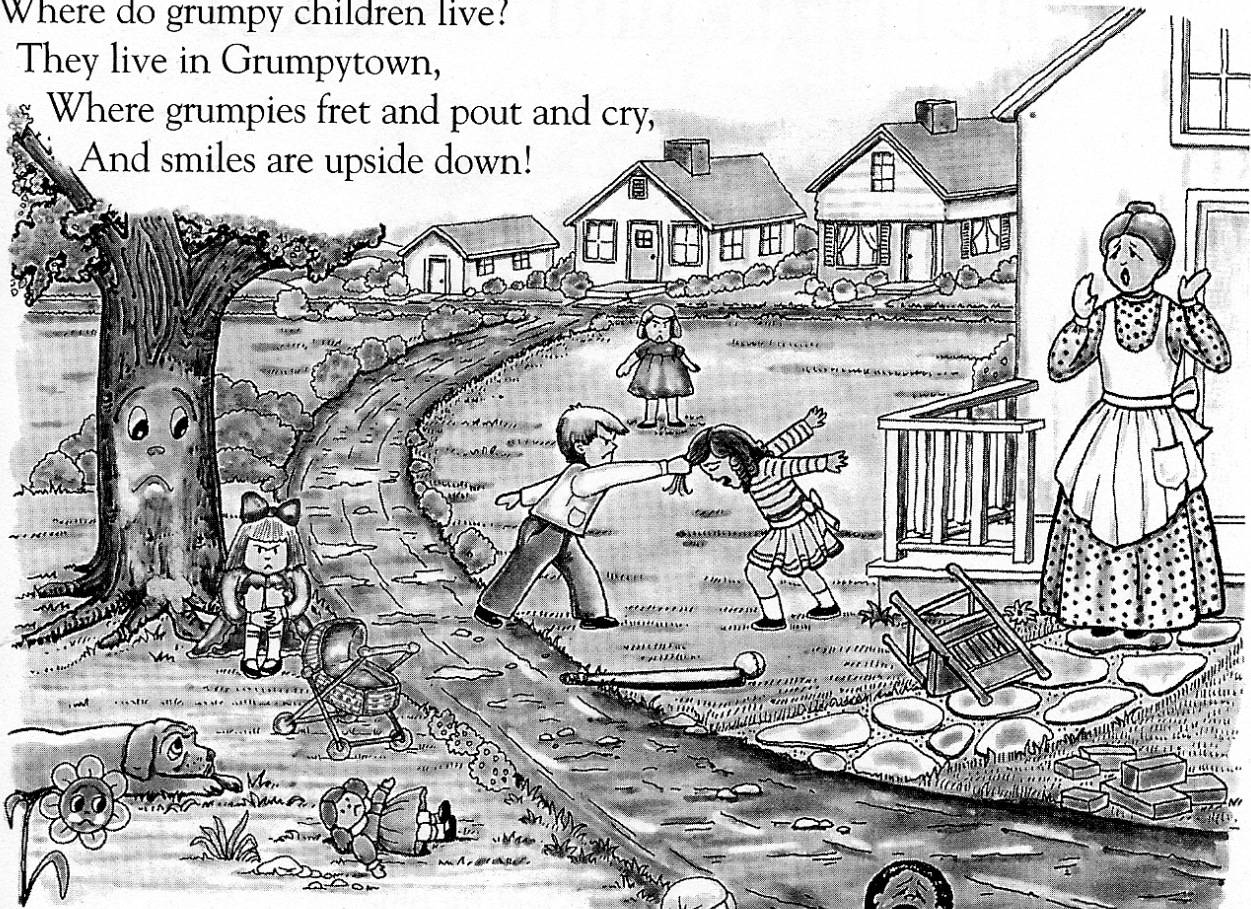


HAPPYVILLE and GRUMPYTOWN

Where do happy children live?
They live in Happyville,
Where birdies sing and children swing,
And daisies dance on the hill!

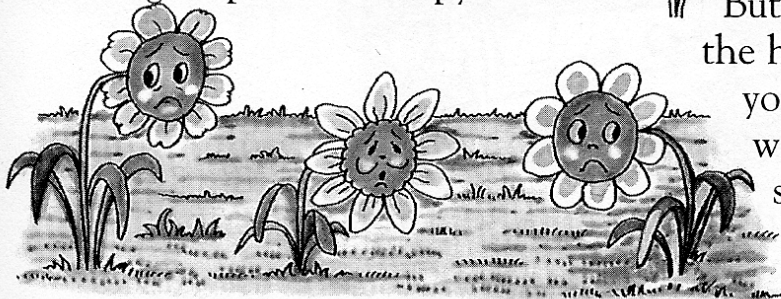
The happy children smile all day.
Their faces wear no frowns.
For every child loves to obey,
And happiness abounds.

Where do grumpy children live?
They live in Grumpytown,
Where grumpies fret and pout and cry,
And smiles are upside down!

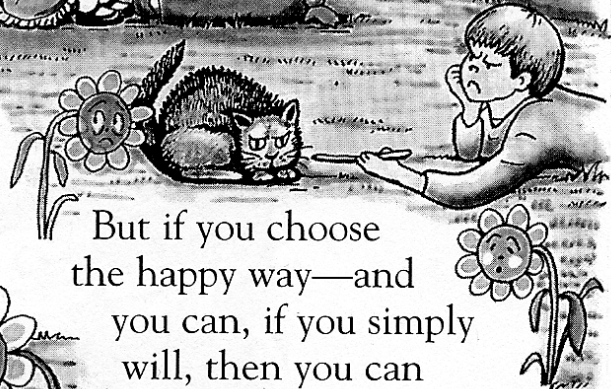


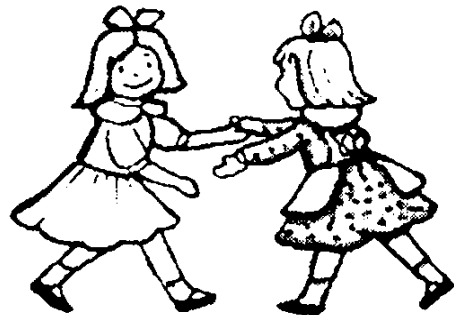
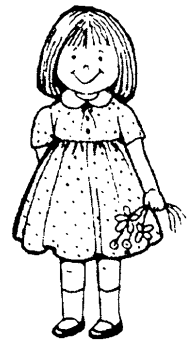
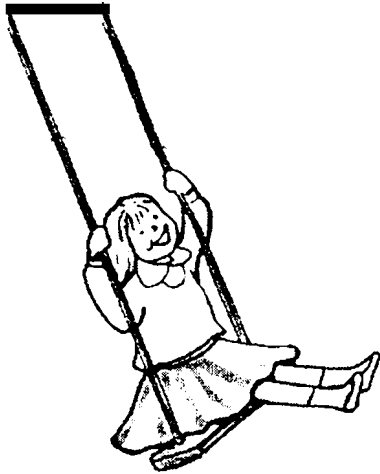
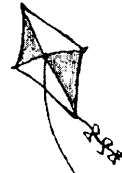
Their dogs are sad, their cats are mad,
And the flowers hang their head!
For never once in Grumpytown
Is a kind word ever said!

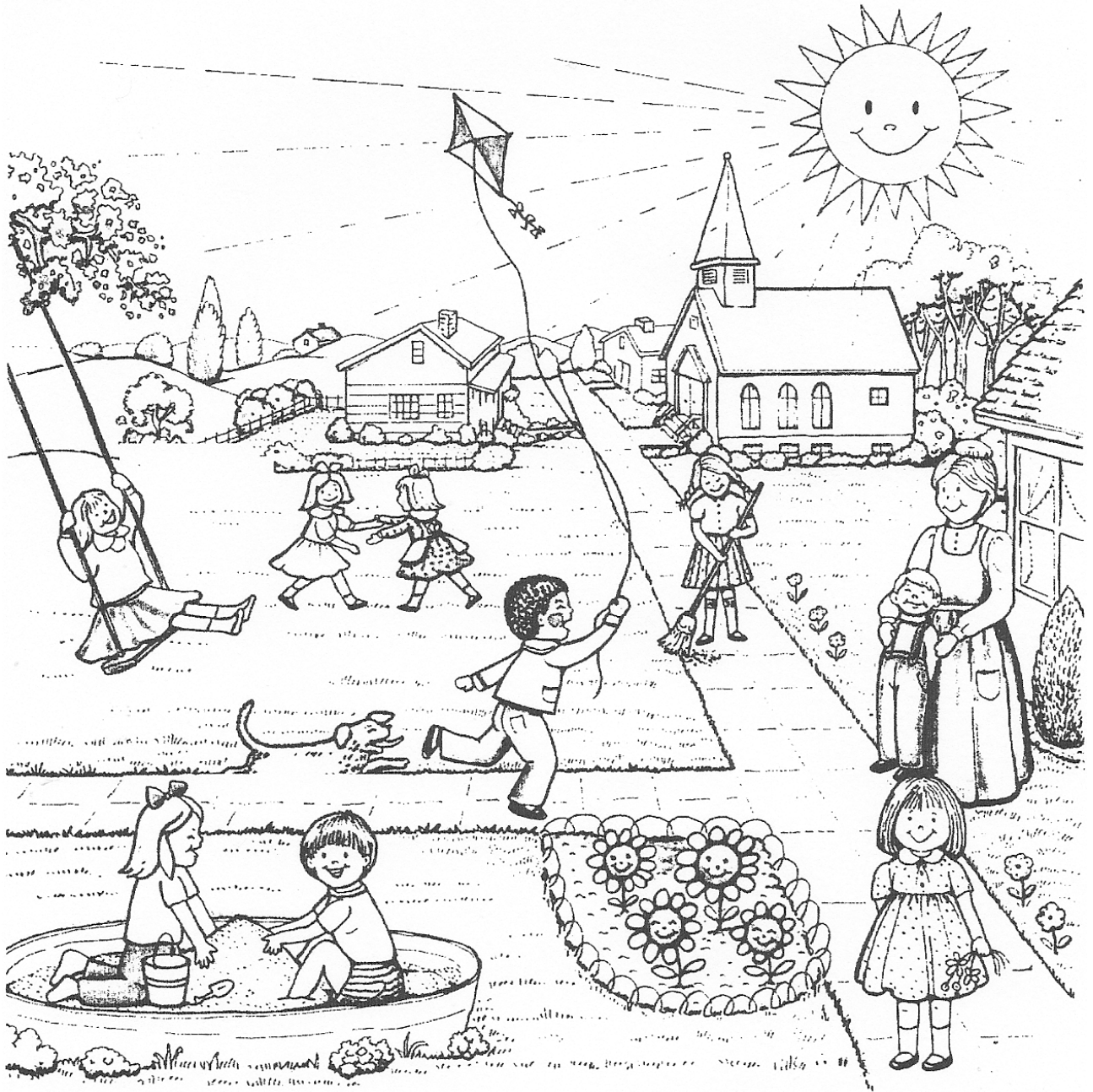
Where do you want to live and play?
If you pout and fret and frown,
You'll have to spend the live-long day
With the grumpies in Grumpytown!



But if you choose
the happy way—and
you can, if you simply
will, then you can
smile and laugh all day,
with the children
in Happyville.







Happyville and Grumptown

Where do happy children live?
They live in Happyville,
Where birdies sing and children swing,
And daisies dance on the hill!

The happy children smile all day.
Their faces wear no frowns.
For every child loves to obey,
And happiness abounds.

Where do grumpy children live?
They live in Grumpy town,
Where grumpies fret and pout and cry,
And smiles are upside down!

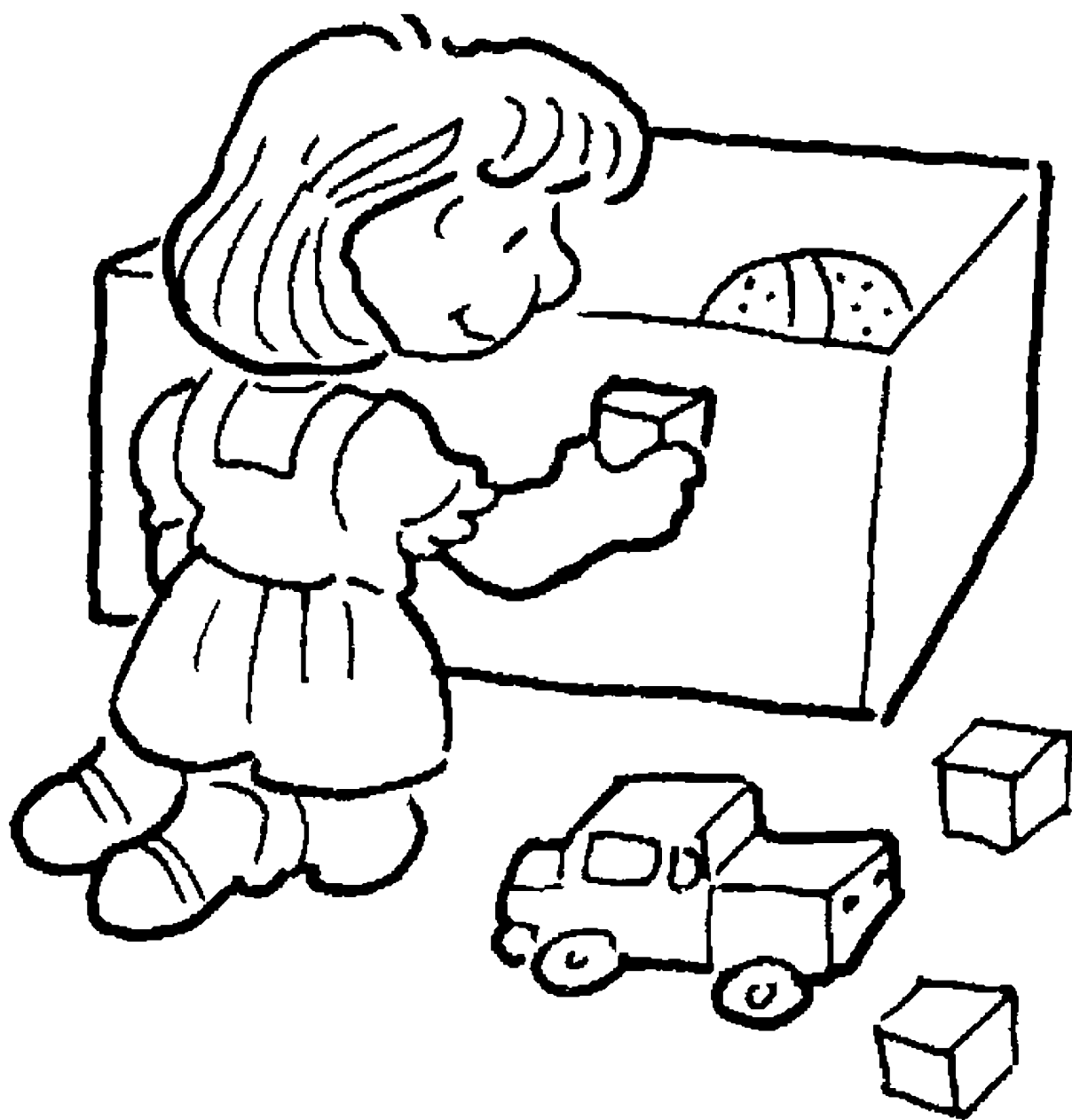
Their dogs are sad, their cats are mad,
And the flowers hang their head!
For never once in Grumpy town
Is a kind word ever said!

Where do you want to live and play?
If you pout and fret and frown,
You'll have to spend the live-long day
With the grumpies in Grumpy town!

But if you choose the happy way
And you can, if you simply will,
then you can smile and laugh all day,"
with the children in Happyville.



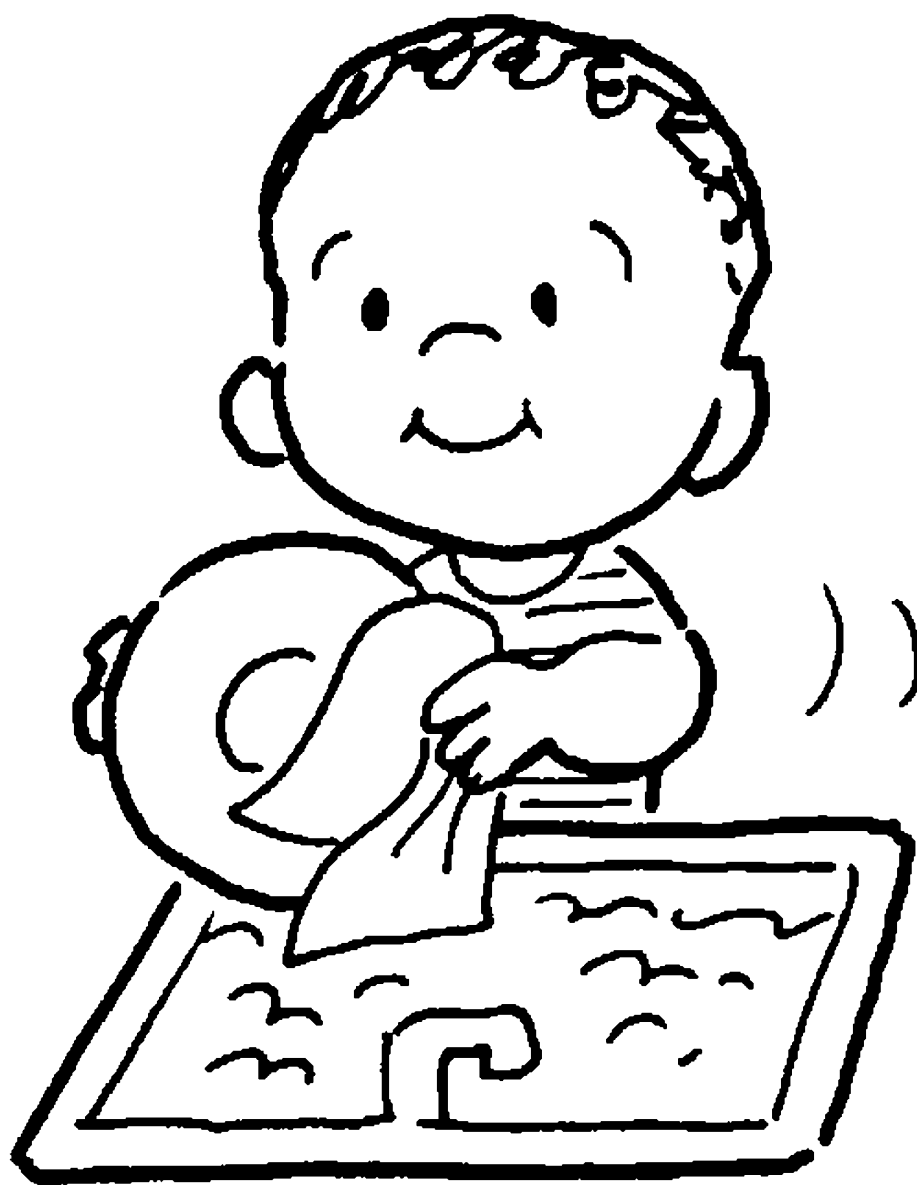
I can help!



I can help!



I can help!



I can help!

God gave us a body
to help others

