

My Body is a Temple

Attention Activity: Head, Shoulders, Knees and Toes

Have children stand up to sing and do the actions for "Head, Shoulders, Knees and Toes".

Explain that the children used their bodies to help them sing and act out this song.

Our bodies are very special gifts from Heavenly Father. Before we came to earth, our spirits lived in Heaven, but we did not have bodies. We needed to come to earth to get a body. Now we each have a body that can do many things.

Our Bodies Can Do Many Things Circle Activity: (Need ball)

Have children sit in a circle.

Ask: What are some things our bodies can do? We have eyes, ears, mouth, hands, feet, etc. What can we do with them? Give them an example, such as, "our bodies can run." Toss the ball to a child and let them answer then toss the ball back to you, or to another child. Continue till they've all had a turn or run out of answers.

Activity Verse: I Have a Wonderful Body

Have the children stand and do the activity verse with you.

I have a wonderful body (touch hands to chest)
That Heavenly Father planned for me.
He gave me ears so I might hear (cup hand around ear)
And eyes that I might see (point to eyes).
I have two hands that I can clap (clap hands)
Two feet that turn around (turn around)
When I want to, I can touch
My toes down on the ground (bend over and touch toes).
When I think about my body (put finger to head),
The best part of it is (sit down quietly)
That Heavenly Father planned it
To look very much like His.

Taking Care of our Bodies– The Word of Wisdom

Explain that because our bodies are so important, Heavenly Father and Jesus have given us rules to help us stay strong and healthy. These rules are called the Word of Wisdom. We can read about the word of wisdom in the Doctrine and Covenants (89).

The Word of Wisdom tells us to eat foods that are healthy for us, such as fruits and vegetables and grains (Show Pictures). It also tells us things that are bad for our bodies,

such as tobacco, alcohol, and coffee. When we obey the Word of Wisdom and eat the right foods, Heavenly Father and Jesus are pleased with us and will bless us.

Word of Wisdom Trash Activity:

Let the children take turns drawing pictures out of the bag and hold them up. Have them decide whether the picture shows something that is good for us, or something bad for us that we should put in the trash. If they decide it goes in the trash, let them put it in the trash can.

Other Ways We Take Care of Our Bodies

Let children take turns choosing items out the box. Discuss each item and how it is important in taking care of our bodies. OR you can give hints to see if they can guess each item.

Hand Soap– for washing our hands to keep them clean

Washcloth/soap– for washing our bodies and keeping them clean

Toothbrush– for keeping our teeth clean and healthy

Blanket– we need to sleep so our bodies will rest and we'll have more energy

Ball– When we play active games like ball, we help strengthen our bodies.

Shampoo– for washing our hair and keeping it clean.

Brush– for keeping our hair neat and tidy.

Fingernail clippers– for keeping our nails trimmed nicely.

Charades Game:

Let the children take turns pantomiming various ways we take care of our bodies. You can whisper the pantomime in their ear, or let them choose their own.

1st, let them pantomime ways to keep their bodies clean, such as washing hands, brushing hair, taking a bath, washing hair, brushing teeth, etc.

2nd– let them pantomime types of exercise, such as bike riding, playing ball, running, dancing, etc.

Sing: "Fun to Do" and let them think up different types of exercise that are fun to do, such as riding a bike, running around, going for walks, playing baseball, dancing around, etc. (If you don't know this song, sing "Do as I'm Doing" instead.

Closing:

Bear Your Testimony of the blessing it is to have a body. Remind the children how important it is to eat things that are good for us, to exercise, and keep

our bodies clean and well-groomed.

Coloring Activity: Have the children draw pictures of healthy foods, or a picture of something that helps keep our body healthy.

*Dance/Exercise: If the kids have lots of energy to burn, turn on the music and dance to get some exercise! Or, have them do some easy exercises, such as jumping jacks, toe touches, windmills, etc.