



## Meeting #8: I Can Care for My Body

## Homework

Anchoring in Christ Character Activity

**Memorize Proverbs 3:27 (NKJV)**



Do not withhold good from those to whom it is due,  
when it is in the power of your hand to do so.

\_\_\_\_\_

My Body



Activity Book Page 16-17. **#1**-Memorize 1 Cor. 6:19-20. **#3**-Explain why your body needs exercise. **#4**-Record the hours you sleep. Discuss why you need rest? **#8**-Name 3 things that you are doing that can harm your health. How can you improve these habits over time? **#9**-Participate in an exercise of your choice.

*Complete requirements for Myself III, Health Specialist # 1, 3-4, 8-9.*  \_\_\_\_\_

Reading Award

Activity Book Page 2 (part 3 of 6: Bible Story or Book about Jesus)

*Completes part of Basic II, the Busy Bee Reading Award.*  \_\_\_\_\_

## Meeting #8: I Can Care for My Body

## Classwork



Special Guest: Dental Hygienist

Guest will talk about good dental hygiene.

*Completes requirements for My Self III, Health Specialist #7.*  \_\_\_\_\_

Food Group Craft

Divide a paper plate into pie slices. Label each slice as one of the food groups. Attach a spinner (arrow cut from cardstock) with a brass fastener. Spin the arrow and draw pictures of healthy food choices from the food group. Discuss why they are a good choice.

*Completes requirements for My Self III, Health Specialist #2.*  \_\_\_\_\_

Moving Air Activity

Discuss how our bodies use air and where it goes when we breathe. Observe your body move when you breathe in and out (put your hands on your diaphragm). Practice exhaling by seeing how long you can keep a feather in the air. Practice inhaling by sucking on a straw to hold a bead at the end and move it to a bowl. Also discuss the importance of sunlight.

*Completes requirements for My Self III, Health Specialist #5.*  \_\_\_\_\_

Water Activity

Discuss how our bodies use water and why it's important. Use a dry sponge to try to clean a table, add water and try again. Which works better, why? Use a dry paintbrush and dry water color paint to try to paint a picture, add water and try again, which works better, why? Record how many glasses of water you should drink each day.

*Completes requirements for My Self III, Health Specialist #6.*  \_\_\_\_\_



# I Can Care for My Body



**Health Specialist Award**

1. Memorize I Corinthians 6:19, 20.

2. Describe a healthy diet. List the basic food groups and plan a meal that includes all the food groups.




3. Explain why your body needs exercise.



4. Record the hours you sleep and tell why you need rest:


I sleep \_\_\_\_\_ hours every night.

5. Explain why you need fresh air and sunlight.



6. Explain why water is important for your body.

List the number of glasses of water you should drink each day. \_\_\_\_\_



7. Describe and illustrate good dental hygiene.

8. Name three things that may harm your health.  
Record how you improve over time.

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9. Participate in an exercise program.