

Caring for the Body in My Family

Caring for one's body involves a lot of different things, and some of the body's care depends on your medical care, dentists, water, food, and so on. On the line for each item below, place an "x" that shows what your family does. The closer your "x" is to the choice, the more often your household does the practice.

An Example

If we had an item on eating chocolate, it might look like this:

Eat chocolate every day.X.....Eat chocolate a few times a week.

The "x" in the example is closest to "eat chocolate every day" which means that is what your family usually does.

Now it's your turn:

1. We brush our teeth twice a day.....We never brush our teeth.
2. We exercise daily.....We exercise monthly.
3. We eat 5 servings of veggies a day.....We eat 1 serving a day.
4. We eat fruit each day..... We eat fruit once a week.
5. We hug each other goodbye.....Hugs are only for special occasions.
6. We visit the dentist once a year.....We visit the dentist when our teeth hurt.
7. We share meal preparation.....My parents do all the meal preparation.
8. We shower or bath daily.....Only when we start to smell.
9. We dress in clean clothes.....We change clothes when they look dirty.
10. We take care of our hair.....We let our hair do what it wants.



Jesus Cares for the Body

How does Jesus show us care for the body? Read the Bible passages below, and then draw a line to the word that best describes Jesus' action in the passage. Find the best word for each Bible passage—because you only get to use the words once!!

Some people brought children to Jesus for him to place his hands on them and to pray for them, but the disciples scolded the people. Jesus said, 'Let the children come to me and do not stop them, because the Kingdom of heaven belongs to such as these.' He placed his hands on them and then went away. (Matthew 19:13-15)

Feeding

Jesus reached out and touched him. 'I do want to,' he answered. 'Be clean!' At once the man was healed of his disease. (Matthew 8:3)

Consoling

The dead man was the only son of a woman who was a widow, and a large crowd from the town was with her. When the Lord saw her, his heart was filled with pity for her, and he said to her, 'Don't cry.' Then he walked over and touched the coffin, and the men carrying it stopped. Jesus said, 'Young man! Get up, I tell you!' The dead man sat up and began to talk, and Jesus gave him back to his mother. (Luke 7:12b-15)

Healing

Jesus called his disciples to him and said, 'I feel sorry for these people, because they have been with me for three days and now have nothing to eat. I don't want to send them away without feeding them, for they might faint on their way home.' (Matthew 15:32)

Reassuring

So do not start worrying: 'Where will my food come from? or my drink? or my clothes?' (These are the things the pagans are always concerned about.) Your father in heaven knows that you need all these things. (Matthew 6:31-32)

Blessing

Try It! — Caring for the Body

We're created in the image of God, yahoo! That means we are all beautiful! It also means we need to take care of what God has given us. Here's the top 5 ways we can keep our body healthy.



Eat well

Vegetables, fruit, grains, whole wheat pasta. Give up sugary cereal if you eat it, and make sure you eat way more good food than junk food!

Exercise

Walk or bike or skateboard instead of drive when safe and possible, take the stairs instead of elevators, even a 15 minute walk a day can be an amazing gift for your body!



Sleep

Children need 8 to 10 hours of sleep a night. Do you get that amount of sleep? Do you fight going to bed, or say yeah, time to get some rest so that I can be alive and well tomorrow?



Recreation

Do you have time each day just to hang out? To relax and read a book, or chat with friends, or play a game? Re-creation helps to recreate our minds and hearts!



Stress

Some people would say that children don't have much stress. What do you think? Everyone needs healthy ways to deal with their stress—writing things out, talking it out, praying, going for a walk, bouncing a basketball. What do you do?



Try It! — Caring for the Body

Draw a picture of yourself in the middle of the page below.

After you finish your picture, write or draw your answers beside each body part.

- ⊙ **Mouth:** What do you need to talk about this week so you have a good week together?
- ⊙ **Feet:** How can you use your feet to exercise this week? Dance? Walk? Jog? Bike?
- ⊙ **Hands:** What could you do to recreate this week? Do a craft? Play a game?
- ⊙ **Head:** What could you read or watch to deal with your stress?
- ⊙ **Stomach:** What are you going to put in your stomach this week to keep your body healthy?

