I Have a Body

Teach your child about their body! Learn about taking care of our bodies and why that is important for us to do!

Purpose

To help each child appreciate and respect for his or her physical body.

"Your body, whatever its natural gifts, is a magnificent creation of God. It is a tabernacle of flesh – a temple for your spirit. A Study of your body attests to its divine design." ~ Russell M Nelson

Preparation

Pull up any links you might need for the lesson – look at the Family Night website for quick links

Mark Scriptures ~ D&C 89:18

Find Pictures of ~ Picture of family with baby (maybe a family picture when your child was a baby); and Daniel Refusing the King's Meat and Wine

Prepare for the Activities you want to do.

Prepare Treat ~ Suggested Treat – Fruit People

I Have a Body

Opening Song ~ Head, Shoulders, Knees, and Toes (Primary Hymnbook; Hymn 275)

Opening Prayer

Attention Activity ~ Sing the opening song again and do the motions. Talk about how they are all different parts of your body. If you are feeling a little crazy, try singing it backwards!

Scripture ~ D&C 89:18

Have the child repeat, word for word the scripture. Explain how Heavenly Father gave us some ideas on how to keep our bodies strong and healthy, it is called the Word of Wisdom.

Scripture Story ~ Daniel Refusing the King's Meat and wine, at an appropriate time.

Show the picture of Daniel and tell your child the story found in Daniel 1. Have a discussion afterwards about what foods are healthy and what foods are not. Don't forget to talk about eating a variety of healthy foods and in moderation. (See "For Little Friends: Daniel's Choice" for a shortened version of the story) Don't forget to tell your child it is the same Daniel as Daniel in the Lions Den!

Story ~ "My Busy Body" ~ From November 2007 Friend (Link on Family Night Website)

A fun little poem about what different parts of your body can do. While you are reading it have your child mimic what the poem is saying.

Activity ~ Potato Head Man Activity

Have a Mr. Potato man. Take all the different pieces and put them in a small bag or box. In turn take out each piece talk about what it does for us and put it in Mr. Potato Head.

Testimony ~ Bear your testimony to your child about how we have bodies that are amazing and wonderful! It doesn't need to be eloquent and long, just keep it simple and heartfelt!

Closing Song ~ Do As I'm Doing (Primary Hymnbook; Hymn 277)

Closing Prayer

Treat ~ Suggested Treat ~ Fruit People. ~Idea found on sugardoodle.net -Place a pear half (one per child) as the body and a peach half as the head on the child's paper plate fat side down. Cut slits in the peach and insert raisins for eyes, nose and a mouth. Cut a slit in the pear half and insert a cherry half into the indentation as a heart. Arrange mandarin orange slices as the arms and legs. It is so cute!

Extra Activities for This Lesson ~

1 ~ Sing Hinges page 277

This is a fun song to sing about bodies. Right before you say crack at the end clap your hands

2 ~ Living the Word of Wisdom Shows Respect for my Body Coloring Page! Found on lds.org

3 ~ I Have a Body File Folder Game~ By Megan Mills

Other Materials ~

Basically all the ideas from this lesson is from The Primary 1 Manual, lds.org, and Sugardoodle.net

If you are looking for other materials to help with your lesson you can look in any of these places ~ There are links to them on the Family Night Website!

For Younger Siblings ~

If your child has a younger sibling, look at the lesson we have for infants and toddlers, you can find the link on our website.