

I Will Take Care of my Body

Your body is a temple and a blessing! Teach your child how to treat it well!

Purpose

Our bodies are special blessings in this life. It is very important to treat them well and with respect. In fact it is often said that our bodies with temple, so it is important to treat our bodies like we would treat our temples.

“Take care of your body. Be clean. Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? Read carefully the promises found in section 89 of the Doctrine and Covenants. The Word of Wisdom does not promise perfect health but that the spiritual receptors within you might be strengthened. Stay away from tattoos and similar things which deface your body. Your body was created in God’s image.” ~ Boyd K. Packer

Preparation

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

Mark Corinthians 3:16

Prepare for the Activities you want to do.

Print off Coloring Page: I Will Take Care of my Body

Prepare Treat ~ Favorite Healthy Dessert

I Will Take Care of my Body

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

Opening Prayer

Scripture ~ Open Scriptures to Corinthians 3:16 and read. To reinforce the idea that goes with the lesson you can say, "My body is a temple."

Scripture Story ~ The Word of Wisdom

The Word of Wisdom is something Heavenly Father gave to Joseph Smith.

The Word of Wisdom tells us the good things that we can eat.

It also tells us to be active so we can be healthy

It is important to take care of our bodies!

Activity ~ Exercise!

Whether it is going on a walk, going to a local swimming pool or whatever your family likes to do best that is active, go and do it! Have fun with it and maybe make a goal to do it more often! Before, during, and after the activity you can tell you child about how exercise is good for your body and how it can make you feel good!

Coloring Page ~ I Will Take Care of My Body

Closing Song ~ The Prophet Said to Plant a Garden (Hymnbook; Hymn 237)

Closing Prayer

Treat ~ Pick your favorite healthy dessert to eat tonight! My favorite is fruit!

Extra Activities for This Lesson ~

1 ~ Fruits and Veggies!

Go to a supermarket and walk around the fruits and veggies, have your child name, or tell your child the names of all of them! When you are done you can have your child choose their favorite and you can buy and eat it for a snack!

2 ~ Healthy Menu

Make a goal to eat better as a family for 3 days! Make a menu for breakfast, lunch and dinner of healthy meals. Try at least 2 new healthy recipes you have not tried before, and enjoy! I find the best way to find healthy meal ideas is Pinterest or asking friends!

3 ~ Try New Ways to Exercise

Try new things to exercise, there are so many fun ways. Have a dance party, go on a hike, ride bikes, go play soccer as a family, do yoga together, anything that gets you up and moving. Who knows, maybe you will discover some talents you never knew you had!