

I Will Take Care of My Body

Preparation:

Mark Corinthians 3:16

Know where picture of the Joseph Smith is

Know what you are going to do for activity

Print off Coloring Pages

Prepare treat

Opening Song: Head, Shoulders, Knees, and Toes (Children's Hymn Book page 275)

Opening Prayer

Scripture: Corinthians 3:16 "My Body is a Temple"

Scripture Story: The Word of Wisdom

The Word of Wisdom is something Heavenly Father gave to Joseph Smith
(Point to brother of Joseph Smith in the picture)

The Word of Wisdom tells us the good things 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!

Being active is an important part of taking care of our bodies. Being active does not mean you need to run a marathon every day, or be able to bench press 600 pounds. There are many ways we can be active, like dancing, going on walks, or playing at the park. Pick one of these and talk to your child about how much fun it is to do these things, and it is a great bonus that it is good for you too!

Coloring Page: I Will Take Care of My Body

Closing Song: The Prophet Said to Plant a Garden (Primary Hymn Book page 237)

Closing Prayer

Treat! Suggested Treat – something healthy tonight!