

Junior Soldiers

UNIT 15 : LESSON 4



Healthy Habits

PURPOSE: For the children to explore God's desire for us to lead healthy lives and understand that we can form habits that keep us healthy in body, mind, and spirit.

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit

3 John 1:2-3

Consider & Prepare

Read:

2 Timothy 1:13-14

In our busy world, it's easy for us to form unhealthy habits and patterns. Pause for a moment and identify the habits that you have formed, both healthy and unhealthy. How do these habits impact your health in body, mind, or spirit?

In this lesson, we want the children to think holistically about their health – acknowledging that every part of them is impacted by unhealthy choices. Take some time to pray that they will take another step towards health as a result of this lesson.

There are numerous activities in this lesson. Choose several that will work best for your group.

What you will need:

For 'Connecting In'

- Pencil and paper
- For option 1: a list of charade topics that might contribute to a healthy life.

For example:

- Brush hair
- Put on sunscreen
- Read the Bible
- Learn something new
- Eat fruit
- Yoga
- Kung-fu

For 'The Main Thing'

- Bibles
- For Body: option 2 – some music suitable for aerobics and a device to play it on
- For Body: option 3 – a ball
- For Mind: option 1 – download and print some word puzzles, pens or pencils
- For Mind: option 2 – download and print some maths puzzles, pens or pencils
- For Mind: option 3 – download and print instructions for making paper planes or origami, sheets of paper
- For Spirit: option 1 – Bibles
- For Spirit: option 2 – Bibles
- For Spirit: option 3 – music for a worship song and a device to play it on
- For Emotions: option 2 – notepaper, pens or pencils

For 'Memory Verse'

- Option 1: chalk
- Option 2: a ball

For 'Prayer Time'

- Small, smooth stones – enough for one per child

For 'Home & Beyond'

- Print off the Home & Beyond cards for each child.
- Print off chatterbox templates for each child

Connecting in

Activity...

Ask the children to brainstorm, 'What are some of the things that we do to care for ourselves and keep ourselves healthy?'

Keep a list of these to use in the Main Thing.

Option 1

In this activity, the leader will ask the children to mime various activities that might contribute to a healthy life. For example,

- Brush hair
- Put on sunscreen
- Read the Bible
- Learn something new
- Eat fruit
- Yoga
- Kung-fu

Divide the children into 2-4 teams.

The first child from each team must run forward and mime the task that is called out by the leader. The leader will choose a winner for each round for the best mime.

The second child from each team must then run forward and perform the next mime. Repeat until everyone has had a turn.

Option 2

This is a memory game.

Ask the children to sit in a circle and choose someone to start. The first person must say, "I wake up in the morning and I...", then choose something that they might do to keep themselves healthy in body, mind, spirit. The second person will then say, "I wake up in the morning and I...", then repeat what the first person said and add their own.

For example:

First person says, "I wake up in the morning and I brush my hair."

Second person says, "I wake up in the morning and I brush my hair and read my Bible."

Third person says, "I wake up in the morning and I brush my hair and read my Bible and drink water."

Link...

God created us to amazing! He wants us to be healthy and to care for ourselves, just as he cares for us.

The Main Thing

Ask the children to look up Mark 12:29-31 and read the verses quietly by themselves or in pairs.

When they have finished, ask, "What do these verses mean for you?"

Verse 30 says to, "love the Lord your God with all your heart, all your soul, all your mind, and all your strength". Verse 31 asks us to love others too. If we are going to love God and others with all of our heart, soul, mind and strength then we need to make sure that we stay healthy in mind, body and spirit.

Today we are going to do some healthy activities.

Choose several of the following activities. If you have time, choose one from each category.

- Body
 - Option 1: Go for a walk
 - Option 2: Do aerobics
 - Option 3: Play dodge ball
- Mind
 - Option 1: Do word puzzles
 - Option 2: Do some maths puzzles
 - Option 3: Follow instructions to make paper planes or origami
- Spirit
 - Option 1: Read 3 John 1:2-4 and discuss
 - Option 2: Memorise a verse of Scripture
 - Option 3: Sing a worship song
- Emotions
 - Option 1: Find a comfortable space, close your eyes, concentrate on what you can hear around you, breathe deeply in and out
 - Option 2: Reflect on something difficult that happened this week. Share with someone else or write down your answers. What happened? How did you feel? How did you respond? Is there something that you need to do to make it right? Is there something you would do differently next time?
 - Option 3: Walk across the room slowly. As you take each step, say one thing that you are grateful for.

There are lots of different ways that we can be healthy physically, emotionally, intellectually and spiritually. It's important that we practice keeping ourselves healthy in all areas. It's not always easy to stay healthy, but we can practice being healthy until we form healthy habits or patterns. Once we have developed healthy habits and patterns, it takes less effort to stay healthy. For example, do you remember when you first learnt to tie shoelaces? At first, we must concentrate hard, think through each step and try to remember what to do with our fingers. But, as we practice, it becomes habit, it gets easier and takes much less concentration. Eventually, we do it without even thinking about it

Tying In

Not all habits are healthy habits. Just like we need to build healthy habits, we also need to stop unhealthy habits.

Explain to the children that you are going to say some different things that can become habits. Ask them to put hands on heads if they think it is a healthy habit and hands on bottoms if they think it is a bad habit.

- Eating fruit for morning tea
- Walking the dog in the afternoon
- Skipping church to ride your bike
- Eating ice cream every night after dinner
- Reading a new book once a month
- Memorising a verse of Scripture each week
- Playing video games for three hours every afternoon
- Reading your Bible when you know you should be sleeping
- Saying thanks to God and the cook for every meal

Was it easy to decide if these were healthy or unhealthy habits?

How do you know the difference?

In pairs, tell each other five things that you do to stay healthy and one healthy habit you would like to start practicing.

Memory Verse

Option 1: If you have an outside space, draw a hopscotch on the ground. Write several words from the verse in each square. Let the children take turns with everyone reading out the words as they jump onto each square.

Option 2: Ask the children to stand in the circle. Throw a ball to one of the children. After they catch it, they must read the verse. They can then pass the ball to someone else. As each child catches the ball, they must read the verse.

Prayer Time

Give each child a small, smooth stone. Ask them to hold the stone and, if they are comfortable doing so, to close their eyes. Ask the children to focus on how the stone feels in their hand.

Invite each child to pray, asking God to help them make healthy choices and create healthy habits.

Ask the children to take the stone home with them and put it in their pocket or somewhere that they will see it often. Every time you see this stone, or feel it in your pocket, remember to practice the habit of prayer. Ask God to keep you healthy so that you can love him and love others.

Home & Beyond

Print off the 'Home & Beyond' cards attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

Home & Beyond

AMake a chatterbox and fill it with activities that keep you healthy in body, mind and spirit. Use it each day to remind you to practice healthy habits.

Share with someone in your family, or your Big Bud, about a healthy habit you would like to start practicing. Ask them about how they stay healthy in body, mind, and spirit.


Junior Soldiers

Home & Beyond

AMake a chatterbox and fill it with activities that keep you healthy in body, mind and spirit. Use it each day to remind you to practice healthy habits.

Share with someone in your family, or your Big Bud, about a healthy habit you would like to start practicing. Ask them about how they stay healthy in body, mind, and spirit.


Junior Soldiers

Home & Beyond

AMake a chatterbox and fill it with activities that keep you healthy in body, mind and spirit. Use it each day to remind you to practice healthy habits.

Share with someone in your family, or your Big Bud, about a healthy habit you would like to start practicing. Ask them about how they stay healthy in body, mind, and spirit.


Junior Soldiers

Home & Beyond

AMake a chatterbox and fill it with activities that keep you healthy in body, mind and spirit. Use it each day to remind you to practice healthy habits.

Share with someone in your family, or your Big Bud, about a healthy habit you would like to start practicing. Ask them about how they stay healthy in body, mind, and spirit.


Junior Soldiers