

Our Amazing Body

1. Memorize and discuss 1 Corinthians 6:19
2. Read and discuss 1 Corinthians 12:14
3. Learn 10 facts about how our amazing bodies work.
4. Do two crafts about the body.
5. Learn about how what we eat affects our body.

Helps

1. This verse tells us that we are to use our bodies to glorify God.
2. This verse tells us that God's family of believers is like a body in that we all have a different role, but all are needed to make the body complete.
3. There is so much to learn about the body. One approach would be to choose a few general facts starting with the head and go down the body learning a bit about the whole body. You could narrow it down and talk just about the five senses. There is so much to learn you will be only scratching the surface with whatever you decide to cover. Be sure to have plenty of hands on activities to help the kids learn and hold their attention. Keep in mind the ages of the group you are working with.
4. Craft ideas are available online, at the library, in children's books about the body, teacher supply stores have lesson plans for teaching the body, and the children's section of a book store will have books on teaching the body.
5. Nutrition plays an important part in helping our body to function at its best.