



PURPOSE

To prepare students to make excellent decisions regarding their body.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Identify ways of demonstrating self-control with regards to their body.
2. Set concrete goals for excellent choices about their body.

MATERIALS & RESOURCES

- bubbles
- ***Finding Healthy Snacks*** worksheet (see Materials)

VOCABULARY

- **self-control**: the ability to control your body, or how you express your emotions and desires

PROCEDURE

Step 1: Review the previous lessons. Student volunteers should show their drawings of heroic actions from their parents.

Step 2: Transition to this lesson: In this class, we have learned about our human powers to think and to choose. We have learned that, when we make excellent choices, trying again when we fail, and when we show respect for human dignity, we can become heroes! Now we will look at specific kinds of choices that we need to make to achieve human excellence.

Step 3: Establish the importance of making healthy decisions about the body.

Tell the ***Blue Jay*** story.

Once upon a time, there was a small, playful bird named Blue Jay. This Blue Jay loved to fly and explore the forest. In fact, every day after lunch, he would go on adventures to meet up with his friends, Robin and Sparrow, and the three of them would go on important quests, solve mysteries, and fight heroically in make-believe battles. Each day, they would conquer the forest together, and fly about, scouting out the lands and territories below.

Blue Jay's mom told him that, to take care of himself, he needed to wash his feathers every day after he went out to play with Robin and Sparrow. But after his adventures, Blue Jay was so tired—far too tired to spend extra time and energy to give himself a bath! Often-times, Blue Jay would skip his bath. One week when Blue Jay's afternoon adventures were particularly tiring, he didn't wash his feathers at all. Each day, he noticed that his feathers were a little heavier and grimmer—which made flying through the forest with Robin and Sparrow more difficult, but not impossible. But one day, when Blue Jay tried to leave his nest to meet his friends, he found that his feathers were stuck together. He couldn't fly anymore!! Now he would be late for his afternoon adventure, and Robin and Sparrow would wonder what had happened to him.

After waiting for him for a few hours, Robin and Sparrow flew to Blue Jay's nest. "Blue Jay, why didn't you come on our adventure today?", asked Sparrow. "We waited for you for several hours!" "We were really worried about you," Robin added. "What happened to your feathers? Why can't you spread your wings?" Sparrow asked. "Well... the thing is, I haven't washed my feathers in more than a week," Blue Jay replied. "Really? An entire week?" Exclaimed Robin. "Blue Jay, you really should wash your feathers every day." "See what happens when you don't?", said Sparrow. "You couldn't be playing with us, but instead you can't even fly!" "Sparrow is right," added Robin, "Even though you are tired and might not feel like it, you really should wash your feathers every day, just like your Mom told you to do. That way, you'll be able to go on adventures and explore with us, and your feathers won't get stuck together again!"

Blue Jay nodded in agreement. "You're right. I've learned my lesson the hard way. From now on, I'll wash my feathers every day, even when I'm tired. I know that it's better to be clean and healthy. Mom was right: taking care of myself every day will give me the strength I need for our fun and adventures!" Robin and Sparrow, his good friends, carried Blue Jay to the stream, where they helped him to wash his feathers.

Ask:

- How is Blue Jay supposed to care for his feathers?
- What happened when Blue Jay didn't care for his feathers like he was supposed to?
- How can we be excellent regarding our body?
- Can you give some examples for excellent choices about your body?
- What things do your parents want you to do every day that help you to be strong and healthy? Do you always want to do them? Are they important habits to help you grow?

Step 4: Teach self-control.

Make a big circle and explain to children that you will blow bubbles, and that you can pop them. Blow bubbles. After a few minutes, stop, and discuss with the students the experience—how fun it was, how everyone wanted to do it, and that sometimes, we need to control how we react in certain situations, even if they're fun. Try another round of bubbles, and challenge students to stay seated while popping the bubbles. Then up the challenge and have students watch the bubbles, and see if one lands on their hand. For the final round, ask them to focus on one specific object in the classroom while you blow bubbles, so that they cannot watch the bubbles fall. Discuss how the bubbles may have been a distraction, but they could still control their actions.

Write on the board:

- **self-control:** the ability to control your body, or how you express your emotions and desires

Explain: Living a life of **self-control** means that we choose what is most healthy, and behave in a way that respects those around us. For example, when we have a choice between homework and enjoying video games, we can show self-control by doing homework first, since it will help us grow in excellence. We practice self-control by making little steps every day to grow in excellence.

Write the following statements on the board, and complete the statements as a class:

- When I use self-control, I feel...
- I can show self-control by choosing...
- I need to show self-control when...

Step 5: Summarize: Today we have thought about the first way in which it is important for us to make excellent choices—choices about our bodies! Taking care of our bodies will help us to do everything else that we wish to do as we grow older, on our path to becoming excellent.

FOLLOW-UP & HOMEWORK

Ask students to complete the *Finding Healthy Snacks* worksheet.



Human
Dignity
Curriculum


HAND-WASHING SONG
to the tune of
Twinkle, Twinkle Little Star


Wet your hands, Turn off the tap
Use some **soap**, Wash front and back
Scrub together, Scrub, scrub, scrub
Wash away the germs, Rub a dub
Rinse your hands they're nice and
clean
Shake them in the air, now scream

"No Germs on Me!"
(scream)





THE M&M'S SELF-CONTROL GAME


For one  say one thing that makes you stronger.

For one  show us how to breathe when you are angry.

For one  say one good way you express being sad.

For one  say one moment you showed self-control.

For one  say one thing that makes you excited.

For one  show us how to hold your arms when in line.

MY BODY & ME

Name: _____

Directions: Fill in the goal charts below. Choose one excellent choice you can make daily, for your exercise, sleep, and free time. Track your success this week.

1. daily goal for exercise: _____

day #1	day #2	day #3	day #4	day #5	day #6	day #7

What was hard for you?

2. daily goal for sharing toys with others: _____

day #1	day #2	day #3	day #4	day #5	day #6	day #7

What was hard for you?

3. daily goal for listening to teachers or parents: _____

day #1	day #2	day #3	day #4	day #5	day #6	day #7

What was hard for you?