



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

- **Hand-Washing Song** lyrics (see Materials)
- **The Candy Self-Control Game** instructions (see Materials)
- candy (6 pieces/student)
- **My Body & Me** 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 share their answer from their **A Hero We Know** worksheet. Ask: In what ways did these heroes respect human dignity?

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 with the story of a hypothetical 3rd grader.

I know a 3rd grader, whose name is Joey. He really, really wants to grow in excellence, so that he can become a hero, showing respect for the dignity of all people. Unfortunately, there are some things that he's struggling with a lot! For example, when Joey comes home from school, the first thing he does is grab a bag of potato chips and sits down to play hours

of video games! Sometimes, this makes it hard for him to finish all his homework, and he misses out on playing with his friends outside!

Discussion questions:

- How do these decisions affect Joey’s body?
- Do these choices help or hurt Joey in becoming excellent? Why or why not?

Teach students the lyrics to the *Hand-Washing Song*. Model for them the process of hand-washing—pouring out soap, tracing hands with soap, rinsing, etc. Finally, encourage students to sing the song and demonstrate the process along with you.

Discussion questions:

- Why is it important for us wash our hands well?
- Does doing this help us become excellent? Why or why not?

Step 4: Teach self-control.

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.

Step 5: Prepare students to grow in excellence with regards to their own body.

Hand each student six pieces of candy, then break students into pairs. Have students share with each other the different answers listed on *The Candy Self-Control Game* instructions, and to eat one candy after each answer they give.

Come back as a class, and brainstorm together a list of excellent choices that students can make for each of the three categories—their exercise, sleep, and free time. Then hand students the *My Body & Me* worksheet, and ask each student to set a personal daily goal for themselves with regards to these three bodily activities. For the next week, students should check off daily whether they achieved their daily goal. [If class rules permit, offer to give students who best complete their goals a “prize”—a star on the board, etc.]

Step 6: 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 their daily *My Body & Me* goal over the next week; and
- bring a healthy family recipe or activity to share at the next class.



Human
Dignity
Curriculum

HAND-WASHING SONG
to the tune of
Row, Row, Row Your Boat

Clean, clean, clean your hands
(imitate washing)
Several times a day
(clap, clap, clap)
Rinse and wash, wash and rinse
(scrub one hand, scrub other hand)
Germs all go away, HEY!
(jump up and down)
Clean, clean, clean your hands
Several times a day
Rinse and wash, wash and rinse
Germs all go away, HEY!



THE CANDY 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.

● = piece of candy

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?