



## 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 an excellent choice for their body.
2. Demonstrate self-control with regards to their body.

## MATERIALS & RESOURCES

- **Hand-Washing Song** lyrics (see Materials)
- **My Body & Me** worksheet (see Materials)
- **Parents' Help: My Body & Me** form (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 about their heroes in pairs. Ask: Who is your hero? 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.

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? What might happen if we don't?

- Does doing this help us become excellent? Why or why not?

Then ask: What are other ways we can make excellent choices for our bodies?

**Step 4:** Teach self-control.

Write on the board:

- **self-control**

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.

Tell students that they will practice showing self-control while walking in line by playing *Lips & Hips*—walking in line with one hand on their hip, another hand up with their pointer finger over their lips. Take the students on a short walk to practice. Alternative would be to play a listening game—encourage quiet/listening in order to pay attention to changing instructions.

Then have students practice breathing, before expressing anger or frustration. Have them breathe in and out five times each, and then pace around the classroom. Then do it again.

Bring students back to the rug, and ask:

- What was hard about showing self-control?
- Is showing self-control excellent? Why or why not?

**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, checking daily off whether they've completed their goal.



**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!



Human  
Dignity  
Curriculum

## MY BODY & ME

Name: \_\_\_\_\_

**Directions:** Fill in the goal charts below. Give one example of a way you can complete the goal listed. Track your success this week.

**listen to my parents' instructions:**

---

day	x
1	
2	
3	
4	
5	
6	
7	



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Human  
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## PARENTS' HELP: MY BODY & ME

Dear Parents,

For one of our Human Dignity Curriculum homework assignments, we are asking our kindergarteners to do one thing before \_\_\_\_\_: to practice daily listening to your instructions.  
(date)

Please sign off when s/he has completed the enclosed worksheet, checking off daily whether they have listened, and return this form to me.

\_\_\_\_\_  
(initial)

Name: \_\_\_\_\_

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Grade K, L6A - Choosing for My Body



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