



He's Got the Whole World in His Hands
A Lesson in Respecting Ourselves as Gifts from God
PreK, TK and Kindergarten Lesson

Goal:

Students will learn that taking care of ourselves is part of the call to holiness. God has created us body and soul to praise him through both. Activities will reinforce the themes of promoting personal health, understanding emotions, and recognizing God's personal eternal plan for each person.

Materials:

- Dependent upon activities chosen.

Lesson:

Have the children gather in a circle on the floor.

Play and sing:

["He's Got the Whole World in His Hands"](#) and ["God is Good All the Time"](#).

Begin by explaining that God created each person individually, because he loves each person so much, he cannot live without any of us. God created people different from the rest of creation—we have both bodies and souls. We cannot see our souls, but we know they are there because they are the part of us that talks with God. Through our bodies we can honor God also. Because God created our bodies, he wants us to use them well to serve him. That means eating healthy, getting plenty of exercise, making sure we have a good night's sleep, taking medicine we need, and choosing to be kind rather than angry.

Discussion:

- Does God care what we eat? Why or why not?
- Is it important to God that we keep ourselves as healthy as we can?
- What are healthy things we can do?

Help children make the connection between the activity and its positive effect on their bodies. For example, sleeping enough at night allows them to think clearly the next day.

Activity:

Using "[Fun Activities that Promote Health](#)" as a guide, use any of the suggested activities or substitute other activities your class enjoys doing.

- Page 13: Have children act out a favorite classroom story while the story is being read to them.
- Pages 14-16: "Moving Game"; print and tape the dice with different movements drawn on each side. When a student rolls the die, he or she must do what is shown. Alternatively, play an active game of "Simon Says"
- Page 22: Hokey Pokey Muscles and Bones
- Pages 30-35: "Listen to your Body" discusses how healthy food gives us energy that lets us play and think.

PRAYER OF THANKS

Thank you God for making me special.

Thank you for making me
with a heart that knows how to love
and a mind that knows how to think
and hands that know how to work
and feet that know how to dance.

Let me always love you with my body and my soul.

Please keep me safe and healthy today and always.

Amen