

# MY PLACE IN SPACE

## *Stewardship of My Body, Part 2*

of the body. Also ask for volunteers willing to bring pets to the next program.]

- Display today's topic
- Song service
- Opening prayer

### **Reinforcement Time with Show and Tell Volunteers**

[Ask the question, What did you do this week to be a good steward of your body?]

[Invite the show and tell volunteers to present what they have brought that illustrates good body stewardship. You may be able to add some of what they brought to the Stewardship Bulletin Board.]

[Ask for volunteers who will bring something to the next meeting that reminds them or teaches them more about stewardship

**Activity 1: Bibles; Bible references written on paper or cards**

**Activity 2: stories on slips of paper to hand out**

**Activity 3: a large piece of paper as long as one of the children is tall; marking pen; coffee filter; calamine lotion; red food coloring; sand or grit; funnel; cup of water; bowl**

**Activity 4: confetti or other tiny bits of paper**

**Activity 5: sugar; teaspoon; dish or bowl**

**Activity No. 1: Stewardship of our Bodies Sword Drill.**

[Divide group into partners and hand out the following Bible passages. One partner will read the verses out loud to the whole group. Then the other partner will say in his/her own

Romans 7:24, 25	Romans 8:10, 11
I Cor. 6:19,20	I Cor. 12:26,27
I Cor. 15:42	Ephesians 4:15,16
Hebrews 10:10	James 2:15,16
James 3:2-5	3 John 2
Jude 9	

**Activity No. 2: Making responsible choices.**

The last time we were together we talked about being good stewards, or taking good care of things we are responsible for. In the following stories decide whether these people are being good stewards of their bodies. Why or why not? And what could they do that might be healthier?

[Hand out the following stories for volunteers to read.]

Andrew hates to go to bed at night. There's a television downstairs, and sometimes after Mom and Dad go to sleep he sneaks down and watches TV. Mom tells him it makes him very cranky in the morning, and it's hard for him to get up for school.

Jared likes the smell of glue. He knows it's

words what the text said and how it relates to stewardship of the body.]

Proverbs 11:28	Proverbs 12:18
Proverbs 16:24	Matthew 6:31-33

poisonous. One time it made him feel very dizzy and he got a bad headache.

Carlos' family likes to stay up until the early hours of the morning. Carlos knows he can think better during the day if he gets enough sleep at night. So he goes to bed early in the evening no matter what other people are doing.



Sharon sneaks into the kitchen and finds cookies and other snacks between meals. Then she's not hungry at meal time.

**Activity No. 3: We are mostly water.**

Drinking water is very important because our bodies are 70 to 80 per cent water. What does that mean? [Allow responses.] Let's make an illustration to help us understand.

[Have a child lie down on a long piece of paper while someone draws around him/her, making an outline of the body, centered on the paper. Fold the body outline in half crosswise (approximately at the waist). Then fold it in half again as shown in the illustration. You will notice that the fold lines show 1/4, 1/2, and 3/4 of the body. The top fold line represents 75 per cent of the child. Draw a wavy line here to show that, if all the water in a body were in one area, it would come clear up to this line. Tack the outline to a bulletin board or a wall as a reminder of the importance of water.]

Because our bodies are mostly made of water, it's important to have enough water to help them work correctly. One of the parts of our bodies that uses a lot of water is our kidneys which filter the blood and keep it clean. Here is an experiment that shows us how the kidneys work.

[Prepare a mixture of calamine lotion (thick pink lotion), red food coloring, and some sand or grit to represent the dirty blood. Pour this through a coffee filter placed in a funnel.]

Notice how slowly this mixture goes through. It is very thick. [Have a volunteer add

a cup of water to the mixture.]

With enough water, the mixture flows through much faster and much better. [Show the observers that the grit stays in the filter so that the mixture that comes through the bottom is clean.]

Our kidneys are somewhat like the coffee filter. They work much better when we drink enough water. We should drink at least eight to ten glasses of water every day to help the body function at its best.

#### **Activity No. 4: Good clean air.**

How long can you hold your breath? [Have volunteers demonstrate.] Before long, did you start feeling strange? [Do not allow children to continue holding their breath until they turn blue or pass out.]

Oxygen is as important to our bodies as water. All of our cells, from our head to our toenails, need oxygen to live. We get that oxygen by breathing. And breathing clean air is very important.

In our story about Jared sniffing glue, he was breathing poisons in through the air. Not only did it hurt his lung cells, but the poison was carried to the rest of his body, and hurt his brain cells too.

Can you think of other things in the air that can hurt us? [Have participants offer suggestions.]

Riding behind a truck that's putting out a lot of smoke and exhaust gives off poisons which can cause you to have a headache. You would not choose that on purpose, but some people do breathe in poisons on purpose. One way is smoking.

Inside the airways that go down to your lungs are little hairs called "cilia." They work like brooms, ~~sweeping all the time~~ in an effort to keep pollution out of the lungs. I need some volunteers to come up here and pretend to be cilia.

[Have the volunteers bend over and use their hands and arms, pretending to sweep all together.]

With every breath we take, a small amount of impurities heads toward our lungs.

[With each breath, throw a little confetti onto the table or floor where the volunteers are "sweeping."]

When cilia is working properly in the body, it will clean out impurities. The cilia sweeps

up these little particles of dust, and we either cough them out or sometimes just swallow them without ever knowing it. But when someone smokes a cigarette they are inhaling poisons that put the cilia to sleep so they

Now, only half of our sweepers can work. But the smoker is going to smoke another cigarette. [Have half of the remaining volunteers stop sweeping.]

Soon there will be no cilia continuing to sweep. So what happens to the lungs? [Encourage responses.] This means that any dust particles or dirt or pollution we breathe in just sits there because the smoker has put all her cilia to sleep. By the time the cilia wake up there will be lots of dirt and other harmful things piled up in the lungs. This is why people who smoke, cough in the mornings

when they first wake up; because there is an accumulation of impurities sitting in their lungs.

Because we are the stewards of our lungs, we will do our best to avoid breathing harmful things.

### **Activity No. 5: *How much sugar?***

Sugar slows down our body's reaction to disease. If we eat too much sugar, we will get sick more easily, because the body will have a harder time destroying bacteria and infections.

[Using the list below, ask group members to guess the number of teaspoons of sugar in one serving of each food. Then have a volunteer spoon sugar into a dish counting each teaspoonful, until the correct number of teaspoons is reached.]

cannot work. One cigarette will paralyze half of the cilia.

[Have half of the volunteers quit sweeping. Continue to throw the same amount of confetti with each breath.]

1. Sweetened cereal  
[2 oz. = 7 teaspoons sugar]
2. Fruit yogurt  
[8 oz. = 8 teaspoons sugar]
3. Ice cream  
[8 oz. = 6 teaspoons sugar]
4. Chocolate milk  
[8 oz. = 6 teaspoons sugar]
5. Pecan pie  
[5 oz. slice = 12 teaspoons sugar]
6. Fruit flavored drink  
[8 oz. = 6-7 teaspoons sugar]
7. Cola drink  
[16 oz. = 12 teaspoons sugar]
8. Chocolate cake, iced  
[4 oz. slice = 10 teaspoons sugar]
9. Glazed donut  
[6 teaspoons sugar]
10. Peanut butter-and-jelly sandwich  
[5-7 teaspoons sugar]
11. Gelatin dessert  
[8 oz. = 8 teaspoons sugar]
12. Chewing gum  
[1 pack (7 sticks) = 4 teaspoons sugar]
13. Thick milkshake  
[11 oz. = 9 teaspoons sugar]
14. Chocolate candy bar  
[2 oz. = 7 teaspoons sugar]
15. Jelly beans  
[12 = 8 teaspoons sugar]
16. Orange soda  
[12 oz. = 12 teaspoons sugar]

### **□ Summary**

[Suggested questions to ask: What did you learn today? Did any of the activities surprise you? How important is it to care for our bodies?]

[You will learn how to be a more

**Reminder to Show and Tell Volunteers**

[Call the names of those who volunteered for the next program and hand them written reminders. See the Sample Program for a suggested reminder.]

**Closing prayer**

effective instructor by listening carefully to the responses.]

