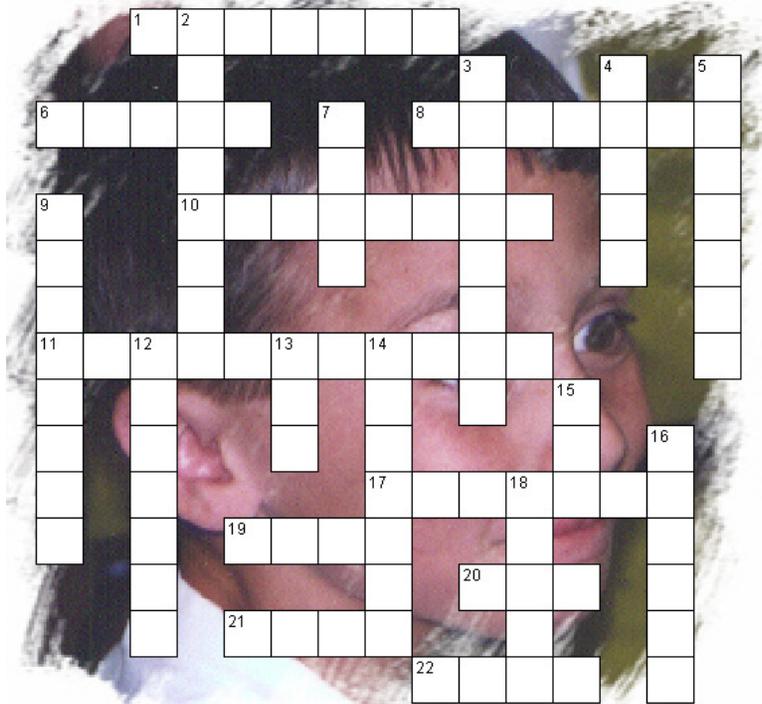


Crossword Puzzle

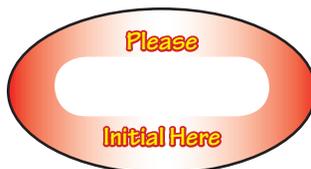


Across

1. When we sleep many things happen that _____ and refresh our bodies.
6. _____ that are played outside...
8. One kind of exercise that we may not think about is to have the proper _____.
10. _____ often get a good amount...
11. Exercise _____ us.
17. When its warm, wear _____ clothes.
19. Our bodies need _____ and sleep.
20. ... rebuild our bodies for the next ___.
21. Our _____ belongs to God.
22. Don't stay up too _____.

Down

2. Our bodies need _____.
3. Our bodies need _____.
4. An important internal organ.
5. ...rebuild and _____...
7. When its _____, dress warmer.
9. ... are strengthened by ___ exercise.
12. ..._____ and climbing.
13. The owner of our bodies.
14. In order to keep our bodies _____...
15. Posture is to ___ and stand properly.
16. Exercise strengthens our vital _____.
18. Another important internal organ.



Parent's Initials:

Man in God's Creation

- Lesson Seventeen -

Care of the Body (2)

I. Overview.

In this lesson we will see more about how we should take care of our bodies. We need some kind of daily exercise in order to have a strong and healthy body. We also need to have a good amount of rest and sleep so that our bodies can rebuild and heal themselves after a long day of activity. We should also always cover our bodies with the proper clothing.



Our bodies need the proper amount of exercise each day.

As we have seen, our bodies belong to God. We should do all that we can to take the best care of them. The proper amounts of exercise and rest cause our bodies to be very healthy. When our bodies are healthy in this way, we feel good and we are useful in God's service. We should also keep our bodies clothed properly. Our clothing should cover us properly and be fitting for the environment – not too warm or too cold.

II. Memory Verse.

“For no one ever hated his own flesh, but nourishes and cherishes it...”

(Eph. 5:29)

III. Lesson.

Exercise is necessary in order to have a healthy body. Exercise strengthens our vital organs such as the heart and lungs. Our muscles, bones and blood vessels are also strengthened by physical exercise. It is good for us to have some kind of exercise each day.

There Are Many Types of Exercise

There are many things that we can do for exercise. Children often get a good amount of exercise when they play with other children. Games that are played outside that involve some amount of running and climbing are good. One kind of exercise that we may not even think of is simply to have the proper posture. For us to sit and stand properly is good for our bodies.



Helping our parents with some chores is fun and is often good exercise.

We should always be careful not to exercise too much or for too long. We can possibly damage our bodies when we push them too hard. We should also not exercise when we are sick. During those times our bodies need time to recover from our sickness.

We Should Get the Proper Rest and Sleep

Just as important as having the proper exercise, is getting the right amount of rest and sleep. Our bodies work hard in many ways. Our bodies must have time each day to rest and to sleep. When we sleep, many important things happen that rebuild and refresh our bodies for the next day. We should not stay up too late so that we can get the rest that we need.

Our Bodies Need the Proper Clothing

In order for us to keep our bodies healthy, we must take care of keeping ourselves properly clothed. Firstly, our clothes should provide us the proper amount of covering. It is not good for us to be uncovered. Additionally, our clothes should be of the proper size and should be appropriate for the environment we are in. If the weather is warm, we can wear lighter, cooler clothes. If the weather is cold, we should wear warmer clothes. Keeping our bodies well exercised and rested, combined with keeping them properly clothed, will help keep us from getting sick or catching a cold. This is the best way to take care of our bodies so that we can live our lives for God.

— QUESTIONS FOR DISCUSSION —

1. What kind of exercise do you get?

2. Why do we need to get rest each day and get a good night's sleep each night?

3. How should we properly clothe ourselves?

4. Who is the real owner of our bodies?

