



God is With Me When I Take Care of Myself

Lesson 3: Appreciating and taking care of the bodies God has given us.

The total dependency of infancy is eventually left behind and an independent-minded toddler emerges. As infants and toddlers begin making the important early steps toward self-autonomy they can appreciate that God made them and that he wants them to take care of their bodies.

Scripture: Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

1 Corinthians 6:19-20, ESV

Class Schedule

(45 minutes)

Welcome Time (15 minutes)

On the mat in the soft corner. Time to settle in and free play. Music or singing.

Bible Time and Lesson (20 minutes total)

At the table

- **Bible Time:**
- **Lesson:** The Bible teaches that God made each person unique and special. We can thank God for our hands, feet, mouth, etc. Using the bathroom as a launching point talk about the various parts of the body and how we take care of ourselves (bath, washing face, brushing teeth, combing hair, etc.). Pray and thank God for our bodies.
- **Craft:** (optional) A craft having to do with hands, feet, etc. would be good.
- **Snack:** Any healthy snack today.

Closing (10 minutes)

On the mat in the soft corner Quiet activities to settle down. Quiet music or nature sounds.

Teaching Items to Collect

(Some are in the Theme Boxes)

- Bath Items:
 - Water and Container
 - Soap or soap bottle
 - Washcloth
 - Bath towel
 - Bath toys
- Doll(s) to bathe.
- Spray bottle for shower.
- Items to show brushing teeth:
 - Toothbrush
 - Toothpaste
 - Cup
- Mirrors
- Combs or brushes
- Gloves or mittens to put on and off to talk about hands.
- Picture of a child (full body shot).
- Wooden puzzle of bath time.
- Picture books showing faces, hands, feet, etc.



1. Welcome Time

(15 minutes) *On the mat in the soft corner*
Time to Settle in and free play. Today focus the conversation on naming body parts in asking questions like “Where are your eyes?” or “Where are your toes?” As children play point out which body part they are using such as blowing bubbles with *mouth* or picking up block with *fingers*.

- Bubbles/toys/picture books
- Mirrors, Peep Tube, Vehicles
- Bell to indicate class is about to start

2. Bible Time

When you move to the table spend the first 5 minutes in routines that you repeat each week.

- Pat the bible
- Find Jesus picture (sticker) in bible. Take time to talk about Jesus as our friend.
- “Read” - God is with _____. Filling the blank with the child’s name and members of his/her family.
- Sing B-I-B-L-E

Vocabulary:

- Hands and fingers
- Feet and toes
- Mouth and teeth
- Water
- Wash

Sensory:

- Warm and cold water
- Slippery soap
- Soft towel
- Toothbrush bristles

3. Bible Lesson

(15 Minutes) *At the table*

Guide children in appreciating the fact that God created their bodies and that taking care of our bodies makes God happy.

- Use a picture of a child to point out various body parts and repeat the phrase, “God made our hands.” Insert various body parts as you point to them in the picture.
- Guide the children in looking at themselves in a mirror.
- Help the children use combs on their hair as they view themselves in the mirrors.
- Use a tub to pour warm water in for a bath. Bathe dolls in the water. Add soap to make bubbles. Children will enjoy splashing in it and feeling the slippery soap on their hands. Use washcloths, bath toys and a towel.
- Act out brushing teeth. For obvious hygiene reasons children won’t share toothbrushes or cups. Depending on age and understanding you might talk about brushing teeth in one of the following ways:
 - Act out brushing doll’s teeth.
 - Simply use your index finger to make motions of brushing teeth.
 - Put a dab of toothpaste on index finger for child to play brushing teeth.
 - If willing to carefully label and clean brushes you could use real brushes.
- Craft (optional): Making a craft using handprints would work well today.
- Prayer: Fold hands and close eyes to pray.
- Snack: Any healthy snack

4. Closing

(10 minutes) *On the mat in the soft corner*. Quiet activities to settle down

- Cuddle the baby dolls and “pray with them” as you put them to bed. Be sure and point out their fingers, eyes, etc.





Suggested Songs for this Lesson:

Note: Infants and toddlers enjoy the rhythm and melody of song but they are not critics of the teacher's abilities! It's fine if you sing the same tune every time, make up your own tune or even just say the words in a poetic or fun way. Just have fun with it and put the children's needs above your own shyness.

I Live in a House

I live in a house of *wood or rock.
Stand at the door and knock-knock-knock
Inside you will find my family
Right in the middle you'll find ME.

**Substitute another building material instead of wood if appropriate to where the children live.*

Tune: I'm a Little Teapot

Action: (toddlers might join you) While singing the first line form your hands like a rooftop. When you say knock-knock-knock rap your knuckles on the table to make the sound. Point to yourself when you say "ME".

God Made My Hands (Poem)

God made my *hands.
Clap, clap, clap.
God made my fingers.
Wiggle, wiggle, wiggle.
What do I say?
Thank. You. GOD!

**Substitute other body parts and their corresponding actions but always end with the same last two lines. Other body parts could be Lips=smack, eyes=blink, toes=wiggle, fingers=snap, nose=sniff, hair=fluff, chin=nod.*

Action: After saying each word with emphasis (Thank. You. GOD!) raise your hands in the air in praise.

Wash, Wash, Wash your hands

Wash, wash, wash your hands,
Wash, wash, wash your hands,
Wash, wash, wash your hands,
Wash with soap and water.

Rinse, rinse rinse your hands,
Rinse, rinse rinse your hands,
Rinse, rinse rinse your hands,
Rinse them under water.

Dry, dry, dry your hands,
Dry, dry, dry your hands,
Dry, dry, dry your hands,
Dry off all the water.

Tune: "Skip to my Lou"

Action: Sing as you wash your hands together.

This poem is available from
<http://hetv.org/programmes/hand-washing-songs.htm>

This is the Way

This is the way we *wash our face.
Wash our face. Wash our face.
This is the way we wash our face.
Thank you, God.

**Substitute any task for taking care of ourselves (brush our teeth, splash in the bath, etc.)*

Tune: This is the Way We Wash the Clothes

Action: Sing as you and the children do the tasks together.



Head and Shoulders Knees and Toes

Head and shoulders, knees and toes.

Knees and toes.

Head and shoulders, knees and toes.

Knees and toes.

Eyes and ears and mouth and nose.

Head and shoulders, knees and toes.

Knees and toes.

Tune: Traditional

Action: Point to each body part as you sing the word.

Washing (Poem)

This little hand is a good little hand (wave)

This little hand is its brother (wave other)

Together they wash and wash and wash
(pretend)

One hand washes the other.

Action: Say this as you wash hands.

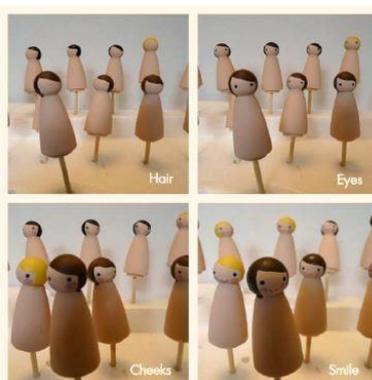
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Items to Use to Teach this Lesson



Doll House: A simple dollhouse with a few rooms and big enough parts to be safe for toddlers. If it is too elaborate it will be confusing. You can easily make your own dollhouse by taping or gluing a few empty boxes and cardboard pieces together.



Doll Family: Any collection of dolls that fit into the dollhouse will work. Purchase or make your own. Even cardboard tubes can be made into suitable dolls.



Combs or brushes for each child.



Mirrors



Shallow tub to use for a pretend bath tub.



Towel and washcloth.



Soap.



Spray Bottle to play in the bath and to “take a shower”.



Bubble solution.





Doll or dolls to bathe.



Toothpaste and brushes. Only use toothbrushes if you are able to provide one for each child. Their name should be on it and it should be washed and put away separately after each use.



Any children's picture books showing good pictures of faces and bodies.



Simple picture of a child.