



LESSON 2

Self-respect!

Lesson Goal:

The children will learn that we should honor God by taking care of our bodies through exercise and eating healthy food.

Main Point: Self-respect - I will take care of my body because God gave it to me.

Bible Story: Daniel chooses good foods. (*Daniel 1*)

Bible Verse: *“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.” 1 Corinthians 6:19-20 NLT*

Physical Training (Weekly Opening Activity)

This weekly opening activity will allow the children to practice some martial arts moves while getting clues about the Main Point.

Man In The Mirror (Opening Activity)

In this activity the children will learn the importance of respecting themselves.

The Skit And Bible Story (Large Group Activity)

The Skit and Bible Story will teach the children that we should honor God by taking care of our bodies through exercise and eating healthy food.

Fan-tastic! (Weekly Bible Review Craft Activity)

This weekly craft activity will allow the children to review the Bible Story and Bible Verse while making a fan that will help them remember what they have learned and share it with others.

Replacement Challenge (Application Activity)

This activity will teach the children how to take care of their bodies by choosing healthy foods to eat.

Simon Says J Say (Application Activity)

This activity will teach the children to take care of the bodies God gave us by choosing to exercise and stay active.

The Best You Possible (Application Activity)

This activity will teach the children ways that we can take care of our bodies.

Cosmo Chesterton’s Choppin’ Challenge Review Game (Large Group Activity)

This is a strategic time to review and reinforce the content of the lesson.

Dojo

LESSON 2: Self-respect - I will take care of my body because God gave it to me.

Single Teacher using “Watch It/Train” DVD

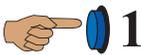
Watching the Bible Story and Skit on DVD



Purpose Statement: The Skit and Bible Story will teach the children that we should honor God by taking care of our bodies through exercise and eating healthy food.

Materials/Props Needed: 2 pairs of gloves and popsicle sticks or straws for the Review Game.

• Lead the children through the opening activity “Physical Training” and/or “Man in the Mirror.”



• Begin Worship Time.

Note: For this lesson use Sound Track CD # 1.

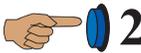
~~Optional: Take a few moments to assign roles to some of the children for the upcoming service. Choose children to be song leaders, to take up the offering, to pray for the offering, to pass out materials, to be a review game judge, etc.~~

1



TEACHER

(CD Track # 1) Ahh, it looks like everyone is back for our second class together. Let’s see what everyone’s energy level is today. I need everybody up for our first song! And I need my song leaders up here with me helping out!



Teacher leads the children in singing the song.

TEACHER

Once again, students, you impress with your singing skills. Clearly your training here is starting to take hold. Yes, here at the dojo, we are learning what it takes to be the best followers of God that we can be. Let’s recite the Dojo Pledge that we learned last week. **“I will honor the dojo by training and practicing to become the best I can be. I will do my best to learn and to make all that I have learned a part of myself. Discipline - I will spend time every day doing the things that God wants me to do.”**

Note: Have the children recite the Dojo Pledge with you.

TEACHER

Good job! Last week we learned about discipline. And that means that we take time each day to do the things that God wants us to do. Things like praying, reading our Bibles, showing kindness to

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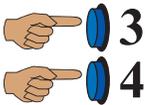
Dojo

others, and telling others about Jesus. Being disciplined means that we make a conscious choice to do those things even if we're tired and even if we don't feel like it. And if we are disciplined, we will get better and become more and more like Jesus. Now what do you think we'll be learning next here at the dojo?

Note: Take a few moments to let the children guess what today's character quality might be.

TEACHER

Hmmm... We'll find out later if any of you were correct. Now it is time to see what's happening at the local Karate tournament. That's where we met Felicia Gutters, Cosmo Chesterton, and Sensei. And this is Felicia's very first tournament. She passed the entrance exam and I heard she's already faced and beaten her first opponent. Let's see what happens next.



Note: Play "Skit Video" chapter # 3 followed by "Ninja Race Video" chapter # 4.

TEACHER

Wow...stromboli belly...I've never heard of that before. Raise your hand if you think Cosmo should have made some better food choices. *(allows the children to respond)* I agree, but let's be honest. Are there times when you've eaten unhealthy foods instead of food that's good for you? *(allows children to respond)* Yeah, me too. Sometimes that unhealthy food looks so delicious and it's hard to say no. Making the best choices for our own health can be really hard sometimes. But as we just saw from Felicia and Cosmo, it's worth it to make the right choices about the food we eat. We've just been given a pretty big clue about what quality we're learning about today. Does anyone care to change their guesses about what the quality might be?

Note: Take a few moments to let the children guess what today's character quality might be.

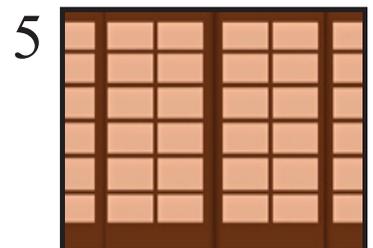
TEACHER

It sounds like some of you are starting to get the idea. Yes, the quality today deals with how we treat our bodies. And the Bible actually has a few things to say about how we treat our bodies. Listen to this.

~~*Optional: Before the Bible Story video, have the children race to look up the story. Give out a small prize to the child who looks it up first. This week the Bible Story is found in Daniel 1.*~~



Note: Play "Bible Story Video" chapter # 5.



Dojo

Optional: After the Bible Story, ask a few short questions:

1. Where was the Bible Story located? 2. How long did Daniel suggest that his test should last? 3. After the ten days how were Daniel and his friends different from the other young men?

TEACHER

The sword was taken care of and it could be used for what it was designed. But the other sword, which hadn't been taken care of was almost useless. And it's the same with anything of value in this world. We need to take care of it. Our bodies are valuable because God gave them to us. That means we should take care of them. And taking care of our bodies is called self-respect. That's the quality we are talking about today. Self-respect is a very big deal here at the dojo and I want to add that idea to our Dojo Pledge: **(6) Self-respect - I will take care of my body because God gave it to me.** Let's recite the first part of our dojo pledge that we learned last time and add this part about self-respect. **(7) "I will honor the dojo by training and practicing to become the best I can be. I will do my best to learn and to make all that I have learned a part of myself. (8) Discipline - I will spend time every day doing the things that God wants me to do. (9) Self-respect - I will take care of my body because God gave it to me."**

Note: Have the children repeat the entire pledge adding the character quality learned this week. Repeat until the children have it memorized.

Optional: Ask the children for one volunteer who will come up and help you lead the pledge for the other children.

TEACHER

Now that is starting to sound like an official pledge! And it's going to get longer and longer each week. Let's take a minute to talk about some of the different ways we can take care of our body. One way that we saw in the skit and the Bible story is to eat healthy food. Also, we should exercise. For some of you that might mean going for runs or using exercise equipment. For others that might mean playing a sport with some friends. Maybe you like to go walking outside or hiking on trails. Maybe you go swimming a lot. There are tons of different ways we can exercise. The point is you need to be active. Getting enough rest is another way to take care of your body. If you don't get enough sleep you'll never be your best. Now doing all of these things might not always be easy. So here are two Bible Verses to remind you to have self-respect by taking care of your body. Check this out.

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." 1 Corinthians 6:19-20 NLT

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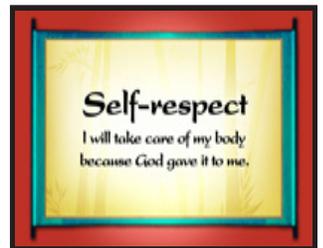
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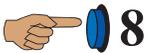
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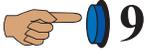
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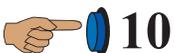
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Dojo

~~Optional: Have the children recite the verse two or three times. Then assign specific words in the verse to specific children. Have them recite the verse again with each child only saying their assigned word. Repeat this until the rhythm is smooth. Or the teacher can use a conductor-style wand and point to specific children to say the next word in the verse.~~

TEACHER

These verses remind us that we belong to God and He's the one who gave us our bodies. That means we don't get to just do whatever we want with our bodies. We need to take care of them. If we have chosen to follow Jesus, He comes in to our lives. That's what it means when this verse says that your body is a temple of the Holy Spirit. That's why we must honor God with our bodies. They were given to us by Him, but they also still belong to Him. He cares about how we use them and wants us to take care of them. Think of it like this: Imagine for a moment that you saved up your money and you bought a really nice present for your friend. You give your friend the present and he is really happy with it. But imagine that your friend doesn't take good care of the present. He uses it in ways it's not supposed to be used. He lets it get dirty and never cleans it. After a while the present doesn't look that great anymore. How would it make you feel to see your friend mistreating your present? *(allows the children to respond)* Yes. And I'm sure God is unhappy if we don't take care of the present He gave to us; our bodies. I don't want to God to think I'm not grateful for what He has given me. ~~So let's use this time to thank God for giving us our bodies. Let's use our bodies to worship Him by singing.~~



11

~~Optional: Ask for some children to volunteer and come up to lead the song with you.~~

~~Teacher leads the children in singing the song and then begins the offering time.~~



12 OFFERING



4

TEACHER

~~(CD Track # 4) Thank you for singing with us. Let's continue to worship God with our offering. This is the time when we thank God for everything He's done and everything He has blessed us with by giving back to Him. Let's pray.~~

~~Lead the children in prayer. If you want to, include elements of the lesson you are teaching today. For instance, today we are talking about how we should take care of our bodies. So you might say, "God, thank You for giving us our bodies. Help us to make good choices that will help us to honor you with our bodies." Take up the offering.~~

11



12



Dojo

~~Optional: Have two specific children pass the container and take up the offering. Then have a child come up and close the offering in prayer.~~



TEACHER

(CD Track # 1) We've learned some important things about respecting ourselves. However, we have more to learn and more to do. (13) We're now going to meet up with our personal instructors for the next phase of our training. Small Groups.

~~Note: If you are staying in your room, transition to the Small Group activities by reviewing the Dojo Pledge. You can have the children say it fast, slow, while hopping on one foot, or even while walking around the room. Challenge them to get back to their seats before you can finish reciting the Dojo Pledge. If your Small Groups travel to a second room or location, have the children repeat the Dojo Pledge while walking in various ways. Ex: Skipping, crawling, walking backwards, pretending to drive, pretending to fly, etc.~~



SMALL GROUPS

Teacher greets the children as they return from Small Groups.

TEACHER

Now that everyone is back from their Small Groups I think we should continue the routine we started last week. I'm talking about Cosmo Chesterton's Choppin' Challenge! I hope he has finally recovered from his stromboli belly. Let's get ready for the questions!



Note: For specific instructions on how to lead the children through this Review Game, you will need to print out "Review Game Lesson 2" from your Lesson Materials CD-ROM. The first page of the Review Game is an instructions page. Lead the children through the questions. Hit "play" when a child has given you the right answer. After the game have the children help clean up the straws or broken popsicle sticks.

Optional: Ask for one child to volunteer to be the review game "judge." Have that child put on a judge's robe, a wig, and hold a gavel. Give the child the piece of paper with the correct answers to the review game questions. When your regular review game volunteers answer a question, turn to the judge and ask the judge for a ruling. "Correct or incorrect?" After the judge's ruling continue with the game as usual. Repeat for each question.

CLOSING

13



14



15



Dojo



TEACHER

(CD Track # 1) Wow! I think you guys chopped even more than last time! That's it for today's training. But before we leave, let's practice our Dojo Pledge one more time! **"I will honor the dojo by training and practicing to become the best I can be. I will do my best to learn and to make all that I have learned a part of myself. Discipline - I will spend time every day doing the things that God wants me to do. Self-respect - I will take care of my body because God gave it to me."** Great job! Remember to eat healthy foods and be sure to exercise this week We need to take care of our bodies. See you next week!



MAN IN THE MIRROR

Opening Activity Lesson 2 - Self-Respect!

Purpose:

In this activity the children will learn the importance of respecting themselves.

Description:

In this activity the children will work with pictures and a mirror as they discuss how to respect themselves.

Materials needed:

For this activity you will need this help sheet, a mirror, and the “Respect Yourself Pictures Lesson 2” from your Lesson Materials CD-ROM.

To introduce the activity say:

1. There are many people in our community who are important.
2. Each of these people are shown respect in different ways.
3. Today we will learn about ways we can show respect to those people.

For detailed instructions on how to do the activity, see the DVD.

To lead the activity say:

1. Look at the picture of this police officer.
2. What are some ways we show respect to police officers? (*Not speeding. Stopping at stop signs. Obeying the law.*)
3. Now look at this picture of a teacher.
4. How do you show respect to your teachers? (*Obeying rules. Finishing work on time. Listening in class.*)
5. Take a look at this mom and dad.
6. What do you do to show respect to your parents? (*Helping around the house. Obeying rules.*)

Note: Show all of the pictures and discuss ways to show respect. It is okay to repeat pictures and get children to think of more respectful actions. Continue when you are ready to move on.

After the activity say:

1. Let's take turns and look at ourselves in this mirror. When you look in a mirror, who do you see? (*I see myself.*)
2. That is a big clue to what we are learning today.

Closing statement:

When we think about respect we normally think of respecting others, but today we are learning about respecting the person in the mirror.



How can you respect your police officers?



How can you respect your teachers?



How can you respect your parents?



How can you respect your friends?



How can you respect a store employee?



How can you respect your mail carrier?



How can you respect your principal?



How can you respect your crossing guard?



How can you respect your doctor?



How can you respect your babysitter?



How can you respect your firefighters?



How can you respect your pastor?



How can you respect your sister or brother?



How can you respect your grandparents?



REPLACEMENT CHALLENGE

Application Activity Lesson 2 - Self-Respect!

Purpose:

This activity will teach the children how to take care of their bodies by choosing healthy foods to eat.

Description:

In this activity the children will look at pictures of food-some healthy and some not healthy. They will choose which foods they should eat.

Materials needed:

For this activity you will need this help sheet. For each child you will need crayons, scissors, glue, the “Replacement Challenge Pictures Lesson 2”, and the “Replacement Challenge Chart Lesson 2” from your Lesson Materials CD-ROM.

To introduce the activity say:

1. Do you remember our Bible Story today? *(Yes.)*
2. What did Daniel ask to eat in the Bible Story? *(Vegetables and water.)*
3. That’s right! Daniel and his friends only ate vegetables and drank water for ten days. They did a special test! At the end of the ten days, their bodies were in great shape compared to the other young men who were training with them.
4. God made each of us special, and He wants us to take care of our bodies too.
5. One of the ways we take care of our bodies is by choosing the right kinds of foods to eat.
6. This can be a hard choice to make.
7. Look at the pictures on the wall. Do you see the the picture of the French fries?
8. Which of the pictures on the wall would be a good choice instead of French fries? *(The carrots. The apple slices.)*
9. Awesome! Those are great choices!
10. Now find the picture of the sugary cereal.
11. Which of the pictures on the wall would be a good choice instead of the cereal? *(The oatmeal.)*
12. Those are terrific choices! Today we’re going to learn how to test and respect ourselves by making good choices in the food we eat just like Daniel and his friends!

For detailed instructions on how to do the activity, see the DVD.

To lead the activity say:

1. Look at the pictures in front of you. Some of them are healthy and some of them are unhealthy.
2. Find the unhealthy foods.
3. Did you find six of them? *(Yes!)*



REPLACEMENT CHALLENGE

Application Activity Lesson 2 - Self-Respect!

CONTINUED FROM PAGE 1

4. Daniel and his friends tested themselves with better food. Let's do something similar. Choose six healthy foods you could eat instead of the ones you have.
5. Take a few minutes to color each of the pictures.
6. Remember, you can color them any way you want.
7. Those are beautiful pictures!
8. Cut out each of the pictures.
9. Now, look at your chart. On the left side it says "Choose This", and on the right side it says "Don't Choose That".
10. Glue the healthy foods on the "Choose This" side. You should have six healthy foods to glue on to that side of the chart.
11. Find the six unhealthy foods and glue them to the "Don't Choose That" side.
12. Those charts look fantastic!
13. Hang them up in your house to help you remember to choose healthy foods!

After the activity say:

1. Eating healthy foods is a great way to take care of the body that God gave you.
2. Will you make a choice to eat healthy foods this week? *(Yes!)*
3. Ask your parents to use your chart and help you make healthy food choices this week.
4. Taking care of our bodies is important because God gave us our bodies.
5. He made us and wants us to be the best we can be all the time!

Closing statement:

By making healthy choices in the food we eat, we please God and respect ourselves by taking care of the bodies He gave us!



I WANT TO
EAT THIS.

BUT I WILL
EAT THIS



SIMON SAYS, I SAY

Application Activity Lesson 2 - Self-Respect!

Purpose:

This activity will teach the children to take care of the bodies God gave us by choosing to exercise and stay active.

Description:

In this activity the children will do exercises while playing a Simon Says game. Then they will choose exercises to do in the following week.

Materials needed:

For this activity you will need this help sheet. For each child you will need scissors, glue, the "I Say Exercise Pictures Lesson 2" and the "I Say Exercise Card Lesson 2" from your Lesson Materials CD-ROM.

To introduce the activity say:

1. What is our Main Point for today? (*Self-Respect.*)
2. Let's say the whole thing again. I'll say it first and you repeat after me. Self-Respect: I Will Take Care of my Body because God gave it to Me!
3. Now you say it. (*Self-Respect - I Will Take Care of my Body because God gave it to Me!*)
4. One of the ways we respect ourselves is by taking care of our bodies.
5. God gave us our bodies and He wants us to take good care of them.
6. What are some ways we can take care of our bodies? (*Eating healthy food. Exercising.*)
7. Those are great ways to take care of our bodies!

For detailed instructions on how to do the activity, see the DVD.

To lead the activity say:

1. Today, we're going to play a game of Simon Says.
2. Find your own spot in the room. Put your arms out and make sure you can't touch anyone beside you.
3. Are you in your very own spot? (*Yes!*)
4. When I say Simon Says, do what I tell you to do. Remember, if I don't say Simon Says, then you shouldn't move.
5. Are you ready to play Simon Says? (*Yes!*)
6. Okay, here we go!
7. Simon Says...jump up and down!



SIMON SAYS, I SAY

Application Activity Lesson 2 - Self-Respect!

CONTINUED FROM PAGE 1

8. Simon Says...run in place!
9. Do the twist!
10. Oops! Simon didn't say...sit down in your spot if you started doing the twist.
11. Simon Says...do 10 jumping jacks!
12. Simon Says...march in place!

Note: Continue in this manner, having the children do only exercises, until only one child is still standing.

13. You did a great job playing Simon Says!
14. Can you tell me what kind of movements we were doing while we played our game? (*Exercises!*)
15. Yes! They were all exercises!
16. Staying active is really important to take care of your body.
17. Exercising is a great way to respect yourself because it keeps your body healthy!
18. You did the exercises because Simon said for you to do them.
19. But you don't have to wait for Simon to say you should exercise. You can say what you will do this week to exercise.

Note: Pass out "I Say Exercise Pictures."

After the activity say:

1. Look at the different exercise pictures.
2. Choose three exercises for you to do every day this week.
3. Cut out the three pictures you chose.
4. Do what you say in order to take care of the body God gave you!

Note: Pass out "I Say Exercise Card" to each of the children.

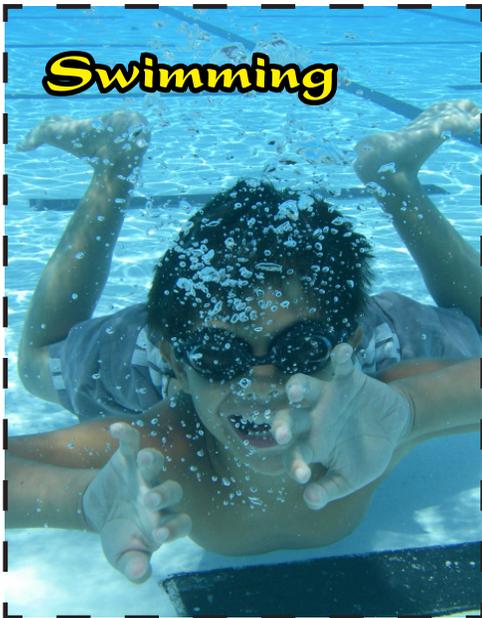
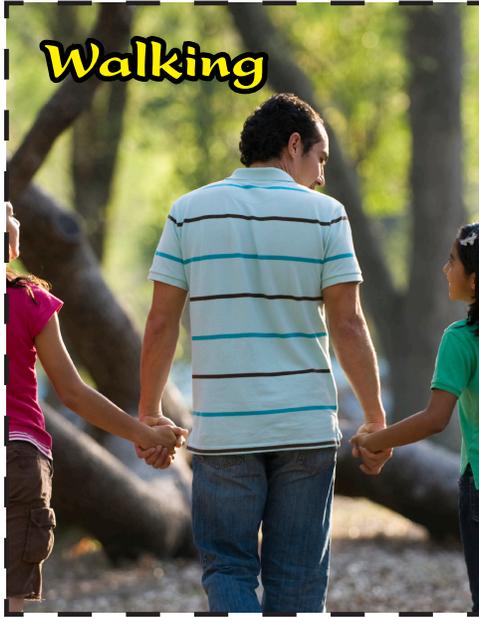
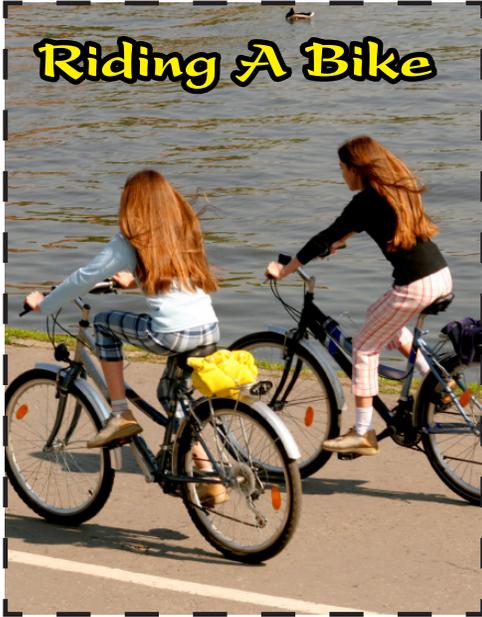
5. Glue your three pictures onto your "I Say Exercise Card."
6. Ask your parents to help you remember to do the exercises on your card.
7. Are you ready to do what you say? (*Yes!*)

Closing statement:

Remember, God gave us our bodies so it is important to take care of them by staying active and exercising!

“J will respect myself by doing what J say...”

“J will respect myself by doing what J say...”





COSMO CHESTERTON'S CHOPPIN' CHALLENGE

Review Game Instructions Lesson 2 - Self-Respect!

Purpose:

This is a strategic time to review and reinforce the content of the lesson.

Materials needed:

For this activity you will need this helpsheet, two pairs of work gloves (*to be worn by the Choppers*), lots of popsicle sticks or straws, and DVD "Cosmo Chesterton's Choppin' Challenge!" Lesson 2.

Note: This activity can be played by two children working together or two teams of two children competing against each other. After each question a random amount of time will appear on the screen as a countdown timer. One child will hold up a straw or popsicle stick for their teammate to chop through. The item does not have to break in two pieces to be considered "chopped." It just needs to be bent or knocked out of the holder's hands. Once the item has been chopped, the holder will drop it and pick up another item for the chopper to chop through. The goal is to chop through as many items as possible before the time runs out. At the end of the review game, award points and declare a winner. Ask the following questions and ask for volunteers to answer. If they answer correctly, hit "play" on the DVD. When you're ready to start the timer, press "play" again.

To introduce the activity say:

1. Cosmo has laid down his challenge and it's our job to show him what real choppin' looks like.
2. I've divided you into two teams. You will be competing against each other to win points. Points are awarded for answering questions correctly and for chopping through more items than your opponent.
3. I will ask for two volunteers from each team and ask a question about today's lesson. Whoever answers the question correctly will win points for their team. But then a countdown timer will appear on the screen. Then the teams will have to chop through as many items as possible. One of you will be the holder for your team and the other will be the chopper. Whichever team chops through more items will win points.
4. I will choose new volunteers from each team for each question. We will add up points and declare a winner at the end of the game.

To lead the activity say:

1. I hope everyone remembers the lesson and is ready to do some choppin'!
2. Here comes the first question!

Note: Ask the review questions by reading them from the screen or from page two of this help sheet. After all the questions, add up the points and declare a winner.

Return to the script to close the service.



COSMO CHESTERTON'S CHOPPIN' CHALLENGE

Large Group Activity Lesson 2 - Self-Respect!

Purpose:

This is a strategic time to review and reinforce the content of the lesson.

Materials needed:

DVD "Cosmo Chesterton's Choppin' Challenge!" Lesson 2 Chapter.

Ask the following questions and then choose children to answer. If they answer correctly, hit "play" on the DVD.

1. As followers of God, what is one way we can have self-respect?
 - A. Never let anyone insult you.
 - B. Take care of our bodies because God gave them to us.**
 - C. Say nice things to yourself in the mirror.
 - D. Believe God made you better than everyone else.
2. Which of the following are examples of demonstrating self-respect?
 - A. Never watching TV or playing video games.
 - B. Always being on time to school.
 - C. Sleeping only one hour every night.
 - D. Eating healthy foods and exercising.**
3. Imagine that you have some free time when you get home from school. Name three fun things you can do to take care of your body.
4. In today's Bible Story, Daniel and his friends didn't feel right about eating the rich food from the king's table. What was the test Daniel suggested?
 - A. Eat only vegetables and drink only water for ten days.**
 - B. Exercise for five hours every morning.
 - C. Let the king eat vegetables and drink water.
 - D. Eat and exercise at the same time.
5. In the skit, Felicia chose to eat healthy food while Cosmo ate a lot of unhealthy food. What happened as a result?
 - A. Cosmo won his match but Felicia lost her match.
 - B. Felicia was hungry later while Cosmo felt satisfied.
 - C. Felicia won her match but Cosmo lost his match.**
 - D. The tournament was cancelled because everyone felt sick.
6. Fill in the blanks. "Don't you realize that your body is the _____ of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must _____ God with your body." 1 Corinthians 6:19-20 (NLT)
 - A. church, praise.
 - B. home, worship.
 - C. vessel, respect.
 - D. temple, honor.**