

# KNOWING MY VALUE

## GRADES 1-3 - Lesson I (Year III, Day 2)

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

**Lesson:** Begin by explaining that God created each person individually, because he loves each person so much. 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. Our bodies can honor God. Since 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, and talking to others when we feel sad or 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 other ways we can take care of ourselves?

**Watch:** [SV Video to be added or Ballet Blues](#)

*Who did God create you to be? (Name some things that make you special).*

*God knew you before anyone else! What does He think about you?*

*Does God have a special love for every person?*

*God created each person individually because he loves each person so much. 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. Since 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, and talking to others when we feel sad or angry.*

### Discussion:

Is it important to God that we keep ourselves as healthy as we can?

What are ways we can be healthy?

### Activities:

Turn a Bad Day into a Good Day: “Turn on Some Music” activity. Challenge students to try to remain immune to the mood-busting power of fun music. Turn on some favorite music. Then let the kids dance and share how the music made them feel.

**Healthy Habits for Life** activities can be found [here](#).

**Relaxation:** When we feel stressed or anxious, sometimes we need to relax. Let’s practice relaxing! Use these [relaxation script](#) to help students let go of tension.

### Watch: [“One in 7 Billion”](#)

There are 7 billion people on earth but God sees and cares about you in a special way. He wants us to believe that He loves us and to know that we are special in His eyes. When we know this, we will take care of ourselves – our bodies and souls!

### Prayer:

*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.*

*Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website*