

# KNOWING MY VALUE

## GRADES PK-K - 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:** Have the children gather in a circle on the floor. Sing [“He’s Got the Whole World in His Hands”](#) and [“God is Good All the Time”](#). You can use the videos as a reference to teach the students the actions.

### Watch:

*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?

**Activity:** Using [“Fun Activities that Promote Health”](#) as a guide, use any of the suggested activities or substitute other activities your class enjoys doing.

- Page 13: Have children act out a favorite classroom story while the story is being read to them.
- Pages 14-16: “Moving Game”; print and tape the dice with different movements drawn on each side. When a student rolls the die, he or she must do what is shown. Alternatively, play an active game of “Simon Says.”

- Page 22: Hokey Pokey Muscles and Bones
- Pages 30-35: “Listen to your Body” discusses how healthy food gives us energy that lets us play and think.

**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*