

My Body Is God's Temple

BABY AND TODDLER SERIES - LESSON 5

OBJECTIVE:

- Guide children in appreciating the fact that God created our body and that taking care of ourselves makes God happy.
- Introduce basic hygiene practices
- Identify body parts

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

THINGS TO PREPARE:

- Bath Items: water and container, soap, washcloth, towel, bath toys, doll(s) or plastic figures to bathe.
- Other possible items: toothbrush, toothpaste, cup, mirrors, combs or brushes
- Picture of a child (full body shot).
- Wooden puzzle of bath time.
- Picture books showing faces, hands, feet, etc

CLASS SCHEDULE:

1. Opening Songs (2, 3 songs)

- Start with a song that baby will always recognize. (Ex: Grace of the Holy Garden)
- Choose another song somewhat related to the lesson + if time allows any other of baby's favorites!

2. Identify Jesus and True Parents

- Display at the lesson table or on floor mat:
 - True Parent's and Jesus pictures
 - Divine Principle and Bible
- Ask baby to point at each book and photo when you name them
- You can also stick True Parent's photo or a sticker of Jesus inside the books for baby to find!

3. Opening Prayer

- Show baby how to fold his hands together at prayer time.

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4. Lesson Points:

Point 1 - Our body is God's temple and God lives in it. God created each part with deep care so that our bodies can be healthy and strong.

- Cut out or draw a picture of a child (if possible full-body shot). You can also look up a picture on an encyclopedia. Write at the bottom of the picture "My Body Is God's Temple" and read it aloud to baby. Explain how God lovingly created each of us. Tell baby each part of our body is very special because it's God's home. (it's ok if baby doesn't understand! The focus here is to allow them to feel the love and care that's directed towards their body)
- Draw and cut out 3-4 body parts on a piece of card stock. Choose ones that baby is most familiar with. (eyes, mouth, nose, ear, hand, foot...). Show each card as you touch baby gently on each part (or ask baby to point at his own body and show).

Point 2 - God gave us responsibility to take care of our own body.

- Bring out some of baby's bathing and grooming objects: baby's little bathtub (or a container for pretending), baby's towel, shampoo, a washcloth, baby's toothbrush, a comb, etc. Let baby explore each object.
- Tell baby that God is happy when we are clean and take good care of our physical body. Show baby how to groom and bathe their dolls or favorite toy figures! Show how to brush gently their own hair with a comb in front of a mirror. Take baby to wash hands and let them handle a bar of soap. Explain how we need to keep our body clean for God. We also feel good and others feel good when we are clean.

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CLASS SCHEDULE:

4. Lesson Points:

Point 3 - God created our bodies so we can move around!

It's time to get moving! Show baby some amazing things we can do with our bodies. Here are some ideas:

- Move along your favorite tunes! Show baby how to do simple dance moves such as clapping hands, stomping feet, turning around, touching different parts of the body.

Here is a great song:

https://weesing.fandom.com/wiki/Reach_for_the_Sky

- Freeze Dance! (here is a great freeze dance tune so you won't have to hit the pause button each time):

https://www.youtube.com/watch?v=U7C_6r7azG0

- For older babies and toddlers: Show them how to crawl, jump, climb:

Get on your hands and knees as if you were a bridge and tell baby to crawl under. You can also stand with your legs wide open and let baby crawl. Roll on the floor with baby. Climb on couches or boxes together. Try to play catch me if you can. Try to hop like a frog, crawl like a snake, flap your arms like a bird.

4. Closing Prayer:

Thank you God for for creating me as your son / daughter and for giving me a precious body! I will take good care of myself everyday! I will bring love and joy to others through my body.

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HELPFUL RESOURCES:

1. Worship Song and Video Suggestions:

- O be careful little eyes
- Father Abraham
- God made Me.

Song videos available at:

https://www.youtube.com/c/cedarmontkids/videos?view=0&sort=dd&shelf_id=0

- Jesus Hokey Pokey Song:

<https://www.youtube.com/watch?v=VAdvwa78UGg&list=PLONnQ-KywMA2ZA0YiZLXIY21z7XB5WZwy&index=35>

2. More songs and rhymes to get moving:

- Head, Shoulder, knees and toes
- Dry bones
- Follow Me
- The Hokey Pokey
- Walking, walking

More movement songs available at:

https://www.youtube.com/playlist?list=OLAK5uy_mbl6Jvx6ZhAp_aB1ThYor5q2ommhJY1zQ



