

Helping Hand - Myself - I Can Care for My Body

Requirement

Earn the Hygiene Adventurer Award.

1. Find, read and discuss Psalm 119:11, Proverbs 25:11, and Psalm 19:14.
2. Learn about personal cleanliness.
3. Tell three important times when you should wash your hands.
4. Practice the proper way to brush your teeth.
5. Discuss regular bathing and how to keep your hair clean.
6. Tell how many glasses of water you should drink daily.
7. Tell why it is important to keep your clothing clean.
8. Help keep your house clean for one week.
9. Help with the laundry at home for one week.

Goal of this track

To enhance the children's care and appreciation for the individuals God created them to be

Concept Included in This Component

Health, fitness, anatomy, temperance, sexuality.

Objective of this component

Upon completion of the Adventurer requirements the children will:

- Know: God's guidelines for a happy healthy body, and why they're necessary,
Feel: the importance and value of good health, and
Respond: by choosing to follow the basic principles of health, making them life-long habits.

Award HELPS

1. Discuss importance of using kind and "clean" words as Jesus would have us do. Locate the texts, read them together, and discuss what each means.
2. Make it interesting while you learn -- remember that many may not be taught the basics of cleanliness at home. Play games, sing songs or make posters to instill the basic principles. You may choose to see a video, read a book or have a health specialist come talk with the Adventurers.
3. Teach the importance of clean hands before eating, after going to the rest room, and before handling food. If possible, have the Adventurers use a microscope to look at their hands. Have them wash with soap as they would normally wash, place their hands under a microscope again, wash carefully again and look at the difference.
4. Brush your teeth, for two minutes, at least twice each day. Eat a balanced diet, cut back on sugary and starchy foods, don't chew on hard substances such as ice or popcorn kernels. Have a dentist or dental hygienist demonstrate proper brushing. (Sometimes they will give each child a toothbrush or other tooth care items).
5. A clean body is healthier. Share with the children some problems that might occur if they do not keep clean (lice, colds, infections, etc.) Play hairdressers and show how to wash hair properly, then dry and comb it. You may wish to have a hairdresser discuss and demonstrate good health habits for hair and hands.
6. The outside of our bodies need water to keep us clean and the inside of our bodies need

water to keep us healthy. We need to drink at least eight glasses of water each day.

Discuss how God made the Adventurer's body and planned it the way it is.

7. It is important to keep our clothing clean so we will look and feel healthy. After playing or working and becoming dirty it is important to bathe and put on clean clothing.
8. Have the Adventurers work with their parents or another adult to do things to keep their house clean and neat.
9. Have the children work with their parents or another adult to do the laundry.

Norm's Notes

This is a very practical award. Discussing and learning about the rules of hygiene, must be followed by practical application of these good hygiene habits.

The web worksheets for this award have good pictures to take home as reminders. However it would be good to have the children write a report or tell what they actually did to help keep the house clean and help with the laundry during the week of practical work.

Remind the children that this is not something to be practised only for one week, but for the rest of their lives, if they wish to have happy, healthy lives.

The material here is taken from pages 14, 22 and 157 of the printed manual.