

Health, Hygiene and Safety

God is Wisdom

Spiritual Awareness

Our bodies are temples of the Holy Spirit. Each individual is extremely valuable. It is therefore our responsibility to look after ourselves, to think ahead and act wisely for our own protection.

Wisdom involves listening to others and obeying rules.

Just as we need to look after our bodies for physical health, loving and obeying God gives us spiritual health.

Our response to 'God is Wisdom'

Because God is Wisdom I will...

- Ask God what is the right thing to do, and do it.
- Listen to people who are wiser than me.
- Listen to my parents and teachers.
- Obey God's word.
- Do what Jesus would do.
- Ask Jesus to be the guide throughout my life.
- Treat God's Creation with wisdom.

Supporting devotional resource

Themes for Christian Studies 1, (Wise): It is wise to obey God

Biblical references

Bible stories and passages

Matthew 10:29-30; Luke 12:6-7 We are of more value than many sparrows.

Exodus 15:26; Deut 7:15 In obeying health laws, God promised to protect the Israelites from the diseases of the Egyptians.

Genesis ch 1 God rested on the Sabbath.

Exodus 34:21 Rest on the seventh day.

Exodus ch 20 the Ten Commandments: God's people had to obey rules.

Exodus ch 16 God provided manna in the wilderness. Verse 17 tells us what happened when the people didn't obey the rules about collecting the manna.

Matthew 22:37-39 Love your neighbour as yourself. (What is meant by love of *self*?)

Memory verses:

1 Corinthians 6:19-20 Don't you know that your body is a temple of the Holy Spirit?

Proverbs 4:20 & 22 Listen to my words. Remember them and keep them in your heart. They will give life and health to anyone who understands them.

Proverbs 16:16 It is better to have wisdom than gold or silver.

Proverbs 3:7-8 Never let yourself think you are wiser than what you are; simply obey the Lord and refuse to do wrong. If you do, it will be like good medicine, healing your wounds and easing your pains (GNB).

Luke 2:52 Jesus grew both in body and in wisdom (GNB).

Key Questions

What is wisdom?

Why should we take care of our bodies?

How can we keep our bodies fit and healthy?

Which foods are the best foods?

Why does God want us to follow rules?

What rules can we make for keeping safe?

Outcomes

Students will

Knowledge

- explain the basics of hygiene
- study the requirements for health and fitness
- explain the importance of obeying safety rules
- know the requirements for spiritual health

Skills

- analyze their own lifestyle and identify strengths and weaknesses
- develop surveys and questionnaires around health/safety issues
- collate, graph, summarize findings
- plan a personal health program and address areas of personal weakness

Values

- appreciate the body as the temple of the Holy Spirit
- care for self
- be responsible and accountable for one's own actions

Activities

a) Safety

- Discuss times of feeling safe or unsafe.
- Suggest wise behaviour regarding relating to strangers.
- Devise a set of rules for safety for different situations - in the home, in the playground, on an outdoor adventure, at the beach, crossing roads, riding bikes.
- Make safety posters.

b) Health and Hygiene

- Discuss hygiene at school and home.
- Make a list of rules for good health, (including hygiene).
- Discuss some of the Old Testament health laws.
- Discuss importance of exercise and rest.
- Test and measure personal fitness levels.
- Make a list of exercise options.
- Survey students regarding exercise habits.
- Survey the school community about types of food most commonly eaten.
- Discuss food requirements for a healthy body.

- Keep a diary of food consumed over a certain period of time. Suggest improvements / healthy substitutes for junk food.
- Devise a healthy meal plan.
- Collect, make and sample healthy food.
- Discuss the implications of wise or unwise choices in the area of health and safety. How can these choices affect not just ourselves but others as well?

Assessment

1. Divide a page into four. In each section, make a list, or draw examples of the things you will do to keep safe and healthy in these areas:

1. safety
2. hygiene
3. healthy food
4. fitness

2. What have I learned from the study of health and safety...

- about God?
- about doing what God wants me to do?
- about the Bible?

Learning Connections

English: discussions on wise actions

Mathematics: Collate and graph results of surveys.

Art: safety posters; healthy food art, e.g. fruits and vegetable prints or drawings

History: What was food like 100 years ago? Compare with today.

Thinking Skills: See *Creative Thinking Skills* on this web site – “Hygiene” and “Healthy Food” (Lower Primary).

Additional Beacon Media resources:

See the following resources on this we site:

New Start Health – see Primary health education

Safety in the Home – see Units of Study: Student work books