

# CELEBRATIONS!

HEALTHY INSIDE OUT!



BY  
SHAWNA VYHMEISTER



# CONTENTS

Chapter 0 - GETTING ACQUAINTED .....	5
Chapter 1 - CHOICES: Little Decisions Add Up .....	13
Chapter 2 - LIQUIDS: Splashing and Paddling .....	23
Chapter 3 - AIR: The Fresher, The Better .....	37
Chapter 4 - THE ENVIRONMENT: The Big House We Live in .....	53
Chapter 5 -EXERCISE: Keep Moving! .....	69
Chapter 6 - NUTRITION: Choosing the Best Building Materials .....	85
Chapter 7 - REST: Charging the Batteries .....	97
Chapter 8 - BELIEF: Building on a Strong Foundation .....	115
Chapter 9 - HOW TO SAY “NO”: Building a Wall to Protect Me .....	127
Chapter 10 - SERVICE: Helping Others Makes Me Happy! .....	147
Chapter 11 - ATTITUDE: The Way I Feel is a Choice. ....	159



# GETTING ACQUAINTED

## CHAPTER 0

My name is \_\_\_\_\_

I am \_\_\_\_\_ years old.

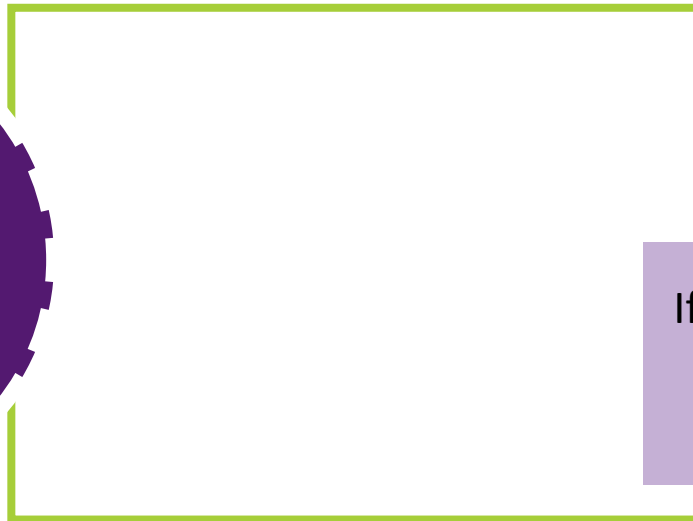
My family has the following people in it:

---

---

My pet's name is \_\_\_\_\_

I want to tell you some of the secrets Duke and I know that help us feel good. Join us as we play, work, and learn together in this book.



If you have a picture of yourself, you can paste it here. If not, you can draw yourself.

# Research This



Many names have a special meaning.

My name means “defender of men, helper.”

My parents chose that name because my grandfather’s name is Alexander, and he is always helping other people.

Do you know the meaning of your name? Ask your parents why they named you the way they did. If you don’t know what your name means, check out one of these pages on the internet: [babynamesworld.parentsconnect.com](http://babynamesworld.parentsconnect.com) or [www.namespedia.com/index.php/Main\\_Page](http://www.namespedia.com/index.php/Main_Page).

My  
name means:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My parents chose it because:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PLAYING WITH NAMES

If I write ALEXANDER backwards, it says Rednaxela. What would your name be if you wrote it backwards?

\_\_\_\_\_

My whole name is Alexander, but usually people call me Alex. Do you have a nickname? What is it?

\_\_\_\_\_

\_\_\_\_\_

If I could choose any name I would like to be called, I think I would choose

\_\_\_\_\_

\_\_\_\_\_.

Maybe someday I’ll use that name for one of my children.

Even if someone else has the same name as me, no one else in the whole world is exactly like me. I’m so glad God made me different from everyone else!





**I ALREADY INTRODUCED YOU TO DUKE,  
MY TRUSTED FRIEND. DO YOU HAVE A PET?  
WOULD YOU LIKE TO HAVE ONE?**

My pet is a:

The pet I would like to have is a:

Its name is:

If I had one, I would call it:

It looks like this:

I think it would look like this:

A large, empty rectangular box with a green border, intended for drawing a pet.A large, empty rectangular box with a green border, intended for drawing a pet.

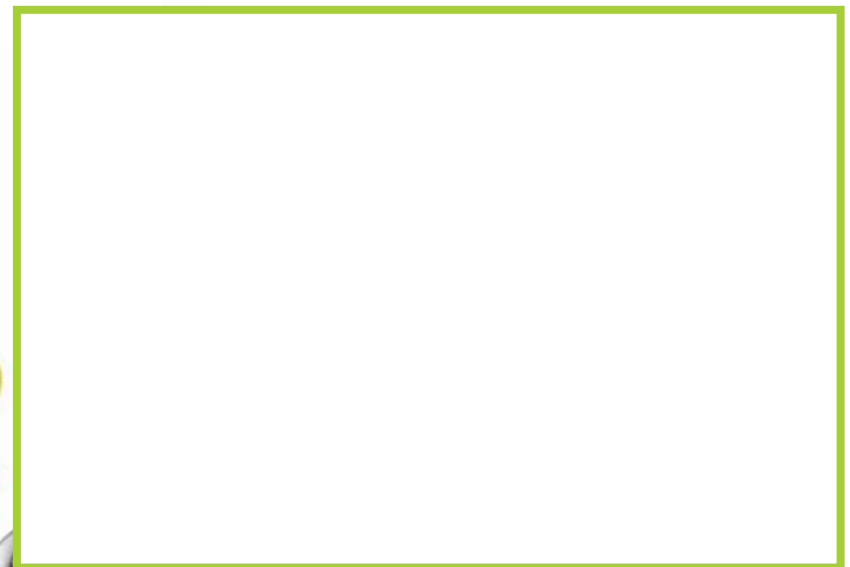
# LET ME INTRODUCE TO MY FAMILY



## LOOK AT THE PICTURE AND ANSWER THESE QUESTIONS:

- Who does Alex look the most like in his family?  
\_\_\_\_\_
- What other physical similarities do you see between family members (who looks like who?)  
\_\_\_\_\_
- Why do we look like our families?  
\_\_\_\_\_
- Who do you look like?  
\_\_\_\_\_

Do you have a picture of your family that you can paste here?  
If not, draw your family doing something together.







## **LOOK AT THE PHOTO OF THIS FAMILY.**

Does the baby look like his parents? Michael was adopted by this couple who wanted to give a home to a child who didn't have one. He was very fortunate. They are very happy together, even though they don't look like each other physically. But if you watch the way they act, you will see that they are a real family. Michael has the same laugh as his mother. He says a lot of things that sound just like his father. He and his Dad like the same foods and both of them like swimming and doing things together outside.

At Michael's request, his parents are doing the paperwork to adopt a little girl. Michael is excited about being a big brother. He knows he will need to be an example for his sister, and that he should help his parents take care of her.

Probably his new sister won't look like Michael or his parents, but after being together for a while, it will be obvious that they are a family because they will have the same interests, language, and even gestures. A family, after all, is a group of people that are united by blood relations, or simply connections of love. Michael has a wonderful family!

## **A MESSAGE FROM GOD ESPECIALLY FOR YOU**

“For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be.”

Psalm 139: 13-14, 16

## LOOKING ON THE INSIDE

Why do we look like our family?

Our body is made up of microscopic cells, and inside each cell there are chromosomes. Each chromosome is made up of thousands of genes. Genes have instructions for the development of all the different parts of our body. But the body doesn't depend only on genes in order to develop; it also depends on people and things that surround it, like what you eat and the things you do every day. However, genes determine many of a person's physical and personality traits. When a baby is created, a cell from the father (sperm) and a cell from the mother (ovum) combine. These two cells carry all the necessary information to determine if the baby will be blond, dark-haired, or redheaded. They determine whether she will have brown, blue, or green eyes, and also whether he will be tall or short, and whether or not he'll have dimples in his cheeks.

Many of these instructions are inherited only from the father or only from the mother. There are dominant genes and recessive genes. The gene for dark hair, for example, is dominant over other hair colors. We look like our parents or our grandparents because we inherit their genes.

These are my friends  
Jasmine and Daniel. Jasmine is a  
girl. We like playing together, and  
we go to the same school. We  
are the same in some things, but  
in others we are different.



And this is  
Jasmine's dog,  
Lady

## WHO ARE YOUR FRIENDS?

Girls .....

.....

.....

.....

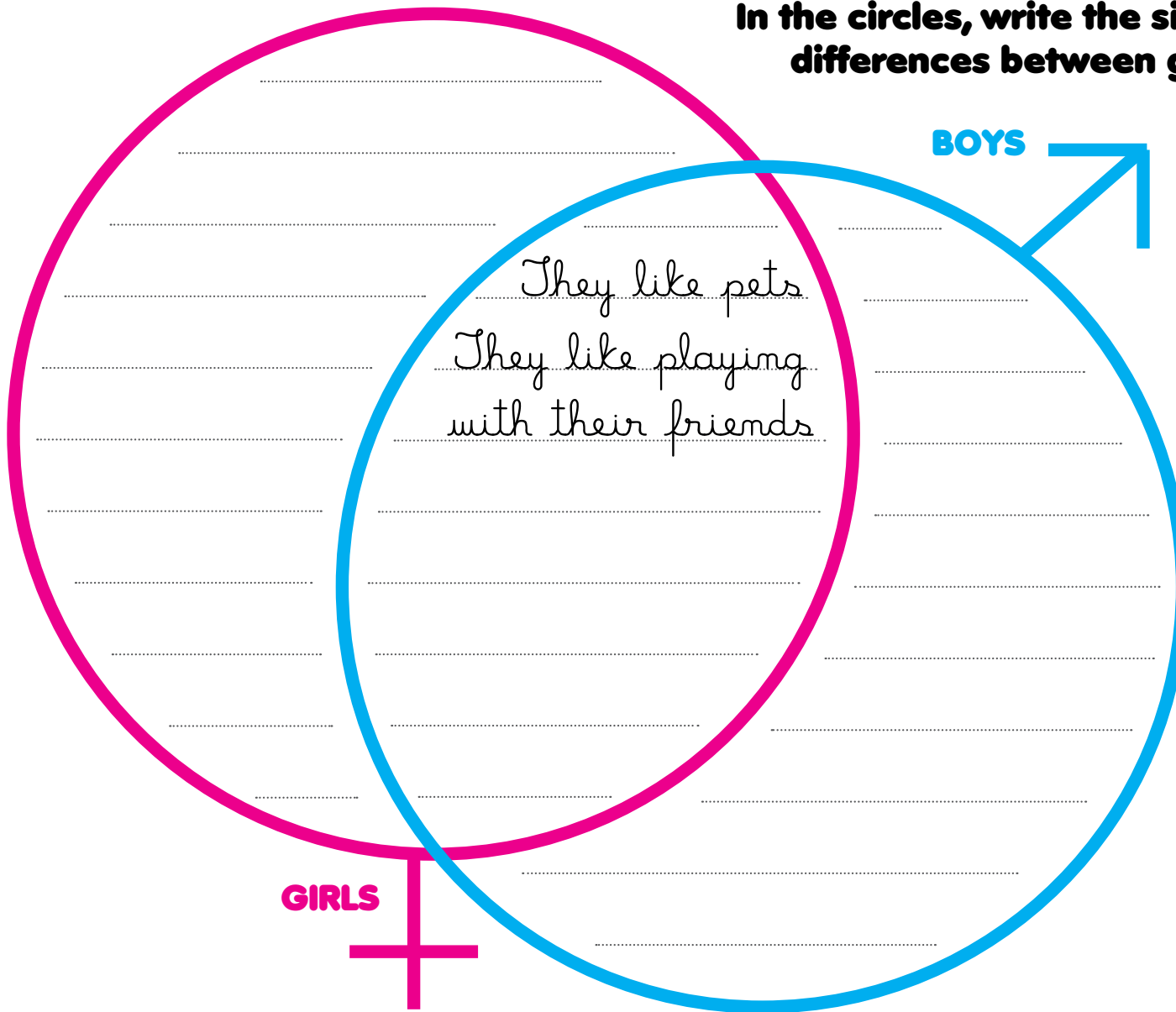
Boys .....

.....

.....

.....

**In the circles, write the similarities and differences between girls and boys.**



**TALK WITH  
MOM OR  
DAD**

If you are a boy,  
talk to your  
parents about  
why it is good to  
be a boy.

If you are a girl,  
talk to them about  
why it is good to  
be a girl.

Dear Jesus,  
Thank you for making me the way I am. Thank you for my family and for my friends.  
Help me to be kind and helpful. Thank you that you love me.  
Amen

Alex is already thinking about vacation. He will have more time to do the things he likes and to play outside. His friends, Jasmine and Daniel will come over to play almost every day because they live in the same neighborhood.

What will they do? They will probably make a list of things to choose from, and it won't be all that easy to agree on a plan. Jasmine usually has good ideas, but Daniel doesn't always like the things she chooses. Anyway, in order to have a good time, they will all have to agree on what to do. And since they will have two months of vacation, they could do something really big.



Alex will have more time to play with me!



Alex likes playing with his friends. So do I!  
There are so many fun things we can do!

There are some things that are not fun to do if I am all by myself. But there are other things that are fun to do when no one else is around.

**This is what I like doing with my friends**

**This is what I like doing by myself**

There are some activities I love doing outside. For others, I need to be inside. Either place, I can have fun. These are my favorite things to do:



**OUTSIDE THE HOUSE**

.....

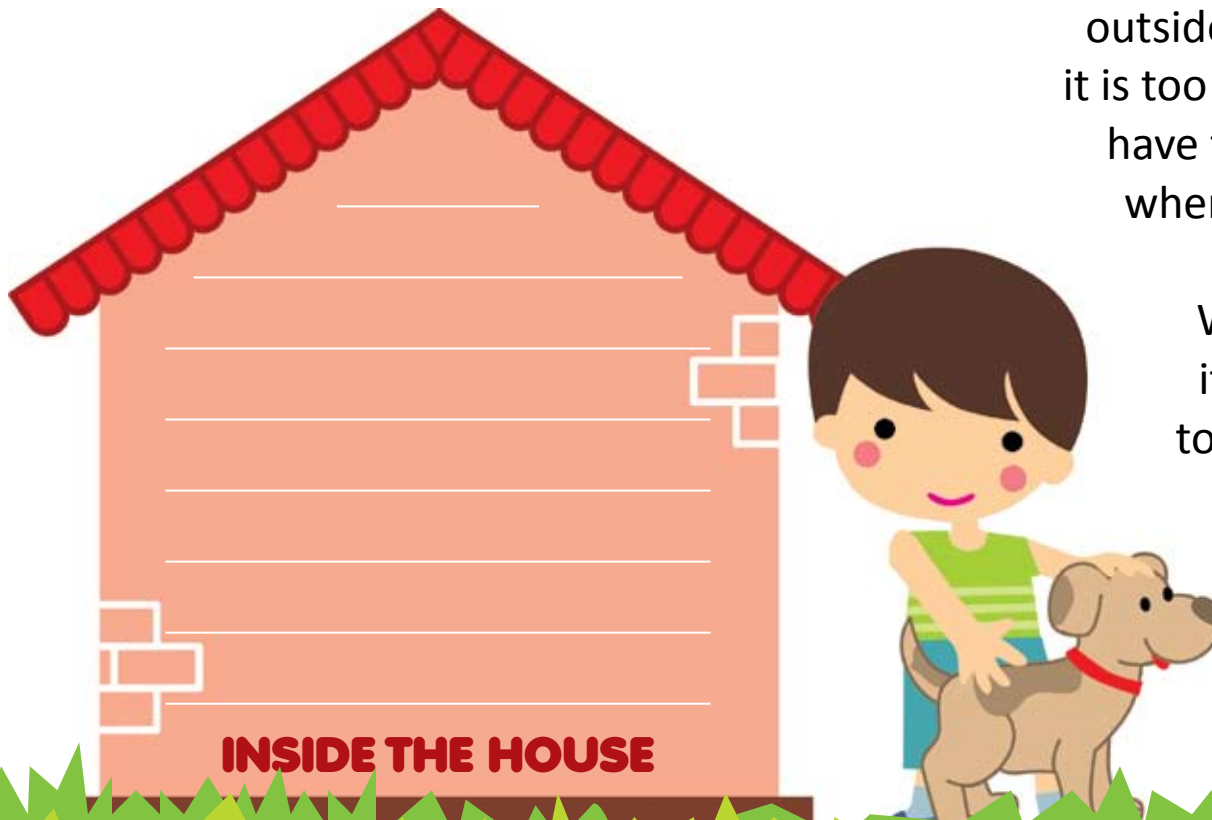
.....

.....

.....

.....

.....



**INSIDE THE HOUSE**

Whenever I can, I like to play outside with Duke. But sometimes it is too cold, or it is raining, and we have to stay inside. Anyway, even when I have to stay inside, there are lots of fun things to do. When I play with my friends, it is more fun when we work together and help each other. If we play games that have winners and losers, lots of times we end up fighting.

There are many things that we can choose every day. From when we wake up in the morning until we go to sleep at night, we make many decisions every day.

Put an X in front of the things that you can choose

- What clothes to wear**
- My parents**
- To eat a lot of fresh fruit**
- The color of my skin**
- My pet**
- To be a girl or a boy**
- To have long legs**
- The color of the walls in my room**
- That it won't rain tomorrow**

There are many things that you can't choose! You have a family, a certain color of eyes, and you are a boy or a girl, but you didn't choose any of those things. But there are many things that you can choose—things that make a difference in how your life will be.





# Joshua's Choices

Joshua has chosen:

-Not to eat fruits and vegetables—he hates them.

-He doesn't like to drink water.  
He drinks soft drinks instead.

-He always chooses to eat foods like hamburgers,  
spaghetti, and pizza

-He eats dessert—sometimes even three pieces!

-He doesn't like to play sports like football or baseball.  
He prefers to play games on the computer.

-His favorite thing to do in his free time is  
to watch movies, so he doesn't play outside  
in the fresh air and sunshine.



Joshua says that he doesn't choose to get sick. . . but if he keeps on choosing the things that are on this list, pretty soon he will be sick! The little choices we make can add up to a bigger choice when it comes to our health.

## **This is Important**

Being healthy depends a lot on the decisions we make. Good health is a lot more than just avoiding being sick. Adults should help take care of children so they will be healthy. But children also need to learn to take care of their own health.

## **WILMA THE WISE**

### **CHOICES**

There is no one else in the world exactly like you, but since you are made from a combination of your parents' genes, you will be like them in many ways.

The choices you make as you grow up also strongly affect what you will be like. You can't choose what genes your parents give you, but you can make good choices beginning when you are young, so that you will grow up healthy and happy.

Do you know the differences between being sick and being well? Write some of them here.



**Being sick** \_\_\_\_\_

---

---

---

---

---

**Being well** \_\_\_\_\_

---

---

---

---

---

## Quinn the Question Man

Why do we get sick?

Is there something we can do so we won't get sick?

Is being healthy always a choice?

Can someone who always makes good decisions still get sick?

# Secrets for Feeling Good



The little decisions we make every day can help to keep us from getting sick. That is why I want to tell you about my secrets for feeling good. If you choose to do these things every day, you will be happy and energetic. This doesn't mean you'll never get sick. We live in a world that is full of contamination, and sometimes bad things happen to good people. But your chances of getting sick are much smaller if you choose to live a healthy lifestyle.

Write the name of the health secret that goes with each picture.

- Belief in God
- Rest
- Saying "no"
- Choices
- Air
- Liquids
- Environment
- Nutrition
- Exercise





## My Promise

God made me special. He gave me a family and friends to play with. The things I do today will affect my health in the future. I don't want to get sick. That is why I promise to take care of my health. I know I should eat more \_\_\_\_\_ and less \_\_\_\_\_.

I should do more \_\_\_\_\_ and I shouldn't do as much \_\_\_\_\_.

I promise to take good care of the body God gave me.

Liquids are important for our health, but the most important liquid of all is water. Water is a natural treasure.

Without water, there would be no life on this planet. To be healthy, we need to drink water every day.

Water on the outside of my body also helps me stay healthy.

### Test your use of water

Check the appropriate boxes on this questionnaire.

	More than once a day	Once a day	Not every day
I wash my hands before eating			
I wash fruit and vegetables before eating them			
I take a shower/bath			
I brush my teeth			
I drink a glass of water			
I wash my hair			



Our body is like a house or a temple that God created, and He asks us to take care of it. It isn't nice to live in a messy, dirty house. To be healthy, we need to keep our body clean, both inside and out. That way we can think clearly, and get along well with other people, and with God. Water is good for cleaning our body both on the outside and on the inside.

## **A MESSAGE FROM GOD ESPECIALLY FOR YOU**

“I am the Alpha and the Omega, the Beginning and the End.  
To him who is thirsty I will give to drink without cost from the  
spring of the water of life.”

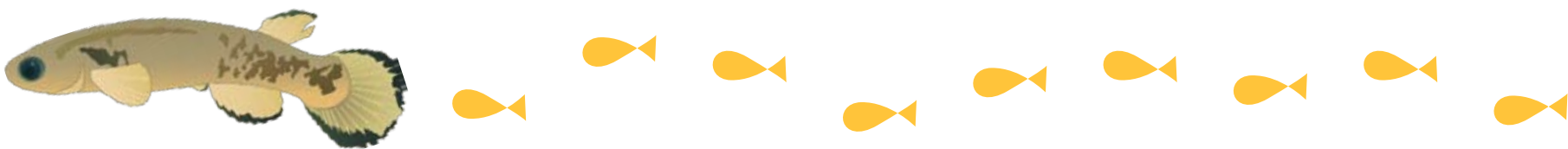
Revelation 21:6



# WILMA THE WISE

## Like a Fish Out of Water

There are animals that don't like to get wet, like cats, but they still drink water several times a day. There are other animals that love the water, like Labrador Retrievers, but they can live without swimming or bathing, but of course, never without drinking water. There are also animals that can live either in or outside the water, like frogs, that are amphibians. But there are some animals that definitely can't live outside the water for more than a few minutes, like fish. But listen to this! This fish is called *Rivulus marmoratus*, or Mangrove rivulus. Unlike other fish, it can live up to 66 days without being in the water! This fish lives in puddles or shallow ditches, and often hides in crab shells, coconut shells, or even soda pop cans that it finds in tropical swamps in Belize, Brazil, and the United States. When its home dries out, it can live in the ground at the base of a tree, eating insects and breathing air through its skin in the place of lungs, until it can find water again. Human beings can't live more than 5 to 7 days without water. We need it, both inside and out!



# How do you use water?

Water on the outside is fun!



Why do I have to take a bath?

Watch my eyes!



Did you know that **germs** are tiny living **organisms**?



Did you know that you need a **microscope** in order to see them? **Germs** can be **everywhere**—in the  air, on your skin, in your food, and on **things** that  you touch.

What can I do to keep them away from me?

*not put my fingers in my mouth.*



**There are some germs on this page that are not so small. How many did you find?**



## **This Is Important**

Water on the inside and on the outside helps avoid diseases. But there is something else very important you must also do.

Vaccinations may not be very much fun, but did you know that when you are vaccinated, you are given germs in very small doses?

This dose will not make you sick but will defend you from the disease in the future.

With good hygiene, many diseases can be avoided. There are other serious diseases that can be avoided only by using vaccines. Both hygiene and vaccines are needed if we want to stay healthy.



## QUINN THE QUESTION MAN

Think of your own answers, then ask your Mom or Dad

Why should we get vaccinated?

When was the last time you got a vaccination?

Do all vaccines have to be injected?

Do adults have to get vaccinated?

Should animals get vaccinated too?

## Looking on the Inside

Your body is 75% water. Different body functions make it lose water that we must replace. These are some of the things the body needs water for:

I have 2 \_\_\_\_\_. My \_\_\_\_\_ are the filters of my \_\_\_\_\_. My \_\_\_\_\_ help keep my \_\_\_\_\_ pure. They take the \_\_\_\_\_ out of my \_\_\_\_\_ and store it in my \_\_\_\_\_ when I go to the \_\_\_\_\_ and urinate, I empty my \_\_\_\_\_. \_\_\_\_\_ is very important for my \_\_\_\_\_ to work right and to keep my \_\_\_\_\_ clean.

I need water for my kidneys to work.



## Test Yourself!

What are you waiting for? Get a big glass of water, and drink it all!

Color in one square for each glass of water you drink in a day. At the end of one week, check to see if you were able to drink 6 to 8 glasses each day.

	1	2	3	4	5	6	7	8
s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Is it the same to drink water as to drink juice or soft drinks?**

**Definitely NOT!** Instead of calming your thirst, the large quantity of sugar and salt in soft drinks encourages you to drink more. This makes you addicted, and causes obesity, diabetes, osteoporosis, and other diseases.

Even pure fruit juice with no sugar can be bad for children because it can take away your appetite for food that is good for you. Sweetened juice and especially soft drinks take the enamel off your teeth, which makes it more likely that you will get cavities. Many drinks are sweetened with artificial sweeteners and contain substances that may cause cancer.

# A Visit to the Bubble Factory

*Jasmine was swimming in a sea of pink. Her hair floated between giant strawberries and delicious-smelling orange sections. The bubbles made the fruit go up and down and tickled her whole body. Jasmine swam to the surface where the rays of the sun shone directly on her face...*

She woke with a start when she remembered what day it was. “Wonderful! Today is the school field trip!” she said, as she jumped out of bed.

Later, as Jasmine and her class filed into the soft drink factory, she saw the sign on the door that showed fruit floating around between the bubbles. Ah, yes! This was sheer happiness for Jasmine! Just like in her dream...

But inside the factory wasn't such an interesting place. There weren't very many people working. She had imagined she

would find some ladies peeling and cutting fruit. But instead, thousands of bottles, in long lines, traveled along belts toward machines that filled them with colored liquids. At the end, another machine put lids on the bottles and put them in plastic packing.

A guide explained the process, but Jasmine was already tired of it, and she didn't see anything of what she had imagined.

“Does anyone have any questions?” said the man who was taking them on the tour. Jasmine raised her hand.

“Where are the fruits that they make the soft drinks with?”

“Oh, no! Our soft drinks are not made with fruit,” the guide explained.

“But the sign at the entrance has fruit on it, and I like those fruits” said Jasmine, disappointed.

“Well, our drinks have chemicals that give them fruit flavors, and we also put sugar in them so that they will taste just as good as real fruit” explained the man with a smile.

Jasmine frowned. “Chemicals” sounded something like medicine to her, and that was something she did not like!

“And now,” added the guide, “let’s all go into our visitor’s room, and you can try all the soft drinks you like!”

Jasmine looked at all the bottles and cans. For the first time it occurred to her to read the list of ingredients on the side of the soft drink can. Nothing on the list sounded good to eat, and much less, healthy! “Additives, color, artificial sweeteners, acidifiers, stabilizers, artificial flavors, preservatives...” and the list went on. But nowhere did it even mention fruit!

Although the visit to the soft drink factory wasn’t exactly what Jasmine thought it would be, that day Jasmine

made a decision. Can you guess what she decided? Write it here.



## Research This!

Look on the Internet to find out what are the chemical ingredients in carbonated beverages. The links below might be a good place to begin:

[http://sci-toys.com/ingredients/soft\\_drinks.html](http://sci-toys.com/ingredients/soft_drinks.html)

[http://wiki.answers.com/Q/What\\_is\\_soda\\_made\\_of](http://wiki.answers.com/Q/What_is_soda_made_of)



## Check this out!

Run one or two laps around the outside of your house. If you can't go outside, jump up and down for a few minutes. When you are finished, look at your nose in a mirror, and also look to see where else on your body you can see drops of perspiration. Also, breathe on a window, or on the mirror. You will notice that the surface gets steamed up. If you run your finger over it, you can see that it is humidity that comes from your breath.



# LOOKING ON THE INSIDE

## **The Excretory System**

We are constantly losing water. We lose almost 2 cups of water per day from breathing, almost 4 cups from perspiration, and around 6 cups in urine. We need to put back all the water we have lost by drinking 6-8 cups of water per day, besides the liquids that are found in the food we eat. On hot days, we need to drink even more. Sweat glands humidify and cool the body, regulating the temperature. The kidneys filter the blood, taking out the impurities that they find in it. Part of the water, along with the toxins which have been filtered out by the kidneys is collected in the bladder and is eliminated in the form of urine.

We need to drink enough water every day to keep our excretory system in good shape. But the water should be clear, clean, and without any smell or taste. Not all the water on our planet is like this. There are many places that have contaminated water. One of the dangers of drinking dirty water is that you can get many dangerous diseases.

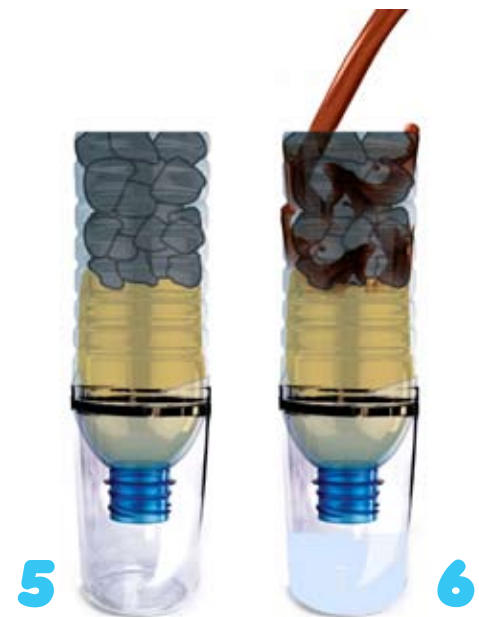
## Try this yourself!

You can make water safe to drink with tablets that can be purchased for that purpose, by adding a little bleach to the water, by boiling it, or by using a filter.

Do you want to build your own water filter? Follow these steps:

- 1) Cut the bottom off of a big plastic bottle, and turn it upside down.
- 2) Put some blotter paper\* inside, covering the mouth of the bottle.
- 3) Fill the bottle half full of sand.
- 4) Put tiny stones on top of the sand, to take up half the remaining space, and on top of these, slightly larger stones, until the bottle is full.
- 5) Place your filter with the tip inside of a clear jar so you can watch what happens.
- 6) Pour dirty water into the filter and wait for it to come out the other end. The water will come out clean. If you add 2 drops of bleach and wait a few minutes, you can drink it.

\* Blotter paper can be bought at a store that sells different kinds of paper or art supplies.



## Check this out!

Find out how much water is wasted every day when a faucet is left dripping. Place a bucket under a dripping faucet (two or three drops per second) and measure the water collected in one hour. Multiply this amount by 24 hours in one day. You will be surprised at what you find out!



## My Decision

Because I realize how precious it is, I promise to take care of my body by using water to \_\_\_\_\_ and to \_\_\_\_\_. I will try to not waste water or make it dirty. I will try to keep my body clean so that Jesus will \_\_\_\_\_.

Signed: \_\_\_\_\_

# AIR

## The Fresher, the Better

# CHAPTER 3

In the beginning God created a perfect atmosphere so that animals, plants, and human beings could have just the right amount of all the gases needed for life. The most important of these gases is oxygen. Breathing fresh air gives your body oxygen and wakes you up so you can have energy to move and think. When you breathe fresh, clean air, your mind is clear to praise the Creator.

### A MESSAGE FROM GOD ESPECIALLY FOR YOU

“Praise God in His sanctuary;  
Praise Him in His mighty heavens.  
Let everything that has breath  
praise the Lord!”

Psalms 150: 1, 6



# WILMA THE WISE

## Challenges You to a Test

- 1** We breathe:
- 1 quart of air every minute
  - 3 quarts of air every minute
  - 5-6 quarts of air every minute

- 2** When a person coughs, the air comes out at the following speed:
- 100 miles an hour
  - 60 miles an hour
  - 30 miles an hour
  - 3 miles an hour

- 3** Our lungs:
- Are both the same size
  - The right lung is larger than the left lung
  - The left lung is larger than the right lung



- 4** The sound of a hiccup comes from:
- Our lungs
  - Our stomach
  - Our vocal folds
  - Our esophagus

- 5** When we breathe we lose:
- Half the water we drink
  - Almost all the water we drink
  - About 20% of the water we drink

Answers: 1- (C) We breathe about 5 or 6 quarts of air every minute. 2- (A) When we cough, the air can reach almost 100 miles an hour! 3- (B) The right lung is larger than the left one, which is smaller to leave room for the heart. 4- (C) A hiccup is caused by a sudden contraction of the diaphragm. When it contracts, air rushes in, and the vocal folds come together, causing the sound of we know as hiccups. 5- (A) When we breathe we lose almost half the water we drink.

## LOOKING ON THE INSIDE

### How We Breathe

Air comes in through our nose when we inhale, then passes through the pharynx, the larynx, and the trachea. The trachea is like a thick tube that divides into two and ends in the bronchial tubes. There, the air travels to lungs, which look like a sponge. The thin walls of the alveoli in the lungs are filled with blood vessels where the oxygen that we breathe enters the blood. The blood takes the oxygen and gives back the carbon dioxide (the air that is used up) to the alveoli. Then the lungs push the used air out of the body when we exhale.



# Wilma the Wise

The air we breathe contains 13 elements. Can you find them among these letters? The names of these gases are in the clouds.

Helium

Oxygen

Nitrogen

Water  
Vapor

Argon

Krypton

Neon

Nitrous  
Oxide

Ozone

Xenon

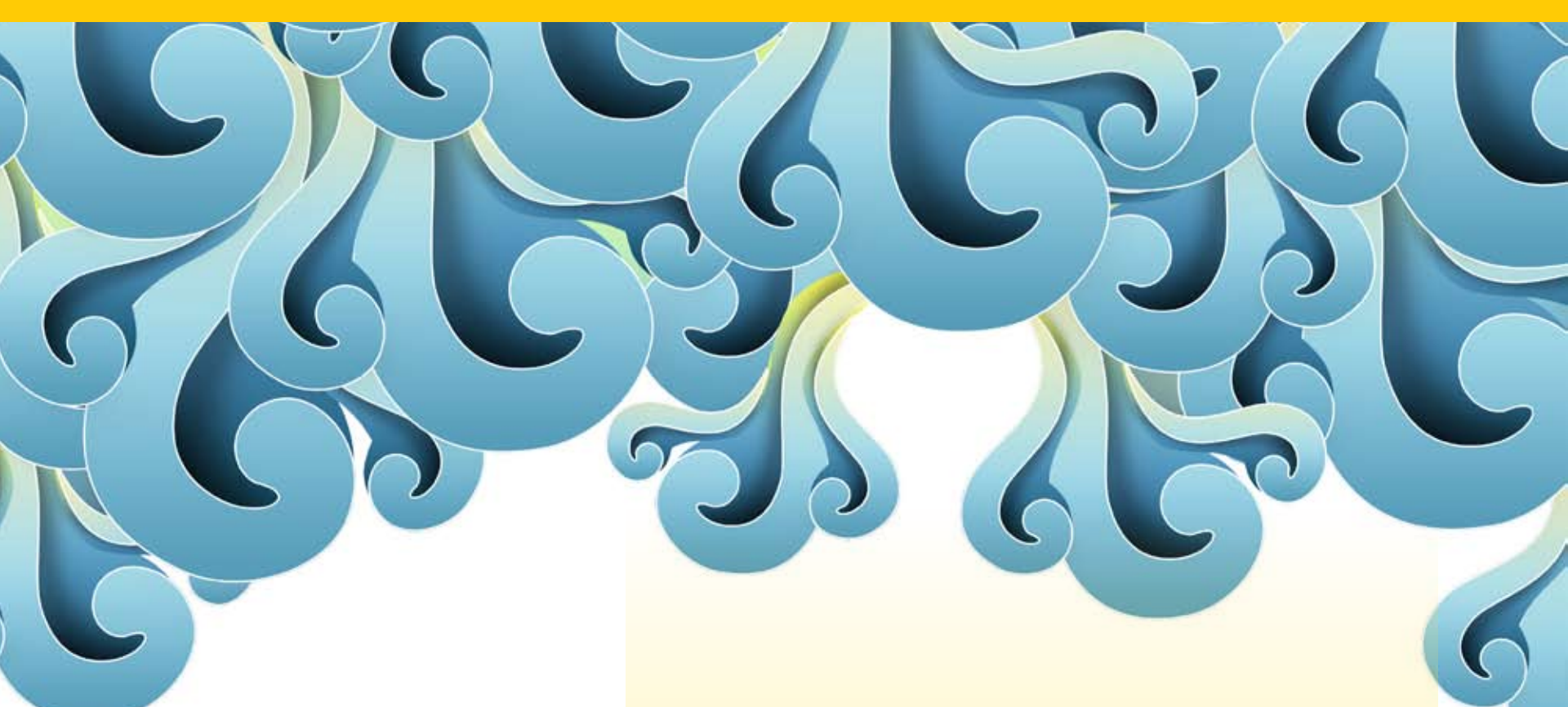
K	E	A	E	T	N	E	O	N	I	R	E	W
R	N	Z	N	O	I	V	T	E	G	H	Z	A
Y	A	M	O	Y	T	P	O	H	A	X	E	T
P	H	I	Z	N	R	M	U	I	L	E	H	E
T	T	F	O	P	O	X	Y	G	E	N	I	R
O	E	C	A	R	G	O	N	F	L	O	Y	V
N	M	U	S	U	E	J	D	A	I	N	W	A
K	W	O	H	C	N	S	I	M	O	V	X	P
N	I	T	R	O	U	S	O	X	I	D	E	O
A	D	L	N	E	G	O	R	D	Y	H	T	R
C	A	R	B	O	N	D	I	O	X	I	D	E

Hydrogen

Methane

Carbon  
Dioxide





God created the perfect combination of elements for us to breathe; not one bit more or less than what we need for a healthy life. We need to care for the environment so that the air can stay clean. It is easy to make the air dirty, but it is very hard to make it clean again.

## **A MESSAGE FROM GOD ESPECIALLY FOR YOU**

“You alone are the Lord. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship You.”

Nehemiah 9:6

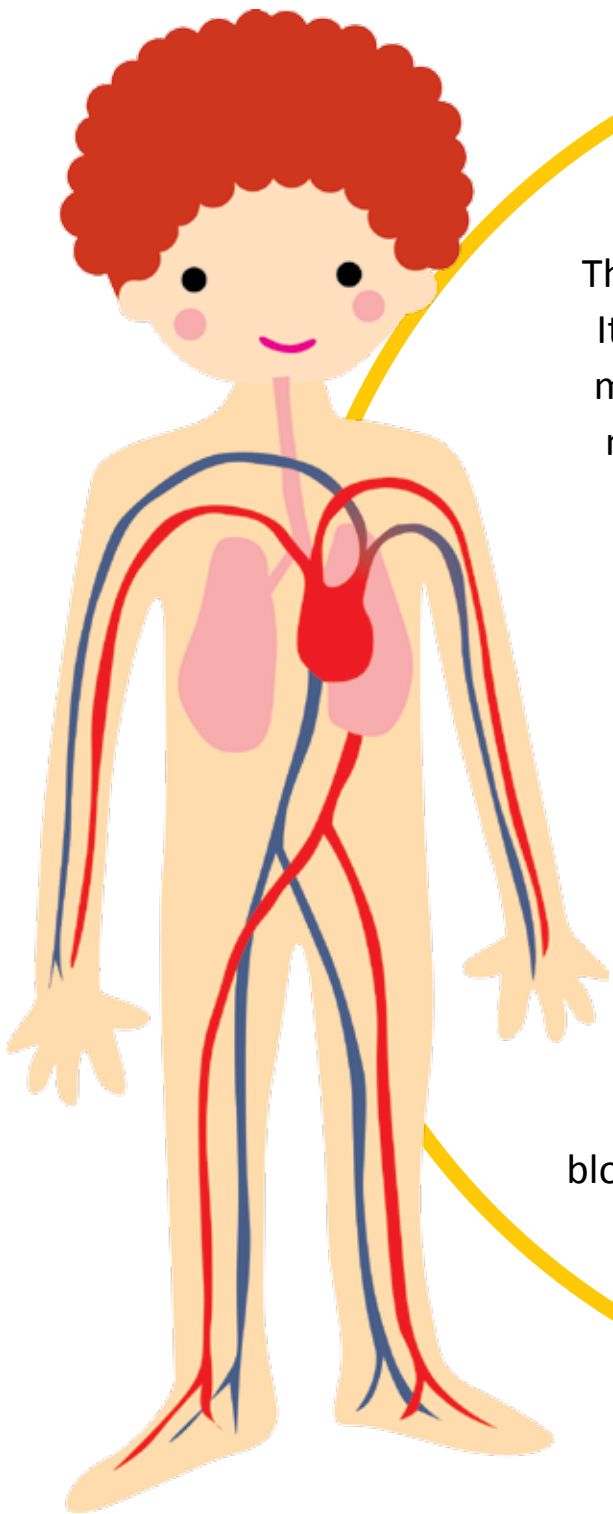
## CHECK THIS OUT!

Get a chronometer or a watch with a second hand. Close your mouth and hold your nose and time how long you can go without breathing. If you have someone else with you, ask them to try it, too. Then compare the results. You can't stop breathing for very long, right? Why do we need oxygen to live?



Put a belt around your waist, fasten it really tight, and try to breathe. Is it the same as breathing without the belt? Now, take off the belt, lie down on the floor and put a book on your abdomen. If you breathe right, using all of your lung capacity, the book should come up every time you breathe in. Does this show you that it isn't healthy to use tight clothes?

## LOOKING ON THE INSIDE



### **The Heart**

The heart is like a pump that has four chambers. It pumps blood to our whole body, delivering the materials we need. Every organ of the body, every muscle, and every nerve needs a constant supply of oxygen, food, and other nutrients. The heart pumps blood with oxygen through the arteries (the red lines in the picture) and when the air is used up, it comes back through the veins (the blue lines) on the right side of the heart. From there, it is sent back to the lungs for an oxygen refill, and to get rid of the carbon dioxide. Then the blood returns to the left side of the heart and is pumped once more through the arteries to the body. The heart is an involuntary muscle because, unlike the muscles of your leg or arm that you can move when you want to, the heart muscle will contract whether we want it to or not. This way, the blood keeps flowing through our body without us even thinking about it.

## CHECK THIS OUT!

Lean your head on your Mom or Dad's chest and listen to their heart beating. You can also feel how your heart beats if you put your fingers on your neck, just below your jaw, or on the inside of your wrist, as you can see in the picture. Use a watch with a second hand to count how many times a minute your heart beats. Compare this with the rate of your Mom or Dad's heart. Whose beats faster?

Breathing is something we do without thinking. But breathing air inside a room is not the same as getting outside and breathing fresh, clean air. In order to be healthy, we need to breathe fresh air every day.



# Do you get enough fresh air?

Check the correct answers and decide.

	Yes	No	Sometimes
I sleep with a window open (at least a little).			
I play outside as much as possible.			
I exercise outdoors.			
I help my parents in the garden.			
I prefer to go outdoors for a picnic rather than playing on the computer.			
I walk whenever I need to go somewhere nearby, rather than riding in a car.			

There are many fun things I can do besides watching TV and playing on the computer.



These are some things children in different parts of the world do when they are outside.

Plant



Climb



Water



Look for animal



Jump



Harvest



Go



Rake the



Help clean



Make mud



Watch



Identify



Give



away

in the yard

Gather colored



Collect



Clean the



from the driveway

Climb



Ride



Play with



# More Ideas

Play hide and seek

Race each other

Swim in the river or the pool

Build little houses from wood, sticks, or straw

Run errands on skates or roller blades

Entertain younger brothers and sisters

Roast corn or potatoes

Build castles and tunnels in the sand

Use a magnifying glass to watch the miniature world in the grass



## Talk with Mom or Dad

A family Project!  
Show this list to your parents. Tell them what things you would like to do with them and ask them to help you plan to do some of these activities during the next month.

Ask your grandparents what they used to play when they were children. They may give you some good ideas about what things you can do outside!



**Take good care  
of your nose  
and your lungs  
so you can  
breathe well!**



**Always use your nose to breathe because...**

...the \_\_\_\_\_ warms and humidifies the air that enters it.

...inside your \_\_\_\_\_ there are also tiny hairs and mucous that trap dust and dirt in the air. The mucous is sticky, and the dirt sticks to it.

...it is a filter for bacteria and germs that want to enter the \_\_\_\_\_.

**That is why.....**

It is important to breathe through your \_\_\_\_\_ and not through your \_\_\_\_\_.

You should never put your \_\_\_\_\_ in your \_\_\_\_\_.

Always use a \_\_\_\_\_ to wipe your nose.

You must never put \_\_\_\_\_ or \_\_\_\_\_, or any other object inside your \_\_\_\_\_.



## Keep away from cigarettes because....

... \_\_\_\_\_ smoke makes your \_\_\_\_\_ sick, and also hurts your \_\_\_\_\_ and circulation.

... It ruins your teeth and skin.

... \_\_\_\_\_ have enough poisons to take away your energy and make you sick.

## That is why...

If someone offers you a \_\_\_\_\_, say no.

If you are in a closed area where someone is smoking a \_\_\_\_\_, try opening the \_\_\_\_\_ or leave the place.

Tell them that \_\_\_\_\_ are bad for their health.

# This is important



**You have a right to  
enjoy clean air.**

**You can ask people not  
light a cigarette in closed  
public places.**

**Cigarettes contain  
poisons. Don't even try  
them.**

**Ask your parents to read the following text with you. Underline the ideas you think would be most important to use in talking with a person who smokes.**

## **What we need to know about tobacco**

To smoke is to die slowly. A few cigarettes a day can reduce the efficiency of the lungs, so people who smoke cannot be good athletes. Smoking reduces the ability to smell and taste. Almost all smokers have a cough and their voice worsens over time. They are also more at risk of developing lung diseases such as emphysema or bronchitis. Worse yet, they may develop cancer. Cigarettes also affect the heart and blood vessels by producing high blood pressure and heart diseases.

Cigarettes contain nicotine, which is an addictive poison. People can't stop smoking easily. When they try to quit, they suffer from headaches, stomach aches, and great irritability. The nicotine is deposited in the lungs and makes the blood vessels tighten up, forcing the heart to work harder to pump blood to the body. Nicotine stains the teeth and fingers, leaving them yellowish. Their breath smells like smoke. The skin of a smoker dries up and ages quickly.

People who live with smokers and breathe the smoke of the cigarettes that others smoke are called second-hand smokers. In Great Britain, one person dies every day because of the effects of second-hand smoking. For this reason, we need to protect our rights and insist that there should be no smoking in public areas.

## My Promise

Because air is so important to my body,  
I promise to be sure that I breathe  
\_\_\_\_\_ air every day. I will \_\_\_\_\_ outside,  
and I will try to find other activities to do outside with my  
family.

I will also do everything I can to stay away from cigarette  
smoke. I will say no if someone asks me to  
smoke, and I will ask others to stop if they are  
smoking inside near me.

Signed: \_\_\_\_\_

# THE ENVIRONMENT

## The Big House We Live in

## CHAPTER 4

This summer, Alex and his friends Daniel and Jasmine have decided to do a project together. But they can't decide what they want to do.

"What if we dig a swimming pool in the back yard?" proposed Alex. "We could cover it with plastic, and fill

it with water—and then we could swim in it!"

"That's a good idea, if only we can get a bulldozer! Because if we have to dig it ourselves, we'll make a pool that's only big enough for a frog!" Jasmine laughed.

"It's true!" said Daniel.

"We're better off swimming in Blue Creek."

"How can you even think of swimming there?" Alex protested. "That creek is called 'Blue,' but it is really brown, and it's full of garbage!"



“My Dad says that when he was a boy, Blue Creek had crystal clear water that reflected the sky and it looked blue, but they’ve thrown so much garbage in it that now it’s brown!” continued Alex.

“And what if we built a tree house?” said Jasmine. “We could ask our parents to help us. It would be a perfect place to do all our science projects.” And she looked at the huge tree that gave shade to most of the back yard.

“That’s a great idea!” said Daniel.

“I think—” began Alex, but he stopped when he saw his Mother coming out the kitchen door.

“Alex, it’s supper time. Tomorrow you can continue with your projects.”

The three friends said goodbye until the next day. They had a lot to think about.



The background features a central green globe with a spiral pattern. Surrounding the globe are various green icons: trees, houses, buildings, and stylized human figures. The entire scene is set against a white background with faint grey spiral patterns in the corners.

# A MESSAGE FROM GOD ESPECIALLY FOR YOU

“The earth is the Lord’s, and everything in it, the world, and all who live in it; for He founded it upon the seas and established it upon the waters.”

Psalm 24: 1-2

## A WORLD TO TAKE CARE OF

God created the world, the trees and flowers, the animals, and the whole environment so that man would be happy. God told man to “guard and keep” the earth. He gave man the job of being the manager of the planet. Along with this privilege which makes him superior to the rest of creation, God gave man the RESPONSIBILITY of taking care of the earth. People who waste natural resources, who are consumers, who damage the environment or mistreat the animals, have forgotten that they are responsible for taking care of the “house” we live in.

Taking care of the environment is our job, and we are the first ones benefited when we preserve the planet.





# MY RELATIONSHIP WITH THE ENVIRONMENT

Taking care of the world we live in is taking care of our health.



## Cross out the activities which endanger the environment:

- Carving my name in the trunk of a tree.
- Cleaning the canary's cage.
- Picking flowers in the park.
- Vaccinating my dog.
- Throwing just one candy wrapper on the ground.
- Leaving the faucet dripping just a little.
- Watching a butterfly flying around the flowers.
- Raking up the leaves which fell from the trees.
- Burning the dry leaves.
- Turning the radio up really loud.
- Having a bonfire in the park.
- Swimming in the river.
- Throwing a can into the river.
- Using empty cans for flower pots.

# HOW DO WE TAKE CARE OF THE ENVIRONMENT?



**Did you know that contamination is one of the biggest environmental problems that affects our world?**

The biggest problems with contamination are caused by man. Some of the main sources of contamination include refrigerators and air conditioners, slaughterhouses (where they kill animals so people can eat them), and tanneries (where they make leather out of animal skins), mining and oil drilling, plastic packaging, fertilizers, disposable diapers, and exhaust from cars and factories. In this way, the water, the air, and the soil are becoming contaminated. It is sad, because man is destroying his own home—the earth. Many of these things could be reduced if only people were more careful.



**Did you know  
that 75% of  
the planet is  
water?**

**You should  
take care of it!**

**To grow  
up healthy,  
you need  
a healthy  
environment.**



**Quinn the Question Man**

Would you like to swim in a river like this one?



What kinds of things  
make water dirty?

What would happen to  
animals that drank this  
water?

What can you do to help  
keep the water in your  
community clean?

## Complete the following sentences using these words:

Waste

Turn off

Streams

Garbage

Friends

I am taking care of the water when I...

1. \_\_\_\_\_ the faucet after using it.
2. Don't throw \_\_\_\_\_ in the \_\_\_\_\_ or rivers.
3. Talk to my \_\_\_\_\_ about how to take care of the water.
4. Don't \_\_\_\_\_ water by letting it run.

**Always be sure to drink clean,  
uncontaminated water.**



### Is it safe to drink . . . ?

water from the drinking fountain  **yes**  **no**

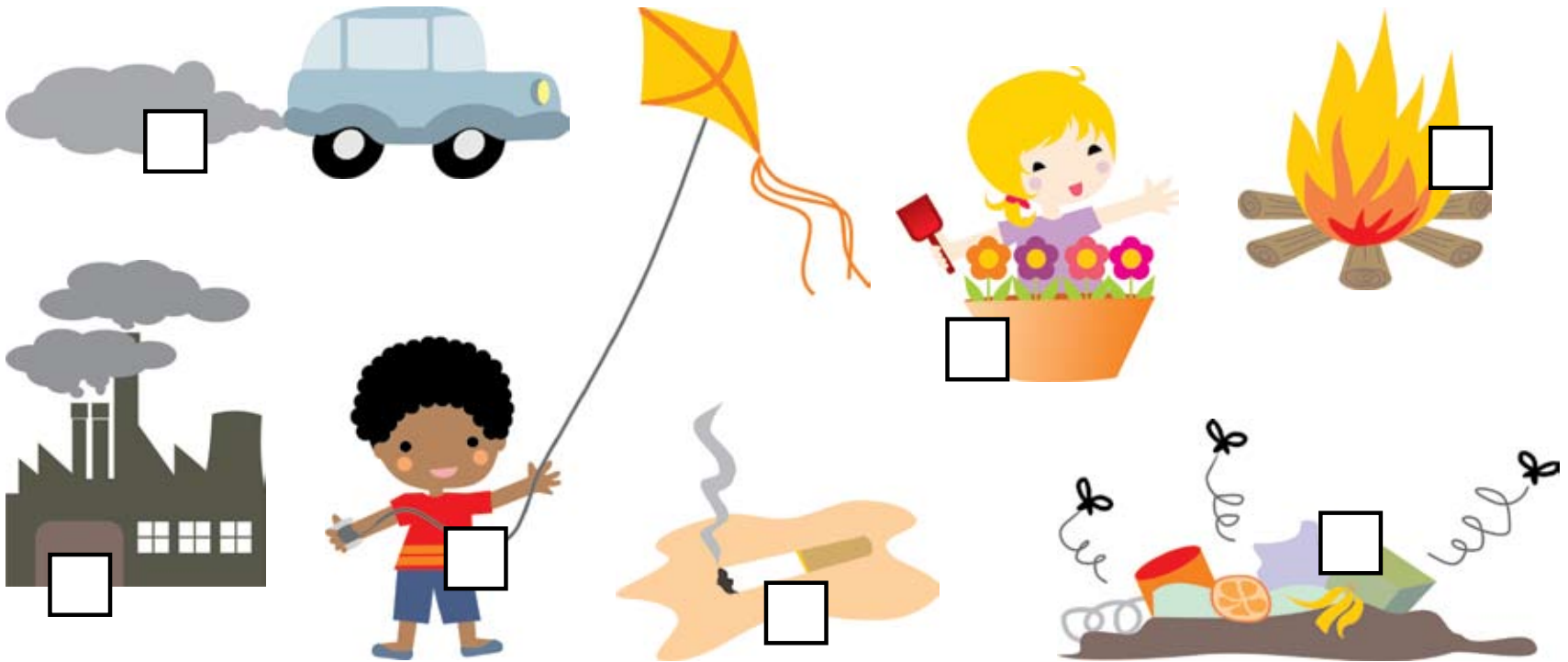
rain water from a bucket  **yes**  **no**

water from a river  **yes**  **no**

water from the tap at home  **yes**  **no**

# TAKING CARE OF THE AIR IS TAKING CARE OF MY BODY

Put an x on the activities that contaminate the air.



## THIS IS IMPORTANT

To be healthy you need to breathe fresh air.

It's everyone's job to keep the air pure. You have a right to talk to persons who are contaminating the air and ask them not to.



## Try This Yourself!

**Environmental Patrol.** Encourage your family, friends, or neighbors to become part of an Environmental Patrol club. See what you can do in your neighborhood to help to keep the ground, the water, and the air clean. One day of the week, you could go out and collect trash in trash bags and put it in the appropriate place. Don't forget to wear gloves or put a plastic bag on your hands when you pick up garbage. Don't pick it up with your bare hands.

# WILMA THE WISE

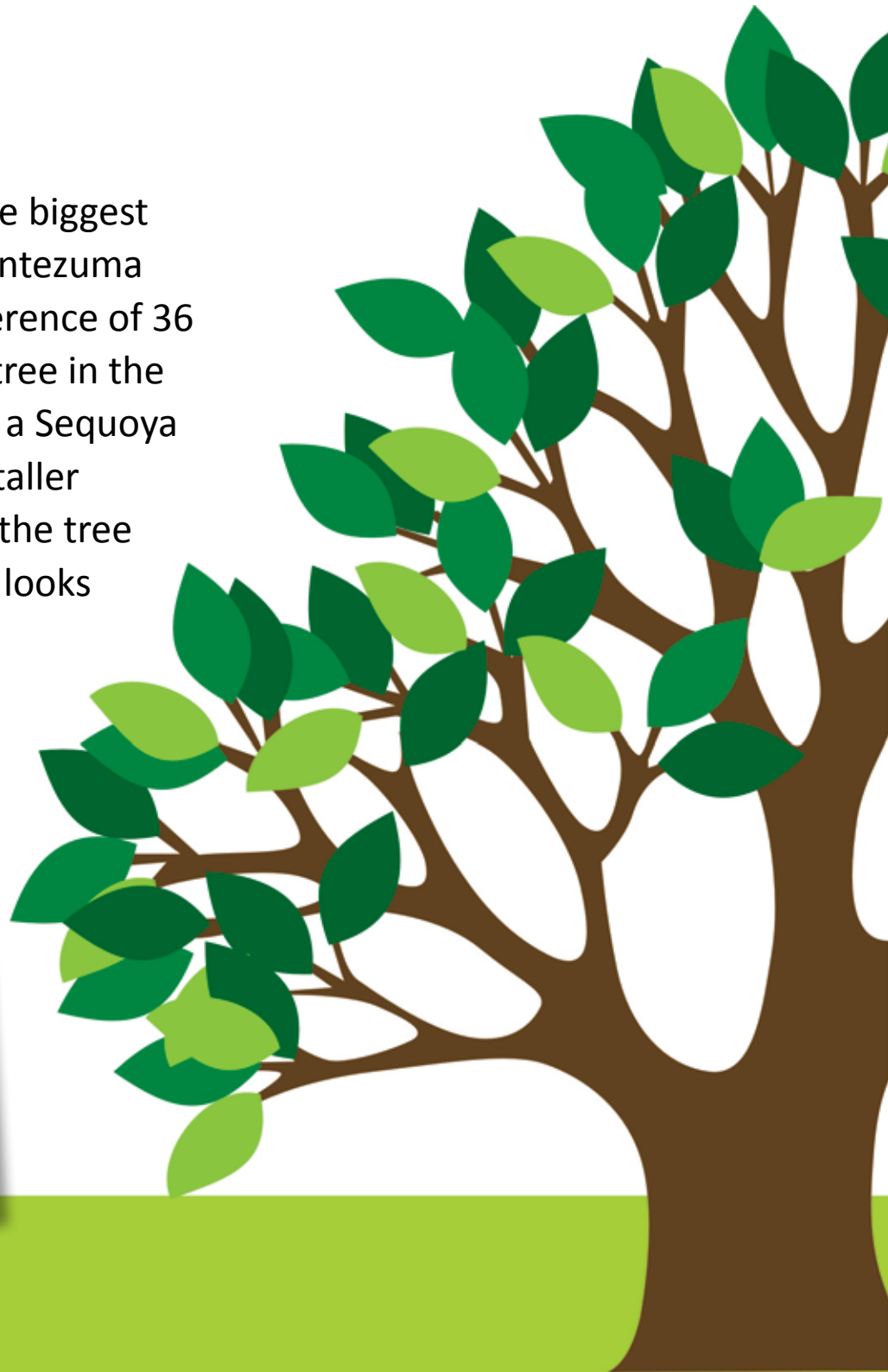
## Supertrees!

In Oaxaca, Mexico, lives the tree with the biggest circumference in the World. It is the Montezuma Cypress, from Tule, and it has a circumference of 36 meters around its trunk. But the tallest tree in the world lives in northern California, and is a Sequoia that measures 115 meters high! That is taller than the Statue of Liberty! They named the tree “Hyperion,” which means “the one who looks down from on high.”


Would you like to climb that tree?



*Montezuma Cypress, from Tule.*



## Save the Trees!



**It's easier to keep the air clean than to clean it once it gets dirty.**

Together with plants, trees are the lungs of our planet Earth. They are responsible for making the oxygen in the air that we breathe. With their roots, they protect the ground and keep the rain and wind from carrying it away. We get food for people and animals from trees. We use their wood to make innumerable objects. Trees are also the primary source of the material used to make paper. Trees produce pitch, rubber, and gum. Some trees have leaves that have medicinal purposes. Trees give us cool shade on a hot summer day. Trees are a safe refuge for many animals and a fun place for kids. In spite of this, every year, we cut down more trees than we plant, and the forests are shrinking. We need to protect the trees if we want our children and grandchildren to enjoy the benefits they provide.

“And the Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.”

Genesis 2:9

## WILMA THE WISE RECOMMENDS...

The most important tree in the Garden of Eden was the tree of knowledge of good and evil. Do you want to know why? Want to know what happened at that tree?

Read the rest of the story in Genesis 2:8-9, 15-17 and 3:1-24.

## Quinn the Question Man

How many kinds of trees can you name? What kinds of trees grow where you live? What are they used for? Is your country adding forest or losing it? What kind of diseases kill trees in your area?





# TAKING CARE OF THE ENVIRONMENT

To have a healthy environment, we have to take care of the water and the air, and also the ground.

I can give you some good ideas that we practice at home to take care of the ground.



Take your own cloth bags or boxes when you go shopping. That way you can avoid having them give you so many plastic bags that later contaminate the ground. You can be an Environmental Patrol by helping your Mom remember this every time she goes shopping!

Avoid buying products that come in plastic containers. Choose glass or cardboard, which are recyclable.



When you can't avoid using plastic containers, don't throw them away. Use them for other things, like planters, keeping small objects, to give away a piece of cake, as disposable containers to take food for a trip.

Separate the garbage. If you have some space behind your house, prepare a square meter of earth as if you were going to make a garden, and throw the organic garbage there. With a rake, cover up the garbage with a little dirt. The garbage will become dirt again, and it makes wonderful fertilizer for the plants.

Don't throw used batteries in the trash. They are highly contaminating for the soil. Keep them in a bag and deposit them in the special places that most cities have for that purpose. Find out from the Mayor's office.

Of course! Don't leave garbage on the street, in public places, or when you go to the country!

## WILMA THE WISE

Nothing is so insignificant that it doesn't have a name! Even garbage has names! Organic garbage is what once was the part of some living thing, for example, leaves, branches, peelings, food, paper. Inorganic garbage comes from industrial waste, like plastic, synthetic cloth, aluminum, rubber, etc.

Do you think you know how to separate the organic garbage from the inorganic waste?



## Can you separate the garbage properly?

Draw a line from these objects to the correct trash can. Ask your Mom or Dad if you aren't sure.





God created the world beautiful and perfect. Even though because of sin we have caused a lot of damage to our planet, it is still our responsibility to take care of it. But when Jesus comes to get us, he will restore the Earth and make it as beautiful as it was in the beginning.

“Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind.”

Isaiah 65:17

## My Promise

I know I don't always taken very good care of the earth. Sometimes I \_\_\_\_\_ and sometimes I don't \_\_\_\_\_. These are areas where I need to do better. I will try to not waste \_\_\_\_\_, and I will be a better friend to the trees and flowers in my community. I will try to clean up garbage I find on the ground, even if I didn't put it there.

Signed: \_\_\_\_\_

My body was designed for movement. God did not make it to sit still and be quiet for hours at a time. My bones and muscles will get weak if I don't use them. Exercise provides energy, develops my body and helps me grow. Exercise keeps my mind awake and alert so I can relate with others and with God. You can exercise by playing and also helping out at home.

## INTERVIEW WITH MOM OR DAD



What exercises do they do?

---

---

---


---

I like:  
To stretch like a rubber band,  
Curl up like a cat,  
Jump like a frog,  
Trot like a...  
Run like a...  
Crawl like a...  
Swim like a...

And I can do all of this thanks to my bones and muscles!

## MY FAVORITE SPORT IS...

Draw  
yourself  
playing  
it or  
paste a  
photo  
here



I can exercise thanks to my strong bones that hold my body up and my stretchy muscles that help me move the way I want to.

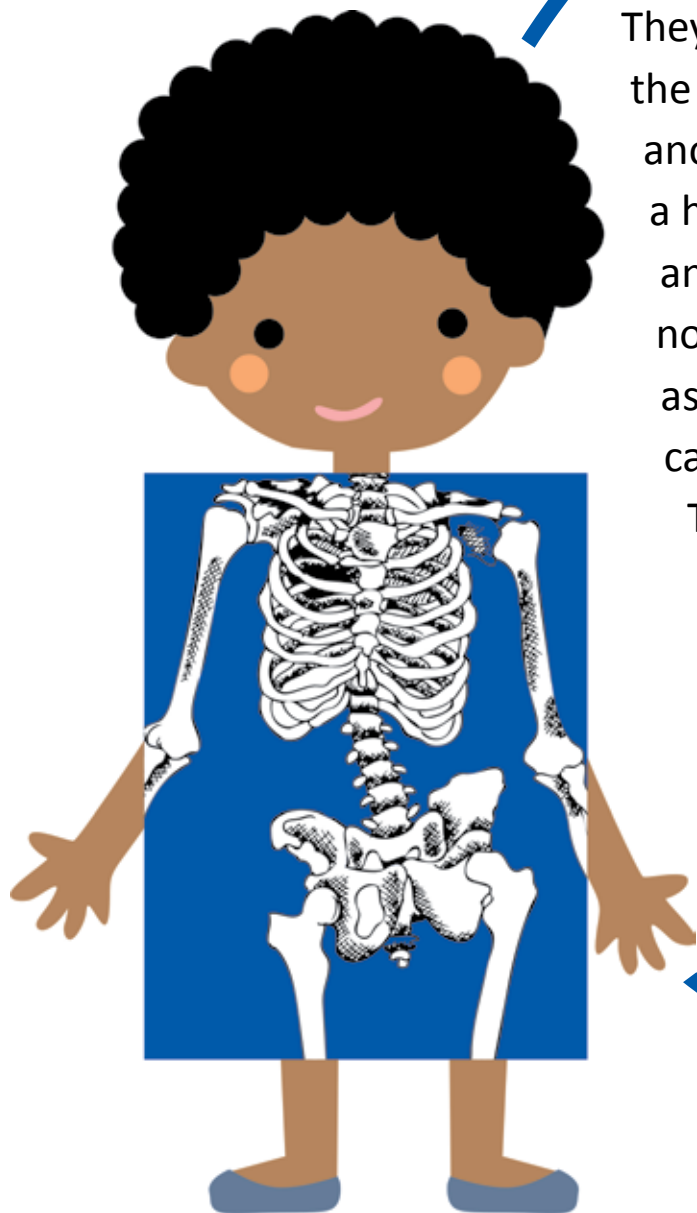
## CROSS OUT WHAT IS WRONG:

1. My skeleton is made up of \_\_\_\_\_ that are (hard - soft) and (light- heavy).
2. When I was a \_\_\_\_\_, my \_\_\_\_\_ were (soft - hard) and (long short).
3. As I grow up, my \_\_\_\_\_ are getting (shorter - longer) and (stronger – weaker).
4. If I didn't have \_\_\_\_\_, my body would be like (a brick - jello). I wouldn't be able to walk or move.
5. Some \_\_\_\_\_ protect my organs.
6. Can you mention some organs that are protected by \_\_\_\_\_?

# LOOKING ON THE INSIDE

## Bones

Bones give us shape and support our body. They protect organs such as the brain, the heart, and the lungs. They also help us to move from one place to another. Bones are made up of living tissue that secretes a hard substance rich in calcium. Children's bones are soft and are sometimes more like cartilage (like the tip of your nose or your ear lobe). That is why their bones don't break as easily as adults when they fall. Every bone has a central cavity filled with a yellow or red substance called marrow. This is the factory where the body's blood is produced.



### A MESSAGE FROM GOD ESPECIALLY FOR YOU

"You saw my bones being formed  
as I took shape in my mother's  
body."

Psalm 139:15 (New Century Version)

# Test Yourself!

Which foods below contain calcium?

Check the box beside the foods that are rich in calcium.

I need calcium for my bones to grow strong.



Eggs



Candy



Milk



Broccoli



White Bread



Doughnuts



Spinach



Cheese



Watermelon



Bananas



Nuts



Lentils

Answer: eggs, milk, broccoli, spinach, cheese, nuts, lentils.



# WILMA THE WISE

## Longest and Shortest



The longest bone in the human body is the **femur**, between the knee and the hip. In an adult, the femur measures an average of 20 inches.

The smallest bone of the body is the **stirrup**, which is inside your ear and measures about 1/10th of an inch. This tiny bone passes the vibrations from the anvil to the cochlea to allow you to hear.



Who has more bones, a baby or an adult?

Babies have more than 300 bones, while an adult has only 206. This happens because, as a baby grows, many bones become joined to each other.



## CHECK THIS OUT!

### WHAT YOU CANNOT SEE

Get a piece of bone that is cut crosswise, so you can see inside it (maybe from the grocery store). Using a magnifying glass, you will see that bones are not compact. They are full of pores, tunnels and channels where blood can circulate. This is what bone tissue looks like under a microscope.

# LOOKING ON THE INSIDE

**Even with all your bones intact,  
without muscles you could not move.**

## Muscles

Muscles contract and stretch, allowing us to move. Almost half the body is made up of muscles. Some are big and others very small, like the ones that control the pupils in your eyes. We have 600 muscles. Most muscles work in pairs: when one contracts, the other relaxes. Some are voluntary (controlled by our choice), and others are involuntary (those that are not controlled by our decisions at all), like the heart, stomach, and the intestines. We can digest our food thanks to the stomach muscles and the intestines. We even have muscles in our blood vessels.

Muscles work with the bones they are connected to. Someone who plays the piano can do so because the muscles that contract and expand move the bones in the fingers. Bones are important, but without muscles, we couldn't do anything.

## CHECK THIS OUT!

1. Stand on your tiptoes and let someone (a friend, your Mom, your sister) touch your leg muscles.
2. Now sit down and let the other person feel the difference.
3. Touch your arm muscles while flexed and while relaxed.

Check out all the things you can do with your face muscles. Make faces in front of a mirror, and if possible, take video or photos.



## WILMA THE WISE

Did you know that you need 34 muscles to make an angry face, but only 7 to smile?

**It far less energy for you to SMILE!**



## Bones and muscles develop and grow when we move.

To take care of your bones and muscles, you need to:

- Eat healthy food
- Exercise
- Watch your posture

Your whole body will ache from lying down all day watching TV or playing computer games. We were not designed to sit still all the time. If you want to be healthy. . . get moving!



## Circle the postures that are best:



## CHECK THIS OUT!

Put a book on your head and try to walk without letting it fall. This way you can tell if you are standing straight and if your standing posture is correct.



God created an ideal environment for you to grow up in. He made



spaces where you can run, climb, and

play. He also made the



, without which neither



you nor



can live. You need to

spend some time every day in the



because the sunlight fixes the

calcium in your



and strengthens

your immune system. Of course, you

must be careful to not stay in the



too long because too much sun can be

bad for your skin.

## This is what my skin looks like

Look carefully at the skin on the back of your hand. Use a magnifying glass if you have one. What do you see? Draw what you observe inside the magnifying glass below.



Now look carefully at the drawing on the right. No, it is not a garden. It is your skin, seen sideways, with a powerful magnifying glass.

Pores are small holes in your skin through which the body eliminates water when you sweat. Can you find the pores in the picture and on your hand? Also, look at the little hairs that come out of the pores.

You also have nerve endings in your skin. The nerves transmit what they feel to your brain. That is why you can feel heat, cold, or pain and take your hand away before you are hurt. Our skin always tells us about the environment around us, but the most important job of our skin is to protect our body from germs.

I DON'T HAVE THIS  
PICTURE. PLEASE SEND  
TO MY EMAIL SO I CAN  
INSERT HERE.

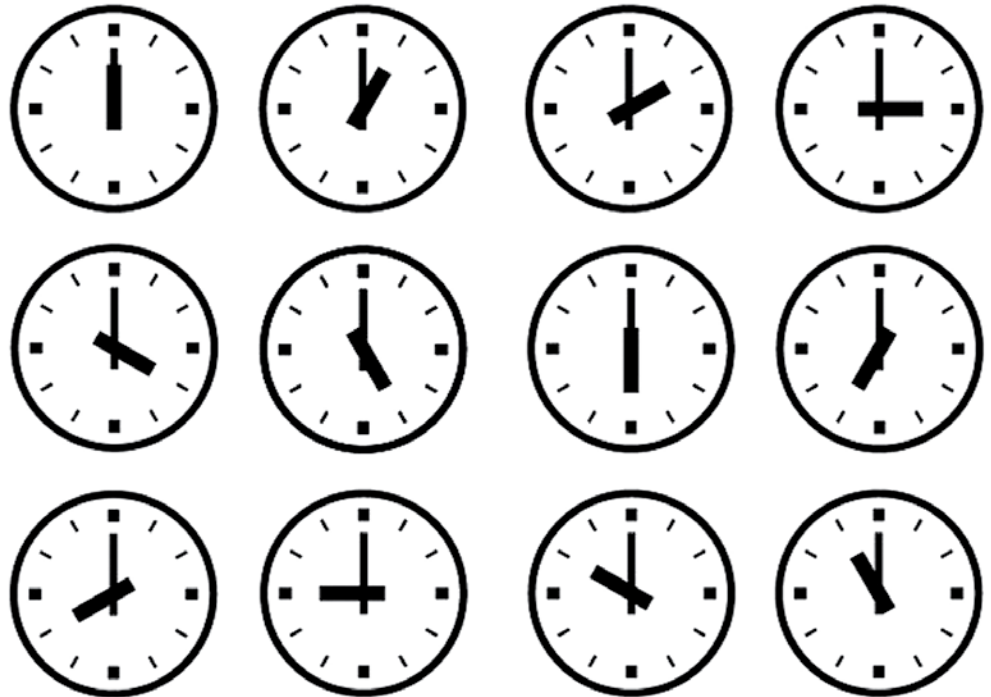


## WILMA THE WISE

Did you know that skin is the largest organ of our body? On a medium sized adult, the is about 6 feet square and weighs about 10 pounds. Our skin is constantly renewed, and the dead skin on top comes off. This happens when we wash ourselves, or just when we are walking around—we are constantly losing tiny pieces of skin into the air. House dust contains a lot of dead skin cells.

## A little sunshine is good for you, but . . . Be Careful!

Too much sun can be dangerous. Do not expose your skin to bright sunshine for a long time. There are also certain times of day when too much sunshine can hurt you and it can cause skin cancer. What is the best time of day to be outside in the sunshine? Color the clocks that show a good time to be outside.



## Why could it be dangerous to get too much sunshine?

Earth is surrounded by a layer of gases called the atmosphere. One of the gases is ozone, which acts as a filter for the ultraviolet rays that come from the sun. Without ozone, these rays would burn us up. Unfortunately, the ozone layer in the atmosphere has been badly damaged because of pollution.

Airplanes and rockets and even spray cans produce gases that hurt the ozone layer. This means that the earth now receives more ultraviolet rays, so you must be careful about getting too much sunlight, especially when the sun is high in the sky. Use sun block when you are outside in the bright sun. This will protect you from getting sunburned, as well as from the rays that could cause cancer.





When I exercise, it makes me breathe deeply, which gets more oxygen to my whole body. It also makes the blood circulate better, and it makes me sweat.

When I sweat, my body gets rid of garbage (toxins) through the pores, which cleans my body on the inside. It also makes me thirsty, which means I drink more, which helps clean my body on the inside even more.

**So besides being good for my bones and muscles, exercise is good for ALL the systems of my body!**



# Active games to play with your parents, friends, or brothers and sisters

## INDOOR GAMES



### The Feeling Game

Ask your Mom or Dad to help you set up this game. You will need a box with a lid, and a blindfold. Ask your parent to put 7-8 different objects inside the box, but not to show you or tell you what they are. Ask them to put the blindfold on you. Then put one hand inside the box and try to identify each item, only by feeling it. Have your parent tell you if you are right.

### “Braille” Letters

Cut letters out of sandpaper. Make words with these letters. Blindfold a couple friends and have them “read” these words with their fingers.

### The Pencil Test

Test the degree of sensitivity of your skin in different parts of your body. Blindfold your friend. Take two pencils and touch your friend gently with the pointed parts (it should not hurt). Touch your friend on the finger tips, on the arm, on the bottom of the feet, and on the back. Sometimes you will touch your friend with both pencils together. Other times, use just one pencil. Put the pencil points close together sometimes, and sometimes put them several inches apart. Have your friend tell you when he or she feels one pencil or two and in which places the feeling is stronger. What can you learn from this?

### Feeling Treasure Hunt

(This could be played inside or outside, depending on the rules you set): With 2-3

friends, make a list of different feelings objects can have, for example: two hard objects, one soft object, a damp object, two cold objects, a lukewarm object, two rough objects, one smooth object, something fuzzy, and something that is prickly. At the signal, everyone goes out to find the items on the list. The first one to find everything and come back is the winner.



# OUTDOOR GAMES



## Sack Race

Get a big sack for every person who wants to participate (best are burlap sacks, or feed sacks, or heavy plastic). Agree on a starting line and a finish line. Everyone should put both feet inside their bag, all the way to the bottom. When the leader says “Go!” everyone jumps as fast as they can until they reach the finish line. You have to cross the line with the bag still on your legs!

## Take the Tail OFF the Fox!

One of your friends should tuck the corner of a big handkerchief into the top of his pants, or behind his belt. The handkerchief will be the fox’s tail. The fox should go a little ways away from the group. At a given signal, everyone should run toward the fox to try to pull off his tail. The one who gets the tail will be the next fox.

## Orange Race

Put a box of oranges (or potatoes, or tennis balls) on one end of the yard. The goal is to carry the greatest possible number of oranges, using only your elbows, from one box to the other, in the time given. Each player should have his own box to fill. Ask someone to time you for 5 minutes, and see who can get the most oranges into their box.



**Don't forget: Your body is like a temple that God made for your happiness. Keep it healthy by exercising outdoors, being careful to maintain good posture and getting sunlight and fresh air. Take good care of what God made for you!**

## My Promise

Even though sometimes I'd rather sit and \_\_\_\_\_ all afternoon, I know it is important to run and play more active things, like \_\_\_\_\_ or \_\_\_\_\_. I promise to look for opportunities to exercise more, including helping my parents with things like \_\_\_\_\_, because working is another way to exercise. I will walk more and \_\_\_\_\_ more, because that is the way God designed my body act if I want to stay healthy.

Signed: \_\_\_\_\_

Alex is building a tree house with his friends. They are talking about what materials they will use to build it from. Daniel thinks they should use branches and grass, which are the easiest to get. Jasmine, on the other hand, insists that if they make the house out of wood, it will last longer. Alex thinks it would be harder to work with wood. They would have to ask their fathers to help them get the wood and also cut it to the right length.

They discuss it and finally decide to make their house out of wood. They don't want a little hut that will be ruined in a few days. It will be more work and will longer to build, but their tree house will last for a long time!

Meanwhile, Alex's Mom brings lunch for everyone. She has made a fruit

salad, and some yummy sandwiches with tofu, toma-toes, and olives. Alex's Mom says: "I see you have chosen good materials to build your tree house. For the same reason that you chose the best materials, I am giving you the best food. You are building your bodies, and good food will help you grow strong and wise."



## A MESSAGE FROM GOD ESPECIALLY FOR YOU



So whether you eat or drink or whatever you do, do it all for the glory of God."

1 Corinthians 10:31

# QUINN THE QUESTION MAN

1. What is this child doing?
2. What is the difference between the things he is eating?
3. Look at the foods on the right. With which of the two pictures would you put each one of them? Why?
4. What connection exists between what we eat and our health?



## GET SOMETHING TO EAT

1. What happens to food when you chew it?
2. How many times do you chew it before you swallow it?
3. Put your hand on your throat. When you swallow, what do you feel?
4. Where does the food go?
5. Now drink some of the water. Can you drink while you are walking? While you are lying down?
6. Why does your stomach sometimes make noises?

## WILMA THE WISE

We can swallow food in any position, even head-down, because the muscles push food towards the stomach.

Once there, the food gets crushed until it is like a milkshake. Sometimes we can even hear the stomach working. It is important to chew our food very well so that the saliva starts dissolving it. Drinking a lot of liquid with meals or drinking very cold liquids also makes digestion slower because our stomach has to warm what we eat or drink to the right temperature before it can do its work. When we eat too much or too fast, or when we eat between meals, we slow down our digestion. Your stomach needs 3-4 hours to do its work, and then needs to rest at least one hour. Feelings like, fear, anger, worry interrupt digestion. Because of this, it is important to be happy and relaxed when we sit down to eat.

## Cross out the things which aren't good for your health:

Eating slowly

Chewing each bite many times

Eating in three minutes

Drinking several glasses of juice with your meal

Always drinking really cold water

Eating and eating until your stomach hurts

Being happy while you eat

Eating between meals

Not everything I like is good for my health.



Follow the path  
of my favorite sandwich  
through my digestive  
system!

## Finish the story:

**MOUTH**

**ESOPHAGUS**

**STOMACH**

**SMALL INTESTINE**

**LARGE INTESTINE**

**RECTUM**

**ANUS**

**BLOOD**

Mmm! This is delicious!

The first bite of my sandwich starts to digest in my m \_\_\_\_\_.  
The saliva breaks up the sandwich as I chew it.

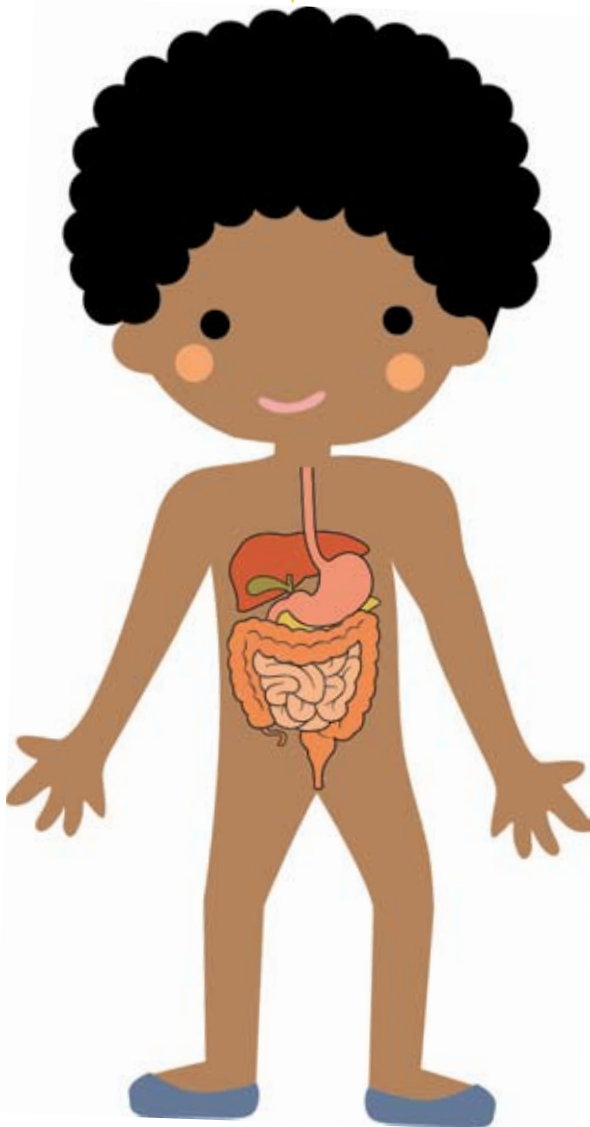
The broken up sandwich mixed with saliva travels down through  
the e \_\_\_\_\_ to the s \_\_\_\_\_.

There, the sandwich mixes with the digestion juice until it becomes  
something like a milkshake. This “milkshake” goes down through a  
long tube, called the s \_\_\_\_\_ i \_\_\_\_\_.

Now all the nutrients which were in the sandwich go through the  
walls of the s \_\_\_\_\_ i \_\_\_\_\_, and out into the  
b \_\_\_\_\_.

The b \_\_\_\_\_ carries food to my whole body. The particles  
which can't be absorbed go on to the l \_\_\_\_\_ i \_\_\_\_\_  
\_\_\_\_\_, and I get rid of them through the a \_\_\_\_\_ when I go to  
the bathroom.

And that is the end of my sandwich!





## What do we eat?

When I go to the supermarket with my mother, I see many things that look good to eat. I would like to buy everything that I like, but I know that not everything is good for my health. I am learning to choose which things are better for me.

I hope they remember to buy some bones for me...



## TRY THIS:

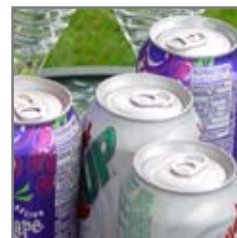
With a friend or alone, look at each picture below and decide how much you should eat of each food. Draw colored circles around each one.

Then turn the page and compare your results with the food pyramid.

A lot

A medium amount

Very Little



## Wilma the Wise

You may not believe it, but the tomato was once used as a decorative plant for gardens, whereas the dahlia, which is a flower, was used as food.

In France, they took advantage of the tuberous roots, and ate them for food.

The tomato is originally from South America. It is rich in vitamins A, B, and C, and it is grown all over the world. But it wasn't always like this.

When the Spanish conquistadors took it to Europe, it was not accepted on European tables. In France, even in the 18th Century, they used it as a decorative plant in Gardens and it was supposed that the fruit was poisonous.

Nowadays, it is found on tables around the world, in an infinite number of dishes. It is hard to imagine a delicious meal without tomatoes!

**Make a list of dishes you know that are prepared with tomatoes:**

---

---

---

---

---

---

---



# How much should you eat?

What did you eat yesterday?

Breakfast: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

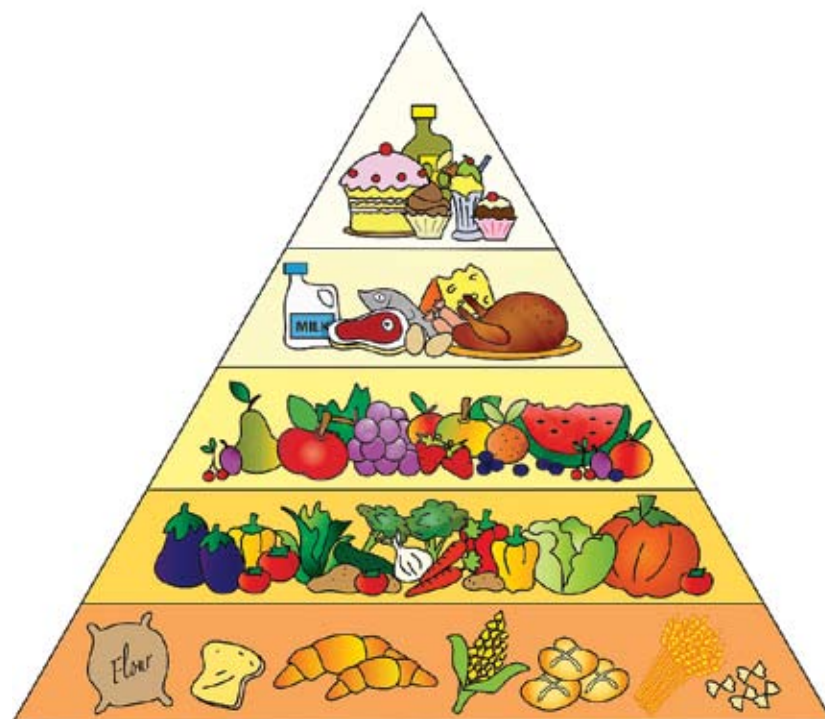
Supper: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Look at the pyramid. Do you eat foods from all the groups?



“I realize  
that I should eat more  
\_\_\_\_\_ and less  
\_\_\_\_\_.”

## Food and nutrition

Our body needs to receive food to provide energy for activity and growth. Babies obtain all the nutrients they need for their life from their mother's milk. Children and adults should eat a varied and balanced amount of foods that have these nutrients. We should eat 6 to 11 servings of bread, pasta, grains, etc., per day; 3 to 5 servings of vegetables; 3 to 5 servings of fruit; 2 to 3 servings of dairy products (milk, yogurt, cheese, etc.); 2 to 3 servings of meat, fish, eggs, legumes (beans, lentils, soybeans), nuts, etc.; and a small quantity of oil, butter, cream, sugar or sweets. Eating too much of the wrong things can cause malnutrition and many other diseases. Children should choose their food carefully, because the food they eat will affect how well they grow.



## THIS IS IMPORTANT

Our health depends largely on what we eat. Eat a lot of grains, fruits and vegetables; a medium amount of proteins, and very little sugar and fat. You are building your body. You have a lot of foods to choose from—decide to use the best “materials” to build a healthy life!

The biggest meal of the day should be breakfast. At supper, eat light foods and a limited quantity. You will rest better, and your stomach will thank you!

# Try this Yourself!

## PLAN A BALANCED DIET

Choose foods to make a balanced menu. You may decide which things are good for your health, and which things you would like to eat together. Try to eat the right quantities, based on what you have learned in this chapter. You don't have to use all the things you see. Draw lines to each of the three meals.

### BREAKFAST



### LUNCH



### SUPPER



## THIS IS IMPORTANT

It is easier to digest food when it is simple. Don't mix many kinds of foods. Eat at the same times every day. Your stomach needs to rest between meals. Each time you eat between meals, you give your stomach extra work. Mealtime is a good time to share with the whole family.

## CAUTION!

Don't try to build your "body house" with junk food! In a very short time, you will get sick. Like a tree house made of grass, it will have a very short life. Don't waste your time on these so-called "foods!"

If you want to be a good athlete, get good grades in school, and make God happy, start by getting rid of foods in your diet that are full of sugar, salt, fat, coloring, additives, and preservatives.



Potato chips, soft drinks, corn chips, candy, popcorn with butter, juice, ice cream, donuts, cheese crackers, cookies, hamburgers, hot dogs, chocolate chips, candy bars, popsicles, powdered juice mix, anything fried... and the list could go on. This kind of food is junk food for your body: it makes you less able to think.

### Wilma the Wise

Look at what you can add to just one product to make it more attractive to sell:

- Coloring (to make it look better)
- Preservatives (so that it won't spoil quickly)
- Starches (so that it will be thicker)
- Sweeteners (to emphasize the sweetness and save sugar)
- Clarifiers (to make it look more transparent)
- as well as acidifiers, emulsifiers, humidifiers, separators, ripening agents, whiteners, stabilizers, antioxidants, and who knows how many more chemicals!

That is why, when it comes to junk food, you are eating a large amount of chemicals that cause diseases like obesity, diabetes, cancer, irritability of the brain, stomach ulcers, liver, kidney, and thyroid diseases.

## Test yourself:

	yes	no	sometimes	I need to improve this
1. I drink liquids with my meals				
2. I eat fruit every day				
3. I eat slowly, chewing my food well				
4. I eat candy				
5. I eat enough legumes				
6. I eat a complete breakfast				
7. I eat a light supper				
8. I drink soda pop				
9. I drink milk every day				
10. I eat the vegetables on my plate				
11. I drink water between meals				
12. I eat between meals				

How did you do?

Don't get discouraged! You are still in time to change your habits. Ask God to help you eat the things that are healthy, and ask your parents to help, too.



## **My Promise**

I, \_\_\_\_\_,  
promise not to eat between meals. I will try to avoid  
junk food, and I will look for good foods like fresh fruits  
and vegetables in order to build my body strong and  
healthy.

Signed: \_\_\_\_\_



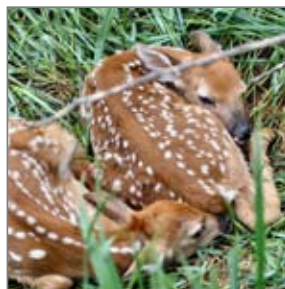
# REST

## Charging the Batteries

# CHAPTER 7

All nature needs to rest. Plants, animals, and people rest in different ways. Children who are growing really need to sleep many hours. God made us to move, but He also thought about the rest that we would need to recover our strength. While you sleep, you grow. If you sleep well all night, you will be in a better mood all day. You will also have a clear brain to make decisions. That's why God wants you to rest well every night.

**LOOK AT THESE PICTURES AND COMPARE THE DIFFERENT WAYS OF RESTING.**



I'm already getting sleepy...



**A MESSAGE FROM  
GOD ESPECIALLY  
FOR YOU**

"I will lie down and sleep in peace, For you alone, O LORD, make me dwell in safety."

Psalm 4:8

# How do I sleep?

I go to bed at \_\_\_\_\_ and  
get up at \_\_\_\_\_.

I share my room with \_\_\_\_\_.

My favorite pajamas are \_\_\_\_\_  
\_\_\_\_\_.

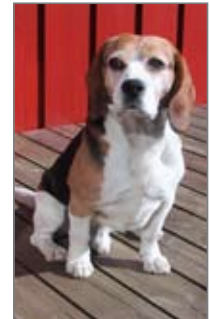
This is the toy that keeps me company at  
night: \_\_\_\_\_.

This is the way I usually sleep: \_\_\_\_\_  
\_\_\_\_\_.

Once I dreamed that: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Can you place the names of the  
animals in the spaces where  
they belong?

## WORD BANK



IMPALAS, HORSES, DOGS, FISH, BATS,  
SLOTHS, DOLPHINS, TURTLES, CATS.

## WHAT DO YOU KNOW ABOUT HOW ANIMALS SLEEP?

(1) \_\_\_\_\_ sleep at least 14 hours a day, but they do it in short naps.

How do the (2) \_\_\_\_\_ sleep without drowning? They float like a log on the surface of the water or sleep next to a friend.

As their name says, (3) \_\_\_\_\_ sleep a lot, as much as 16 to 20 hours a day if they are loose. In captivity they sleep 6 hours less.

House (4) \_\_\_\_\_ sleep rolled up like a ball of yarn, while (5) \_\_\_\_\_ sleep standing up and only fall over once in a while; if they do it too often, their owners know they are sick.

On the other hand, (6) \_\_\_\_\_ sleep head down, hanging by their toes.

(7) \_\_\_\_\_ sleep with their eyes open because they don't have eyelids to close. When they want to rest, they look for a place where there is no current.

(8) \_\_\_\_\_ sleep several months in a row but (9) \_\_\_\_\_ sleep only 3 hours a day.

## Wilma the Wise



## Hibernation

Hibernation is the way some animals handle the harsh cold of winter. They do it by falling into a deep sleep.

Many animals look for protected places underground, in hollow tree trunks, or in a hole in a rock.

During hibernation, the animal looks like it is dead. Its respiration slows way down and the heart beats very slowly. The body temperature is very low. The animals are fed by the sugars stored in their liver during the summer. That is why in summer these animals eat a lot and get fat.

Some of the animals that hibernate are frogs, salamanders, toads, lizards, bats, snails, turtles, sea urchins, squirrels, and bears.

While I \_\_\_\_\_, my  
\_\_\_\_\_ keeps beating. My  
\_\_\_\_\_ keeps circulating  
and my \_\_\_\_\_ keep  
breathing. But my \_\_\_\_\_  
rest, my \_\_\_\_\_ rests and  
my nervous system does too.

My skin is refreshed  
while I \_\_\_\_\_, and  
my \_\_\_\_\_ grow. If you  
hurt yourself, while you  
\_\_\_\_\_ your injuries  
heal faster. When you  
\_\_\_\_\_, you build  
up energy and you prepare  
yourself to face another day  
with a \_\_\_\_\_.

## NEWS REPORTER

FIND OUT HOW MANY HOURS PER DAY  
THESE INDIVIDUALS SLEEP:

Your mother: \_\_\_\_\_

A grandparent: \_\_\_\_\_

A student who is older than you: \_\_\_\_\_

Your pet: \_\_\_\_\_

A classmate : \_\_\_\_\_

Your physical education teacher : \_\_\_\_\_

Who sleeps more and who sleeps less?  
Can you imagine why?

**REMEMBER: WHILE YOU SLEEP,  
YOU GROW!**

## Why do we sleep?

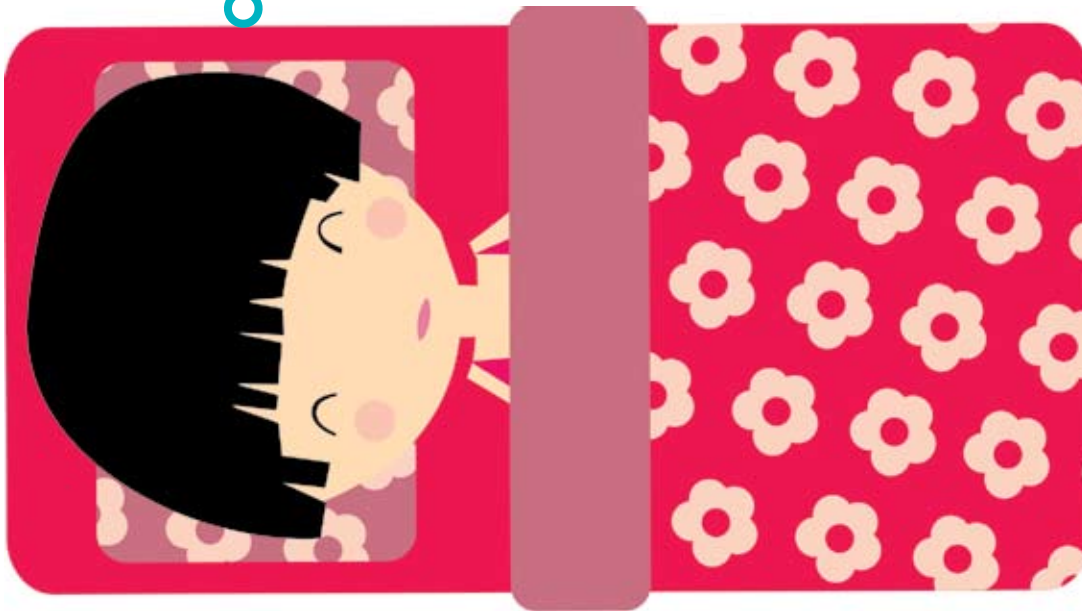
Sleep and rest are indispensable for good health. We spend one-third of our life sleeping, but we don't know exactly why we need to sleep. Some experts believe that the body needs to "shut down" for several hours each day so that it can maintain and repair organs and functions and relax and get away from everything we ask our bodies to do when we are awake. We feel sleepy because the brain is telling us when we need to rest. Even if we have a lot to do, the brain protects our health, making us feel the need to rest. In the same way, we wake up when we have slept enough.



## Do we all dream?

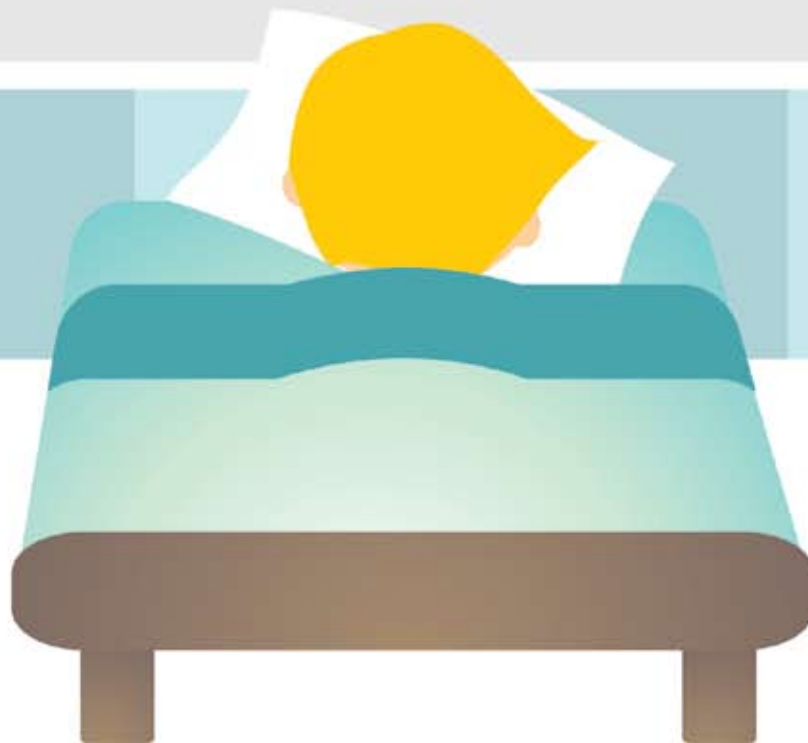
Yes, we all dream for a few minutes, four or five times a night, but sometimes we don't remember our dreams.

Usually we can remember what we dreamed just before we woke up. When we dream, our heart beats faster, and sometimes our eyes move rapidly from side to side, with our eyes closed. During a dream, we may move, cry, or laugh.



## **Why do we move while we are sleeping?**

We move without knowing it, to help our blood circulate throughout the body, and to keep the muscles from getting stiff. Every night while we are sleeping, we move about fifty times.





## How much time do we need to sleep?

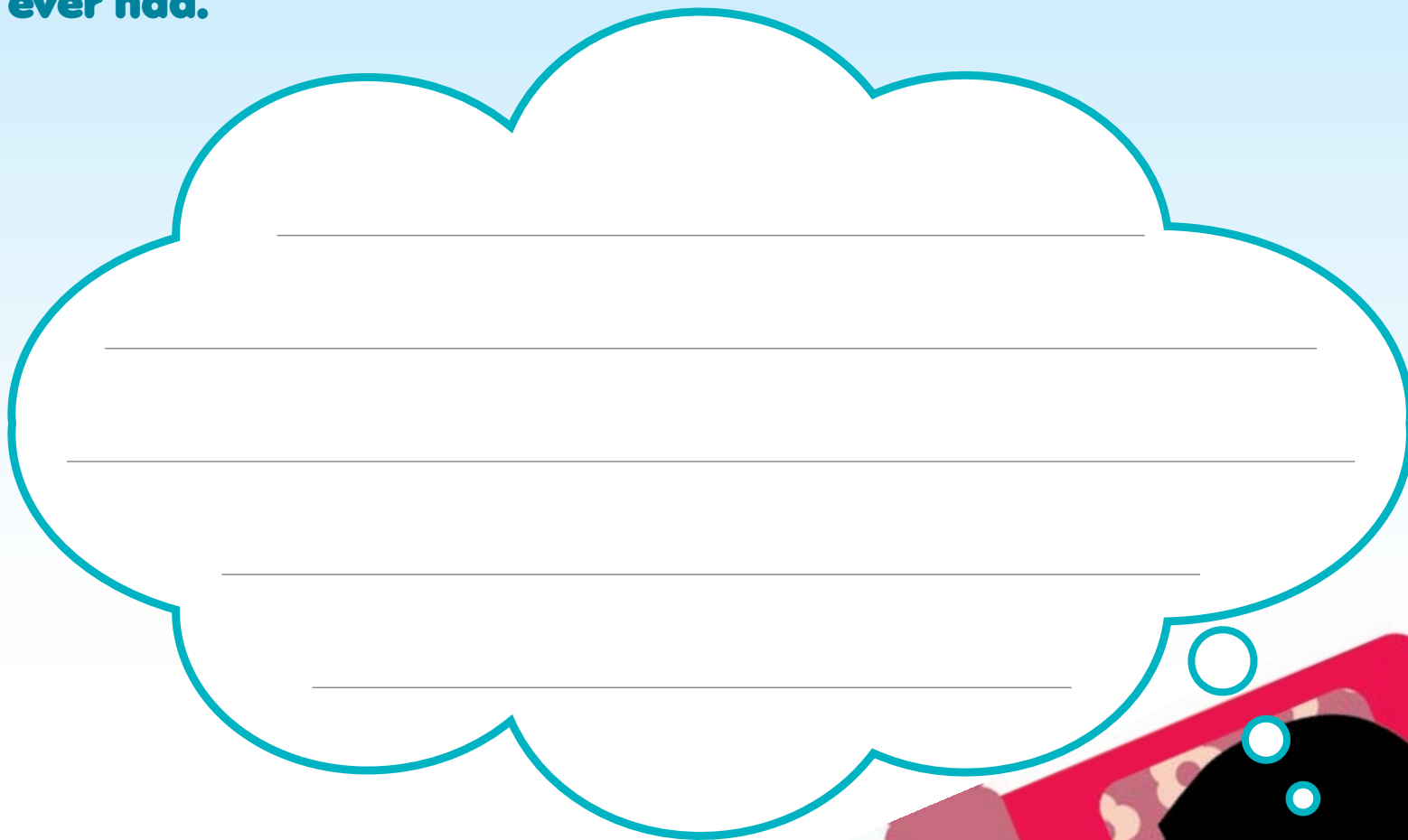
The number of hours of sleep a person needs to stay healthy depends on that person's age and particular needs.

Preschool children need to sleep ten to twelve hours; school children need nine to eleven hours; adults from seven to nine hours.

As people get older they need to sleep less: elderly people may feel fine sleeping four or five hours per day.



**Write down the nicest  
or strangest dream you  
ever had.**



A large, white, cloud-shaped thought bubble with a teal outline. Inside the bubble are five horizontal lines for writing.



**Number these activities in the order you would do them.**

- Take a short nap
- Skate
- Do homework
- Clean my room
- Watch a video
- Sweep the porch
- Play a table game
- Sleep
- Take a bike ride
- Go to school
- Eat breakfast
- Eat lunch
- Eat supper

## Figuring out the message

Wise King Solomon says that is better for your mind and your health to go without the extras than work like crazy to get what you think you need. Although this verse may be for adults, it tells you that nothing is worth going without the rest God intended you to have. Being too busy you only get tired and forget the God wants to show you. That's why he says that it is better to take your needed rest than to worry about doing a lot of things that are not meaningful.



Better is one handful with some rest than two hands full of toil and chasing the wind.”

Ecclesiastes 4:6, NET Bible

Exercise, play, work and rest. Each is needed for you to stay healthy. During the day you should alternate between intense activities and other more restful activities.



## QUINN THE QUESTION MAN

How much time a day do you spend...

Sleeping?

Playing?

Studying?

Helping mom?

Watching television?

Having family worship?

Having your own devotions?

You need to rest in order to be healthy. Too much of anything is bad for your health. Too much television or studying or work causes trouble with your body and mind. There is an appropriate time for each activity. It is important to maintain a balance between work, play, and rest.

## Talk to Mom or Dad

1. What is the best time to sleep?
2. Is it the same to go to sleep at midnight and get up at 10:00 am as going to sleep at 9:00 pm and getting up at 7:00?
3. What are the benefits of going to bed early?

## WILMA THE WISE

### A SPECIAL SLEEP SCHEDULE

If we force our body to stay awake when we need to sleep or go to bed when the body is ready for activity, our normal sleep patterns get disturbed, and we can become very irritable and difficult to live with. When we go to sleep much after 10:00 p.m., we lose the best hours of rest. Children should be in bed by 9:00 p.m. so they can get up easily at 7:00 a.m.

### A SPECIAL DAY TO REST

The body can't work or be busy all the time. Just as we need sleep for our body to get back its energy, sometimes we need to rest by doing activities different from the ones that we normally do. So when God created the world, He made a special day to rest, to do different activities, and to get to know Him better. On that day we have time to be with our family, to go to church, and to enjoy nature. It is a special day for communicating with God, reading Bible stories, singing and praising Him.

**Thank you, God, for creating a special day to do different things, to enjoy our family and nature!**

# A MESSAGE FROM GOD ESPECIALLY FOR YOU

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

Genesis 2:2, 3

**“Remember the day of rest to keep it holy. Six days you should labor and do all your work, but the seventh day is a day of rest for the Lord your God.”**

Can you remember where in the Bible we find this paragraph?

# A HAPPY SABBATH



It is Sabbath morning. Alex and his family are having a special breakfast. What a wonderful smell comes from the kitchen! When everyone is through eating, they brush their teeth and head for the car, all nicely dressed, carrying their Bibles. They want to be on time for Sabbath School. Duke keeps on sleeping in the corner because he knows he can't go with them.

At church they are all happy to meet so many friends. Alex helps Mrs. Henry up the stairs. She is a sweet grandma who always thinks of interesting things to do with the children.





At Sabbath School, Alex meets his best friends, Daniel and Jasmine. They sing some songs, accompanied by musical instruments. Alex is taking guitar lessons and soon he will be able to play with the musical group. Every Sabbath the teacher tells part of a long story. She always stops where the story is most interesting. Then comes the contest to see who can find the Bible verse first. The girls usually win, but this Sabbath Daniel came out ahead.

After the sermon there is a potluck picnic. All the church members have brought picnic baskets with good food to share with others in the park near the church. In the afternoon, Mrs. Henry organizes the children to go to a children's hospital where they sing to the sick children and give them get-well cards. Meanwhile, the parents study the Bible with the parents of the sick children.







After the hospital visit, Daniel and Jasmine ask their parents if they can go to Alex's home. What a good time they have playing Jasmine's new Bible game.

It has been a long day, full of happiness, music, thinking about God, and love. Alex's Dad calls them for worship, but no one really wants the Sabbath to end. They have had a very good time. Together they sing and pray, saying "Thank you, God, for this special day! Please be with us during this new week."



The sun goes down and Alex is happy that there are only six days more before the next Sabbath.

## My Promise

I promise to take time to rest.

I will obey when Mom calls me to get ready for bed, and I will also take time to “rest” on Sabbath, by doing special things with God like

\_\_\_\_\_.

Signed: \_\_\_\_\_



Alex, Jasmine, and Daniel have been collecting, and they have finally gotten together most of the materials they need to build their tree house. They have some boards, some nails, and even a few pieces of roofing they found. They want to begin their project on Sunday.



“Wait, there’s something missing!” says Jasmine.

“What’s missing? We can’t wait forever to begin building,” grumbles Daniel.

“We don’t have a good base to build the tree house on.”

“But we have a big tree, with strong limbs right under where we’re going to build it” Daniel insists.

“Yes, of course, the tree is there, but we still need a flat base to put

up in the tree. And it had better be strong enough to hold all three of us up there,” Jasmine replies. “If not, what are we going to stand on when we’re inside the house?”

“True,” Alex admits. “The wood pieces at the bottom of the house must be stronger than the ones we have. Without a good base, our project will fail.”

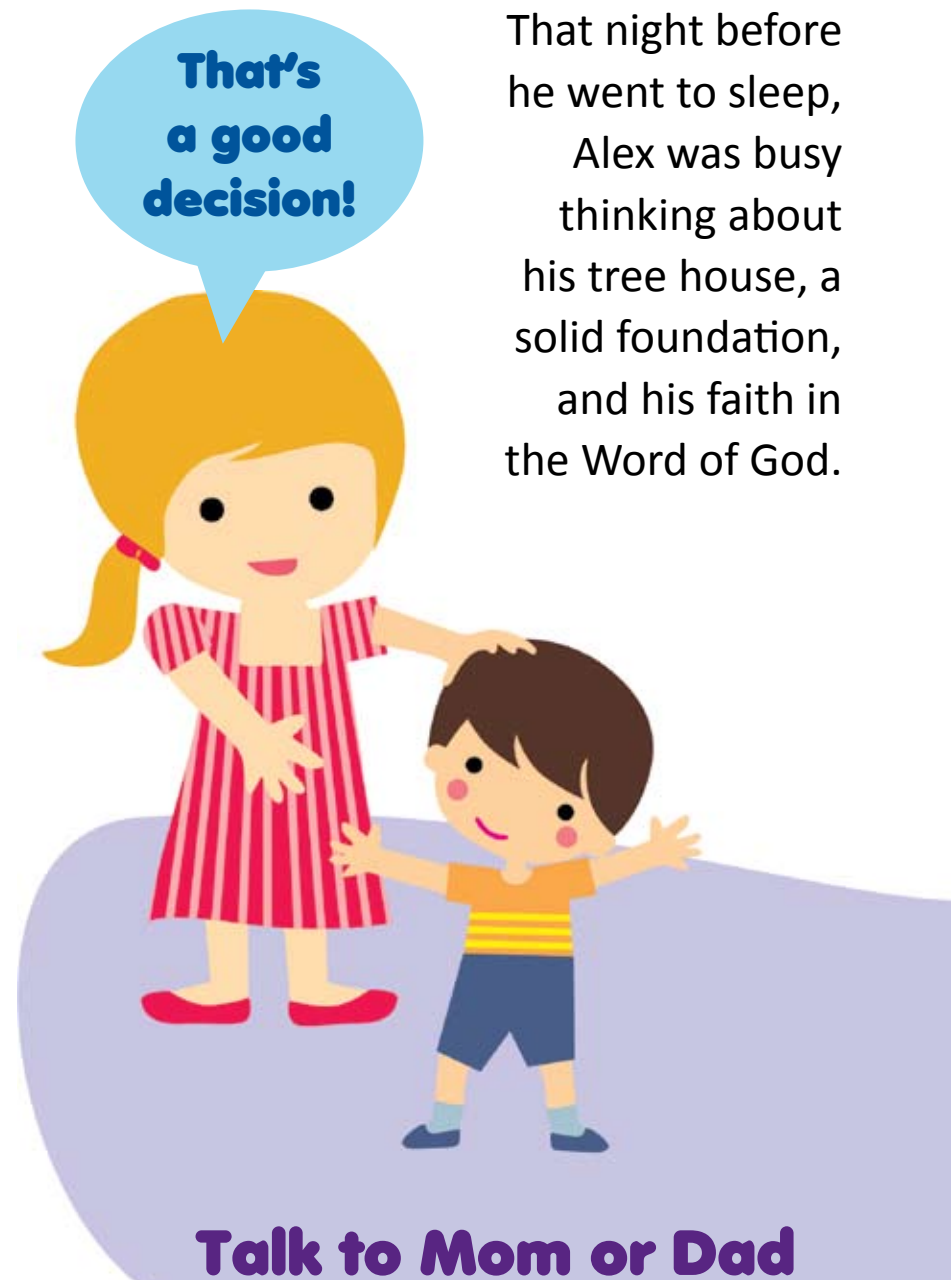
So the three friends decide to postpone beginning construction until they find a good base for their tree house.



## Alex's Mother speaks up

That night, Alex told his parents that he and his friends had postponed building their tree house until they found a good base for it.

“That’s a good decision,” said Mother. And that makes me think about your life. For all the decisions you make, about what to eat, who to play with, what to play, and even who to obey, you need a basis; a foundation, to help you choose. Your beliefs give you that strong foundation. What you believe comes from the Bible, the Word of God, and that is the best of all foundations, because God never changes. You can be sure that the decisions you make when you listen to the Word of God will be the right ones.”



That night before he went to sleep, Alex was busy thinking about his tree house, a solid foundation, and his faith in the Word of God.

### Talk to Mom or Dad

When did you start to teach me to believe in God?  
What does believing in God have to do with good health?  
How can I talk to God?

# MY RELATIONSHIP WITH GOD

God knows what is good for me. In the Bible He tells me how to be happy.



Some of the ways of developing a relationship with God:



# think!

God created my \_\_\_\_\_  
and my mind. He knows how each cell in my  
\_\_\_\_\_ functions.

God wants \_\_\_\_\_ to be healthy and \_\_\_\_\_.

That's why He teaches me in the \_\_\_\_\_ how to eat,  
how to work, and how to relate to \_\_\_\_\_ and to  
the \_\_\_\_\_.

If I follow these simple rules for my life, I can  
grow up healthy and \_\_\_\_\_!

“Love the  
Lord your God,  
listen to his voice,  
and hold fast to  
him. For the Lord  
is your life, and he  
will give you many  
years.”

Deuteronomy 30:20

“Do not be  
wise in your own  
eyes; fear the Lord and  
shun evil. This will bring  
health to your body and  
nourishment to your  
bones.”

Proverbs 3:7, 8

## Beliefs that give you a strong, sure foundation:

God created the world, nature, and people.

God has given us laws to protect us from sickness and sin.

When people sinned, went away from God, and disobeyed Him, Jesus died to save us.

God loves everyone, no matter what their color, their age, where they live, or what language they speak.

There are things that are not right in our world, because of sin. But God sustains life and takes care of us.

I can be sure that God hears me when I pray and I can hear His voice when I read the Bible, His Word.

Jesus died for me, and very soon He will come to get me.

Jesus is preparing a new and beautiful home for everyone who loves him. In that place those who love Him will have no sickness, no sadness.





## WILMA THE WISE



Did you know that Bible is the most popular book in the whole World? It has been translated into more than 2000 languages. It was written over a period of 1500 years, by more than 40 authors who were inspired by the Holy Spirit. Some of the people who wrote it were shepherds, farmers, tent makers, doctors, fishermen, priests, philosophers, and kings. In spite of these differences and the very long time between the first and last book, the Bible has one message from beginning to end.

**DID YOU KNOW?**

Johannes  
Gutenberg invented  
movable type printing.  
The first book he  
printed was the  
Bible.



## Check it out!

The Bible is like a little library with many books between its covers. It is divided into the Old Testament and the New Testament (Testament means “contract” or “agreement”). How many books are in the Old Testament and how many are in the New Testament? How many in total? Get your Bible and count.

Answer: OT: 39 books, NT: 27 books, total: 66 books.

Read your Bible every day! Let me suggest where to begin. You will like these stories



### THE STORY

### BIBLE REFERENCE

Floating a boat on the river

Exodus 2:1-10

Adventure in an oven

Daniel 3

Floating iron

2 Kings 6:1-7

A giant with six fingers

2 Samuel 21:18-22

A rich little man

Luke 19:1-10

A maximum security prison

Acts 12:1-18

A city of the future

Revelation 21

A spy adventure

2 Samuel 22:17-22

Joy in the cemetery

John 11:1-37

Do you pray every day?



Talking to God is like talking to a friend.

I tell him when I am happy because I was I got chosen for the soccer team and when I am sad because I got a bad grade on a test.

God listens to me when I am afraid and when I ask him to heal my Mother.

This is a model prayer that Jesus taught us. Of course, you don't need to always repeat the same words. It just gives us an idea of what to talk to Jesus about. Can you complete it?

"Our Father in \_\_\_\_\_,

Hallowed be your \_\_\_\_\_,

Your \_\_\_\_\_ come,

Your \_\_\_\_\_ be done,

On \_\_\_\_\_ as it is in heaven.

Give us today our daily \_\_\_\_\_.

Forgive us our \_\_\_\_\_

As we also have forgiven our \_\_\_\_\_.

And lead us not into \_\_\_\_\_,

But deliver us from the \_\_\_\_\_ one.

For yours is the \_\_\_\_\_

And the \_\_\_\_\_ and the \_\_\_\_\_

For \_\_\_\_\_ . Amen.

**Believing in God and his Word will help you to grow up safe, healthy, and happy.**

**Can you complete the following list with words or phrases that speak about how you act when you are a friend of God's? (Use a dictionary if you need to.)**

THE ALPHABET OF ONE OF GOD'S FRIENDS	
A – admit I did something wrong	M –
B – bathe the dog (bring in the mail)	N –
C – carry the groceries from the car	O –
D –	P –
E –	R –
F –	S –
G –	T –
H –	U –
I –	V –
J –	W –
K –	Y –
L –	Z –

The church is God's house—not because God lives in there, but because it is a special building where we meet with other people who love God and want to praise Him.

# AT CHURCH

- We study our Sabbath School lesson and get to know God better
- We sing together
- We listen to special music by the choir or on instruments
- We give offerings because we are thankful for what God does for us
- We find out what other people who love God are doing in other parts of the world and what they need
- We meet our friends to praise God together
- We pray for one another
- Some times we share a meal
- We have special events, such as birthdays, baptisms, weddings, and baby dedications
- We go to Adventurers or Pathfinders
- We have special guests
- We have a week of prayer
- We organize visits to people who need special help

**What other things happen  
at your church?**

---

---

---

---

Attending church, reading the Bible, praying, and helping others are ways to strengthen your belief in God. That is the way you can create a strong foundation for your life.

## My Promise

I understand that my life needs a strong foundation. I like doing things my way, but I know that God's way is better. I want to ask God to forgive me for being \_\_\_\_\_ and for doing \_\_\_\_\_, and to help me not to do those things anymore. I want to remember to pray every day so that I will do what Jesus wants me to, and not just what I want to do. I believe in \_\_\_\_\_, and I am so thankful that Jesus died for my sins.

Signed: \_\_\_\_\_

**2**

There are other things that I should do in moderation so that I don't damage my health

**1**

There are many fun things to do that are good for my health

**3**

But there are other things that I should never do, because they are really harmful

**4**

That is why one important secret for good health is knowing how to say "no!"

### A MESSAGE FROM GOD ESPECIALLY FOR YOU

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."

James 4: 7



Write **NO!** Beside the things that are really harmful to your health.  
Write **A LITTLE** beside what you should do in moderation.  
Write **A LOT** beside what you can do frequently.



Eat ice cream \_\_\_\_\_

Play soccer \_\_\_\_\_

Sleep \_\_\_\_\_

Smoke a cigarette \_\_\_\_\_

Watch videos \_\_\_\_\_

Read books \_\_\_\_\_

Eat fruit \_\_\_\_\_

Drink beer \_\_\_\_\_

Play video games \_\_\_\_\_

Go swimming \_\_\_\_\_

Sunbathe \_\_\_\_\_

Eat candy \_\_\_\_\_



## WILMA THE WISE EXPLAINS...

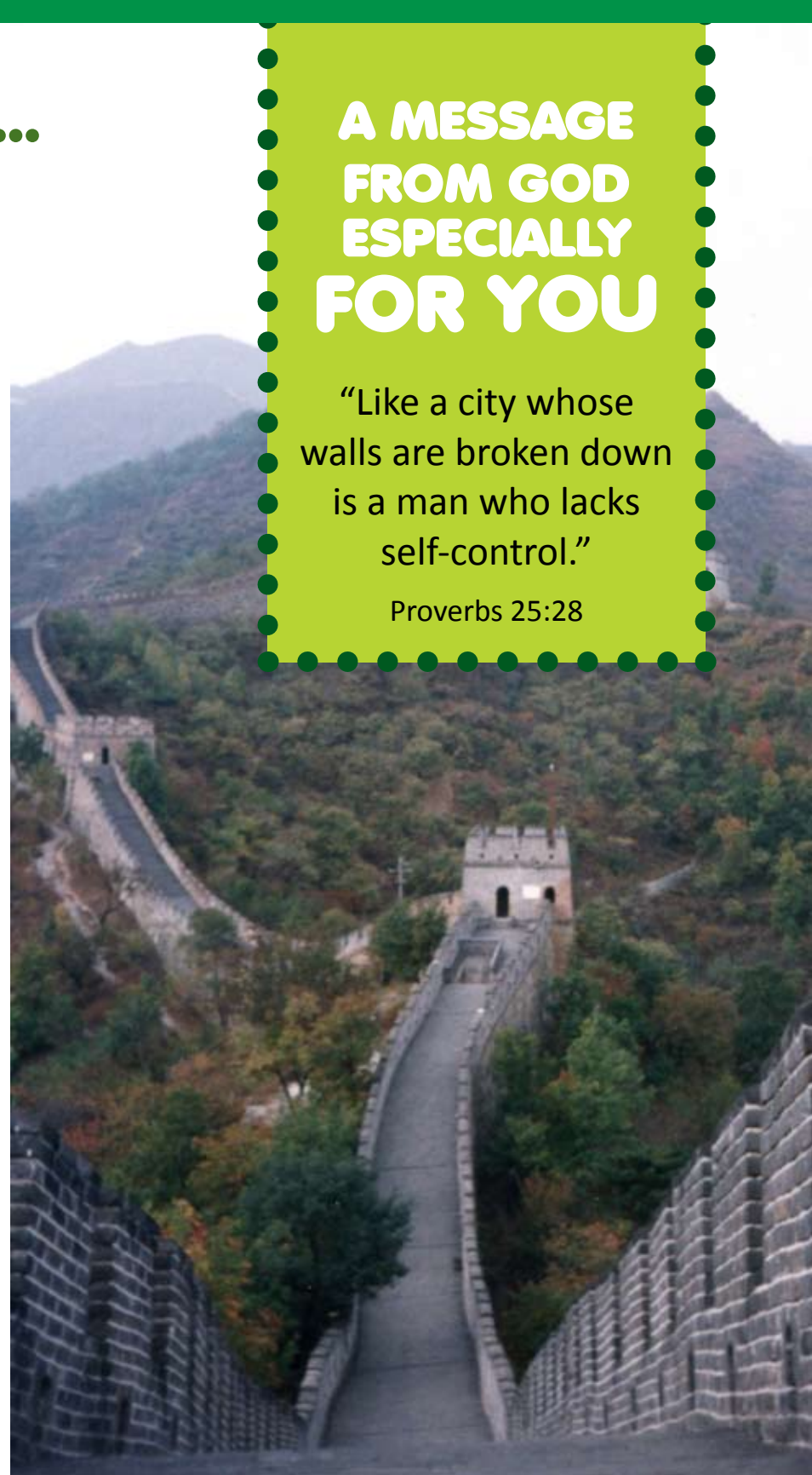
In ancient times, all the cities were surrounded by a wall that kept their inhabitants safe from enemy invasions, or others who might come to rob them. They spent a lot of money building thick, strong walls for protection. When an army managed to make a hole in the wall, the city was lost.

People who know how to say “NO” know how to wait, and how to control themselves. They are like walled cities. But when they get angry, or they let themselves be influenced by a friend who does something she shouldn’t, or a television commercial convinces them to spend money on a worthless toy, they are like cities with a hole in the wall, or cities where the whole wall has fallen down. They are at the mercy of whoever wants to convince them of something. They have lost the battle.

## A MESSAGE FROM GOD ESPECIALLY FOR YOU

“Like a city whose walls are broken down is a man who lacks self-control.”

Proverbs 25:28



## YOUR 5 SENSES

With your five senses, you collect information about everything around you, and you relate to others. My senses tell me what is happening, but they can get you into trouble if you don't know how to say no. Do you know the names of your five sense organs?

Unscramble the letters:

tgish

sttae

cutho

lmlse

reghnia



## THINK!

I also have 5 senses. Do you know which ones are the most developed?



Everything around us is interpreted by our senses. Sometimes we use only one of our senses (for example, we process sound from a radio using only our ears). Other times, we use all 5 senses at the same time.

Look at the pictures below and draw a line from each object to the senses that you use to perceive it (some will have many lines, some only one or two):



**SMELL**



**TASTE**

**TOUCH**



**SIGHT**

**EARS**



## LOOKING ON THE INSIDE

### THE SENSE ORGANS

The sense organs receive stimuli in the environment and send electrical impulses through the nerves to the brain. The eyes, ears, nose, tongue, and skin capture the stimuli, but they need the brain to decode the signals. For example, our eyes receive light, but the brain tells us we are seeing a dog, or a person, or a book.

## Sight: My Eyes

My (eyes) are like a (camera) that sends pictures to my brain. The black dots in the center of each (eye) are called pupils and are what allows the (light) to enter. The pupils get smaller when there is a lot of (light) and they get bigger when we want to see at (night). People who can't see very well wear (glasses).



### A MESSAGE FROM GOD ESPECIALLY FOR YOU



Keep me as the apple of your eye; hide me in the shadow of your wings.”

Psalm 17:8

## WILMA THE WISE EXPLAINS

The “apple” of your eye actually is a reference to your pupil—that center dark spot in your eye. It means something special, or cherished. If someone tries to touch your eye, you will involuntarily close it. This is a reflex of your body to protect something as valuable as your pupil. David asks God to protect him like we would take care of and protect our eyes. Isn't it nice that God takes care of us like that?

### What are tears for?

What are tears for? Tears protect your eyes from many contaminants and microbes which are in the air. Tears are salt water which is produced by a gland the size of an almond, which is above the eye. We cry when we are in the presence of strong odors, like onions or ammonia, or because of a strong feeling of happiness or sadness. Then the tear sac gets too full and the water overflows into the eyes.

## Take care of your eyes

Use \_\_\_\_\_ when you are out in the (sun).

Don't watch too much \_\_\_\_\_, and sit far away from the \_\_\_\_\_ when you watch it.

Too much (computer) is also damaging to your sight.

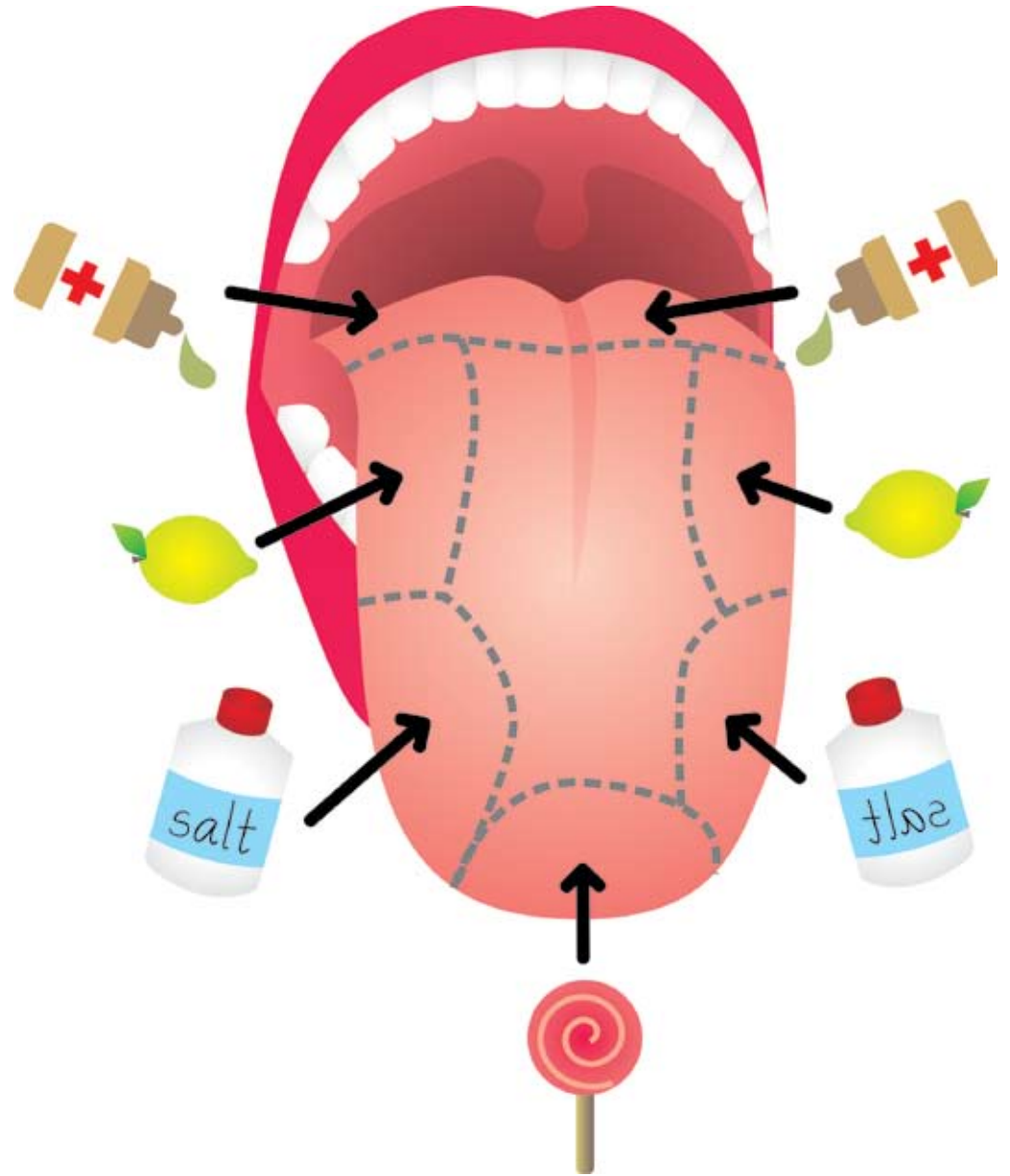
Ask for help from your parents in choosing what to watch.

You should also learn to say no to some (magazines).

When you read, look for a place with a lot of \_\_\_\_\_.

## Taste: My Tongue

The tongue is a sense organ, a receptor of chemical stimuli. On the surface, it has taste buds which are stimulated by substances which are soluble in water. When they are stimulated, these taste buds send nervous impulses to the brain, which interprets the stimuli so we know what we are eating. Taste and smell work together; that is why when we have a cold, we can't taste our food as well. We smell and taste at the same time. With the tongue we sense four basic types of flavors: sweet (with the tip of the tongue); bitter (with the opposite end); sour (on both sides, near the base of the tongue); and salty (on both sides near the tip).



**Look at your tongue in a mirror.  
Can you see your taste buds?**

## Check this out!

Put a handkerchief over the eyes of one of your friends so that he/she can't see. Give him pieces of food (apple, banana, lettuce, peanuts, etc.). Can your friend recognize the foods by their flavor? How do we detect the flavor of foods? How can we tell different foods apart?



## Take care of your tongue

Don't eat or drink very hot foods or beverages. Choose food carefully: not everything which your tongue "likes" is good for your health. The tongue also is used for speaking. Be careful of the words you say with your tongue.

"Keep your tongue from evil and your lips from speaking lies."

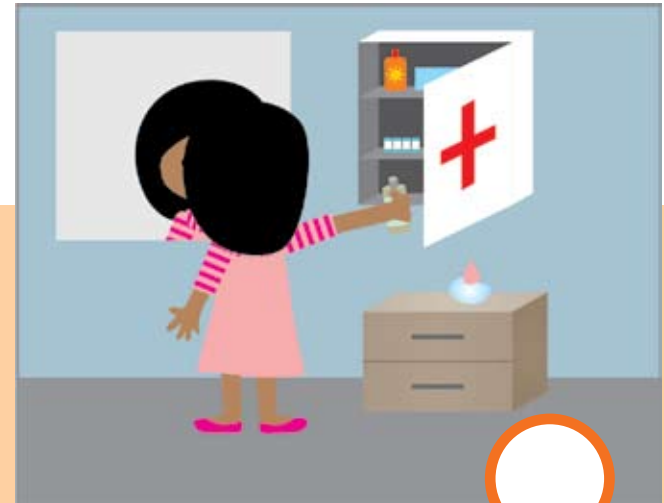
Psalm 34:13

## Talk to Mom or Dad

When should we take medicine?

What can happen if we take too much medicine or take it without a doctor's supervision?

Order from 1 to 4 the sequence that you should follow when taking medicine.



### Remember these rules about medicines:

- DON'T open the family medicine cabinet
  - DON'T play with medicines
- DON'T ever take medication if an adult doesn't give it to you
- DON'T take medicines that haven't been prescribed by your doctor



## Smell: The Nose

Our nose is covered inside with sensitive cells that are stimulated by substances which we breathe in together with the air we inhale. These stimuli enter through the olfactory nerve, which is in the upper part of the nose, and go to the brain, where they are interpreted as smells. Our nose is amazing: we can capture and identify approximately four thousand different smells. Smell cooperates with the sense of taste, helping to differentiate flavors.



### Take care of your nose

Don't put your fingers or other objects in your nose.

Don't smell toxic substances like glue, or liquids with ammonia. These affect the nose, the lungs, and even the brain.

## To read with Mom or Dad

### DRUGS

Drugs are chemical products which especially affect the brain. They create an addiction which makes it very difficult to stop using them. Using addictive substances takes away the appetite, and the person becomes weak and thin. Drugs can kill: they contain poisons that can cause a coma or respiratory failure. No one knows beforehand how his or her body will react to using drug. Sometimes the first time a person takes drugs he may become sick or die. Some children have died the first time they swallowed or inhaled drugs.

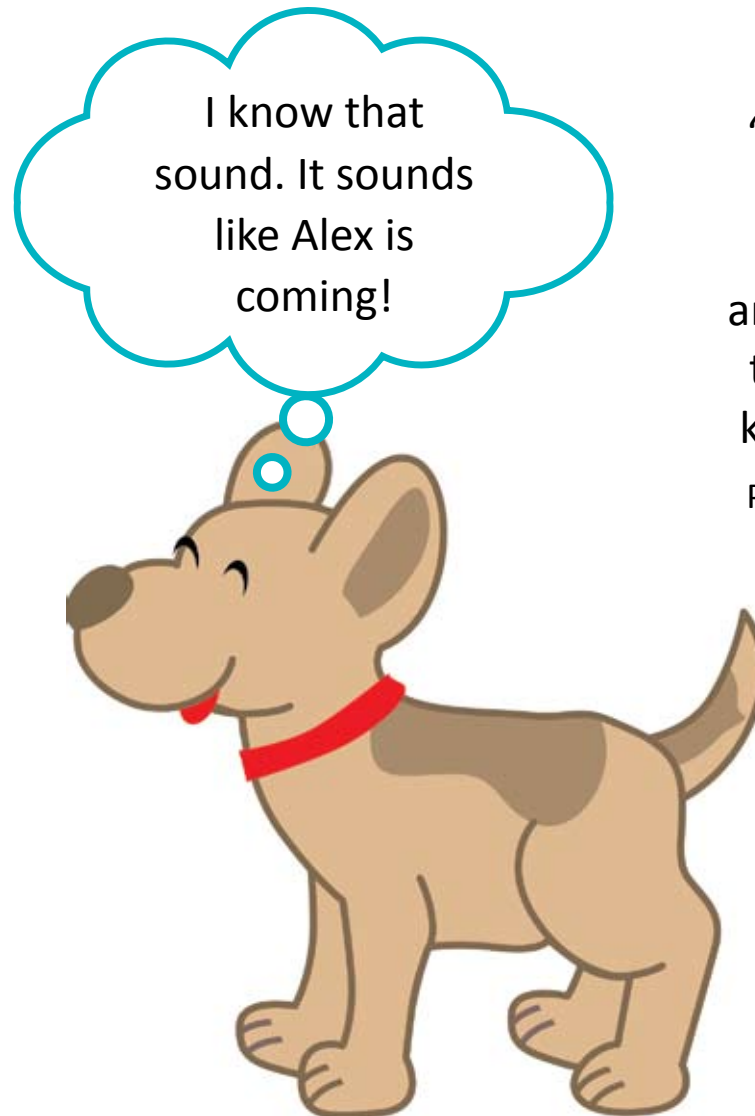
Drugs affect the memory and make people act crazy and say things that don't make sense. Some adults and children sell drugs, and they may offer them to you someday. The best thing for your health is to say **NO, THANKS**, and immediately walk away. Tell your parents or teachers if the person keeps bothering you. This person may tell you that taking drugs is exciting, and that you will have a really good time. But you don't need chemicals to feel good. Never try drugs: it is very hard to quit.

# The Ear

How do my \_\_\_\_\_ function? My \_\_\_\_\_ capture very soft sounds or very loud sounds which come from outside. The \_\_\_\_\_ is the part I can see of my ear. But inside my \_\_\_\_\_ the inner \_\_\_\_\_ continues, which sends the sounds to the brain. The brain recognizes and identifies the sound.

## Check this out!

- Record the voices of your parents and friends saying some sort of greeting (each one separately). Later, try to recognize their voices.
- Go out and “hunt” sounds and record them (the squeak of a door, water from a faucet, a horn, etc.). Have your friends listen to the recording, and try to identify each sound.
- Keep totally quiet for two minutes. Write down all the sounds that you hear during that time.



“Apply your heart to instruction and your ears to words of knowledge.”

Proverbs 23:12

## Take care of your ears

1. Constant loud music from your MP3 player or loud noise from the television or machinery damages your hearing.
2. Keep your ears clean. Wash them with a washcloth when you bathe.
3. Be careful of the content of what you listen to. Bad words, yelling, inappropriate stories, and certain types of music damage your mind.

## Try this yourself!

Make your own xylophone with bottles of water. Hit them with a metal spoon. Can you play a song with it?



## How do deaf people communicate?

People who can't hear also find it very difficult to speak. Charles Michel Epée, a priest who lived in the 18th century, organized a system of signs that were already being used by deaf people. Later, Sicard, another priest, perfected the system and wrote a code of hand signals which represented all the letters of the alphabet, some words, and even some whole phrases. Nowadays, deaf people are also taught to lip-read—to watch the lips of the person who is speaking to know what they are saying.

## Touch

The skin on your entire body has the sense of touch, including your fingers.

Your skin has thousands of nerve endings which send information to your brain about the temperature, roughness or softness, and the pressure of an object against your body.

“I have engraved you on the palms of my hands.”

Isaiah 49: 16

When Jesus died for you, his hands had nails through them. He came back to life, but He will always have scars in his hands and feet to remind us of the sacrifice He made for us.

**Sensitivity.** Put different parts of your body (lips, elbow, hand, foot, etc.) into a bowl of hot water. What part of the body is most sensitive to heat?

## Check this out!

### SEEING BEHIND YOUR BACK.

Have your Mom or Dad draw a letter of the alphabet on your back.

Can you tell what letter they drew?

Try drawing letters on their back.

Why does this work?



# Dangers at home

Circle in red everything that is dangerous for your senses.



## Some suggestions to help you learn to take care of yourself

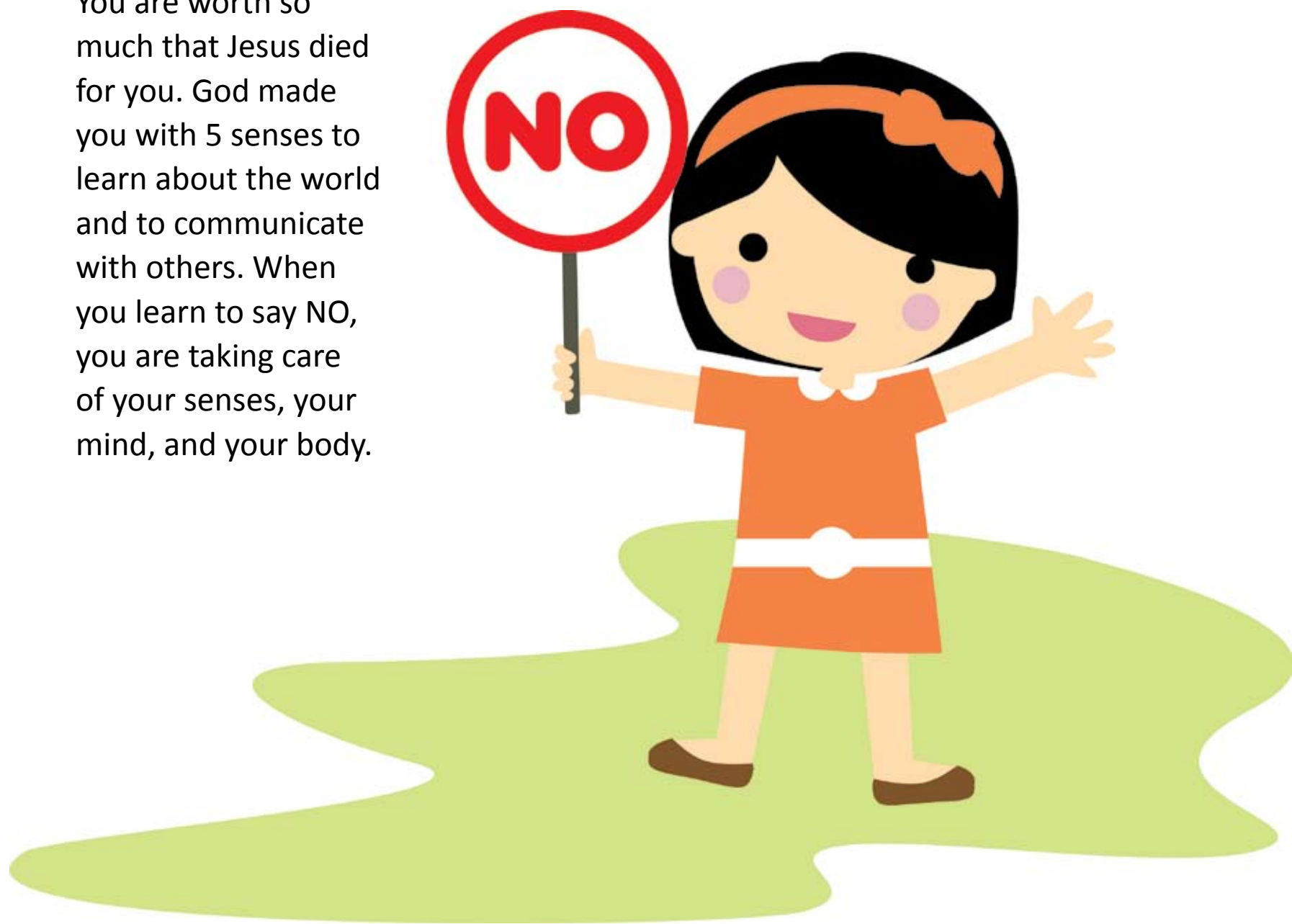
- Memorize your address, phone number, and an emergency number.
- Always ask permission before you leave home, and come back at the time you have been told to return.
- Don't walk by yourself on the street, don't walk in dark places, and don't talk to strangers.
- If someone tries to take you, yell as loud as you can, and run to get help from a policeman or an older woman.
- If you are lost, don't tell anyone. It is better to go into a store and ask to use the telephone if you don't have a cell phone.
- Don't stay home alone with just one person who is older than you.
- If someone wants to kiss you or hug you in a way that seems inappropriate, you NEED to tell someone about it, even if the person bothering you is someone in your own family. You don't have to kiss or touch anyone just because someone asks you to.
- You don't have to show your private parts to anyone, or look at someone else's private parts. If someone asks you to do this, you can say "I don't want to," or "I don't like that—I'm going to leave now."
- Someone may ask you to keep it a secret because they know that what they are doing is wrong. But you should ALWAYS tell your mother or your teacher. You can take care of yourself!

# Knowing how to say no is taking care of my health

	Yes	No	Sometimes	I need to do better
I watch a lot of TV				
I read books and see movies that are good for my mind				
I say bad words				
I eat healthy foods				
I take medicine on my own				
I smell toxic substances				
I put things in my nose				
I listen to soft, pleasant music				
I avoid making annoying noises				
I touch things that could be dangerous				
I select music and movies carefully. If they're bad I don't choose them.				
When someone invites me to play something that is not good, I know how to say no.				



God made you  
unique and special.  
You are worth so  
much that Jesus died  
for you. God made  
you with 5 senses to  
learn about the world  
and to communicate  
with others. When  
you learn to say NO,  
you are taking care  
of your senses, your  
mind, and your body.



## My Promise

Sometimes I am really tempted by things that delight my senses. My mouth wants me to eat \_\_\_\_\_, but I shouldn't. My eyes sometimes want me to \_\_\_\_\_, but I know it isn't good for me. With God's help, I promise to build a strong wall to protect me by saying NO to things that would lead me to sin and to sickness.

Signed: \_\_\_\_\_

“Did you manage to get some boards for the floor of our tree house?” Alex asked without too much hope. Daniel was bringing only a hammer and a box of nails.

“I’m sorry. I couldn’t get any. My grandpa donated all the boards he had for the construction of emergency shelters when the hurricane hit.”

“Too bad. It looks like our tree house won’t ever be anything more than a drawing,” Jasmine complained as she

looked at the plan they had drawn on a large paper.

Just then, Alex’s father came out into the yard. “I think I have a solution for you. If you can wait until late afternoon, I will get you the wooden base that you need. First, however, I need to do a bunch of things I promised your mother.”

“Thanks, Dad.”



“Of course we can wait,” exclaimed Daniel and Jasmine at the same time.

While they waited, the three had an idea. They decided to do something for Alex’s father. Alex brought three rakes and the friends raked all the grass Dad had cut and piled it onto the compost heap in the corner of the back yard.

Jasmine thought it might be a good idea to wash the van, so the kids got sponges, detergent, and clean rags. In just a little while, the van looked like new.

“Wow! I thought I was going to spend the rest of the afternoon raking grass and washing the van, but I see you beat me to it,” said Dad with a big smile on his face. “I think we are ready to go get the base for the tree house. Into the van, kids! Finally, it looks like your tree house is going to be more than just a drawing on paper!”

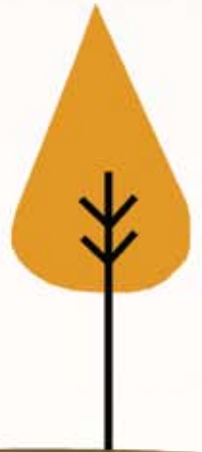


## A MESSAGE FROM GOD ESPECIALLY FOR YOU



If you feed those who are hungry and take care of the needs of those who are troubled, then your light will shine in the darkness, and you will be bright like sunshine at noon.”

Isaiah 58:10



“The King will reply, ‘I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.’

Matthew 25:40



Many different things contribute to your health and happiness. Food, exercise, rest, water, sunshine and fresh air, your belief in the Word of God—all help you make good choices. But there is something else that we need for our “house” (our body) to grow strong—we need other people.

God created you to live with other people. You would not be happy if you lived alone. You need to talk to someone; sometimes you need someone to support you and make you feel better. Other times you just need to share a joke. Laughing by yourself is not very much fun.

God knew that we would need other people. He also knew that helping others is a good medicine for selfishness. God designed us to serve others. When we help others, we feel happier, and it helps us to be healthy.



## My relationship with other people

I can't stand a single day without seeing my friends!



Me either!

In addition to your friends, what other people do you know? Check the boxes.

- My grandparents
- My neighbors
- My cousins
- Older people
- Teachers
- The supermarket cashier
- My P.E. teacher
- The bus driver
- The mailman
- The doctor
- A policeman
- My pastor
- Others .....

How do you show your friends that you care about them?

.....

.....

.....

## My friendliness project

Being respectful and friendly to others isn't difficult, and it makes other people happy. Write the names of three people (who are not already your friends) to whom you will try to be friendly during this week.

.....

.....

.....

.....

.....

## TRY THIS!

There are many things you can do to serve or help others. Look at the list on next page and put a 1 by the items you think you can do this week. Put a number 2 by things you think you can do in the next month and a 3 anything you think you need help to do.





- Put my dirty clothes in the dirty clothes bag
- Take a book to a sick friend
- Take the dog for a walk
- Rake the yard
- Play with my little brother
- Prepare a surprise for my mother
- Help wash the car
- Straighten the chairs in my classroom
- Wash the breakfast dishes
- Put away my clean clothes
- Choose toys to give to someone else
- Water my mother's potted plants
- Pull weeds in the garden
- Offer to tell t the mission story
- Put my toys away
- Straighten up the books on the shelf
- Fix supper for my parents
- Visit my grandma
- Take some fruit to the neighbors
- Fix a yummy breakfast for my family
- Share my magazines with the neighbors
- Fold the clean clothes
- Offer my room to the visitors
- Prepare a gift for the new kid in my class
- Offer to run an errand for my mother
- Sing for sick children in the hospital

## WILMA THE WISE



### ANIMALS THAT HELP

Did you know that some animals help others? A dolphin, for example, may help a sick or injured dolphin by swimming under them and pushing it to the surface where it can breathe. Dolphins will keep this up for hours. Wolves carry pieces of meat to members of their pack that did not take part in the hunt. Many dogs are a real help to the families they live with. Some guide blind people. Others pull sleds with great enthusiasm; still others guard their home or entertain children. If animals can serve with pleasure, can't you, too?




Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and to show true humility toward all men.”

Titus 3:1, 2

# "Magic" Words

Supporting others is often not too much work. It's as easy as being nice to those around us. God wants us to be kind and loving to each other.

There are words which help us to be kind and to show appreciation to others.



Come here,  
nice doggie!

**I like that!**

**Excuse me**

**I'm sorry**

**You're welcome!**


**Good morning**

**Thank you**

**Please**

**Goodbye**

**Good afternoon**



My pleasure!  
I'm coming...

## Which word would you use in each situation?

I like that!      Thank you  
Excuse me      Please  
I'm sorry      Good afternoon  
You're welcome!      Goodbye  
Good morning

1. Someone lends me a pencil
2. I leave the house
3. I see my neighbor
4. I ask someone what time it is
5. The teacher thanks me for the flowers I gave her
6. Mom serves lunch
7. I need to go between the rows of chairs where there are a lot of people

## Draw their faces

This is what a person's face looks like when I treat them kindly.



This is what a person's face looks like when I am impolite.



When we help others we feel satisfied and happy. A happy spirit contributes to health, increases the body's defenses and energizes the brain.

Maybe Jesus was thinking of these benefits when he told them that they should never become tired of helping others. Jesus came to this earth to help people.

He helped in many different ways. Can you remember some of them?



The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

Matthew 20:28

---

---

---

---

---

---

---

---

---

---

## My Promise

Sometimes it is more fun to \_\_\_\_\_  
or to \_\_\_\_\_ than to help Mom or  
Dad, but I know I should help them. It makes them  
happy, and it makes me happy, too. Maybe that's why  
God told us to help others. Someone I can think of who  
I could help is \_\_\_\_\_. I could help them by  
\_\_\_\_\_. I will also try to use more kind words,  
especially when I am talking to \_\_\_\_\_.

Signed: \_\_\_\_\_

There is something else you should know about taking care of your health. It's your ATTITUDE!



See how I wag my tail? That's because I'm SO happy!

Something that we all need to build a healthy body and a sound mind is a good attitude. Honesty, responsibility, and optimism are important parts of this attitude.



“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Proverbs 17:22

### Quinn the Question Man

How does my “attitude” help me feel better?

Do dishonest or irresponsible people get sick more often than those who are honest and responsible?

How can I be happy when something bad happens to me?

## WILMA THE WISE

Did you know that science has shown that happiness and optimism improve our health?

Researchers have found that laughter stimulates our breathing and the circulation of blood throughout the body, which activates brain function. Laughter stimulates the hormones that relieve anxiety and helps people endure chronic sickness and get over minor illnesses. Besides, laughter strengthens our immune system, which defends our body against attacks of outside agents, such as viruses and bacteria.

Happiness and laughter help people to endure pain better and increase hope in people who smile a lot. Literally, laughter IS good medicine!



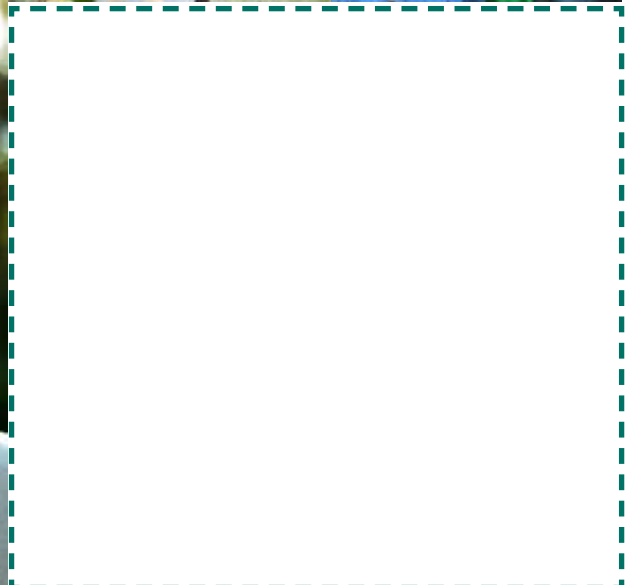
Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise.”

James 5:13





Add to this happy collage a picture of yourself (alone or with someone else) wearing your very best smile.



## What can you do to help others to smile?

Some ideas...

Put a thank you note for your mother under her plate at the table.

Play a game with your little brother and let him win.

---

---

---



Our nervous system sends messages and commands all over our body. If we are worried because we have not been honest or are afraid we will be punished for doing something we know we shouldn't have done, our body is affected by those feelings. Our muscles contract and our heart beats faster than usual.

If we are happy and feel peace because our conscience is clear that we did what was right, our brain sends signals to our whole body to relax its muscles and slow down the heart rate.

## Daniel Does Right

The dream tree house is taking shape. Of course, it does not look exactly like the plan they drew, but the children are doing the best they can with the materials they can get. Daniel made a decision this morning before going to Alex's house.




He saw his Dad's stapler in the garage and thought how useful it would be to speed up construction of the tree house. He could take it and return it in the evening, and his Dad would never know.

Daniel picked up the stapler, but he realized that he would not enjoy the day knowing that he had done something wrong. He knows how well his father takes care of his tools, and realized that it would not be honest to take the stapler without asking.

As he was about to leave, he saw Dad and asked to use the stapler.

"I'm sorry, son," dad replied; "I can't let you take it. Today I have to upholster Mr. Jones' chair and I will need it. But I'd be happy to let you use it on Sunday."

"That's fine, dad. Don't worry. We can work without the stapler." Daniel feels relieved. He's very happy he did not take it without asking.



He knows that a bad decision, a dishonest act, would have ruined his day. He walks quickly to Alex's house, where he finds Jasmine and Alex already working up in the tree, making the wood base for the tree house.

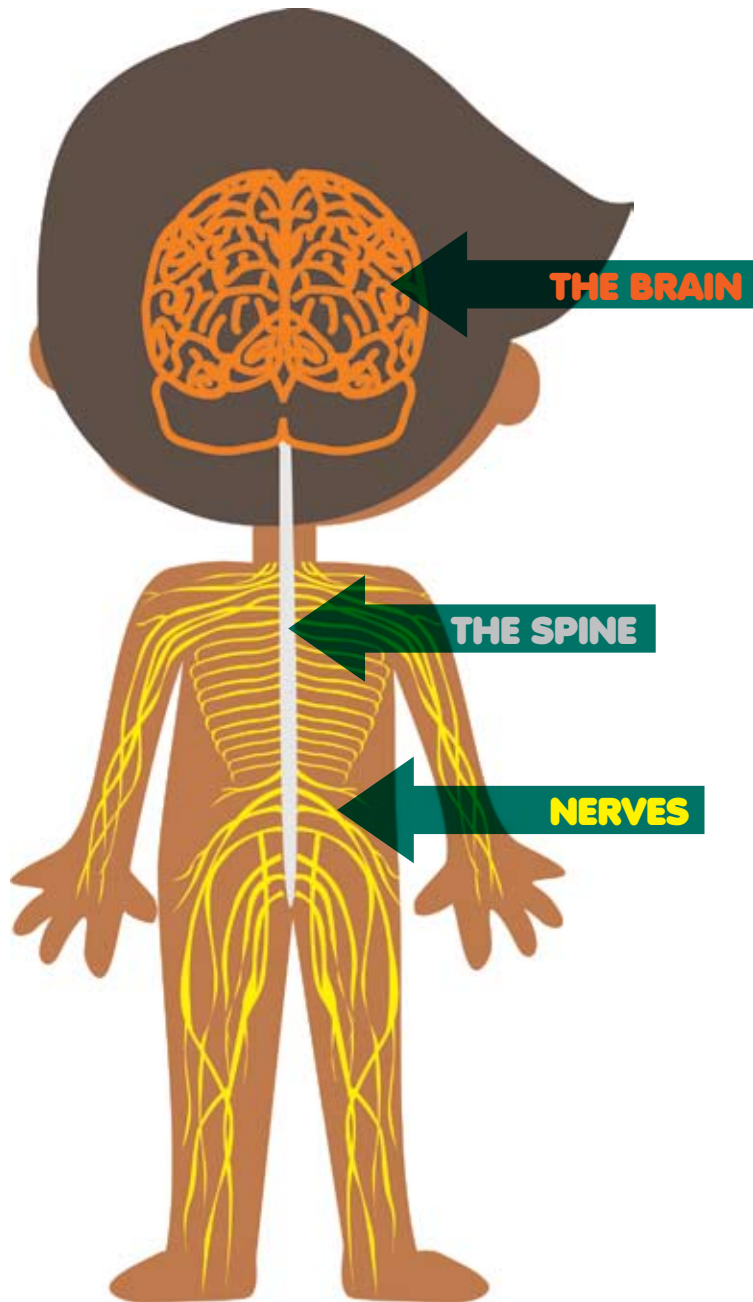
"Hi there," he calls out.  
"The house looks good.  
You have made progress!"

"Hurry up, sleepy head, we've been working for almost an hour!" Alex greets him with a good-natured complaint.

Daniel just laughs. He is far too happy this morning to be upset at his friend's scolding. Under the tree, Duke wags his tail and curls up for a morning nap. Another summer day has begun well.



# LOOKING ON THE INSIDE



## THE NERVOUS SYSTEM

The nervous system is the coordinator of all of the body's activities, both conscious and unconscious. Do you tell yourself to breathe? No, your nerves do that for you automatically.

The nervous system is made up of the brain, the spinal cord, and the nerves. This system could be compared to a computer, since our internal organs and our senses (peripherals) provide a lot of information through the nerves (the cables) to the brain (the CPU), where there is a huge amount of memory. The brain organizes the information it receives, analyzes it, and then acts on it.

In spite of the great advances in technology, computers are far from being as powerful, as fast, or as precise as your brain. Your brain is a masterpiece of God's creation!

## — — CHECK THIS OUT! — —

How do people react when you smile at them? Try it! Give a big, loving smile that shows your teeth, and wave at every person you meet today.

It doesn't matter if you know them or not, or if they are old or young. You will see how people smile back. You'll see that the more you smile, the easier it gets to curl up your mouth and show your teeth.

If you keep it up, happiness will become a natural attitude in you. Smiling doesn't cost you anything, and it will improve your health!

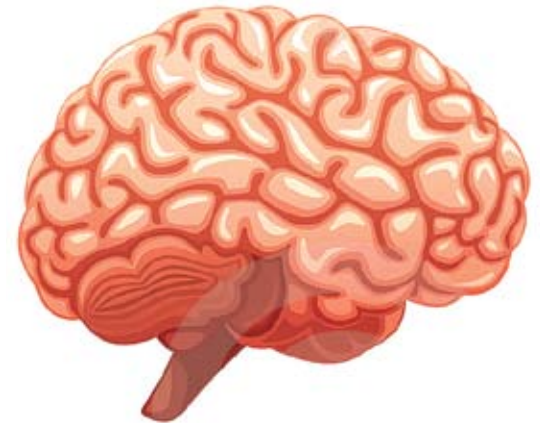


Above all else, guard your heart,  
for it is the wellspring of life.”

Proverbs 4:23

## WILMA THE WISE

When the Bible uses the word “heart,” it really means the brain, which helps us to understand and relate to God. The brain coordinates a person's whole life. Through the brain we can interpret what we see, hear, and feel. We use our brain to make decisions about doing or not doing something. That's why we need to take care of our brain. If our mind is busy with all kinds of things, even if they are not really bad, we get distracted and cannot hear what God has to say to us through the Bible or through the advice of other people.

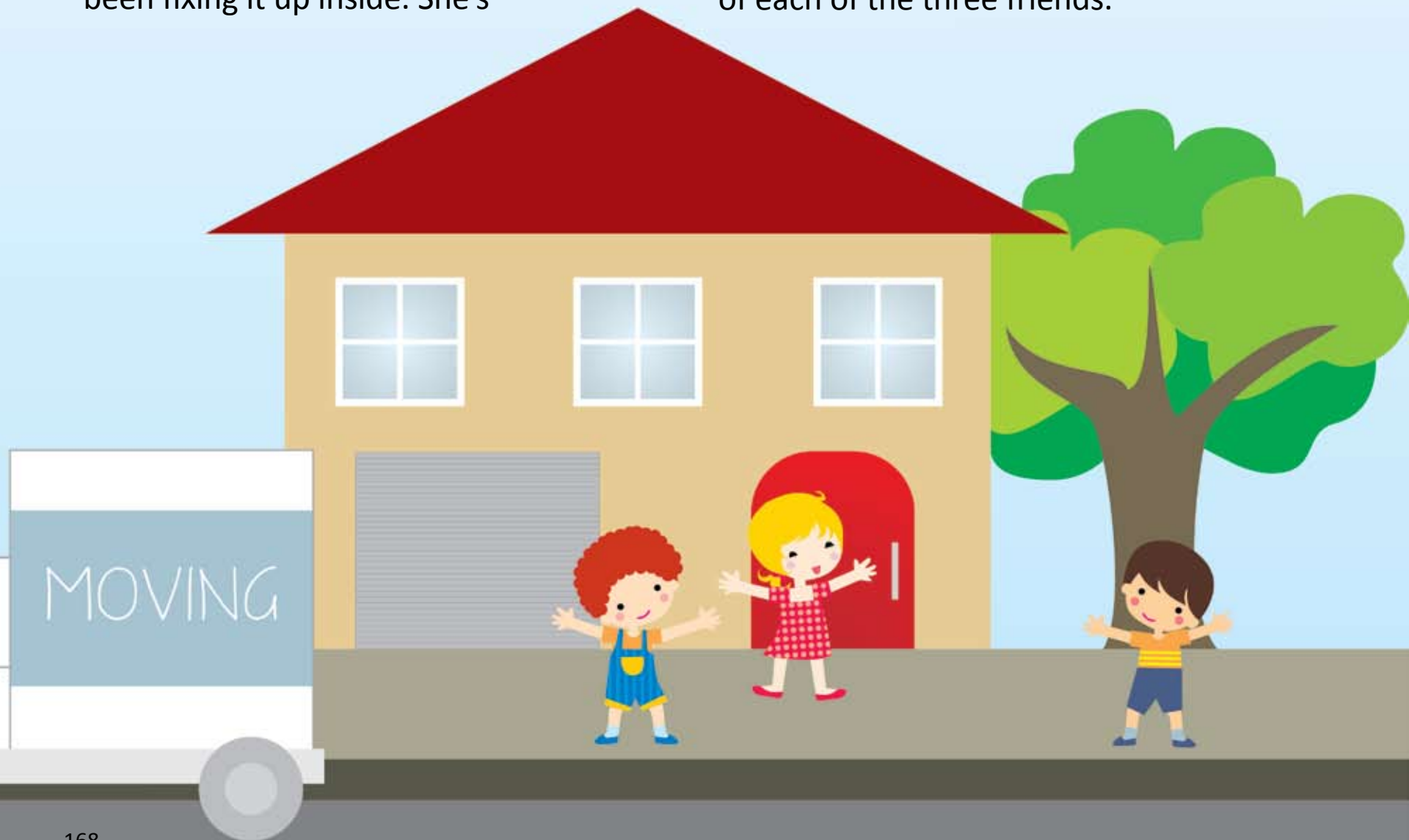




## A NEW CHAPTER

Summer is almost over; that means school is about to start. The tree house is finally finished. Alex and Daniel have painted its outside, while Jasmine has been fixing it up inside. She's

gathered up some favorite books, cushions to sit on, and a box of table games to play. On the wall is a poster that says "The Beavers' Lodge," and under it is a picture of each of the three friends.





From the window, Jasmine sees a moving truck and a car stop in front of the empty house across the street.

“It looks like you are finally going to have new neighbors,” says Daniel, watching with interest to see who gets out of the car. “Look, there are two kids: a boy and a girl! They are helping unload stuff from the car.”

“Let’s go say “Hi” and ask them if they’d like to see our tree house,” suggests Alex.

The others agree, so off they go. The three friends have not even finished moving into their tree house, but soon the poster of the “Beavers’ Lodge” will have two more pictures under it. The gang will have grown.

## THIS IS IMPORTANT

Sometimes we get sick just because we live in a contaminated world, where illnesses happen even to the undeserving. But we often get sick because we have made bad choices about eating, drinking, resting, or playing.

Our attitudes towards life can make the difference between health and illness. The little choices we make every day build our future in a very real way.

Will you tell the truth? Will you do your best? Will you choose not to eat between meals? Will you help keep our planet clean? Will you trust in God? In many ways, your future is up to you. What will you do?



## My Promise

Attitude is not about what happens to me,  
but about how I choose to feel. I need to improve  
my attitude about \_\_\_\_\_, and I must always be  
honest and kind. If I can apply these ideas for health, the body that  
I am building will be \_\_\_\_\_ and \_\_\_\_\_.

With God's help, I promise to take care of the wonderful  
gift of life that He has given me.

Signed: \_\_\_\_\_



