



PURPOSE

To prepare students to make excellent decisions regarding their body.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Identify ways of demonstrating **self-control** with regards to their body.
2. Set concrete goals for excellent choices about their body.

MATERIALS & RESOURCES

- **Before & After** worksheet (see Materials)
- **Freeze Game** list (see Materials)
- **My Body & Me** worksheet (see Materials)

VOCABULARY

- **self-control**: the ability to control your body, or how you express your emotions and desires

PROCEDURE

Step 1: Review the previous lessons. Ask students how they practiced effort and patience in order to make excellent choices this week. Allow 2-3 answers for sharing.

Step 2: Transition to this lesson: In this class, we have learned how the powers to think and choose allows us practice freedom for excellence as a way to manifest our human dignity. Last time, we talked about making choices that will make us grow more excellent on the inside. Now it's time to see what kind of choices we can make to grow more excellent on the outside.

Step 3: Establish the importance of making healthy decisions about the body.

Hand students the **Before & After** worksheet, asking them to compare their bedrooms with and without regular cleaning.

Ask:

- Why do you like the room in Box 1?
- Would you like to keep using it when it turns into the picture in Box 2?

- Do the choices to keep our surroundings clean help or hurt our pursuit of becoming excellent? Why or why not?

Explain: Our bodies play a big role in making our freedom for excellence possible, since our freedom is precisely what enables us to carry out these decisions in physical actions. For example, do you think you can study hard today if you lack sleep from staying up all night? How about doing your homework at a desk full of week-old candy wrappers and dust? Small things like being aware of your own health and cleaning the space you live in are necessary in accomplishing big things. We truly pursue excellence if we are also willing to do the small things, like chores, that come with them.

Step 4: Teach self-control.

Write on the board:

- **self-control:** the ability to control your body, or how you express your emotions and desires

Explain: Living a life of **self-control** means that we choose what is most healthy, and behave in a way that respects those around us. For example, when we have a choice between homework and enjoying video games, we can show self-control by doing homework first, since it will help us grow in excellence. We practice self-control by making little steps every day to grow in excellence.

Play the **Freeze Game**, using the list. Divide the class into two with one group acting as the distractors, another as the actors. When you read out an action from the list, the actors should act it out. When you say "Freeze," the actors should pause. The distractors should find a way to make the actors laugh or move without touching them. You may list at least five actions out loud.

Then hand students the **My Body & Me** worksheet, and ask each student to set a personal daily goal for themselves with regards to these three bodily activities. For the next week, students should check off daily whether they achieved their daily goal.

Step 6: Summarize: Today we have thought about the first way in which it is important for us to make excellent choices—choices about our bodies! Taking care of our bodies will help us to do everything else that we wish to do as we grow older, on our path to becoming excellent.

FOLLOW-UP & HOMEWORK

Ask students to complete their daily **My Body & Me** goal over the next week.

Name: _____

BEFORE & AFTER

Directions: Draw your bedroom in Box 1. Draw what that room will look like if it hasn't been cleaned in a month in Box 2.

1.

2.



FREEZE GAME

Directions: Read the following list of instructions. Students should line up accordingly.

1. Act out something that will make you physically stronger.
2. Act like you smell something really gross.
3. Act like your favorite sports team just won the championship game.
4. Act like your favorite animal.
5. Act like you just saw something really scary.

MY BODY & ME

Name: _____

Directions: Fill in the goal charts below. Choose one excellent choice you can make daily, for your exercise, sleep, and free time. Track your success this week.

1. daily goal for exercise: _____

day #1	day #2	day #3	day #4	day #5	day #6	day #7

What was hard for you?

2. daily goal for sharing toys with others: _____

day #1	day #2	day #3	day #4	day #5	day #6	day #7

What was hard for you?

3. daily goal for listening to teachers or parents: _____

day #1	day #2	day #3	day #4	day #5	day #6	day #7

What was hard for you?