

Objective

By the end of this lesson, the student will understand the concept of "my body is a temple," recognizing the importance of taking care of their body through healthy habits, self-respect, and self-love.

Materials and Prep

- Paper and colored pencils or markers
- Access to a mirror
- A comfortable space for movement and discussion
- Knowledge about basic nutrition, exercise, and self-care practices

Activities

- **Body Reflection:** Have the student look in the mirror and write down five things they love about their body. This encourages self-acceptance and appreciation.
- **Healthy Habits Chart:** Create a chart that lists healthy foods, exercises, and self-care activities. The student can decorate it and hang it somewhere visible as a reminder to take care of their temple.
- **Movement Break:** Engage in a fun, short physical activity, like dancing or stretching, to highlight how movement helps keep our bodies healthy and strong.
- **Temple Art:** Using the colored pencils or markers, the student can draw their body as a temple, adding symbols that represent things that are important to them, such as health, happiness, and friendship.

Talking Points

- "What do you think it means when we say 'my body is a temple'? It means we should take care of our bodies just like we would take care of something very special!"
- "Why is it important to eat healthy foods? Because they help us grow strong and feel good!"
- "How does exercise make you feel? It helps keep our hearts healthy and gives us energy!"
- "Can you think of some ways to show your body love? Like getting enough sleep, drinking water, and being kind to yourself!"
- "What are some things that make you happy? Remember, happiness is important for our temple too!"