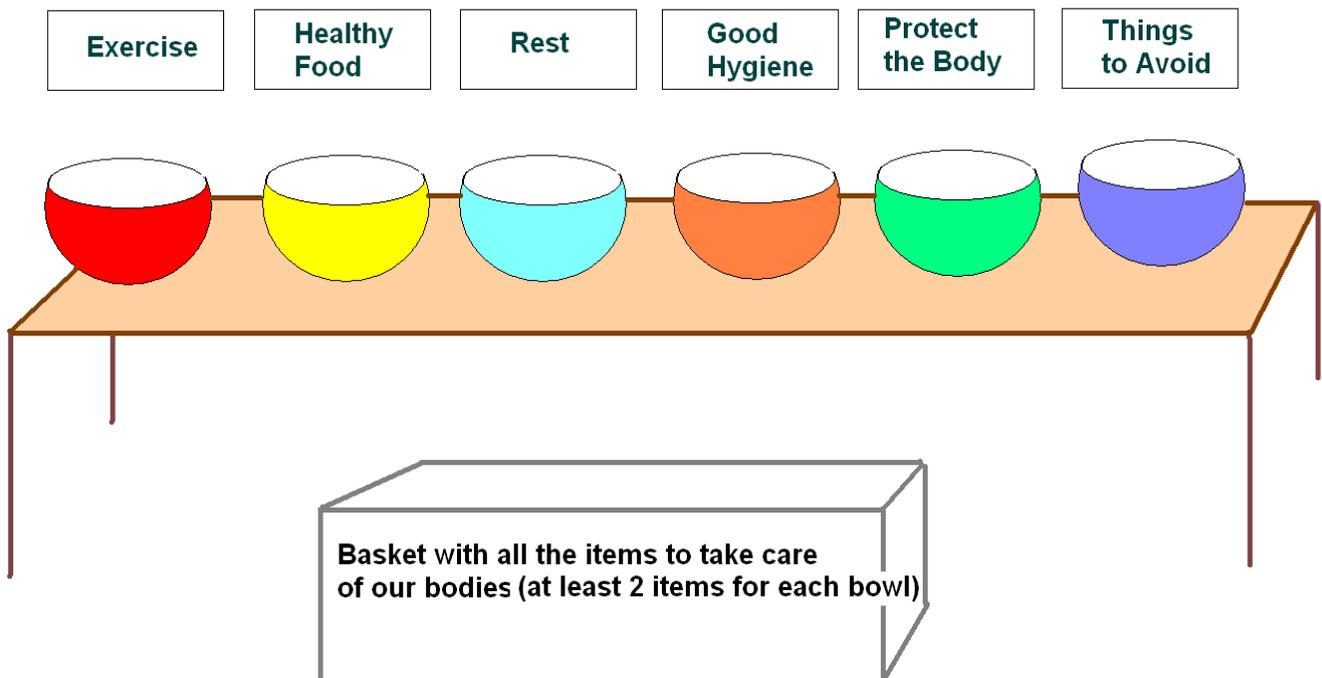


JUNIOR SHARING TIME: I came to earth to receive a body and be tested

Preparation

1. **Prepare pictures for the following and include the corresponding words underneath:** Exercise, Healthy Foods, Rest, Good Hygiene, Protect Your Body, Things to Avoid
2. For each of the items above, bring a couple (or more) items representing that topic and put them in a bucket or basket.
 - **Exercise:** Ball, Jump rope, rollerblade, tennis shoes
 - **Healthy Foods:** fruit, veggies, OJ, almonds
 - **Rest:** pillow, blanket
 - **Good Hygiene:** Soap, toothpaste, hairbrush
 - **Protect Your Body:** Sunscreen, mittens, umbrella, sunglasses, OFF (mosquito)
 - **Things to Avoid:** Pictures of cigarettes, alcohol, drugs, tea, coffee
3. SENIOR OPTIONAL: Prepare a frame with mirror and crown over it (Friend February 2005 page 17)
4. **OPTIONAL: Prepare a spirit and body. (Draw a boy (and/or girl) on a clear transparency for the spirit, copy the same design on card stock for the body)**
5. **Gift with a body made out of cardstock or paper.**
6. **Setup: On the black board (or using 6 small easels) post the 6 pictures from step 1 above. In front of the pictures (for example on a table) place six bowls or boxes in which the children will place items you brought (from step 1).**



Junior Review

Last month we talked about Heavenly Father's plan for us.

- Where did we live before we came to earth? (in Heaven – Pre-mortal life)
 - Who lived there? (Heavenly Father and Jesus and all of Heavenly Father's children)
 - Did we have a body? > (No! --SHOW THE CLEAR) SPIRIT so there are many things we could not do because we did not have a body.
 - So what was Heavenly Father's plan for us? > (Go to earth and get a body, have experiences and learn to Choose the Right)
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Junior Lesson

- **Show gift box** . This is a gift that we received when we came to earth. Can you guess what it is? (Body)
- Bring to the front 3 very different children to the front and compare (e.g. little girl with blond curly hair, freckles and blue eyes, big boy with black straight hair dark eyes etc.)
 - What do all bodies have that are the same (nose, eyes, ears, legs)
 - What do bodies have that are different (tall, short, coloring etc.)

All of our bodies have many things in common and they all look different and unique and they are all beautiful.

- **Sing Head Shoulders Knees and Toes**

- **What can our bodies do?**

Let's talk about what we can do on the earth because we have a body.

Each class huddles up with your teacher and talk about some things that we can do because we have a body and then act it out so we can guess. (2 per class)

SUGGESTIONS for SUNBEAMS (Nancy): LARGE MOVEMENTS: Walk, run, jump, clap, climb

SUGGESTIONS for CTR5 (Marcelle): SMALL MOVEMENTS: Write, Draw or paint, Read, talk, cook, cut (pretend using scissors) --- or swim, skip, jump rope, play ball

SUGGESTIONS for CTR6 (Sunny): MISC: Play piano or guitar, Roller blade, Do gymnastics etc

SUGGESTIONS for CTR7/8: SENSEs: Smell, taste, touch, hear, see

Give each child 2 or 3 minutes to decide on what they will act out and then have the children come to the front and "mime" the action while the rest of the children guess.

- **How can we take care of our bodies**

Point to the pictures on the board or easel. These are some things we can do to take care of our body. Go over each picture above.

Ask children (one class at a time) to come forward, pick and put items in appropriate buckets

- **Bear Testimony** that bodies are a wonderful gift, we can do a great many things thanks to our bodies and we must respect and care for our bodies as a show of respect for the Giver.

SENIOR SHARING TIME: **I came to earth to receive a body and be tested**

Senior Review

Last month we talked about Heavenly Father's plan for us.

- **What did we talk about each of the weeks?**
 - About the plan that HF presented and the great war in Heaven. 2/3 accepted the plan
 - About the Savior
 - About the creation
 - About Adam and Eve
 - **What was our dearest wish** while we were in the pre-mortal life? (To be like our Heavenly Father).
 - **Was it possible if we remained as spirit children?** (No. We could not progress/experience things and be tested)
 - **This month we are going to talk about our time one EARTH.**
 - **The theme is I am a Child of God.** Why would that be a good theme for talking about what we do while on the earth? (Because through all we do we must always remember who we are.
 - **Show and pass around the mirror and crown from the friend.** What do you think this strange looking contraptions shows (when we look in we see our reflection and it shows who we are ... that we are children of God with a royal heritage).
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Senior Lesson

- **Why did we come to earth? Why was that necessary? Was it even necessary?**
 - To get a body
 - To be tested.
 - To Have experiences that would show our "metal"
 - To progress and become like Heavenly Father.
- **We sometimes take our bodies for granted**, right? Do we often think "yeah! I am so glad I have a body and it can do so many things that I could not do before when I was a spirit in Heaven. It is so cool! I am so glad to be alive!" ?
- **What kinds of things can we experience with our bodies on earth that we could not before?:** Everyone (who wants to), think of something and mime something you can do. If you want team up with your neighbor

Examples

Walk, run, Ride bicycle, play sports, play musical instruments, draw, paint, cook, do all kinds of chores (vacuum, make beds, dust, prune trees, mow the lawn, swim, drive, water-ski, climb a ladder etc.)

- **How can we take care of our bodies?**

Show the children ALL the items in the big bucket/basket and ask them to deduce the various ways in which we can take care of our bodies.

Note: at this point do NOT show the signs you created in Step 1.

Ask a child to come forward and pick an item in the bucket/basket.

If a child picks a jump rope (for example), say “what do we do with a jump rope?”. The child will respond “we exercise” ... “so that’s one way we take care of our body; we exercise. What are the other items in the bucket that we can use to exercise?” (Weights, Ab-roller, ball). Have the child put all “exercise” items into the appropriate bowl or box and reveal the “Exercise” sign.

Ask another child to pick another item. If they pick an umbrella, say “what’s an umbrella for?” They will say “it protects us from the rain”. “That’s right, we have to protect our body. What are the other items here that can help us protect our bodies” etc.

Go through all 6 areas

(Exercise, Healthy Foods, Rest, Good Hygiene, Protect Your Body, Things to Avoid)

- **Sing The Lord Gave Me a Temple** (p. 153)
- **Bear Testimony** that bodies are a wonderful gift, we can do a great many things thanks to our bodies and we must respect and care for our bodies as a show of respect for the Giver.