



Here are three fun ways to teach Builders about being temperate. Adapt the activities to meet the needs of your Builders or create your own activities.





The following activities partially fulfill the requirement for My Self III: I Can Care for My Body, which is to complete the Temperance award. See the Builder Activity Book for accompanying worksheet(s).

## ACTIVITY

# 1

# My Body: God's Temple

15  
MINUTES

### MATERIALS NEEDED

- Bibles
- Dry erase board or a large sheet of paper
- Marker

### WHAT YOU DO

Ahead of time: Ask three to five people who have pledged to not use drugs, drink alcohol, or smoke to come share a fact or two about the harm that drugs, alcohol, and smoking can do to kids. The people you ask should be role models for the Builders. You might ask some of the teenagers from your church, a police officer, athletes from the community, or church or community leaders.

### Sample Facts

- Drugs, cigarettes, and drinking are illegal for kids.
- Alcohol and drugs slow down or speed up your brain and can make you do things that hurt yourself or others.
- Drugs, cigarettes, and alcohol can harm the growth of kids' bodies and brains.
- Smoking can cause cancer.
- Drugs can hurt your brain, cause a heart attack (even in kids!), and damage organs.

Begin by reading 1 Corinthians 6:19 and 20 (NET): "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price. Therefore glorify God with your body." Discuss what these verses mean.

Now introduce your guests, one at a time, and have them share one fact (or more depending on how many guests you have) about why kids shouldn't use drugs, smoke, or drink alcohol. Each guest should also state that they have pledged not to use drugs, smoke, or drink alcohol. If time permits, they can share why they have made this pledge. As the guest shares the fact(s), you should write each fact on the dry erase board. End by asking each of the children to pledge not to use drugs, smoke, or drink. Close with a prayer to help the children stay strong and keep the pledge.



# Safe Choices Skits

## WHAT YOU DO

15  
MINUTES

2

ACTIVITY

Ahead of time: Print out the skit outlines so you can give them to the children.

Explain to the Builders that it is good to have a plan about how they will say no when someone asks them to smoke, drink, or use drugs, and what they will do instead. Let them know that's what they will practice. Divide the children into groups of two or three and give them a skit outline or let them write their own. Each skit should contain a bad choice and a good choice.

### MATERIALS NEEDED

- Paper
- Pencils
- Skit outlines (see p. 126)



## ACTIVITY

# 3

# Say No T-shirts

## 15

MINUTES

### MATERIALS NEEDED

- T-shirts (solid colors, pre-washed and dried)
- Cardboard cut to fit inside each t-shirt
- Fabric paint
- Fabric pens
- Stamps (buy stamps or make your own from sponges)
- Shallow paint containers
- Newspaper
- Smocks

### WHAT YOU DO

Ahead of time: Cover the work area with newspaper.

Begin by showing the Builders a completed t-shirt. Have the children lay their shirts on a flat surface and place the cardboard inside the shirt. The cardboard keeps the paint from seeping through to the other side. Have the children write a slogan on the shirt with fabric pens. (If any of the children want to create their own slogan, let them.) Next, dip the stamp or sponge into the paint and then firmly press it onto the shirt. Repeat this step several times. Let the shirts dry flat.

### Suggested slogans and designs:

- Thumbs down to drugs. (Stamp thumbs down on the shirt.)
- I'm a star. I say no to drugs. (Stamp stars on the shirt.)
- Don't bug me. I say no to drugs. (Stamp bugs on the shirt.)



**Award:** Temperance

To complete this award, check the requirements on p. 146 and add activities as needed.



**Requirement:** My Self III