



# Meeting

# 8

## Know Your Body



Here are three fun activities that teach Eager Beavers about their bodies. Adapt the activities to meet the needs of your Eager Beavers or create your own activities.





## MEETING LENGTH

### 60-80 MINUTES

- Opening (5 minutes)
- Story Time (10 minutes)
- Activities (40-60 minutes)
- Closing (5 minutes)

## Opening

Using a beaver puppet, greet each of the children by name and welcome them all to Eager Beavers. Have the children sit in a circle.

# 5

MINUTES



Listen to a story about how God made you special.

## CHIP COMPLETED

**KNOW YOUR BODY**



## Story Time

### GOD MADE YOU SPECIAL

# 10

MINUTES

### MATERIALS NEEDED

- Book about self-esteem or being special

Ask the children what they are good at (running, singing, counting to 100). Then read a book such as *I Like Myself* (Beaumont, 2004), *What I Like About Me* (Nolan, 2009), *God Made You Special* (Metaxas, 2002) or a book of your choice. Then have them repeat Corinthians 7:22: "Your body is a temple of the Holy Spirit." Explain that this means that God wants them to take good care of their bodies and use them to do good things. Ask them how their hands, mouth, feet, ears, and knees can do good things for themselves, others, and Jesus.





The following activities fulfill the requirement for My Self III, which is to complete the Know Your Body chip.

## Balloon Balance

10  
MINUTES

### WHAT YOU DO

Ahead of time: Blow up one balloon for each child.

Give each child a blown-up balloon. As you call out a body part, have the children keep the balloon in the air using that part of the body until you call out the next body part (e.g., head, nose, ear, chin, elbow, hand, knee, foot).

### 1 ACTIVITY

#### MATERIALS NEEDED

- Balloons, one per child





## ACTIVITY

# 2

# Life-size Self-portraits

15  
MINUTES

### MATERIALS NEEDED

- Large sheets of butcher paper or newsprint
- Markers
- Crayons or chalk

### WHAT YOU DO

Roll out large sheets of butcher paper. While the children lie on their backs on the paper, have an adult trace them with a marker. Next, have the children add eyes, nose, lips, eyebrows, hair, clothes, and shoes. Then have the children color the pictures of themselves using crayons or chalk.





# Shadow Tag

15  
MINUTES

3 ACTIVITY

### MATERIALS NEEDED

- Additional lighting may be needed

## WHAT YOU DO

This game is just like traditional tag, with one exception. Instead of touching the child to tag him, his shadow is stepped on or touched. It may work best if you are “it” first. This way you can demonstrate how to tag shadows. You will need to make sure you have lighting in the room that will allow for shadows. You may need to bring in a spotlight, floodlight, or several bright lamps.





# Closing

5  
MINUTES



Gather the children into a circle and ask them a specific question about what they learned during Eager Beavers. Say a prayer and then ask for an Eager Beaver to volunteer to pray for the group. Rejoin the rest of the Adventurers for the closing program.



**Chip:** Know Your Body



**Requirement:** My Self III