

BEHOLD YOUR LITTLE ONES

Lesson 10 • I Will Take Care of My Body

MAIN IDEA Heavenly Father gave me my body. I can take care of it by eating good food, sleeping, and keeping clean.

BRING

- Picture on page 46
- Illustration on page 47
- Words to the baby-growing song

SAY IT SIMPLY

“Heavenly Father gave me my body.” • “I am growing bigger.” • “I will take care of my body.”

LESSON FLOW

1. Baby picture Show page 46. Ask: “Can a baby walk? talk? throw a ball?” Turn your heads and say “No!”
2. Growing song Sing: “Once I was a baby ... now I’m growing bigger, tall, tall, tall!” Rock arms, crouch down, then stand tall.
3. Big child picture Point to the child on page 46 and ask: “Can you walk? Can you talk? Can you throw a ball?” Nod and say “Yes!”
4. Grow bigger Explain that children grow because they eat good foods, go to bed and sleep, and wash to keep clean.
5. Role play Use page 47 and act out sleeping, washing, eating, and other ways we care for our bodies.
6. Repeat & close Say together: “I will take care of my body.” Express gratitude for the bodies Heavenly Father gave us.

REPEAT TOGETHER “Heavenly Father gave me my body.”