



I Have a Body like Heavenly Father's

Game 1: My Amazing Body Says...

"Hands clap! Feet stomp! Arms hug! Ears listen! Legs jump!" Then:
"Heavenly Father gave me my wonderful body."

Game 2: Head, Shoulders, Knees and Toes

Finally, a familiar song whose actual actions teach the lesson. Afterward name things bodies can do: eyes see, ears hear, hands help, feet walk.

Game 3: Copy My Body

Like Simon Says, except the leader uses body movements: blink, clap, bend, stretch, stomp, wiggle fingers. "Look at all the things your body can do!"

Game 4: Mirror Me

Partners face each other. One slowly moves arms, hands, head or feet while the other copies. Switch. This gets them deliberately noticing their bodies.