

He's Got the Whole World in His Hands
A Lesson in Respecting Ourselves as Gifts from God
PreK, TK and Kindergarten Lesson

Goal: Students will learn about the loving choice of adoption and explore stories of people who have been adopted. Activities will reinforce a thankfulness for family and home and a desire to pray for and support those children who do not have either.

Goal: Students will learn that taking care of ourselves is part of the call to holiness. God has created us body and soul to praise him through both. Activities will reinforce the themes of promoting personal health, understanding emotions, and recognizing God's personal eternal plan for each person.

Lesson: Play and have students sing along to: [He's Got the Whole World In His Hands, God is Good All the Time](#)

Begin by explaining that God created each person individually, because he loves each person so much he cannot live without any of us. God created people different from the rest of creation—we have both bodies and souls. We cannot see our souls, but we know they are there because they are the part of us that talks with God.

Through our bodies we can honor God also. Because God created our bodies, he wants us to use them well to serve him. That means eating healthy, getting plenty of exercise, making sure we have a good night's sleep, taking medicine we need, and choosing to be kind rather than angry.

Discussion:

Does God care what we eat? Why or why not?

Is it important to God that we keep ourselves as healthy as we can?

What are healthy things we can do?

Help children make the connection between the activity and its positive effect on their bodies.

For example, sleeping enough at night allows them to think clearly the next day.

Activity: If you have a favorite lesson or activity that stresses the importance of healthy lifestyle, lead students in a discussion on living healthy.

Use [Fun activities that promote health, good nutrition, and exercise.](#)

Page 11: and lead the children in a move together exercise- have them jump around, hop, stomp, clap, and wiggle at home,

Page 21- the heart dance: have the student dance and laugh at home

Page 22- the hokey pokey: play the hokey pokey song and have students do the hokey pokey at home.

Turn a Bad Day Into a Good Day: “Turn on Some Music” activity.

Challenge students to try to remain immune to the mood-busting power of fun music. Turn on some favorite music or try Pandora or I Heart Radio for a playlist. Then let the kids dance and share how the music made them feel.

Prayer of Thanks

Thank you God for making me special.

Thank you for making me
with a heart that knows how to love
and a mind that knows how to think
and hands that know how to work
and feet that know how to dance.

Let me always love you with my body and my soul.

Please keep me safe and healthy today and always.

Amen

Additional resources

[“One in 7 Billion”](#) video positively portraying every human life as special. 1.25 minute.

[Fun activities that promote health, good nutrition, and exercise.](#) Activity pages to photocopy and games/activities with complete instructions. Begin at page 11.

[Whole Kids Foundation](#) nutrition activities and resources for home and classroom.