



Your Body is a Temple

Aim:

To introduce ideas of keeping our body healthy, and avoiding harmful substances.

Preparation and Materials:

Picture of a beautiful temple.

Video of the effects of smoking: <https://www.youtube.com/watch?v=h2vuRifRQVc> [accessed 05.06.2020].

Assembly:

Entry music: Sunscreen, Baz Luhrmann.

1. Share some facts about the human body, for example:
Information zooms along nerves at a speed of 400km/h.
Our hearts beat approximately 100,000 times a day and more than 3 billion times during an average lifetime.
Our noses can recognise a trillion different scents.
Humans are the only species who blush.
2. Ask children if they know any other amazing facts about the human body that they can share.
3. Say some people say that our bodies are a temple. Ask children to discuss what this might mean and feedback. You may want to show a picture of a beautiful temple. How should people behave inside? What virtues should they show? How would people feel if others littered, left graffiti or destroyed the temple? When people say our bodies are a temple, they mean that we should look after and respect them.
4. Ask the children what sort of things can we do to look after our body? Examples include eating healthily, getting enough sleep, exercising and going to the doctor when we are ill.
5. Sometimes, looking after our body also means that there are things that we shouldn't put into it. What would happen to our body, for example, if we ate junk food all of the time? Show this video of the effect of smoking a cigarette:
<https://www.youtube.com/watch?v=h2vuRifRQVc> [accessed 05.06.2020].
Imagine that the filter paper is our lungs. What effect does the cigarette have? What virtues might we need to avoid damaging our body through junk food or cigarettes?

The Character Curriculum

Flourishing for Life



Reflection:

Our bodies are amazing and allow us to do lots of amazing things – how do you appreciate and look after your body?

Challenge:

Each day, try to notice and appreciate one thing that your body allows you to do. It might be running around with your friends, giving someone a hug, dancing etc.

