



THE
JUBILEE CENTRE
FOR CHARACTER & VIRTUES



LESSON 11

CARING FOR THE BODY

11



SESSION 1

FUELING

11

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

WHAT IF...



You could eat whatever you wanted, whenever you wanted, in as much quantity as you wanted

11

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

CONSEQUENCES



What would the impact of your dream diet be on the following:

- Body shape, organ function, mood, energy, ability to learn.

In the light of this, is there anything you might change about your dream diet?

REASONED FUELING



What things do you have to do on a normal day?

Prioritise these things in order of importance to you.

Investigate the impact of your diet on how well you can do the things that matter to you.

WHAT SHOULD I DO NOW?



Identify one or two things that you would like to change about how you fuel yourself.

When are you going to make these changes?

How can the virtues help you to make these changes?

What hurdles lie in the way of you making these changes? How can you overcome them? Whose help do you need?



SESSION 2

REST

11

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

WHAT DO YOU THINK ABOUT...



**Staying
up late**

Lying in

**Going to
bed on time**

**Getting up
early**

11

**Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility**

WHAT IS YOUR EXPERIENCE OF SLEEP?



How many hours do you sleep (on average) each night?

When do you (normally) go to bed?

Do you have a sleep/bedtime routine?

Do you ever argue about going to bed or getting up?

WHAT IS BEST FOR ME?



What do you have to do each day?

Which of these things are most important?

How might sleep contribute to doing these things successfully?

How much sleep?

How do resting and playing contribute?

WHAT SHOULD I DO NOW?



Identify one or two things that you would like to change about your sleep hygiene.

When are you going to make these changes?

How can the virtues help you to make these changes?

What hurdles lie in the way of you making these changes? How can you overcome them? Whose help do you need?



SESSION 3

EXERCISE

11

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

THINKING ABOUT EXERCISE...



What happens if you don't exercise your dog?

What would human life be like without exercise?

What things make it easy for us not to exercise?

What happens in your mind when you choose not to exercise?

WHAT IS BEST FOR ME?



How much exercise should teenagers get each week?

What are the benefits of exercise?

Any benefits you didn't know about?

How could exercise help you to do the things you need to do each day?

WHAT SHOULD I DO NOW?



Identify one or two things that you would like to change about how you exercise.

When are you going to make these changes?

How can the virtues help you to make these changes?

What hurdles lie in the way of you making these changes? How can you overcome them? Whose help do you need?



SESSION 4

THE BRAIN

11

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

- **HOW DO THE THREE THINGS WE'VE LOOKED AT BENEFIT THE BRAIN**



SLEEP

FUEL

- **EXERCISE**

11

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

● HOW CAN I MAKE MY BRAIN WORK BETTER?



● Have I got the basics covered
(**fuel, sleep, exercise**)?

● How am I 'tending the garden
of the mind'?

● Is your mind diet strengthening
your power or weakening it?

WHAT SHOULD I DO NOW?



Identify one or two things that you would like to change about how you look after your brain.

When are you going to make these changes?

How can the virtues help you to make these changes?

What hurdles lie in the way of you making these changes? How can you overcome them? Whose help do you need?



SESSION 5

REFLECTIONS

CARE OF THE BODY AND THE VIRTUES



What does each virtue look like in action when caring for the body?

- e.g. self-discipline to exercise regularly.

Who are icons of caring for the body?

- e.g. Buddhist monk Matthieu Ricard meditates every day to keep his mind healthy.

Which virtues do these icons use?

CARE OF THE BODY AND ME



Look again at the goals you set yourself on fuelling, rest, exercise and the brain.

- How well have you achieved these goals?

Which virtues do you need to keep making changes and keep caring for the body?

How can the icons you identified inspire you?