

SAYING NO!

CHAIRPERSON'S PLAN

Colour text
Sing
Body Parts
My body can ...
Chain prayer
Legal Drugs
Sing
Offering
Sum up
Sing
Benediction

next week's jobs

To Prepare

Praise Leader: Choose hymns on the theme of *our bodies* e.g.

JP 74 He gave me eyes so I could see

JP 94 If I were a butterfly

JP 106 I'm special MP 325

JP 240 The joy of the Lord is my strength

JP 65 Go tell it on the mountain MP 179

JP 326 Counting, counting, one, two, three

JP 345 Give thanks to the Lord for He is good

Colour text: Photocopy John 10:10 colouring-in text for every Junior. Bring felt tipped pens / colouring pencils

Body Parts: Photocopy one for each pair of Juniors, or enlarge to A3 for all the Group. Bring a book or poster (visit children's Library) which shows body structure.

My body can: Photocopy and cut into strips.

Legal Drugs: Fact sheet - be familiar with appropriate information.



Programme

Colour text: As the Juniors arrive give them a text to colour in.

Body Parts: Give the Juniors three minutes to name and draw in as many parts of the body that they can. When time is up, compare the diagrams and refer to the textbooks. Praise for accuracy! Read 1 Corinthians 12:18 and 1 Corinthians 3: 16 from the sheet together. Talk about the meaning of the verses.

My body can: Divide slips between Juniors. In quick succession, ask Juniors to mime their action while the others guess. One adult may record the scores of correct guesses if the Juniors are competitive. Emphasise what marvellous machines our bodies are!

Chain prayer: Prayers of thanks for our healthy, well made bodies. Also include thanks for doctors, nurses, carers and dentists.

Legal Drugs : Discuss all the appropriate facts on the sheet with your Group .

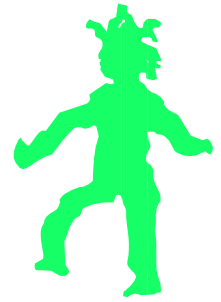
Sum up:

- God has made us as unique human beings in a wonderful body.
- We need to take care of our bodies because God wants to live in us to bring His Kingdom to earth. He needs our hands, feet and voices to tell others of His love and forgiveness.
- Clever minds and caring people have been used by God in medical research. This has produced marvellous cures for many illnesses. Many people are dependent on prescribed drugs to keep them alive and healthy. Let us be grateful for all doctors, nurses, carers and dentists who are available to help us.
- Refer back to the text - John 10:10 - **I have come that you might have life in all its fullness.** We do need to be well to fully enjoy life but we will also live to the full when we know we have a Saviour who loves us, cares for us and will share our problems and deal with them. Jesus has also promised to be with us to the end of our lives and beyond.

HEALTHY BODIES : LEGAL DRUGS

The only way our bodies stay working well is to look after them.

What can we do to keep well? Ask and discuss briefly.



1. Eat a balanced diet.
2. Exercise, walk when you can, play active games.
3. Relax and sleep plenty hours.
4. Share worries with an adult. Talk - having to explain a headmash can help you to understand it too.
5. Do not smoke.
6. Do not drink to excess.
7. Do not take illegal drugs.

Our bodies

A range of things go into our bodies. How do they get in? (swallowing, breathing, by a doctor, by accident) e.g.

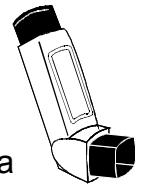
➡ Good things: food, milk, soft drinks, medicines

➡ Harmful things: dust, smoke, stings, germs, foreign bodies (pins, stones, glass etc.)

Medicines

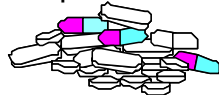
When we are unwell and need medical attention, we are given help by a doctor, nurse, dentist, or pharmacist. We use ointment, inhalers, bottles of medicines, pills and injections. Diabetics and some asthmatics need continual medication to keep their body balanced and feeling well. Medications help us to recover when used correctly. **Always remember to read the label and follow the directions for the correct dosage. Keep all medicines in a safe place to avoid danger of misuse.**

ALL MEDICINES ARE DRUGS BUT NOT ALL DRUGS ARE MEDICINES.



What is a drug?

A drug is a substance that by its chemical nature affects the structure or function of a living organism. All drugs depress or stimulate a reaction, or produce hallucinations.



Prescribed drugs

Painkillers, antidepressants and sleeping tablets are all prescribed by GPs. Some people misuse and abuse painkillers and they become psychologically dependent on them. Prolonged abuse can cause serious liver and kidney damage. Prescription drug dependency is one of the most difficult to treat, along with nicotine and anorexia, and they have the best excuse of all not to give up: "My doctor gave it to me." **Prescribed medicine may have a 'street value'.**



Over-the-counter drugs

These can be divided roughly into three groups: preparations giving a stimulant effect, a sedative action, or reduction of pain. Many preparations are a mixture of ingredients. Those containing codeine are especially subject to misuse as 10% of the drug is converted by the body to morphine. Many drugs can be harmful if misused e.g. Kaolin and morphine, Feminax, pro-plus, paracetamol, Neurofen and Benylin. (They can be addictive or even fatal.)



Caffeine

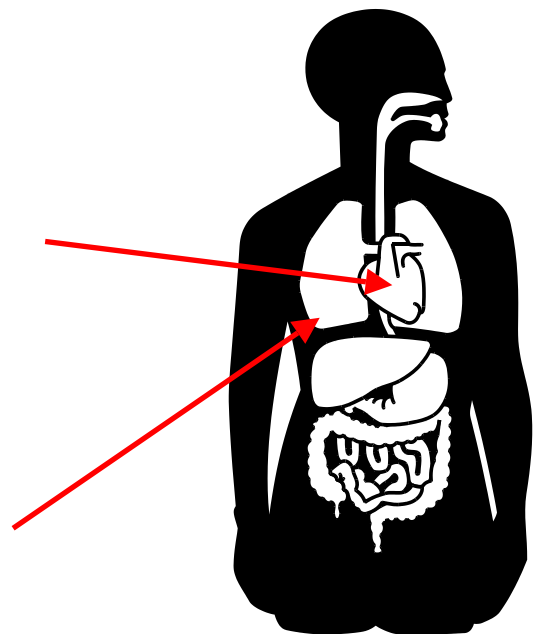
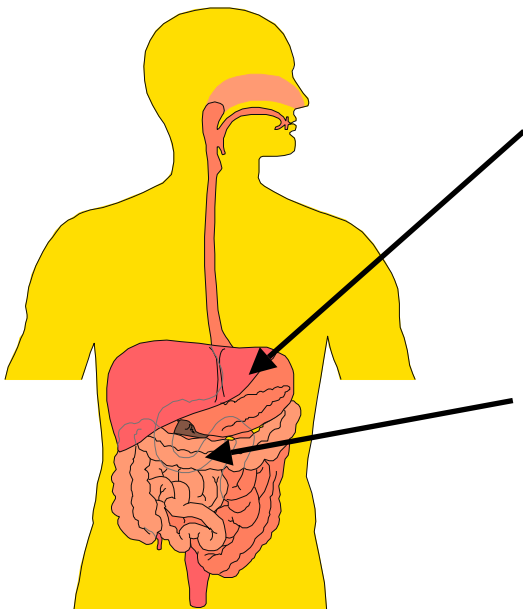
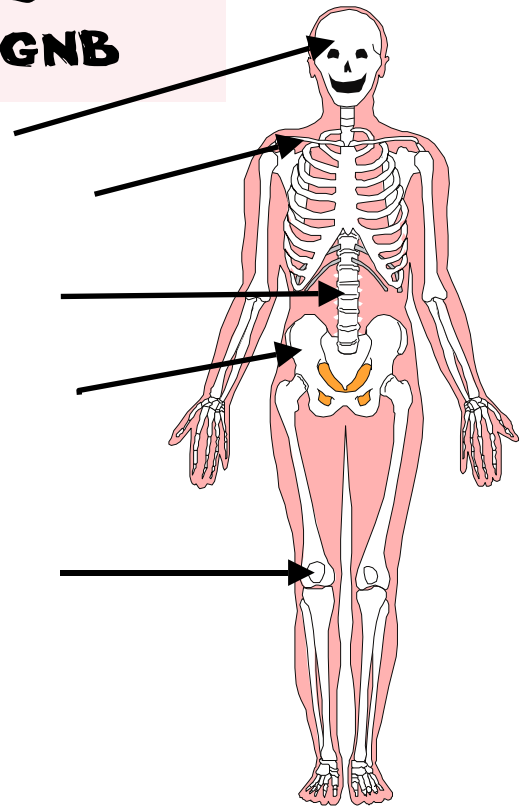
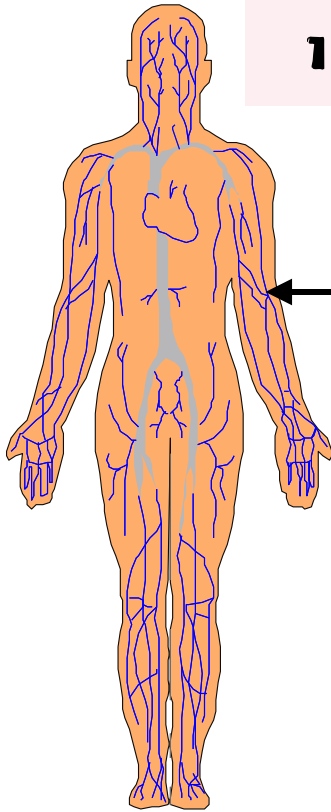
Tea and coffee contain the drug caffeine which makes people more awake. The effect can last several hours helping people to concentrate. Caffeine increases stomach acid and it can make it difficult to get to sleep. People drinking a lot of tea and coffee may feel anxious and irritable. Withdrawal effects include headaches and sleepiness. It can be difficult to give up.

MY BODY CAN....

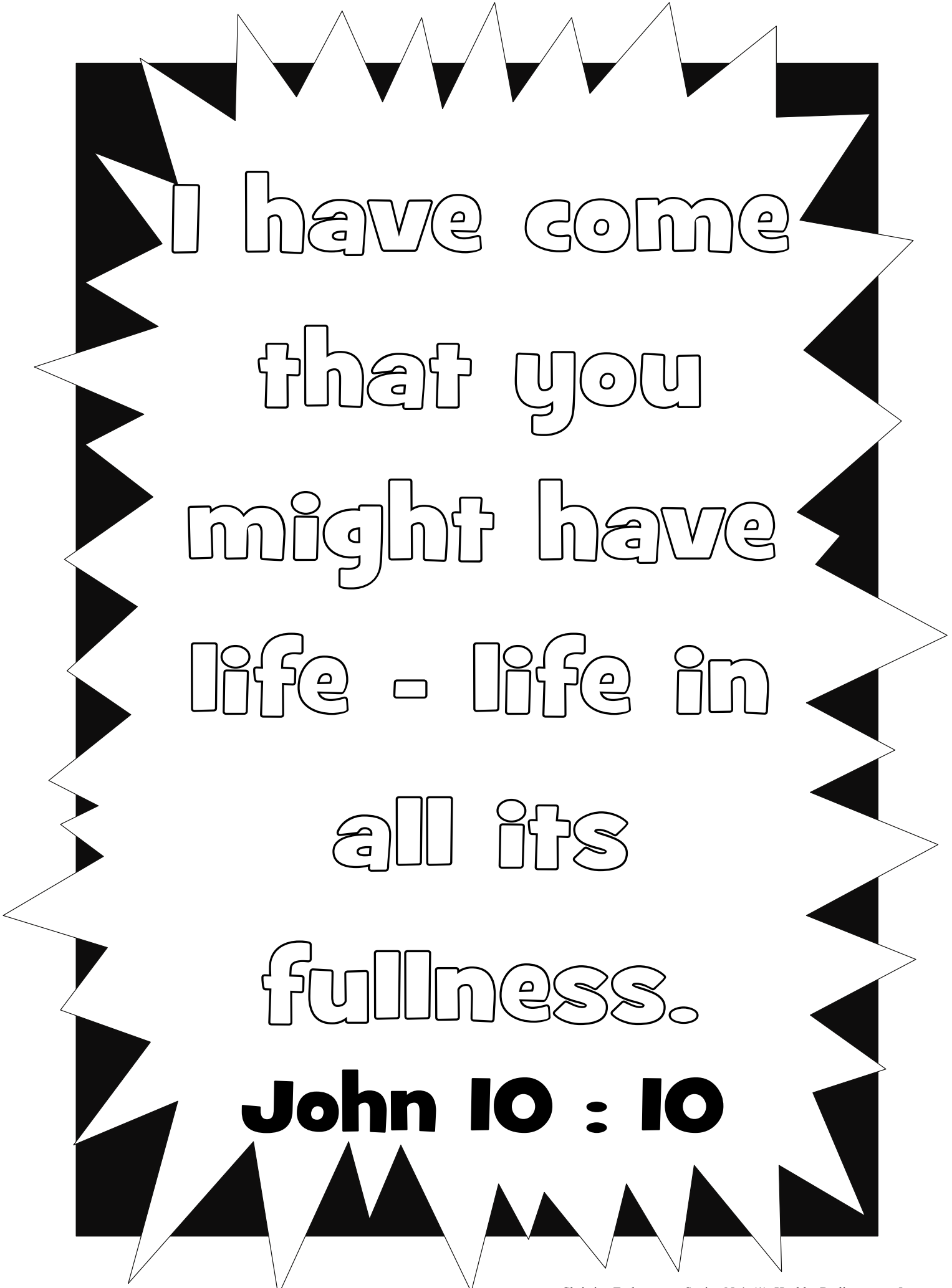
fall and cut knee	swim breast stroke
smell a flower	balance on a bike
read a book	cut with scissors
look for a lost pencil	blow your nose
recognise a friend	brush your teeth
listen to music	wash your face
enjoy a meal	cough
taste a lemon	cry
talk with a friend	talk on the telephone
stroke a cat	choose a meal (menu)
feel a jaggy nettle	laugh
jump high	open a surprise present
run fast	take deep breaths
sleep soundly	climb a ladder
hop	sing

You are God's temple and God's spirit lives in you.

1 Corinthians 3:16 GNB



God put every different part in the body just as He wanted it to be. 1 Corinthians 12 : 18 GNB



I have come

that you

might have

life - life in

all its

fullness.

John 10 : 10