# Treating our body with Respect and Dignity

**Lesson:** Understanding the importance of having respect for yourself and looking after both your body and your mind.

**Date:** As used.

**Time:** As used.

**Class:** 1st and 2nd class.

**Strand:** Myself

**Strand Unit:** Taking care of my body

**Materials Needed:** Using the different resources on the Lunch Bag website, the '4 corners' game is used to introduce the lesson, the 'Treating body with respect and dignity' video can be used as the lesson, the 'Discuss how to respect ourselves' resource is used as the assessment for the lesson and then the 'Respect for ourselves' activity sheet is to be used to finish the lesson.

***Learning Objectives***

1. Appreciate the need and understand how to care for the body in order to keep it strong and healthy through the use of a balanced diet, regular exercise, adequate rest, quiet time and relaxation.
2. Recognise the importance of treating the body with respect and dignity.
3. Realise that each individual has to take responsibility for their own self-care.

**Introduction/Stimulus**

The '4 corners' game is used as the introduction to the lesson. This game incorporates physical activity and movement, both of which are covered in the lesson. Hence, the introduction provides for a nice transition into the learnings of this lesson.

**Development**

- The first area highlighted to students is the importance of respecting the mind and the different ways of doing this. The different ways of respecting the mind explained to students include talking about issues, journaling, doing good deeds and focusing on themselves.
- The second section of the lesson is on the importance of respecting their bodies. As this area was covered in the 'Caring for ourselves' lesson, it isn't elaborated on as much as the importance of respecting the mind. Students are just reminded on the important points including exercising, eating a balanced diet, getting enough sleep, having play time and quiet time too!
- Lastly, the importance of breathing is explained to kids. Although being one of the most important ways of dealing with stressful situations, breathing is regularly forgotten about. Students are educated on the 'box breathing' technique to centre themselves and become present during different situations.

**Conclusion**

A class discussion is used as the assessment for this lesson to ensure that the desired learnings from this lesson have been acquired. The lesson then concludes with the 'Respect for ourselves' activity sheet where students can come up with different words to describe having respect for themselves.

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| **Assessment** | Learnings are assessed using both the classroom discussion with the 'Discuss how to respect ourselves' resource as a prompt and the 'Respect for ourselves' activity sheets to further consolidate the learnings from the lesson. |
| **Linkage/Integration** | **Linkage:**<br>**As I grow I change;** realise that growth takes place in many different ways including spiritually and to learn to become comfortable with quiet time for longer periods.<br>**Feelings and emotions;** Become aware of and be able to choose healthy ways of feeling good about himself/herself.<br>**Integration:**<br>**Physical Education;** With the use of the 4 corners game, physical movement is incorporated into the lesson. |

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| | **English;** is integrated in the form of debating with a classroom discussion to further expand on the learnings of the lesson.<br>**Art;** is integrated with the 'Respect for ourselves' activity sheet in the form of the colour me in items around the activity sheet. |