



**TODAY'S TOPIC:**  
**Good to Move**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What are some of my favorite ways to move?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	Know that moving our body helps our health and wellbeing just like Spirit helps our health and wellbeing.

**ASK:** What are some ways that you move every day? Take all answers.  
 Ex: get out of bed, play in the yard, walk to the park, riding your bike, swimming, dance party, hiking, if you play a sport.

**ASK:** How does moving make you feel? Take all answers. Ex: good, healthy, tired, happy.

**ASK:** What are some reasons it's good to move?

- STRONG = builds your muscles
- BONES = makes them harder
- HEART = keeps it healthy
- LUNGS = keeps air moving through your body
- BRAIN = makes it work better

**ASK:** What does God have to do with moving?

- Moving clears my mind so I can hear God better.
- God created my amazing body that is able to move so well.
- If I am struggling to move, I can talk to God for help.

- Moving helps our health and wellbeing just like God helps our health and wellbeing.

**MOVE:** Play some movement games like follow the leader, red light green light, go on a scavenger hunt, create an obstacle course.

**AFFIRMATION** – I am moving through life in my own way. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .