



TODAY'S TOPIC:

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.

Can your body tell you what it needs?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Small envelopes • Two substances – one edible and one not, ideally similar textures. Sugar and laundry detergent are used in our example below. 	<ul style="list-style-type: none"> • Put one substance in each envelope. 	To learn to check in with your body about what is right for you.

SAY: Our thinking job today asked us whether or not our bodies can tell us what they need. What do you think of that? There are lots of ways our body can tell us what it needs. It uses a lot of feelings, like hunger, tiredness, pain.

ASK: Is there another way you can ask your body and have it tell you yes or no? Has anyone ever heard of muscle testing? Muscle testing is when you ask your body questions and it answers you with either weak or strong muscles. (Do some poses with weak or strong muscles.)

SHARE: I know, it sounds a little funky so let's talk about how it works. When our body feels supported (something is good for our body or our life or making a good

choice), the muscles strengthen and when it doesn't feel supported or it feels hurt or something is a bad choice, it weakens the muscles.

DEMONSTRATION 1: Here's what we're going to do: (child's name) is going to hold one arm out in front of them, like a one arm zombie. Then they are going to hold their other hand over their heart. Then we are going to say something that isn't true. For this first one, we will have them say "my name is _____ (any name but their own)". After they say that, I am going to use two fingers to push down gently on their extended arm. If the statement is true, their muscles will strengthen when they say the statement and their arm will stay up, resisting my push. If the statement is not true, their muscles will weaken and their arm will go down, unable to resist my push. (demonstrate).

SAY: How did it go? Their body knows that _____ is not their name! Try it again using their real name. Repeat if you like.

DEMONSTRATION 2: Let's try something a little more difficult. In one of these envelopes there is a natural sweetener – sugar - and in the other is something made from chemicals – not good to eat. Don't show what's inside! Have the child pick an envelope without knowing what is inside and hold it over their heart.

SAY: Without knowing which they chose, do the test and guess what is in the envelope. Have the child hold out their arm and say "this is good for my body". (Perform muscle test) What do you think is in the envelope? (open envelope to find out.) Repeat if you want.

FINAL THOUGHT: Your body knows what is good for it AND your body knows what choices are right for it. Muscle testing lets us tap into our physical, mental, and emotional well-being. Say affirmation.

AFFIRMATION: My body knows what it needs. –repeat 4X

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

