

## **Health Creation Week - Monday: Fresh air and Water**

### **FRESH AIR**

#### WHAT has God given us to keep us healthy?

God made good clear clean AIR that he separated from the waters on Day 2 of Creation Week.

#### WHY has God given us air to breathe?

God formed Adam out of the dust of the earth. He then bent down and breathed into his mouth and nose, the breath of life. Adam opened his eyes and gazed into the most loving eyes of God. He was alive! We need air to breathe. Without air we die really quickly. We breathe air into our lungs and the oxygen is transported to our hearts and then right around the body.

#### HOW do we breathe air?

Let's practice breathing. Spread your hands over your tummy. Breathe in through your nose. Hold it, then breathe out through your mouth.

#### WHEN should we breathe?

We breathe in and then we breathe out. We breathe in and then we breathe out. This keeps happening from our first breath of life until our last, when we die.

Exercise helps me breathe more quickly.

And a note of caution for parents in the room: 12 year old Jack MacMillan was practising holding his breath while swimming laps, over the summer of 2012/13 in Woolloongong, NSW. He held his breath for so long that he became unconscious – which is not a good thing when you're swimming.

#### WHERE do we find clean air to breathe?

Having lots of trees around and vegetable gardens helps to make the good clean air we breathe. It is good to open our windows to let fresh air flow through our house.

#### WHO needs to breathe air?

Everyone!

## **WATER**

### WHY has God given us water?

God waters my garden so the plants grow and I can eat food. And God gave us water to have fun! We can go swimming and splash around. He also gave us water to keep us clean on the outside and the inside. We need water to drink. Without water we soon die and those who do not drink enough water die a slow death.

Water transports toxins out of our body through sweat, pee and poo.

### HOW much water do we need to drink each day?

If you are 3 years old – 3 cups; If you are 4 years old – 4 cups ;

If you are 5 years old – 5 cups

### WHAT if I drink juice instead of water. Does this count towards my cups of water for the day?

No! One day two 50 year old women joined a walk up the Pyramid Mountain at Gordonvale, Cairns. One lady thought she was bringing 2 litres of water on the walk, but it was goat's milk! The other lady thought that a small container of grape juice would give her enough energy and fluid to climb the steep mountain. The lady with the grape juice made it up the hill ok, but had to be carried all the way down the mountain because her body lost too much water! After that the lady always carried lots of water with her.

### WHEN should we drink water?

Often - You need to drink before you are feeling thirsty and try not to drink at meal times. Drinking fluids while you eat washes a lot of the nutrients in your food away. What a waste.

Drink a cup of water before breakfast and at least one cup between breakfast and lunch and between lunch and tea.

### WHERE do we find clean water to drink?

In most places in Australia it should be safe to drink water that comes from the tap. Some people get their water from tanks or wells. Look at your water before you drink it. Is it clear? Does it look clean? If you are not sure boil it. I can't wait to drink from the river that flows from the throne of God in Heaven.

### WHO needs to drink water?

Everyone!

## **Health Creation Week - Tuesday: Eating Plants and Temperance**

### **2. EATING PLANTS**

God gave us the best food to drink and the best grape juice too.

#### WHY did God give us food to eat?

God knew we would enjoy real food and it would help us to feel full, happy and satisfied.

Food gives us fuel for our bodies. One young boy has been on some really long walks with his parents and sometimes he says “Mummy, I am all fuelled out,” and he stops walking. Then he has some some carbohydrates like a bendy banana or fats like amazing almonds to fuel him up again and he's ready to go again.

Food also helps our bodies grow and develop. We need to eat proteins from nuts legumes and grains; fats from the nuts and seeds; and minerals and vitamins from the vegetables and fruits

#### WHAT sort of food did God give us to eat?

On day 3, God planted a garden with the yummiest foods. He planted the Garden of Eden with beautiful fruit and nut trees, fruit bearing vines, grains and vegetables on the land and water cress and seaweed in the water.

God placed all the colours of the rainbow in the garden. They were good to eat. So in the beginning of the world, Adam and Eve ate plants, not meat.

When you don't eat a rainbow of different foods, something bad happens: One man, when he was a kid, liked white bread, white rice, noodles and potato chips. He hardly ever ate a proper vegetable or fruit. Sometimes he would eat one corn kernel and one green pea. He loved meat. The white foods and meat he ate did not provide him with much fibre, so he would sit on the toilet for a very long time, because the poo just would not come out. And when the poo did come out it hurt! By the time he was a teenager, he got very sick. The doctor told him if he did not start eating fruit and vegetables, he would die. Thankfully he started making good food choices after that. He started eating more salad vegetables, cooked vegetables and fruit.

#### WHEN should I eat food?

Morning, Lunch and Tea.

#### WHO needs food?

Everyone!

## **TEMPERANCE**

### What does temperance mean?

Temperance is having self control, doing things *sometimes*: Like we might eat an apple a day to keep the doctor away, but we would not eat 10 apples in a day!

Or, Temperance is having self control, but *never doing something*: Like we should not smoke and drink or take drugs cause these things will hurt our bodies.

Or Temperance is having self control by holding our temper and our tongue when we are annoyed or angry, so we do not hurt other people.

### Why does God want us to be temperate in all things?

God wants us to be happy and healthy. He gave us two rules of Happiness: “Love the Lord your God with all your heart and all your mind and all your soul and Love your neighbour as yourself.” If we love God, we will follow what he tells us in the Bible. Proverbs 20:1 “Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.”

Once there was a gambling man named Steve. He won over one million dollars in the lottery. Steve was rich! Steve bought a big house on a big property on a big hill overlooking all the neighbors around. The neighbours called it "God's house." But Steve did not play by God's rules. He liked to drink alcohol and he liked fast cars. Steve would drink and drive fast. And...Steve would drink and crash his flash cars. One night, Steve drank alcohol and missed a corner in the road he crashed through some trees and into a fertilizer pond of rotting fish. Oh, Yuck! Steve scrubbed himself in the bath many times, but he stank to high heavens. You would think that Steve would learn not to drink. He bought a motor bike and he kept drinking and driving and he crashed that too.

### Who needs to be temperate?

Everyone!

**Health Creation Week - Wednesday: Energy from the Sunshine and Rest**

### **3. ENERGY FROM SUNSHINE**

(Need sun in morning; Vit D and avoid blue screens.)

#### WHY did God give us sunshine?

God made the sun on day 4. This helped the plants to grow, so we can have lovely shade trees, air to breathe and food to eat.

The sun helps us see in colour too. When God made Adam, he saw all the beautiful things that God had created: The big bold hippopotamus, the tiny cute frogs, the dancing flowers and towering trees. Best of all, after Adam had some day surgery, he found his most beautiful wife.

God gave us the sun to keep us warm and to dry and clean our clothes when we wash them.

And the sunshine provides Vitamin D which touches our skin to help our bones, skin and hair to be strong. It helps our immune system to be healthy and kills germs on our skin.

#### HOW much sunshine do I need each day?

In the tropics you should get some sun early in the morning or late afternoon. In between times, cover up with a hat, long sleeves or screen.

Exposing our limbs, back of our legs and letting our eyes get natural light, helps us to sleep at night.

Wear a hat and cover up during the other times, because too much of a good thing like sunshine can cause cancer.

I had a friend who was a doctor. One morning I saw him out and about dressed for work – well nearly dressed properly for work. He had his long shirt and trousers on, but he was wearing thongs on his blistered feet. The good doctor had gone sailing the day before, but had forgotten to cover his feet with shoes and the sun beat down and burned his feet.

#### WHEN should I go outside into the sun?

In Australia: Early morning, Late afternoon

#### WHO needs sunshine?

Everyone!

## **REST**

### WHAT is rest?

If you run around and get tired, you will stop and have a rest. When you get really tired, you will sleep. There is also another type of rest. God made the Sabbath Day for you, to spend time with Him. In fact, God made the Sabbath Day for you AND your family, your neighbours and everyone in the whole world to spend time with Him.

### WHY do we need to rest?

We need sleep to heal our wounds when we get cut or bruised.

We need sleep to strengthen our immune system, so we don't get sick and suffer from colds.

We need sleep to help us remember what we did yesterday.

We need sleep to help us to learn.

We need sleep to help us be happy.

Without sleep, we can become uncoordinated like someone who is drunk and if we never ever slept we would die.

Tanya was so excited. She had just gotten engaged to be married to her sweet heart and so she stayed up all night! In the morning, Tanya decided to go to work in the next town, an hour away. She was very tired but got in her car and started driving anyway. But she was so tired that she crashed her car.

### HOW much rest do we need?

3-5 year olds need to sleep between 10-12 hours a day. That's like all of the dark hours of night. Some of you might have a sleep during the day too.

### WHEN should we rest?

We rest when we are tired. Everyone needs to sleep each day and young kids need heaps more sleep than adults. All of you sleep at night and some of you might have a sleep during the daytime. To sleep well, we need to get Vit D from Sunshine in the early morning or later afternoon, preferably on our faces and the back of our legs. We also need to stay away from screens at night. Because our brains think the light from the screen is like the sunshine in the morning and it tells our brains to wake up! Also, we choose to spend time on our Day of Rest – the Sabbath, every Saturday, with God.

### WHO needs rest?

Everyone

## **Health Creation Week - Thursday: Exercise**

### **4. EXERCISE**

#### What can you tell me about exercise during Creation week?

The Garden of Eden was like a big zoo with birds and fish and animals everywhere. God asked Adam to do a special job: to name all the animals and so Adam went for a walk.

I wonder if the Willy-Wag-Tail birds wanted to play chasey with Adam? Perhaps Adam rode on the back of an emu. Maybe he pretended to hop like a sparrow, or fly like an eagle. He might have climbed trees to play with some monkeys or to sing with some birds. After playing on the land for a while he might have skipped down to the water before jumping into swim with the fish, the whales and the crocodiles.

#### Why is Exercise Important?

Adam and his wife Eve liked to walk and talk with God in the early evening. Walking fast is good exercise. It makes our muscles strong and it helps our heart pump fast to pump our blood all around the body. The blood delivers food nutrients and oxygen to our bodies organs and it removes the toxins and wastes like carbon dioxide.

Exercise makes us feel good and helps us stay fit and healthy.

#### When should we exercise?

Everyday.

If you are 3 years old – you need 2-3 hours per day exercise

If you are 4 years old – you need 2-3 hours per day exercise

If you are 5 years old – you need 2-3 hours per day exercise

#### How should we exercise?

Let's pretend to be:

Apes: I can arch. I can bound. I can make an ape sound. (Arms back, then hop and cup hands under armpits)

Ladybird: I can leap as lightly as a ladybird.

Moose: I can march up a mountain like a mighty messy moose.

Owl: I can open my wings and glide like an owl – OO.

Xenops (bird): I can extend and stretch and make an X.

Who needs to exercise? Everyone!

## **Health Creation Week - Friday: The Human brain**

### **5. PROTECTING YOUR BRAIN**

What has God given us so we can sing, pray, read the Bible, learn about creation and understand wonderful things?

Jesus gave Adam and Eve and every boy and girl too, a very special part of the body called the brain. It controls our body and our thoughts and feelings.

How can the brain be used to do the most lovely thing in the whole world?

The brain is the part of our body where we love God, love our family and everybody else just like Jesus did.

Why is it very important to take special care of our brain?

The frontal lobes of our brain are where we make choices. We either choose to be good and love Jesus or else we decide to follow Satan.

How can we look after the frontal lobes that Jesus made for us?

When we ride a bike or a scooter we put on a helmet to protect our brains. We can take care of our frontal lobes and other parts of our brain by eating good food, exercise, drinking water, getting the right amount of sunlight, saying no to bad things like alcohol, cigarettes, and drugs, breathing fresh air, getting enough rest by sleeping every night and keeping the Sabbath day holy, and trusting Jesus and the promises found in the Bible. It is not good to listen to bad music and watch too much television or play too many computer games.

Who will fix up our frontal lobes if we have been naughty and made bad choices?

The Holy Spirit is one of three wonderful friends who can give us a new heart and mind by writing God's wonderful ten commandments of love to God and others on our hearts. By praying for forgiveness and reading the Bible we can have a new very nice thoughts and feelings that will make Jesus and God the Father very happy.

Where will Jesus take us if we let him give us a new heart and mind?

Jesus will come and take us home at the Second Coming and take us to heaven.

Who should let God the Father, Jesus and the Holy Spirit help them take care of their frontal lobes and create a new heart and mind that only make good choices?

Everyone!



## Health Creation Week - Sabbath: Rest

### 6. SABBATH REST

What did God do on the first Sabbath Day?

**Genesis 2:2** And on the seventh day God **ended his work** which he had made; and he **rested** on the seventh day from all his work which he had made.

**Genesis 2:3** And God **blessed** the seventh day, and **sanctified** it: because that in it he had rested from all his work which God created and made.

God ended His work on the Sabbath Day. He also rested and blessed it. The fourth thing He did was sanctify it, which means he set it aside from every other day of the week as a Holy day for every boy, girl, mum, dad and everyone else to enjoy worshipping Him. We can have fun with Jesus on the Sabbath day like no other day because it is Holy, Special and blessed

What can we rest from on the Sabbath day?

**Exodus 20:8** Remember the Sabbath day, to keep it holy.

**Exodus 20:9** Six days shall thou labour, and do all your work:

**Exodus 20:10** But the seventh day is the Sabbath of the LORD your God: **in it you shall not do any work**, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger that is within thy gates:

The Sabbath was made to give boys and girls rest from their school work, their jobs they have to do at home, their cares, their worries, their temptations that they might have every other day. It helps us all become more like Jesus and prepare for His Second Coming.

Who as the Sabbath made for?

**Mark 2:27** And he said unto them, **The Sabbath was made for man**, and not man for the Sabbath:

The Sabbath was made for man or mankind or in other words everybody.

Whose day is it?

**Mark 2:28** Therefore **the Son of man is Lord also of the Sabbath.**

The Sabbath is Jesus' day. It belongs to Him and He has made it such a wonderful day.

What do we do on the Sabbath day?

**Isaiah 66:22** For as the new heavens and the new earth, which I will make, shall remain before me, says the LORD, so shall your seed and your name remain.

**Isaiah 66:23** And it shall come to pass, that from one new moon to another, **and from one Sabbath to another, shall all flesh come to worship before me**, says the LORD.

The Sabbath day is for worship. Worship includes singing happy and fun songs about Jesus. Worship means happy times with our family and friends. Worship also includes learning wonderful things about Jesus, His creation, salvation and many other interesting things. I love worshiping Jesus do you?

Who do we remember on the Sabbath Day?

**Exodus 20:8** Remember the Sabbath day, to keep it holy.

**Mark 2:28** Therefore **the Son of man is Lord also of the Sabbath.**

We remember Jesus who is called the son of man. That is why Sabbath is such a happy day.

Will boys and girls keep the Sabbath day in the New Heavens and the New Earth?

**Isaiah 66:22** For as the new heavens and the new earth, which I will make, shall remain before me, says the LORD, so shall your seed and your name remain.

**Isaiah 66:23** And it shall come to pass, that from one new moon to another, **and from one Sabbath to another, shall all flesh come to worship before me**, says the LORD.

Yes, we will. Who wants to be ready to meet Jesus when He comes back so we can keep every Sabbath having fun with Him, our families and friends?