

2016 World Activity Kit - Children

GOD HAS THE ANSWERS!

The theme for this year's activities is **"God has the ANSWERS for a healthy life"**.

When God created us, He provided the the resources we needed in order to live and the support systems to ensure that we had happy and healthy lives. He also gave us free choice where we could exercise self-controlled choice under God's power and direction. Unfortunately, mankind decided to exercise that choice apart from God which brought death and destruction. God still has the **ANSWERS** to the best way to live and has provided a **NEWSTART** through Jesus Christ.

God provided the:

A IR	Resources God provided for life - <i>Genesis 1:1-19, 28-29</i>
N UTRITION	
S UNSHINE	
W ATER	
E XERCISE & WORK	Support systems God put in place for health and happiness - <i>Genesis 1:26-28; 2:1-3, 15, 18-24; 3:8-9, 19</i>
R EST & R ELATIONSHIPS	
S ELF-CONTROLLED CHOICE	Trusting in God's power and guidance, and obeying His laws for life. <i>Genesis 2:8-9, 16-17; 3:1-7</i>

These same principles can be found in the acronym

NUTRITION

EXERCISE & WORK

WATER

SUNSHINE

TEMPERANCE

AIR

REST/**R**ELATIONSHIPS

TRUST IN GOD THROUGH FAITH IN JESUS CHRIST

When we follow God's directions we can have a healthy life as He has the ANSWERS!

Whenever we make mistakes, God is always there to give us a NEWSTART!

Unit 1 - God has the ANSWERS!

Study *Genesis 1-3* and have the children cut out pictures illustrating the acronym ANSWERS on [Activity Sheet 1](#).

Show the children how God made provision in the first 4 days of creation for all our basic needs and then filled the earth with the things that bring us joy and purpose.

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RESOURCES: **Unit 2 - Air** - Looking at air and how vital it is for life. _

Memory Text - *Proverbs 30:4 Who has gone up to heaven and come down? Who has gathered up the wind in the hollow of his hands? Who has wrapped up the waters in his cloak? Who has established all the ends of the earth? What is his name, and the name of his son? Tell me if you know!*

Discuss the need for helping to keep the air clean. Children could do the following experiment to test the air around them.

Experimental Procedure: (Courtesy of <http://www.sciencefairprojects411.com/environmental-science/3/Air-Quality-2.php>)

1. Save a juice carton to use for an experiment. Clean and dry the carton thoroughly before use.
2. Cut the carton into four flat pieces by cutting along the side seams of the carton. Then cut each side into 3 square pieces. There will be a total of 12 squares.
3. Using the hole punch, punch a hole in one corner of each square.
4. Tie a piece of string through the hole to make a loop for hanging the square up, on a tree branch for example.
5. Make a data sheet (see below) to record where you place your squares, and what data you later will collect from them.
6. Decide on four locations. They could be your back yard, a busy street corner, a park, a shopping center. Write the name of each location in the data table.
7. Using black permanent marker, draw a 1 inch by 1 inch (2.5 cm x 2.5 cm) box in the center of the white side (what used to be the inside of the carton) of each square.
8. Write the name of the location on the bottom of each square and use three squares for each location.
9. At each location, find a place to hang up three of the collection squares like a tree branch, sign post, light post, or any other safe landmark.
10. Before hanging each square up, spread a thin layer of Vaseline in the black box in the center of each square with your finger. Hang up the collection square.
11. Leave the collection squares for 3–5 days.
12. Revisit each location bringing your data table and a magnifying glass.
13. Remove the squares one at a time. Each time, use your magnifying glass to count the number of visible particles you see stuck in the Vaseline inside the boxed area. Write the number in your data table.
14. For each location you will have collected three sets of data, so you will want to average the data to get a better result.

Data Sheet

Location	1.	2.	3.	4.
Square 1				
Square 2				
Square 3				
TOTAL				
Average				

The more particles, the dirtier the air in that location. Where is the air the cleanest?

Decipher the code on [Activity Sheet 2](#) about keeping air clean.

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RESOURCES: 3 - Nutrition

This unit looks at the healthy eating pyramid and how we should eat the majority of our food from a plant-based diet for a healthy life.

Food is designed to help us:

- **GO** - provides energy for the things we need to do.
- **GROW** - provides the building blocks to make new tissues and muscles and repair the body.
- **GUARD** - provides phytochemicals, vitamins and minerals to protect the body from disease and keep it in top working order.

The three principles of good nutrition are

- **Balance** - We should have a balance of the foods that provide energy, growth and protection.
- **Moderation** - We should eat in moderation. Even good food can be harmful if we eat more than we need. Eat what we need to maintain a healthy weight.
- **Variety** - Food comes in amazing variety and the combinations of the nutrients in food help to keep our bodies in good repair. We need variety in colour, tastes, textures and methods of preparation.

EAT A RAINBOW every day is a great way to get variety in colours which also provides different phytochemicals that protect our bodies.

Food Activity:

Have the children make kebab sticks in rainbow colours and use the [rainbow sheet](#) provided to print off sticky labels that can be stuck around the end of the kebab stick.

Some Examples:

Fruit kebabs - strawberries, mandarin, pineapple, kiwifruit, blueberries, blackberries.

Salad kebabs - cherry tomatoes, carrot cubes, yellow capsicum, haloumi cheese, celery, beetroot.

Activity Sheet 3:

Complete the healthy eating pyramid activity sheet.

For more information visit:

<http://nutritionaustralia.org/national/resource/healthy-eating-pyramid>

<http://nutritionaustralia.org/national/resource/australian-dietary-guidelines-recommended-daily-intakes>

Memory Texts:

Psalms 34:8 Taste and see that the LORD is good; blessed is the man who takes refuge in him.

2 Peter 3:18 But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever! Amen.

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RESOURCES: Unit 4 - Sunshine

This unit looks at the role sunshine plays in promoting good health and the need for moderation in even those things that are good. Help the children to understand that too much of even things that can help us can cause damage and to be balanced in making sure that they obtain the benefits from sunshine without causing damage to their skin. In all the things God provides for life it is important to maintain balance so that systems do not get out of sync with each other. This is a great introduction to the whole concept of *Temperance* - "the abstinence of those things which are harmful and moderation in the things which are good."

Balanced sunlight exposure is beneficial to us in the following ways:

1. Lowers blood pressure.
2. Improves bone health.
3. Improves brain function.
4. Eases mild depression.
5. Improves sleep quality.
6. Lessens Alzheimer's symptoms.
7. Heals some skin disorders.
8. Boosts growth in children.
9. Enhances the immune system.
10. Reduces the risk of certain cancers.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>

<http://www.healthline.com/health/depression/benefits-sunlight#1>

<http://www.mindbodygreen.com/0-5999/10-Healing-Benefits-of-the-Sun.html>

<http://www.lifehack.org/articles/lifestyle/10-amazing-health-benefits-sun-exposure.html>

Activity Sheet 4 - Word Find

Find the words and hidden message in the word find from the paragraph regarding the importance of sunlight.

Memory Texts:

Malachi 4:2a But for you who revere my name, the sun of righteousness will rise with healing in its wings.

Matthew 13:43a Then the righteous will shine like the sun in the kingdom of their Father.

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Unit 5 - Water

In this unit, we study how water cleanses and assists in maintaining good health.

Outside use of water - Cleaning homes, clothes, bodies.

Outside the body, hot and cold water is well known to relieve pain and to prevent infection and skin diseases. When you have a bath or shower, your skin breathes more easily, and the toxins in your skin are removed. Bathing makes the muscles more flexible, it refreshes and soothes the nerves, and can improve circulation.

Inside use of water - Drinking water helps to cleanse the body of toxins, lubricate the moving parts (imagine blinking with no tears to lubricate), transport nutrients, maintain the temperature control, improve brain function, maintain heart health and aid endurance. The brain is often the first organ of the body to be affected by a lack of water and will usually trigger a thirst mechanism or you will start to feel a headache. Lack of water also lowers the pain threshold of the body so that you feel pain more readily.

The body loses fluid continually through the skin (sweat), breathing, eliminating wastes (urine and stool). It is important that this fluid is replaced. Drink enough water to quench your thirst. You can also monitor the volume of your urine. If your urine is scanty, dark, and smelly, you should drink more. If you have not urinated during your work or school day (8 a.m. to 3 p.m.), you are severely under-hydrated. Other foods and drinks also contain fluid which helps to balance your fluids. Studies have shown that drinking water more than other fluids has a greater beneficial effect on heart health.

<http://aje.oxfordjournals.org/content/155/9/827.long>

<http://archives.adventistreview.org/2002-1542/story3.html>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

<http://greatist.com/health/reasons-to-drink-water>

<http://www.webmd.com/diet/6-reasons-to-drink-water>

Activity Sheet 5 - Maze

Help the children find the well of water.

Take the time in this unit to look at the establishment of water fountains in the history of WCTU.

It is also a great opportunity to encourage the children to invest in water projects in third world countries and work in aiding those who do not have access to clean water.

Watch the following Youtube video: <https://www.youtube.com/watch?v=VCfy24dSkfM>

More information on water projects: <http://adraasia.org/clean-water/>

<https://adra.org/gift-catalog/drill-well-change-community-forever/>

Memory Texts:

Jeremiah 2:13 "My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.

John 7:37-38 On the last and greatest day of the Feast, Jesus stood and said in a loud voice, "If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him."

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SUPPORT SYSTEMS: Unit 6 - Exercise

<http://livingwellnaturalhealth.com/23-proven-exercise-benefits-for-healthy-living/>

12 Fun Exercises You Can Do With Your Kids

1. Biking.
2. Walking and Scootering.
3. Dance Workouts.
4. Play Chase or Tag.
5. Jump Rope.
6. Train for a race together.
7. Go swimming.
8. Go for a hike.
9. Create an outdoor obstacle course.
10. Play a sport.
11. Go rollerskating or rollerblading.
12. Play a interactive game on the Wii.

Talk about the ways to exercise and show that everyday activities can also be exercise. Get the children active, rather than sitting playing games or watching TV.

Activity Sheet 6 - Matching pictures.

Match the mirror images and also find the ones that are different. Discover the two important messages about exercise.

Memory Texts:

1 Corinthians 9:24-25 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last for ever.

Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

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SUPPORT SYSTEMS: Unit 7 - Work & Responsibility

God gave man work to strengthen his muscles, and to keep him active and responsible.

When sin entered the world, work was harder, but was designed to help to eliminate waste from the body and keep us focused so that we would not be idle and fall into temptation.

It helps us to look after the environment in which we live.

[Activity Sheet 7](#) - Caring for Our Environment

Colour in the picture. Talk about ways we can care for our environment.

Take the children on a clean up project - collecting rubbish from parks or along roadways.

Take teams of children to assist people who are unable to mow their lawns or to do car washing. Help them to see that there is blessing in work, both to themselves and to others.

Memory Texts:

Genesis 1:28 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."

Genesis 2:15,19 The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.

Proverbs 10:4 Lazy hands make a man poor, but diligent hands bring wealth.

Proverbs 12:24 Diligent hands will rule, but laziness ends in slave labour.

Proverbs 12:27 The lazy man does not roast his game, but the diligent man prizes his possessions.

Proverbs 13:4 The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied.

Proverbs 21:5 The plans of the diligent lead to profit as surely as haste leads to poverty.

Ecclesiastes 10:18 If a man is lazy, the rafters sag; if his hands are idle, the house leaks.

2 Thessalonians 3:10-12 For even when we were with you, we gave you this rule: "If a man will not work, he shall not eat." We hear that some among you are idle. They are not busy; they are busybodies. Such people we command and urge in the Lord Jesus Christ to settle down and earn the bread they eat.

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SUPPORT SYSTEMS: Unit 8 - Rest & Sleep

[Activity Sheet 8](#) - The Benefits of Sleep

Colour the picture by using the number code.

Discuss the benefits of sleep with the children. Impress on them that regular times of sleep are important. Lack of sleep can have the same effect on a person as being drunk. It is wise not to drive when you are tired as driving can be as dangerous as drink driving. The following links give information and background to the benefits of sleep listed on the activity sheet.

<http://breakingmuscle.com/health-medicine/how-sleep-deprivation-fries-your-hormones-your-immune-system-and-your-brain>

<https://breakingmuscle.com/nutrition/why-proper-sleep-and-melatonin-are-absolutely-essential>

<https://breakingmuscle.com/health-medicine/4-deadly-things-caused-by-lack-of-sleep-2-reasons-to-get-more>

Sleep apnea & dementia - http://www.eurekalert.org/pub_releases/2011-08/uoc--sal080811.php

Insomnia & diabetes - http://www.eurekalert.org/pub_releases/2011-05/uocm-ilt050211.php

Lack of sleep & colon cancer - http://www.eurekalert.org/pub_releases/2011-09/wuso-mfa092611.php

Sleep loss & testosterone - http://www.eurekalert.org/pub_releases/2011-05/uocm-sll053111.php

Sleep & learning - http://www.eurekalert.org/pub_releases/2011-09/msu-plw092711.php

Sleep & speedy brain waves - http://www.eurekalert.org/pub_releases/2011-03/uoc--aws030211.php

Lack of sleep & immune system - <http://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>

Sleep & Immune Function - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3256323/>

Memory Texts:

Psalms 3:5 I lie down and sleep; I wake again, because the LORD sustains me.

Psalms 4:8 I will lie down and sleep in peace, for You alone, O LORD, make me dwell in safety.

Psalms 23:2-3a He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.

Psalms 127:2b ...for He grants sleep to those he loves.

Proverbs 3:24 When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Ezekiel 34:15 I Myself will tend My sheep and make them lie down, declares the Sovereign LORD.

Zephaniah 3:13 The remnant of Israel will do no wrong; they will speak no lies, nor will deceit be found in their mouths. They will eat and lie down and no-one will make them afraid."

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SUPPORT SYSTEMS: Unit 9 - Rest Rhythms & Relationships

[Activity Sheet 9](#) - Rest and Relationships. Tick all the circles that apply to the statements.

This unit looks at a number of rest rhythms that God has placed around us and how they were designed to bring refreshment, relaxation, restoration, recreation and rebuild relationships. It is designed to help children understand that God's patterns of rest and work are for the blessing of humanity. We can enjoy the times that we spend with others and with God.

Daily - The body has a daily circadian rhythm and it is important to keep it in balance with regular times for sleep and rest so that we can function well as individuals. This includes time for a devotional life, relaxation and sleep. See *Genesis 3:8-9*

Weekly - God provided a 7 day rhythm to refresh and bless mankind and give time to worship and remember God's work on our behalf. The weekly Sabbath was designed to:

1. Remember God's work of creation, *Genesis 2:3, Exodus 20:8-11*
2. Remember God's work of redemption and that we rest in God's work to make us holy *Deuteronomy 5:12-15; Ezekiel 20:12,20; Hebrews 4:9-10*
3. Recognise the Lordship of Christ in our lives. *Matthew 12:8; Mark 2:28; Hebrews 8:10*
4. Recognise the equality of man - no one was in charge of anyone else on the Sabbath - all were equal in God's sight. *Exodus 20:10; Deuteronomy 5:14*
5. Provide time for the animals to rest and to refresh us for the work ahead. *Exodus 23:12*
6. Bless and minister to others who are in need. *Matthew 12:11-12; Mark 2:27-28*
7. To rejoice and worship God and enjoy His fellowship. *Luke 4:16; Luke 17:2-3; Revelation 1:10*

Yearly - God gave the Israelites times throughout the year when they could rest from their work, meet as a community and remember God's work for them. As Christians we also have special times throughout the year when we can consider the events of salvation. These times are also special family and community times together. *Exodus 23:14-17; Leviticus 23* (The Jewish festivals are shown in brackets)

1. The birth of Christ - Christmas
2. The death and resurrection of Christ - Communion & Easter (Passover, Festival of Unleavened Bread & Firstfruits)
3. The giving of the Holy Spirit in our lives - Revival meetings (Pentecost)
4. The intercession of Christ on our behalf - Prayer retreats (Festival of Trumpets & Day of Atonement)
5. Thanksgiving to God for all His blessings and salvation - Thanksgiving (Festival of Tabernacles)

Every Seven Years - God also provided for His people to take sabbaticals. Every 7 years the land was left fallow so that it could be refreshed and re-fertilised. The poor were ministered to in that year and any food that grew was available for them to use. It was designed to help the communities to come together and help one another. *Exodus 23:10; Leviticus 25:1-7*

At the end of **every 49 years**, God gave a Jubilee year (*Leviticus 25:8-55*) when people rested from their work, travelled to their homes and were reunited with family, all slaves were set free, land reverted to its original owners and debts were cancelled. The principle that God had intended was that He wanted His people to establish good relationships with each other and to grow and develop as a community. When we take time to spend with our family, neighbours and community and to minister to each other we will be refreshed and blessed too.

Memory Text:

Proverbs 11:25 A generous man will prosper; he who refreshes others will himself be refreshed.

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SELF-CONTROLLED CHOICES: Unit 10 - Saying “No” to Drugs

Activity Sheet 10 - Complete the crossword on information regarding drugs.

The information covers the following word answers:

GHB, hashish, chroming, alcohol, cocaine, amphetamines, caffeine, ecstasy, stimulant, depressant, brain, FASD, tar, nicotine, LSD, rush, guarana, inhalants, marijuana, gangrene, no, drugs, violence, accidents, pledge, temptation, free-choice, wisdom.

Use the unit to teach children the facts about drugs. Help them to understand that drugs cause harm and change the way our bodies function. Help them to make informed choices to stay away from all harmful drugs.

Role play creative ways of saying “No” when asked to take drugs.

Some of the following websites may have helpful information:

<http://www.drugfreeworld.org>

<http://www.sr22insurancequotes.org/alcohol-and-drugs/>

<https://www.morningsiderecovery.com/educational-resources/teaching-kids-about-drug-abuse/>

<http://www.heroin-rehab.org/protecting-your-child-from-drug-use-and-abuse/>

Memory Texts:

Deuteronomy 30:19-20 This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

Matthew 6:13 And lead us not into temptation, but deliver us from the evil one.

Luke 22:40b Pray that you will not fall into temptation.

1 Corinthians 10:13 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

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SELF-CONTROLLED CHOICES: Unit 11 - Effects of Alcohol

[Activity Sheet 11](#) - Decipher the coded verses.

This unit is designed to look at the results of alcohol use.

Ask police or paramedics who deal with accidents to talk about what they see in accidents caused by alcohol use. Have people give their testimonies on changing from using alcohol to being clean. Ask someone from your local Alcoholics Anonymous or Alateen chapter to come and give a talk.

Memory Text:

Proverbs 23:29-33

Who has anguish?

Who has sorrow?

Who is always fighting?

Who is always complaining?

Who has unnecessary bruises?

Who has bloodshot eyes?

It is the one who spends long hours in the taverns, trying out new drinks. Don't let the sparkle and smooth taste of wine deceive you. For in the end it bites like a poisonous serpent; it stings like a viper. You will see hallucinations, and you will say crazy things.

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SELF-CONTROLLED CHOICES: Unit 12 - Promise

[Activity Sheet 12](#) - Circle puzzle on the meaning of temperance - saying No to what is harmful, using moderately and in balance what is good.

Memory Texts:

Proverbs 25:28 Like a city whose walls are broken down is a man who lacks self-control.

(Galatians 5:22, 23) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

1 Thessalonians 5:6 So then, let us not be like others, who are asleep, but let us be alert and self-controlled.

Titus 2:6 Similarly, encourage the young men to be self-controlled.

Titus 2:11-14 For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope - the glorious appearing of our great God and Saviour, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

1 Peter 1:13 Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.

1 Peter 4:7 The end of all things is near. Therefore be clear minded and self-controlled so that you can pray.

1 Peter 5:8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Encourage the children to make a choice to be drug-free and to sign the drug-free kids promise or pledge. Go through the pledge with them and explain what it means.

I promise, (my free choice)

with God's help, (the power available to carry out my choice)

to abstain (this means to say NO! and stay away from them)

from alcohol, tobacco, and all other harmful drugs. (the things which will destroy my life.)

Help them to choose life! Give the children a mentor who will help them to stay true to their promise through the years ahead.