

10

STRONG BODY TO SERVE

RAMYA'S HEALTHY HABITS

Main Value: Awareness

Sub-value: Parts of the body, being grateful for a healthy body, taking care of the body

Value Description: The main value 'Awareness' promotes holistic well-being of the student by catering to the body, mind and heart. This includes healthy habits for the body, managing thoughts and feelings, and developing intuition and spiritual temper in students.

A healthy body is a precious gift that we all must take care of. When we have a healthy body, we can help ourselves as well as help others.

Number of Sessions: 2

Learning Objective: To enable students to understand the importance of the body and how it can be used to serve others.

Learning Outcomes: At the end of the lesson students will be able to

- (a) Name parts of the body and explain their functions
- (b) Explain the importance of healthy food and exercise
- (c) Explain how different parts of the body can be used to help others

Note: Begin the session with 1 minute silent sitting.

Teacher's Notes

Ask children:

1. Would you like to be strong? Why?
2. What should you do to keep your body strong?

Ramya's Healthy Habits



Once upon a time in a colourful town, lived a little girl named Ramya, always wearing a frown. She wanted to help others, but didn't know how, So her wise grandma taught her, "Ramya, Listen now," Grandma said with a smile so wide, "To help others, you must take care of yourself too! Your body is precious, like a garden, you see, and to help it grow strong, here's the key."



"First, eat your veggies, they're colourful and fun,
They give you energy to play in the sun.
Carrots for your eyes, broccoli for your bones,
Eat them all up, and you'll sparkle like a precious stone.
Next, don't forget to drink water each day,
It keeps you fresh in every single way.
Your body's like a flower, it needs a drink too,
So sip water often, that's what you should do."



Ramya grabbed her cup
and took a big sip, she
giggled and smiled with
a playful little flip.

Teacher's Notes

Ask the children:

1. Who is talking to Ramya?
2. What should we eat?
3. What do we need to drink?
4. How do we help others?



"Sleep is important," Grandma continued,
"It helps you stay healthy, so dream without a care.
Snuggle in your cozy bed, close your eyes so tight,
And when you wake up, you'll feel just right."
Ramya yawned and blinked, feeling sleepy and warm,
She knew a good night's sleep would protect her from harm.
"Lastly, dear Ramya, always wash your hands clean,
It keeps germs away, like a superhero routine.
Soap and water, a scrub, one, two, three,
Your hands will be sparkling, just wait and see."



Ramya washed her hands, all bubbly and white, With Grandma's wise words, Ramya learned the way, To take care of her body, each and every day. Now, Ramya was ready to help others, With a healthy body and a smiling face.

She'd spread joy and kindness, it was easy to see, For taking care of herself helped her be the best she could be.

And in her colourful town, Little Ramya became known as the Happy Helper, for everyone!

Teacher's Notes

Ask the children:

1. What do we need to do in the night?
2. How do we keep germs away?
3. What happened when Harlow took care of herself?

Activity Time

- a. Show the different parts of the body on a chart. Name each part and encourage the children to repeat.
- b. Identify the body parts and match them with their functions. For example: eyes to see, ears to hear, hands to work, legs to walk/run etc
- c. Encourage the children to retell the story in their own words. Identify and appreciate imagination/accuracy.



- a. Parents/family members/guardians can do simple exercises or yoga with their children.
- b. They can discuss, with their children, the healthy food made at home every day.