

Health and Mind Emblem

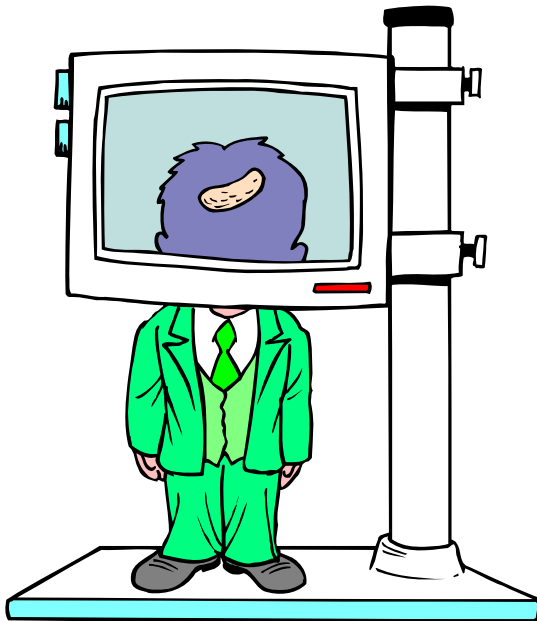


One of the most important concepts to teach and learn in this emblem is the fact that God has created each one of us in a unique way. We are all different and full of potential to grow and develop into what God desires for us.

The Health and Mind emblem should not be *just another emblem* for the boys to complete. We need to do the following:

- Teach children the skills they need to cope with their feelings and emotions.
- Encourage communication in a loving environment.
- Build self-esteem and confidence with mentoring relationships.
- Be Christ-centered in all we do.

The Confident Kids program (confidentkids.com) is an excellent resource for this emblem and they offer a great curriculum to help leaders and teachers communicate a solid foundation to help build confident kids. Here are some of their manuals:



- Feelings are OK.
- There are no perfect families.
- Nothing stays the same forever.
- You always have choices.
- I can tell myself the truth.

There are many other areas that leaders could address in this emblem – drug and alcohol abuse, mental illness, stress and anxiety, but these lead into areas that require great resources. However, these issues should not be neglected and will help in giving the boys a bigger picture of the world in which we live. Needless to say, some of the boys may indeed have a practical experience in these areas.

Health and Mind Workheet – Requirement #1

Here is a **WORD SCRAMBLE** using the words from the crossword puzzle found in requirement #1.

KLSIL _____

TLEANT _____

EFLS _____

GFELIEN _____

QEUNUI _____

WNSEAKSE _____

GETIAVNE _____

SPOTIVIE _____

HTUOGTH _____

HSTGRNET _____

DMIVEOPR _____

Figure 'em Out

- It rhymes with stain and it's between your ears... _____
- Opposite of strong and lasts seven days... _____
- You got touch, but don't hurt my... _____
- Yes, I'm sure, not negative, but... _____
- Read Psalm 73:4, bodies are strong and... _____
- Love the Lord your God with all your heart
And with all your soul and with all your... _____

Strength and Weaknesses - Requirement #2

The Health and Mind Competition

This event will help to determine some strengths and weaknesses in a fun way. Make sure that you plan ahead and get as many boys to participate as possible. All events for the octathlon should be timed to determine the overall winner. In addition, please acknowledge and reward ALL participants. It is a competition, but we want everyone to be a “winner.”

Octathlon - 8 Events of Strength

4 Physical

1. Shuttle Run
2. Obstacle Course
3. Football Punt
4. Basketball Throw

4 Mental

1. Bible Quizzes
2. Mathematical Equation
3. Spelling Bee
4. Word Search

Physical Challenge

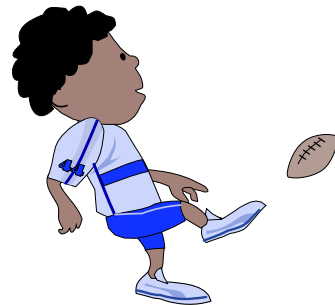
Shuttle Run - Mark the territory for the short run. Each person will run the determined line touch it and return to the finish line. (Leader can determine how many times to run before ending the race. Write down each individual's time.)



Obstacle Course - Make an obstacle course that is physically challenging to the appropriate age group. Make each person run the course and time them with the stopwatch.



Football Punt - Have each boy punt the football and measure distance by using marker.



Basketball Throw - Give each person 1 minute to make as many baskets as they can.

Make the events challenging, but not too difficult as to discourage some of the boys that might not have the skills to excel. Again, have rewards for everyone.

Mental Challenge

Bible Quiz - Use Bible quiz cards that can be purchased at a Christian Bookstore. Ask each boy as many questions as possible. Write down the number of correct responses during a one-minute timeframe.

Spelling Bee - Write a rather large word on the board, such as “establishment” and see how many words each boy can spell from that word in 1 minute.

Math - Make up math problems. See how many they can answer in 1 minute.

Word Search - Make or choose a word search puzzle and see how many words each boy can find in a minute. The puzzle will be more complex if you use small four letter words.

Devotional – Tug of War (Philippians 4:13)

Organize and play the game of *Tug of War* with the boys. Make sure you reward both teams for their effort.

In the game of tug of war we’ve just played, you will notice that one team won and one team lost. One side appeared to be stronger than the other. Even though the winning team was physically stronger, it doesn’t mean they were mentally stronger. God created each of us differently, some stronger than others in different areas.

Take the game of baseball for instance: Some of the players were chosen because they can run really fast. Some of the players were chosen because they can hit the ball out of the park, some were chosen simply because they can catch the ball really well. Everyone is using individual talents to achieve a goal - to win the game.

It is easy for us to talk about our strengths. However, it is a different story when we have look at our weaknesses or shortcomings. Sometimes people laugh at our weaknesses and talk about them in a negative way. This really makes us upset. We may even cry. But rest assured there is someone who uses our weaknesses to make us stronger and that is God.

The book of Philippians is one of the most awesome books in the Bible. In Philippians 4 verse 13 it simply tells us that “We can do all things through Christ who gives us the strength.” This verse helps us to understand that God is ever present in our lives. He is always willing to help us in every way just because He loves us and wants us to be the very best we can be. Maybe you are not the best hitter or batter of the fastest runner, remember, God can give you the strength to be the very best you want to be.

The World of Emotions – Requirement #3

Journal Suggestions

Journaling is not something most young boys like to do. Something to do in lieu of journaling would be to interview the boys on tape. Interview the boys in a private area on a one on one basis. This makes them feel a little less vulnerable to their peers. Some boys do not like to express their emotions in front of their peers. Let the boys know that their interview is private and confidential.

Be willing to be open with the young men and you will find that they will open up to you. Express to each the importance of dealing with their feelings and emotions and discuss other ways for them to talk about them.

Another option for the journal would be to have the boys write for five or ten minutes during your weekly meeting times about their experiences during the previous week, noting what emotions they experienced.

You could also watch a video as a group (child appropriate) that deals with family life, school, growing up, etc. and have a time of discussion about the emotions that were shown.

Devotionals

What is Stewardship?

“Remember the Lord in everything you do. And He will give you success.”

– Proverbs 3:6

Objects Needed:

- A dollar bill
- A toy
- A watch or clock
- A picture from a magazine of someone playing a musical instrument or painting a picture or singing.

As Christians we know how much God loves us and takes care of us and wants us to grow. We've also learned how important it is to do things God's way. But have you ever wondered what God wants us to do with all the things He gives us?

The Bible tells us we are to be good stewards of all that God gives us. A 'steward' is someone who takes care of something that belongs to someone else. So everything God gives us really belongs to God, and He just lets us use it.

You mean our money belongs to God? Yes, so we should let God tell us how to use it. Do our toys and other things belong to God? Yes, so we should take care of them to make ourselves and other people happy. What about our talents? What about things we are good at doing? Yes, we should use those to make God and people happy.

Well, that only leaves one thing; what about us? Yes, we belong to God. We should love Him with our hearts, we should put only good things in our minds, we should take care of our bodies, and we should give Jesus our souls. We should let God tell us what to do with all these things and then we will be truly happy!

Prayer: “Dear God, thank you for giving us everything we need to be happy. Please help us to remember to let You tell us what to do with all we have. In Jesus’ name we pray. Amen.”

What I Can Do

“I tell you the truth. He who believes in me will do the same things that I do. He will do even greater things than these because I am going to the Father.”

– John 14:12

Objects needed:

- Various people in your church who have “obvious” talents, i.e. they do things in the church that are highly visible for, such as sing, play an instrument, cook the church suppers, etc.

We know that God makes it possible for us to do whatever He asks us to do. But what sort of things will God ask us to do? God needs different people to do different things. So He gives each of us at least one talent. Some people have the talent of singing like [insert name]. Some people like [insert name] play music for God. And others like [insert name] cook church suppers for God.

Jesus tells us in John 14:12, “He who believes in me will do the same things that I do. He will even do greater things than these because I am going to the Father.” Wow! That’s really an exciting thought. That says that Christians will be asked to do the same things God asked Jesus to do. Jesus did a lot of really good and wonderful things here on earth, didn’t He? So can you. If you love God with all your heart and trust in Him in everything you do, you will want to use your talents for God.

Prayer: “Dear God, thank you for giving us talents. Please help us to remember to use them for You. In Jesus’ name we pray. Amen.”

Three Ways To Eat

“Jesus continued to learn more and more and to grow physically. People liked him, and he pleased God.” – Luke 2:52

There are three ways in which we eat.

The first way we eat is by feeding our bodies. We eat good, healthy food that makes our bodies strong and helps them to grow.

The second way we eat is by feeding our minds. We go to school and read good books that make our minds strong and help them to grow.

The third way we eat is by feeding our souls. We read the Bible and pray so we will be strong and healthy. Luke 2:52 says, “Jesus continued to learn more and more and to grow physically. People liked him, and he pleased God. Jesus grew in all the right ways because He fed His mind, and His soul. So if we want to be like Jesus, we need to remember to eat good food, study in school, and read our Bibles and pray.

Prayer: “Dear God, thank you for giving us bodies, minds, and souls. Please help us feed all three every day. In Jesus’ name we pray. Amen.

Body - Mind - Soul