



Garden of the Body

All Grades

Our physical body is a gift given to us by God. St. Paul reminds us that our bodies are temples of the Holy Spirit. How can we take better care of our bodies to ensure good health?

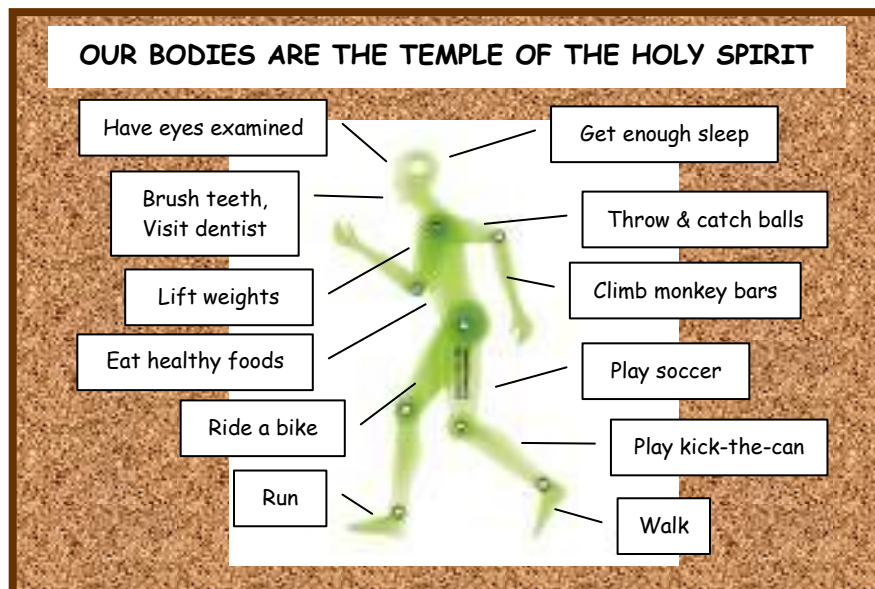
Project

- Title the bulletin board: 'Our Bodies Are the Temple of the Holy Spirit.'
- Draw, or have students draw, and cut out a head, torso, two upper and lower arms, two upper and lower legs – so that when put all together, create a body.
- Have students (or teams of students) select a body piece and write on it ways to stay healthy and take care of our 'temple.' Examples may be:
 - Head - brush teeth, wash hair, get eye exams, visit the dentist regularly, etc.
 - Arms and Hands – throw balls, lift weights, play volley ball, etc.
 - Torso – eat healthy foods, breathe deeply, do stretching exercises, etc.
 - Legs and Feet – walk, run, play kickball, play soccer, ride a bicycle, etc.
- You may opt to have students fill the bulletin board with their ideas, as shown.

Suggested Quotes

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body." 1 Cor 6:19–20

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." John F. Kennedy





Bulletin Board Ideas for the 12 Gardens of Stewardship

Garden of Emotions

Grades 3 - 5

Perspective: Anger and Self Control (The Fruit of the Spirit)

Tending to our Garden of Emotions is really about self control. But even though it's called 'self' control, we don't have to do it all by ourselves. God will help us. When we ask the Holy Spirit to come into our hearts, God gives us the ability to control our negative emotions. It's one of His gifts and a promise! (Gal 5:22)
When we start to get angry at a person or a circumstance - God wants us to stop and remember this gift and ask for His help. This allows the Holy Spirit to help us be calm, kind and forgiving instead being angry – and to have peace and joy instead of being frustrated.

Project

- Title the bulletin board: The Holy Spirit Helps Us Control Our Emotions
- Draw or cut from paper a large tree. Or purchase a large reusable tree graphic commonly available at teacher supply sources.
- Place Galatians 5:22-23 on the board as shown.
- Discuss circumstances in which it would be appropriate to ask for God's help in controlling our emotions. (such as playground incidents, younger siblings being annoying, etc.) *
- Have students cut fruit shapes from colored construction paper, such as red and yellow apples and write on their fruit about a time they asked God to help them control their emotions - or wished they would have. A more playful version could be a 'mixed fruit' tree with bananas, oranges, pears, etc.
- Place the fruit on the tree.

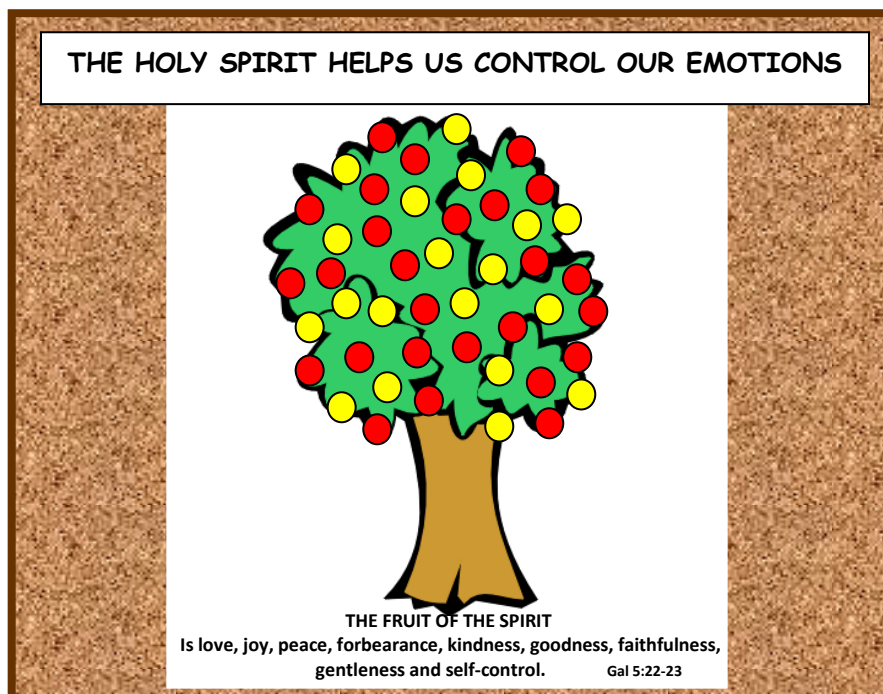
* The teacher may want to differentiate between inappropriate anger and appropriate anger – such as witnessing bullying or other abuses that should be shared with an adult.

Additional Quotes

"A wise man controls his temper. He knows that anger causes mistakes." Prov 14:29

"Sensible people control their temper; they earn respect by overlooking wrongs." Prov 19:11

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because our anger does not produce the righteousness that God desires." James 1:19-20





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Grades 3 - 5

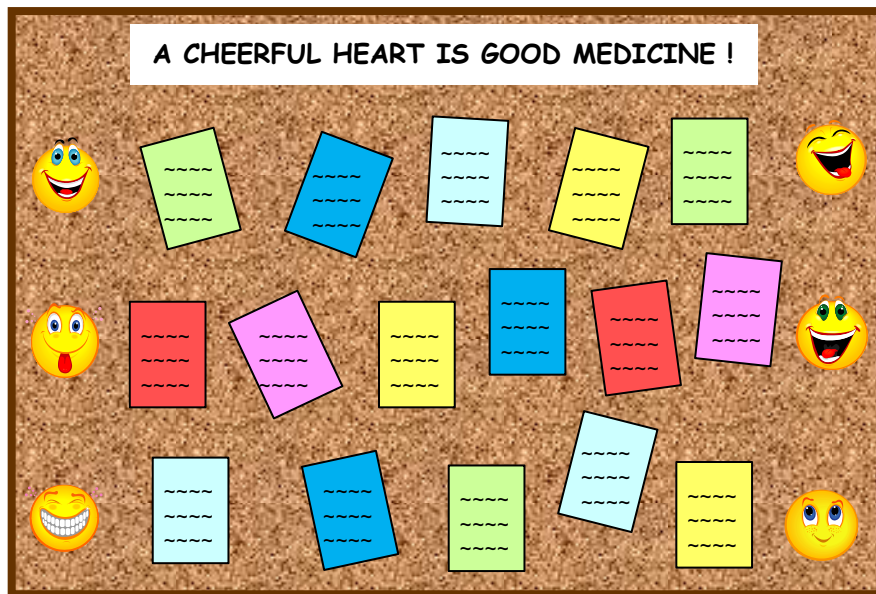
Our feelings and emotions are an integral part of us as human beings. We all have different ways of dealing with our feelings, some more healthy than others. God calls us to tend to our emotions in ways that are not harmful to others, or to ourselves. He also wants us to be joyful and have good humor.

Project

- Title the bulletin board: A Cheerful Heart is Good Medicine!
- Decorate the board with smiley faces.
(Examples shown are FREE online from [Microsoft Office Clipart](#))
- Have students write their favorite jokes on colored paper – encourage illustrations.
- Post jokes to the board.

Suggested Quote

“A cheerful heart is good medicine, (but a crushed spirit dries up the bones.)”
Prov 17:22



Alternative Project

Title the bulletin board to reflect a theme of peer mediation. Have students write one-page fictional stories/examples about successful conflict resolutions (on playground, at home, etc.)