



# Lesson 1: “A Healthy Club”

## K-2 In-Person Crew Club Plan

<b><u>Key Teaching Point</u></b>	A healthy heart and a healthy crew club have healthy relationships with God and with others.
<b><u>Materials</u></b>	<ul style="list-style-type: none"> <li>● A Bible</li> <li>● A tissue for the skit</li> <li>● A sheet of poster board or chart paper, cut in the shape of a heart</li> <li>● A marker to write on the poster/chart paper</li> <li>● Handout 1, one copy</li> <li>● Image 1, one colored copy</li> <li>● Image 2, one colored copy</li> </ul>
<b><u>Bible Passage</u></b>	“Do to others as you would like them to do to you.” Luke 6:31 (NLT)

### **Relate (20 minutes)**

#### Welcome crew members with a snack.

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while children eat their snack:

#### Icebreaker Options (Choose one.):

- Ask children to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Let children take turns sharing how they’re feeling today using the “How Are You Feeling?” chart (from the CKC Games Bag).
- As the children are eating, ask, “What healthy foods do you like to eat? Why is eating healthy food important?”



### Build relationships.

For the first day of club, get to know your crew members by playing the following game:

Gather your crew members into a circle. Send children into the middle of the circle, one at a time, to share a fact about themselves. If that fact or statement is true for any other crew member, they should take a step into the circle. Complete a couple of rounds, ensuring that each child gets to share at least once.

### Play a game.

#### “What’s Your Name?” Workout

In the following game, you will need Handout 1 to communicate to the children the exercises they will do together as a crew.

Ask, “**How do you try to be healthy?**”

Take student responses.

**There are a lot of things we can do to try to be healthy! One thing we do to keep our bodies healthy is exercise. We’re going to exercise together now!**

Gather your crew in a circle in an open space. Make sure there is enough room between each child to do the exercises in Handout 1.

**I have a secret key that will tell me what exercises we have to do depending on the first letter of each of our names, but first we need to know the names of our crew members.**

Go around the circle and let each of the children introduce themselves to the group.

**Let’s practice. We will start with my name. My name is \_\_\_\_\_, and the special key I have in my hands says that the exercise we are going to do for my name that starts with the letter \_\_\_\_\_ is \_\_\_\_\_.**

Show the children how to do the exercise together.

Go around the circle again and ask each of the children to say their name. Tell the children what exercise corresponds with the first letter in each of their names, and complete each exercise together as a crew.



**Receive (20 minutes)**



## Hear God's Word.

In this skit, the content captain should play the role of the doctor, and the communication captain should play the role of the patient. Prepare your crew members for the interactive element of the skit by telling them they are the “sound-effects team.” Children will respond to the patient with “OH, NO!”

Cues for audience sound effects are included in the script.

**This skit is called “The Patient with 1,000 Problems.” Pay attention to when the patient stops speaking, and be sure to yell “OH, NO!”**

Doctor: **Welcome to your check-up! What seems to be going on with your health?**

Patient: **Woe is me! I have 1,000 problems! I am the unhealthiest person alive!**

Audience: **OH, NO!**

Doctor: **Well, let's take it one thing at a time. I'm going to start examining you, and you can tell me what is bothering you.**  
(Doctor begins to examine the patient, checking ears, throat, heart, etc.)

Patient: **Well, for one, I can't seem to stop coughing. And I have a runny nose. I've gone through 25 boxes of tissues just this week blowing my nose.**

Audience: **OH, NO!**

Doctor: (Hands patient a tissue.) **And what else?**

Patient: **Then there are the sneeze attacks.**

Audience: **OH, NO!**

Doctor: **Let me see, I can prescribe you some cold medicine.**

Patient: **That's nice of you and all, but that won't help my aching back.**  
(Holds back and GROANS)

Audience: **OH, NO!**

Doctor: **How long has your back been bothering you?**



Patient: **Basically since about the same time I stepped on a nail and hurt my foot. That really hurt! I screamed, OUCH!**

Audience: **OH, NO!**

Doctor: **Hmm, I have a bandage we can use to wrap your foot. . . . So, let me make sure I've got my notes right here, COUGHING, RUNNY NOSE, SNEEZING, BACK PAIN, and a PAINFUL gouge in your foot—**

Patient: **Hold on, Doc, I'm feeling QUEASY. My stomach's been rumbling since breakfast.**

Audience: **OH, NO!**

Doctor: **There's a restroom right—** (Patient quickly runs off stage holding their stomach and groaning.)

**Wow, I hope no one here has experienced a visit to the doctor quite like that! Doctors help us take care of our bodies so we can stay healthy.**

**It is important to care for our bodies so that they are healthy, but it is also important to take care of our hearts so that they are healthy too!**

Tell the children to place their hands on their heart.

**Is this the heart that I am talking about? The heart inside your body?**

Show the children the image of a human heart found in Handout 2.

**What comes to mind when you see this picture of a heart? What does this heart mean?**

Show the children the shape of a heart found in Handout 3 and take student responses.

**This heart reminds me of love. The kind of heart we will be talking about this year is the heart that each one of you has that causes you to love, desire and feel. It is not the physical heart that is beating inside us, but the heart that allows each one of us to love.**

**God created each of us with a heart so that we can love God, love one another and feel and experience his love for us, too! Just as doctors help us take care of our bodies to stay healthy, God takes care of our hearts so that**



**our hearts can be healthy!**

**God shows us in his Word, the Bible, what it looks like to have a heart that is healthy.**

(Hold up a Bible for students to see.)

**That's what we are going to be learning this year—how God wants to make our hearts healthy so that we can have healthy relationships with him and with others.**

Engage and explore the story.

Show students a Bible. Ask them if they have a Bible at home. Invite them to share anything they might already know about the Bible.

**The Bible is a collection of books written many years ago by people who listened to the voice of God and communicated his words to us. These books teach us who God is and who we are, and all about his great love for us.**

**We refer to it as God's Word. In Crossroads, we are here to learn God's Word. This year, we're going to be learning about the life and teachings of Jesus in the book of Luke.**

(Show students where the book of Luke is.)

**Let's learn a little more about who Jesus is!**

**Jesus is the son of God. He came from heaven to earth to share God's love with us. He lived a perfect life and has a perfectly healthy heart. Jesus loves me and you and he loves God too! When we receive his love, follow and trust in him, Jesus transforms our hearts to be more like his!**

**Next week, we will start hearing some stories from the book of Luke about the life and teaching of Jesus, but this week, we are focusing on how to build a healthy crew club. That reminds me of an important command Luke writes that Jesus gave. It sums up how we can have healthy relationships with one another.**

Look up and read Luke 6:31.

Do to others as you would like them to do to you. (NLT)



Discuss:

- **What does that mean?**
- **How does that affect the way we treat one another here in this club?**

Another optional passage to look up: Colossians 3:12-14



## **Respond (20 minutes)**

Apply God's truth.

**We're going to talk about how we can create a healthy Crossroads crew club.**

**What would a healthy crew club look like?**

Take student responses.

**What might happen if our crew club is not healthy?**

Take student responses.

**Creating a healthy crew club is important. Let's think of some ways we can show love and respect to God's Word and to one another.**

Place a large sheet of paper or chart board that is cut in the shape of a heart where all crew members can see it. Write Our Crew Club Mission on the top of the heart. Take student responses, and record the ideas children come up with on the heart.

Examples:

- Listen to the Bible story.
- Focus during prayer time.
- Participate in the discussion.
- Use kind words.
- Include everyone.
- Listen when someone else is speaking.

Display the crew club mission in your meeting space for the rest of the year. Emphasize with your group that you need God's help and "all hands on deck" to accomplish this mission!

Sing and worship together.



Pick a song from the [Praise and Worship Guide](#), or choose one of your own. Incorporate movement into the songs whenever possible.

Pray together.

**Prayer is talking to God. Prayer is an important way to build a healthy relationship with God. God uses prayer as a way to make our hearts more like his and to grow us closer to him.**

**What are some things you'd like to say to God or ask him for now?**

Take student prayer requests.

Pray over specific prayer requests and close in prayer together:

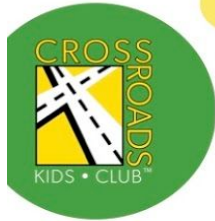
**Dear God,**

**We are here at Crossroads because we want to be healthy inside and out. Help us make our club fun, welcoming and respectful so that we can all learn and grow together.**

**Amen.**



## Handout 1: What's Your Name? Workout



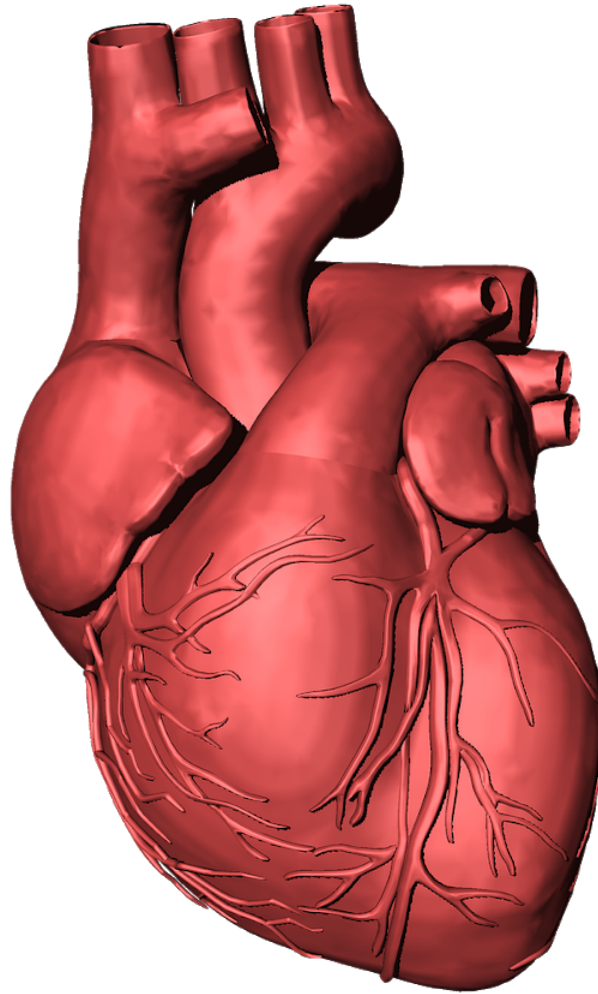
### “What's Your Name?” Workout

- |          |   |          |   |
|----------|---|----------|---|
| <b>A</b> | Jump up and down 10 times.                  | <b>N</b> | Walk backwards 15 steps.                                      |
| <b>B</b> | Spin in a circle 5 times.                   | <b>O</b> | Crawl like a crab and count to 10.                            |
| <b>C</b> | Hop on one foot 8 times.                    | <b>P</b> | Skip in a circle while counting to 20.                        |
| <b>D</b> | Run to the nearest door and back.           | <b>Q</b> | Bend down and touch your toes 15 times.                       |
| <b>E</b> | Count to five while you walk like a bear.   | <b>R</b> | Pretend to pedal a bike with your hands while counting to 15. |
| <b>F</b> | Do 10 jumping jacks.                        | <b>S</b> | Bob your head front and back 12 times.                        |
| <b>G</b> | Hop like a frog 8 times.                    | <b>T</b> | Flap your arms like a bird 15 times.                          |
| <b>H</b> | Balance on your right foot and count to 10. | <b>U</b> | Try and touch the clouds while counting to 10.                |
| <b>I</b> | Balance on your left foot and count to 10.  | <b>V</b> | Reach down and touch the ground for 20 seconds.               |
| <b>J</b> | March in place while counting to 10.        | <b>W</b> | Walk on your knees while counting to 10.                      |
| <b>K</b> | Pretend to jump rope and count to 20.       | <b>X</b> | Do 5 pushups.   |
| <b>L</b> | Walk sideways 20 steps.                     | <b>Y</b> | Run in place as fast as you can for 12 seconds.               |
| <b>M</b> | Pretend to shoot hoops 10 times.            | <b>Z</b> | Jump side to side 8 times.                                    |





## Image 1: Our Human Heart



## Image 2: Heart Emoji

