



# BOZ, The Green Bear Next Door™

## "Scrubbly, Bubbly Clean!"

Washing away dirt and germs keeps us squeaky clean and healthy!

The following lesson will encourage young children to take good care of themselves so that they can stay healthy. You can use this lesson in Sunday school, Mommy and Me, daycare, children's church, or for whatever programming needs that you have. Parents can also easily adapt the lesson for easy use in home schooling or devotional time at home.

The lesson has been divided into several segments, with various activity options to choose from. Select the activity options that best fit your needs.

BOZ's fun stories help preschoolers discover God's world. The Bible helps preschoolers discover God's love. Thanks for your commitment to teaching God's children!

### INTRODUCTION ACTIVITY: WAKE UP AND PACK IT UP!

**You will need:** DVD Player and BOZ's "Wake Up!" song from the "Scrubbly Bubbly Clean!" episode of **Thank You God For...Bananas, Bubbles, and Busy Bodies**; a comb; a hairbrush; a bar of soap; travel-sized toothpaste and shampoo; a washcloth; a hand towel; a toothbrush; a pair of clean socks; other travel items; a travel bag.

Tell the kids that each day is a special blessing from God! Teach them the song from today's BOZ show: "Wake Up!"

#### CHORUS:

Open your eyes to God's surprise.  
Wake up! Get up! It's time to rise.  
He made a gift that's just your size.  
Surprise! It's a brand new day!

Roll out, roll out of your bed and put your covers in place.  
Wash the sleepiness away. Rub your sleepy face.  
Brush your hair — short or long, straight or flowing with curls.  
Brush brush brush! Brush your teeth, until they shine like pearls!

#### CHORUS

Peek out — take a look outside! Is there sunshine or rain?  
Stretch your arms out to their sides. Just like in a plane.  
Put on some happy clothes to show your happy heart.  
Each day is a special gift and this one's about to start!

#### CHORUS



Seat everyone around the table when the song is over and tell them BOZ is going on a trip and he needs help packing. Ask each child to help pack the bag. They should take turns choosing one item from the table to pack in the travel bag and tell why BOZ might need that item.

When you are done, talk about the types of things they take on a trip. Were the items similar or different? In what way? Why are certain things more important than others? Why is it so important to take items that will help you to stay clean?

Point out that God made each of our bodies special, and God wants us to take care of those bodies. One of the ways we can do that is by keeping nice and clean. It's a great way to keep our bodies healthy.



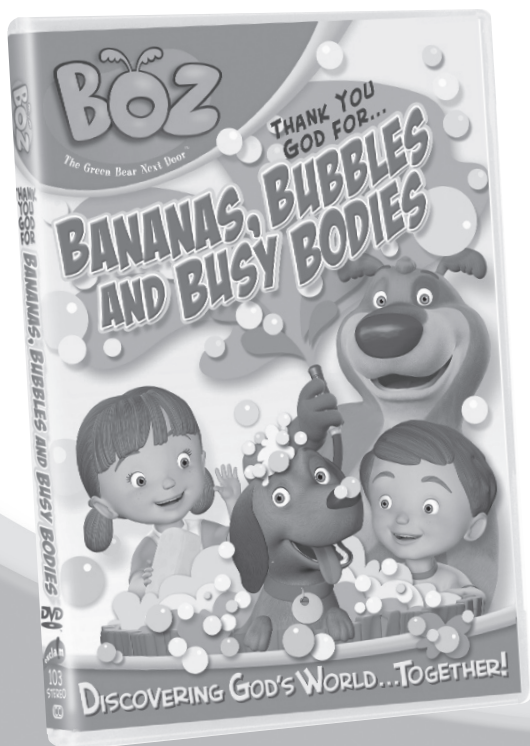
## SHOW THE VIDEO

**You will need:** Thank You God For...Bananas, Bubbles, and Busy Bodies DVD, television, and DVD player.

Introduce kids to BOZ, The Green Bear Next Door! BOZ is a fun, green bear who enjoys helping kids learn about getting clean. BOZ lives in his tree house next door to a little boy and girl named Drew and Gracie. BOZ knows how important it is to get clean so we can keep the bodies God gave us healthy.

Show Episode 3 of the DVD: "Scrubbly Bubbly Clean!" Stop the DVD after the episode and ask the following questions:

- What are the things that BOZ checks to see that he has started his day out right? (Washes up, brushes teeth, combs hair, wearing clean clothes.)
- Grampie B is in need of some help, so he asks Drew, Gracie, and BOZ to help him. What do they do to help Grampie B? (While Grampie mows the lawn, they wash the truck. When Buster gets muddy, they give him a bath! They also help clean the patio, garage floor, and windows.)
- What's a good reason for keeping squeaky clean? (So we can wash away the germs that could make us sick!)
- Why should we brush our teeth? (So our teeth don't get cavities and our breath doesn't smell bad.)
- Why should we keep our rooms and houses clean? (To avoid germs piling up that can make us sick; to make things look nice; so we can find things we have lost; and so on.)
- Why is it important to stay clean? (Because God created us special and He wants us to be healthy.)



# BIBLE PRESENTATION:

## Exodus 30:17-21 and 1 Corinthians 6:20b

**You will need:** a Children's Bible written for preschoolers

In this lesson, there are two illustrations from the Bible that encourage children to realize the importance that God places on cleanliness. Read the first one from Exodus 30:17-21. When you are done, explain that the reason the people built a basin for washing their hands and feet before entering the temple is because God places great importance on cleanliness. He wants our bodies to stay clean on the outside so we can be healthy. He wants our bodies to stay clean on the inside so that we can be spiritually healthy — which means God doesn't want us to sin or disobey him. When the people entered the temple, God wanted them to be clean on both the inside and the out! Ask the children:

- What can we do to keep our bodies clean on the outside? (Wash our hands, take a bath)
- What can we do to keep our bodies clean on the inside? (Do what's right and obey God)
- Why should we wash our hands before we eat? (Because we touch our food with our hands. If our hands are dirty, germs will get onto the food and could get into our bodies.)
- Why did God want the people to wash their hands before entering the temple? (So that they could come before God clean the outside, as well as the inside.)

Teach the children this song, to remember the importance of washing their hands. Sing it to the tune of "Row, Row, Row Your Boat."

Wash, wash, wash your hands, before you eat each meal!  
Scrubby, bubbly, soapy clean, that's how it makes you feel!

Open the Bible to 1 Corinthians 6:20b. This verse points out that our bodies are God's temple. Explain to children that this means God created each and every one of us. When we believe in God, we invite God into our heart, mind, and body, so He can live in us. This is very special, because when God lives in us, He will watch over us, protect us, and help us to do what's right! That's why God wants us to treat our bodies as a temple. Not only are we His wonderful creations, but we also must take good care of the place that we will invite God to stay! So God wants us to take care of ourselves. When we don't do that, we are turning our backs on Him! God wants us to protect our bodies, take care of our bodies, and keep our bodies clean — just the way He made us!

Then teach children a second verse to the tune of "Row, Row, Row Your Boat."

Scrub, scrub, scrub yourself, wash and get so clean!  
Scrubby, bubbly, soapy fresh, the cleanest you have seen!



# LEARNING EXPLORATION

Choose from a variety of the activities below.

## Snack: Bubbly Beverages and Healthy Treats

Serve a bubbly beverage with a healthy snack. To create bubbly beverages, make a simple punch combining any type of lemon-lime soda with orange juice. Toss in some rainbow sherbet and watch things start to bubble up! Another option is to serve delicious root beer floats or, if you have "Pop Rocks" available, add them to any type of lemon-lime soda to enjoy a really bubbly, crackly treat.

Also set out a variety of foods to represent each food group (grains, vegetables, fruits, milk, meat, and beans). Allow the children to select a healthy snack and have them explain why they think it's healthy. (Don't tempt them with any sugary sweets or salty snacks.) After they are done, enjoy your healthy snacks with your bubbly beverages while you say this rhyme together:

I like yummy, tasty treats!  
But God doesn't want me to eat all sweets!  
So when my tummy hunger comes back  
I'll reach for a yummy, healthy snack!

## CRAFTS

### 1. Grooming Trays

**You will need:** Plastic ice cream bucket lids or Styrofoam meat or bakery trays, glitter, tin foil, tacky craft glue, an assortment of foam shapes, tiny seashells or feathers, ribbons, yarn, and felt pieces

The trays are designed to look like the ornamental silver trays some people use to keep on a dresser top to hold combs, buttons, or hairbrushes.

Give each child a lid or tray and enough tin foil to spread over the front and back. Help children to center and spread foil around the tray and press around the edges to hold in place. Tape or glue lightly, if needed.

Allow children to select the decorations for their trays and glue them in place. If you have enough helpers, the child's name can be printed in glue and the child can then sprinkle glitter over it. Felt, cut in rectangles, can be used to cover the center, making a nice mat to lay brushes, combs, and hair barrettes on.

Encourage the children to use the trays to hold items that will remind them to take care of themselves, stay clean, and look nice, so that they continue to treat their bodies as God's temple.





## 2. Mr. Tooth Puppet

**You will need:** White paper plates (or red paper plates with white bottoms), large wiggly eyes, construction paper, miniature marshmallows, scissors, glue, crayons

Before the children arrive, draw a one-inch circle pattern and a 2" x 4" half-oval pattern. Photocopy this for each child.

Distribute a paper plate to each child and explain that they are going to create Mr. Tooth Puppets. If the plates are all white, show kids how to color the top of the plate red, covering every space. Distribute the circle and half-oval patterns to the children to color and cut out. The circle will be used as the puppet's nose. The half oval will be used as the puppet's tongue. It should be colored a deeper red than the inside of the plate.

Bend the plates in half, red side in. Glue the large wiggly eyes on the top half of the white portion of the plate. Then glue on the nose under the eyes, toward the lip of the plate. Open the plate up and glue the tongue inside the bottom of the mouth, placing the flat edge of the tongue oval against the center of the plate fold.

Next, show the kids how to glue the miniature marshmallows around the bottom and top lips of the plate, about an inch from the end, to create the teeth. After everything has thoroughly dried, kids can have their own Mr. Tooth "talk" about healthy things such as exercise, eating right, washing, and of course, brushing teeth!

## GAMES

### 1. Clean Up Mix Up!

**You will need:** A variety of clean and dirty items (such as dishes, toys, laundry, and so on), two laundry baskets or bins

Spread out a variety of clean and dirty items onto a table. Teach the children the "Splish Splash" song from the BOZ episode and tell the children to sort out the clean and dirty items by placing each group into a different basket container.

One for the water, two for the suds,  
Three for the bubbles, and rub-a-dub!

CHORUS:

Splish Splash scrubbing. Everybody's having fun in the tub!  
Fun in the tub!  
Wash cloth, scrub brush. Everybody's having fun in the tub!  
Fun in the tub!



Birds take baths, dogs do too.  
When we need a bath, here's what we do!

#### CHORUS

Bathe in the morning, bathe in the night.  
Any one you choose is going to be all right!  
Step in the water, you know you should!  
Rinse that soap and the towel feels good!  
You need a bath. I need one too!  
Even Grampie's truck needs a bath like you!

#### CHORUS

The water is warm so dive right in.  
Chase that dirt right off your skin!

#### CHORUS

## 2. Toothbrush Balance

**You will need:** Small paper cups and small tooth brushes (ask a dentist for brushes or buy generic disposable ones)

Provide each child with a cup and a toothbrush. Divide the children into teams and allow them to do several fun toothbrush relays as they run from the start to another destination and back again:

- Balance the toothbrush as it rests on top of the cup's rim
- Fill the cup with water, place the toothbrush inside the cup, and see who has the most water remaining when they return
- Balance the toothbrush as it rests over one extended finger

As the children race, ask them to recite this fun poem:  
Brush, brush, brush! Swish, swish, swish!  
Brush your teeth and a get a clean teeth wish!



### 3. Losing Tommy the Tooth

**You will need:** A cardboard tooth about 8" x 10". Draw eyes and a smile on it. This is Tommy the Tooth.

Most of the children in this age group haven't lost a tooth yet, but are looking forward to the experience. Hide the tooth and have the children search for it. When the tooth is found, kids should shout, "God wants us to brush our teeth!" Whoever finds it gets to hide it the next round.

## REMEMBERING AND APPLYING THE LESSON

Help children apply what they have learned to their daily lives.

### Taking Care of Myself and Making Good Choices

Spread out the travel items from the start of your session. This time encourage kids to show you the items they would use take good care of their bodies. Ask each child to pick out one item as they are put away. That child should name what good habit that item is used for.

Examples: "This is a comb for brushing my hair." "This is soap for washing my hands." "This is a wash cloth for washing my face and body." "This is shampoo for cleaning my hair." "This is a pair of clean socks to put on in the morning." "This is a clean sponge to help clean my house." "This is a toothbrush (or toothpaste) to keep my teeth clean." "This is dish soap to clean our dishes."

### Brush Those Teeth

Allow the kids to practice keeping their teeth clean. Create a large mouth pattern on a full sheet of paper. The mouth should have a full set of teeth. Before the children arrive, paint or color them all light yellow.

Distribute the patterns to the children. Ask: "What's wrong with this picture?" After the kids say the teeth are dirty and yellowed, distribute white-out brushes or white paint and let the kids paint the teeth white. Show kids how sparkly white their teeth will get when they keep them clean!

### Cleanliness and Brushing Charts

**You will need:** Poster board, construction paper, glue and scissors, stars or smiley face stickers

Before the kids arrive, create a small poster board chart for each child. Write in the days of the week along the top, and weeks one through eight along the left side.





Allow the kids to cut seven 8" x 1" strips of bright paper toothbrush patterns and seven brush heads (1" x 2"). Give kids scrapbook scissors to create a bristle effect on the top side of the smaller rectangle to create the toothbrush bristles. Glue handles across the chart, beside each week number, then glue on the toothbrush heads.

Distribute enough star stickers to each child so that they can track their progress by receiving a star each time they take a bath, and another star each time they brush their teeth.

Remind children that God wants us to treat our bodies like a temple. That means we must remember to keep our bodies and teeth clean so we will stay healthy.

## CLOSING PRAYER

Gather the children into a circle to pray.

Thank you God as this day ends  
For my family and my friends.  
Taking time to sit and pray,  
Thank you God, for this great day!

Thank you God for giving us this class and a chance to grow healthy and learn that our bodies need to be treated like God's temple. Help us try hard to take care of our bodies, brush our teeth and our hair, and eat healthy foods. Amen

## FAMILY TAKE-HOME

Distribute the Family Take-Home page (front and back) for each child to take home. This will allow the children to share what they learned with their families so they can continue to take good care of their bodies.





## Dear Mom and Dad,

We had a scrubbly, bubbly fun day today learning about how important it is to get clean so we can keep the bodies God gave us healthy.

In our Bible time, we heard how God wants the people that know Him and love Him to be clean on the inside by obeying Him. A good reminder is to be clean on the outside too. We also learned that when we love God, He lives with us, so our bodies are like His temple! That's pretty cool. Those came from Exodus 30:17-21 and 1 Corinthians 6:20b. And we were able to watch a fun episode from the BOZ DVD **Thank You God For...Bananas, Bubbles, and Busy Bodies**. The episode was called "Scrubbly, Bubbly, Clean!" and BOZ, Drew, and Gracie learned all about getting clean! We even made a cool "clean" chart to track how well we get ourselves clean. Please help hang up the chart in the bathroom, making keeping clean even more fun! Here are some other great ideas for home.

### Healthy Habits Game

You will need: two sheets, blankets, or beach towels to spread out onto the floor. Put a piece of paper on each, labeling one GOOD HABITS and the other one BAD HABITS.

Call out a variety of habits to your children and the kids should run from blanket to the other, standing in the area that correctly represents the good or bad habit that was named. Use the following list to get started, but feel free to add your own!

- Eat lots of vegetables
- Brush your teeth twice a day
- Change clothes once a week
- Eat lots of sugary candy
- Change your socks and underwear every day
- Take a bath every night
- Play in the dirt and forget to take a bath
- Play outside in the fresh air
- Get lots of rest at night
- Eat lots of greasy, salty, crunchy snacks
- Get exercise regularly
- Eat lots of fruit
- Chew gum and drink soda pop every day
- Use sunscreen when you go swimming
- Wash your face every day when you wake up
- Refuse to eat any green vegetables
- Forget brushing your teeth
- Stay up super late to watch television
- Clean your room
- Play video games for a long, long time
- Brush your hair
- Go for walks with mom and dad
- Never exercise
- Have fun playing and running with friends at school
- Go for bike rides with your family



## COOKING: Make Pear Boats

**You will need:** A can of pear halves, toothpicks, cheese squares, lettuce leaves, cottage cheese or yogurt.

As you begin, ask your kids what you should do before you cook. (Wash your hands!) After everyone's hands are washed, ask your kids what you should do when you are cooking with or eating any type of fresh fruit or vegetable. (Wash it!)

Wash and dry the lettuce leaves. Place a pear half on each one. Carefully help your child fold a piece of square cheese so that it breaks into a triangle. Help your child weave one side of the cheese triangle onto a toothpick. Insert one end of the toothpick into the pear half to form a sail. Fill the hollow of the pear with a drop of cottage cheese or yogurt and serve. Ask your children what we should do before we eat a meal. (Wash our hands and thank God!)

Pray together, thanking God for the blessing of food to nourish your bodies and keep them healthy and strong.

## KEEPING CLEAN

Learn this little poem together. Then say it together as you find things around the house that need to be cleaned. Come up with ideas together, such as cleaning your room, washing the dishes, sweeping the porch or a floor, dusting furniture, giving the dog a bath, or doing laundry. Teach your child how to do these important chores (or at least portions of them) so that everyone learns to stay clean and stay healthy!

I wash my hands  
Before I eat;  
I keep myself all  
Clean and neat.

I take a bath  
Most everyday—  
I keep the dirt and  
Germs away.

I thank the Lord  
For making me  
I've learned to  
Keep clean properly!



## Make Your Own Bubbles

Use two cups of dishwashing detergent (Joy works best), three cups of water, and  $\frac{1}{2}$  cup of light corn syrup. Spread out liquids in a large container. Then use some fun gadgets to create bubbles. For example, use wire hangers bent in funny shapes, plastic berry baskets, chenille wires shaped in fun ways, and so on.

## Bubble Bath Fun

Don't forget to have some scrubby bubbly fun in the bath! Bath time can be fun time! Simply fill your bath with some sudsy soap, wash up clean, and then celebrate by having fun in the tub!

