



# BOZ the Green Bear Next Door™

## Scrubbly, Bubbly Clean!

**Washing away dirt and germs keeps us squeaky clean and helps our bodies to stay healthy!**

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

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

The Bible teaches that our bodies are God's temple. We should care for them in addition to our teeth, hair, skin, hearing and eyesight. We need to keep our clothing and homes clean, too! Pray that God will help you share His love with the children as you help them to enjoy the process of taking good care of their bodies so they can stay healthy.

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

You Will Need: DVD Player and BOZ'S Wake Up! Song from today's show; comb, hairbrush, bar of soap, travel sized toothpaste and shampoo, washcloth, deodorant, hand towel, toothbrush, pair of clean socks, and other travel items; travel bag.

Tell 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 with 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, but God wants us to take care of those bodies, too. One of the ways we can do that is by keeping nice and clean. It's a great way to keep our bodies healthy.

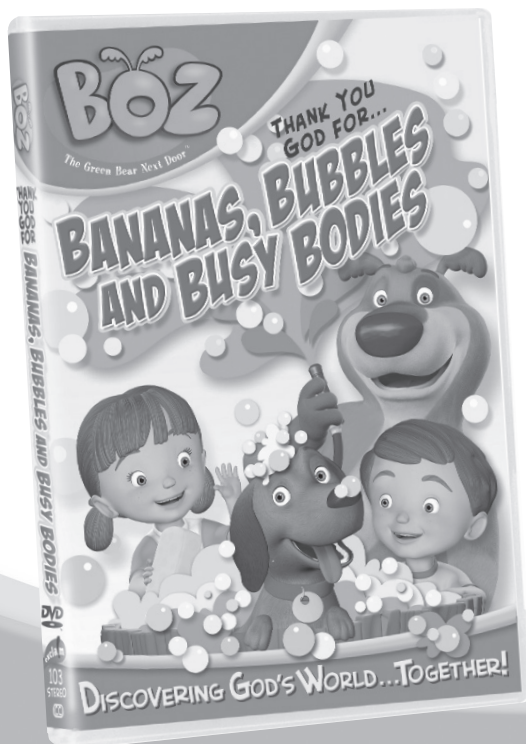


## SHOW THE VIDEO

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

Show the DVD and ask these follow-up questions.

- What are the things that BOZ does to "check" and see that he has started his day out right?  
(Washed up; brushed teeth; combed hair; has clean clothes.)
- Grampie B is in need of some help, so he has asked Drew, Gracie and BOZ over to help out. 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, too! They also help to 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 wants us to make sure that we don't get sick.)



# BIBLE PRESENTATION:

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

**You Will Need:** Children's Bible

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, it will get onto the food and germs 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!  
Scrubbly, bubbly, soapy clean, that's how it makes you feel!

Open the Children's Bible to 1 Corinthians 6:20b. This verse points out that our bodies are God's temple. Explain to children that it 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 must take good care of the place that we will invite God to stay! So God wants us to take good care of ourselves. When we don't do that, we are turning our back 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!  
Scrubbly, bubbly, soapy fresh, the cleanest you have seen!



# LEARNING EXPLORATION

Choose from a variety of the activities below.

## Snack: Bubbly Beverages

Serve a bubbly beverage with a healthy snack! To create bubbly beverages, create a simple punch by 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.

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 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

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

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 and makes a nice mat to lay brushes, combs, 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 children arrive, draw a one inch circle pattern and a 2" x 4" half oval pattern. Photocopy 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 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 utilize Mr. Tooth to "talk" about healthy things such as exercise, eating right, washing, and of course - brushing teeth!

## 3. Scrubbly, Bubbly Bubbles

**You will need:** paper, bowl, water, straws, tempera paints, dishwashing soap, pie plates, and plastic spoons

Help kids mix 2 spoons of tempera paint, 2 spoons of dishwashing soap, and about a cup of water into their pie plate. Stir. Have paper and straws ready to use as soon as the mixtures are created. Show kids what happens when you take a straw and blow through it onto the pie plate mixtures - the colorful bubbles rise higher and higher!

Place a piece of white paper on top of these bubbles. allowing the bubbles to pop onto it! Lift the paper and see the fun design the bubbles made. Hold in the wind outdoors or up to a fan indoors to dry it quickly. Tell kids to trace their hands on top of the bubble pictures to remind them to keep their hands scrubbly, bubbly clean!

Continually remind children to blow through the straw, rather than inhale. (The mixture will not hurt children, it will just taste icky.) Tell children to hang up their scrubbly, bubbly bubble pictures in a fun place as reminder that God wants us to take good care of our bodies by staying clean.



# GAMES:

## I. 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 show and tell the children to head over to the table and 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 gonna 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:** miniature paper cups, small tooth brushes (Ask a dentist for brushes with his name or buy generic disposables.)

Provide each child with a cup and a toothbrush. Divide 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:

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 by 10 size. 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 tooth paste) to keep my teeth clean." "This is dish soap to clean our dishes." And so on.

## Brush Those Teeth





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

Allow 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 awarding 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 are to be treated like God's temple. Help us to try hard to take good care of our bodies, brush our teeth and our hair and learn to 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,

Today we read that God created our bodies special. God wants us to take good care of our bodies and treat them like a temple. That means we should remember to stay clean and brush our teeth so that we can be healthy. We even made a chart to track our progress.

Please help your child hang up the chart in the bathroom. Encourage the child to practice good health habits by washing up, brushing teeth, and even helping to keep the entire house clean. And remember, it makes washing more fun when you use charts or games to make regular chores everyday fun.

## Hula Hoop Health Habits

This game reinforces healthy habits. You will need two sheets, blankets or beach towels to spread out onto the floor. Label one of them: GOOD HABITS and the second one: BAD HABITS.

Call out a variety of habits to your children and the kids should run from one area to the next, 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!

Brush your teeth twice a day.  
Change clothes just 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 pop everyday.  
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, they look white enough!  
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 ad.  
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, tooth picks, cheese squares, lettuce leaves, cottage cheese or yogurt.

As you begin, ask kids what you should do before you do any type of cooking. (Wash your hands!) After hands are washed, ask 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 leaf. Place a pear half on each one. Carefully help your child to fold a piece of square cheese so that it breaks into a triangle. Help your child to 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 can stay clean and healthy and not get sick!

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

I brush and comb  
And change my socks.  
I hope I don't get  
Chicken pox!

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 2 cups of dishwashing detergent (Joy works best), 3 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 holders of six-packs, plastic berry baskets, chenille wires shaped in fun ways, and so on.

## Bubble Bath Fun

Don't forget to have some scrubbly 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!

