



BOZ, The Green Bear Next Door™

"A Busy Body Day!"

God helps us grow stronger as we play with our friends

The following lesson will encourage young children to look at exercise as a fun, natural part of their days. God wants us to be active because that helps keep our bodies 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: OLYMPIC WARM-UPS!

You will need: DVD player with the song "Get Ready Before You Begin" from the BOZ DVD **Thank You God For...Bananas, Bubbles, and Busy Bodies**; streamers; confetti

Hang some colorful streamers around the room before the children arrive. Prepare small handfuls of confetti.

When the children arrive, tell the kids that you have a big surprise for them! As the excitement builds, grab a couple handfuls of confetti and toss them into the air and shout, "Let's celebrate you and me!" As the kids smile and giggle, point out that God created each one of us unique and special. Then explain that God wants us to take care of the bodies that He blessed us with. That means exercising, eating healthy, and staying clean.

Give each child a handful of confetti, but tell the children not to do anything with it yet. Explain that first you have to warm up! Before you exercise, it's important to warm up. So you're going to start the day out by celebrating who you are and doing some fun warm-up exercises!

Teach the children the song, "Get Ready Before You Begin" to sing while they do some warm-up exercises like touching your toes, jumping jacks, twisting from left to right, and marching. When you're ready to begin, invite the children to toss the confetti into the air, one child at a time, at the start of each new exercise.



As you exercise, sing the song:

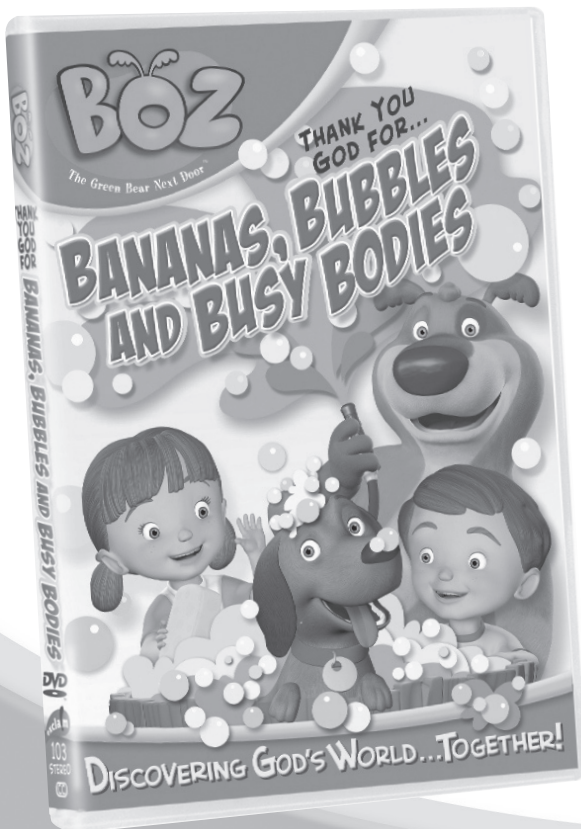
Get ready before you begin. Get your body ready before you jump in.
Stretch your muscles. Get your body ready with a warm up! (To exercise!)
Reach up high, go down low. Touch the sky! Touch your toes!
Wiggle your fingers. Wave your arms around.
Get ready before you begin. Get your body ready before you jump in.
Stretch your muscles. Get your body ready to warm up! (To exercise!)
Shake your hips from side to side. Scrunch up your face and open it wide!
Bend your knees up and down!
Get ready before you begin. Get your body ready before you jump in.
Stretch your muscles. Get your body ready with a warm up! (To exercise!)

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 stay active and have fun! 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 exercise and eat healthy so we can grow strong and healthy.

Show Episode 1 of the DVD: "A Busy Body Day!" Stop the DVD after the episode and ask the following questions:



- What are a couple of ways we can help God help us grow stronger? (Play with our friends and exercise.)
- What was BOZ's big surprise for Drew, Gracie, Ramone, and Darby? (A big box of busy fun and streamers to celebrate exercise.)
- What should you do before you exercise? (Warm up.)
- Why does God want us to take good care of our bodies? (It helps keep us healthy and feeling good. Plus, we can have fun doing it!)
- What are some of the ways BOZ and his friends exercise while having fun? (They had fun doing things with hoops, using bunny ears, and playing with a ball.)
- What can happen when you run and jump and play everyday? (It will help you to grow stronger by having fun!)
- What are some things that you can do to exercise and stay healthy?



BIBLE PRESENTATION:

1 Corinthians 9:24-27

You will need: a Children's Bible written for preschoolers, and pictures of Olympic athletes running or jumping or throwing the discus, etc.

Begin by opening the Bible. Explain that a long time ago — even when the Bible was being written — people who were good at running or jumping or throwing would get together to race against each other to see who the best was. These people are called athletes and these special races were called the Olympics. We still have the Olympics today. Have you ever watched the Olympics? (Show the pictures of Olympic athletes. Ask the children to talk about what they see the athletes doing and to imitate what they are doing.)

At the Olympics a long time ago, the winner would get a special crown to wear; today, the winners get ribbons with medals on them. In order to get ready for these Games the athletes prepare by eating good foods and getting lots of exercise.

Read 1 Corinthians 9:24-27. When the Apostle Paul wrote this scripture in the Bible, he knew about the Olympic Games. Ask the children to name some of the things they have received. Explain that if someone gives you a gift you are supposed to take care of it.

God gave us our bodies and He wants us to take care of them. We take care of our bodies by eating good foods, getting enough sleep, and exercising. Exercise is running and jumping and hopping. And it's anytime you get your body moving. Talk about different things you can do to exercise — playing, sweeping the floor, carrying clothes to the laundry, raking leaves in the yard, and so much more!



Invite the children to participate in the following action rhyme with you. You will read one line of the story and show kids an action that accompanies it; then they should repeat the rhyme and do the action with you.

Before the big race
If an athlete is wise
They will take time
To exercise!
They get into shape
They reach for the sun
They're gearing up
To have lots of fun!

Spread hands wide
Point to their head and nod
Run in place
Bend to the side
Touch toes
Reach high in the air!
Run in place
Jump up and spread hands out and up.

God gave me my body
To keep nice and strong
I'll eat food that's good
And sleep all night long
So I'll twist and I'll turn
I'll jump and I'll run
I want to have fun!

Hug self
Flex biceps
Pretend to eat
Put hands under head and pretend to sleep
Twist and turn
Jump and run in place
Jump up and spread hands out and up.



LEARNING EXPLORATION

Choose from a variety of the activities below.

Crafts

1. Olympic Torches

You will need: Card stock; red, orange, and yellow tissue paper; glue; and tape

Show the children how to roll the card stock into cone shapes. Help the kids tape the seam in place. Tell the kids to take half of a sheet of each color of tissue paper. Lay them down, one on top of the other, with the corners pointing in opposite directions from one another.

Place a small amount of glue toward the inside bottom of the cone and a few dots of glue about halfway up the inside of the cone. Then show the children how to point their finger close to the center spot of the three tissue sheets and gather up the remaining tissue squares around their finger. Gently crumple the colors inward. Slide them into the cone by gently pushing them in place, as needed. Pull several of the corners of each color up out of the cone to create the look of flames.

Use the torches to march around the room to the Olympic music to celebrate God's gift of our bodies and to exercise prior to your game time!

2. Action Athlete Magnets

You will need: small and large paper plates, construction paper, crayons or markers, scissors, magnetic tape, glue, buttons, wiggly eyes, yarn.

Before the kids arrive, cut strips of colored construction paper in the following sizes:

- 2" x 11"
- 2" x 14"
- 2" x 6"

Provide each child with a small and large paper plate. Tell the kids that they are going to make their own action athletes. Use the small plate to create a face and the larger plate to create the body. Use wiggly eyes and buttons for noses. You can use yarn for hair and smiles, along with marker or crayons. Decorate the body as desired.



Show the kids how to create an accordion fold with the two-inch strips of paper. (It's okay if they aren't even.) Use the 2" x 6" strip to connect the head and body. Glue or tape into place. Then glue or tape the 2" x 11" strips to each side of the body as arms and the 2" x 14" strips to the bottom of the body for legs. Attach several strips of magnetic tape to the head and body so it can be hung onto a refrigerator. Wiggle the athletes and watch them exercise as their arms and legs bounce up and down!

3. Bunny Ears for Hippity Hoppity Fun!

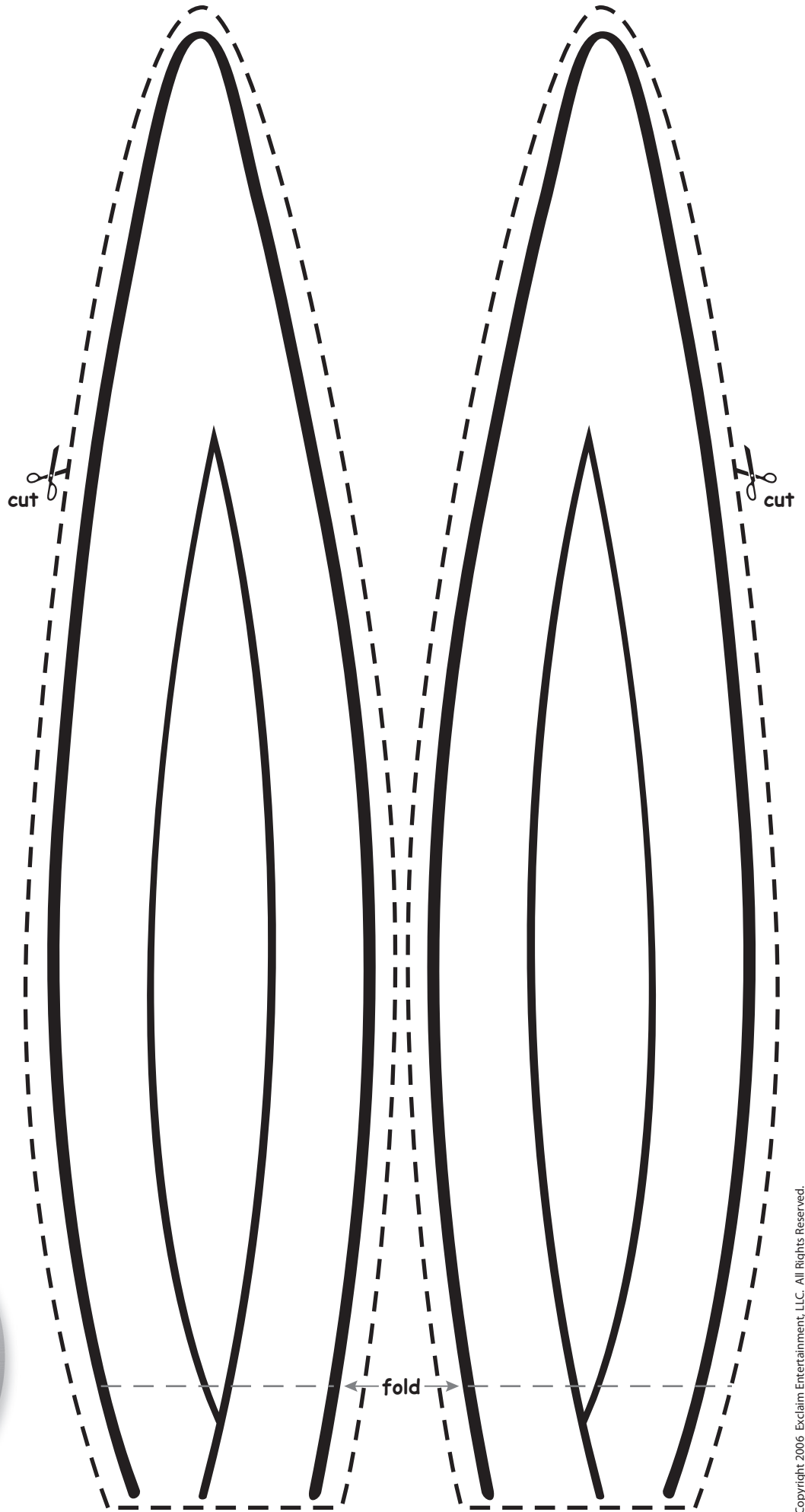
You will need: Paper plates, bunny rabbit ear pattern, construction paper, tape, crayons or markers, and scissors

Kids will use the paper plates and construction paper to create bunny ears like BOZ, Drew, and Gracie did in the show. Then they will be ready to play some fun hippity-hoppity games!

If you are working with very young children, you may want to cut out the inner circle of a large paper plate before children arrive. If not, draw a circle to indicate where the kids should cut out the circle themselves and then make the initial cut through the inner circle of the plate so that children do not poke themselves. Allow the kids to color the plate rims, if desired.

Duplicate the bunny ear pattern for each child and ask the kids to color and cut them out as well. Then show them how to tape the bunny ears onto opposite sides of the remaining rim of the plate. Then bend upward, along the dotted lines. Set the plate on top of the children's heads and they will look like adorable bunny rabbits!





Games

1. Hippity-Hoppity Fun!

Bunnies sure know how to have fun when they exercise! They're always running and hopping and having lots of fun playing. Have the kids pretend they are bunnies in a farmer's field, hopping from the carrot patch to the lettuce patch. Then, have the kids play a game of bunny tag (tag while they are hopping on all fours). There's lots of bouncy fun when you're a bunny!

And if the kids made bunny ears during craft time, be sure to have them wear their new ears while they're playing like bunnies! You can even sing the fun song that BOZ, Drew, and Gracie sang during "A Busy Body Day!"

CHORUS:

I know this game will keep us hoppin!
Cuz just like bunnies, we'll be boppin!

First, we'll hop around the tree
It's lots of fun! Come on, you'll see! (Have kids hop around a tree)

CHORUS

Hop up and down, just you and me.
It's lots of fun! Come on, you'll see! (Hop up and down)

Hop around the (insert word) with me.
It's lots of fun! Come on, you'll see! (Hop accordingly)

2. "Run for Jesus" Olympic Fun

Have the children run in a circle, as they sing the following words to the simple Olympic theme song:

Run, Run, Run for Jesus
Run for Jesus while I pray.
Run, Run, Run for Jesus
Run for Jesus everyday!

Continue to sing the song, substituting the following words and actions for "run":

| | |
|-------|--------|
| Skip | Hop |
| Clean | Sweep |
| Jump | Bounce |



3. Take Me Out to the Ball Games!

Teach the kids the words to BOZ's song "A Ball is Fun for Everyone!" Provide balls to the children and allow them to do the activities that accompany the song. When you are done, use the balls for other fun play. Ask the children to share some of their favorites!

CHORUS:

A ball is fun for everyone. A ball is fun for all!
When you roll it, kick it, bounce or throw,
A ball game keeps you on the go!

Bounce, bounce, bounce, bounce — way up high!
You can catch it from the sky!
Roll it up and roll it down.
A ball is fun to have around.

CHORUS

Boing, boing, boing, boing — up and down!
It makes a funny, bouncy sound!
Throwing, kicking to your friends.
A ball is fun that never ends!

CHORUS

Snack: Fruit and Veggie Kabobs

Offer a variety of fruit and veggie bites. Thread them onto thin pretzel sticks to create fruit and veggie kabobs for a healthy snack that will encourage the kids to stay strong so that can have fun when they exercise!



LIFE APPLICATION ACTIVITIES

Choose from the activities below to help the children review what they learned and help them apply it to their lives.

1. Pass the Torch

Have the children stand in a circle with the Olympic torches they made during craft time. As each child lifts his or her torch into the air, they should name one activity that they can do this week at home to exercise.

After everyone has shared, hold torches high into the air and march around the room, singing BOZ's song:

When you run and jump and play; you get stronger every day!
You'll have fun and all the while, God will watch you grow and smile!

2. This is the Way I Exercise

Teach the kids to sing and play a fun song to teach their friends and families at home. Sing it to the tune of "Here We Go Round the Mulberry Bush."

This is the way we warm on up, warm on up, warm on up.
This is the way we warm on up, so early in the morning.

This is the way we exercise, exercise, exercise.
This is the way we exercise, as the day goes by.

This is the way we reach and stretch, reach and stretch, reach and stretch.
This is the way we reach and stretch, as the day goes by.

This is the way we run and jump, run and jump, run and jump.
This is the way we run and jump, as the day goes by.

This is the way we cool on down, cool on down, cool on down.
This is the way we cool on down, when it's time for resting.

This is the way we pray to God, pray to God, pray to God.
This is the way we pray to God, before we go to bed.

We thank God for making us, making us, making us.
We thank God for making us so we can exercise!



CLOSING PRAYER

You can start your prayer time with the prayer that Drew and Gracie begin their prayer time with:

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!

Then encourage the kids to complete this prayer by thanking God for giving them wonderful bodies. Encourage each one to think of one way that they will exercise every day. Amen.

FAMILY TAKE-HOME

Distribute the Family Take-Home page for each child to take home. This will allow the children to share what they learned with their families so they can continue to exercise and have fun while doing it!





Dear Mom and Dad,

Wow ... are we worn out! Today we had lots of fun learning about exercise — and exercising! We learned that being active is a fun way that we can take care of the bodies that God has given us.

In our Bible story, we learned all about how the Apostle Paul told everyone how important it was to train our bodies right so that we can honor God and win the prize!

We also saw a fun BOZ episode called "A Busy Body Day!" that comes from the DVD Thank You God For...Bananas, Bubbles, and Busy Bodies. BOZ, Drew, and Gracie discovered how much fun we can have when we are active!

Here are some great ways that the whole family can exercise together at home so that we are all taking care of the bodies that God gave us.

Family Fun Night

Have a high-energy family activity night where the activities could include: running races, jumping rope, walking the dog, playing tag, playing badminton, playing hopscotch, riding bikes, hiking, roller skating, hide and seek, dancing, or any other fun activities that keep you active.

You can even make a fun activity out of chores like picking up toys, raking leaves, pulling weeds in the garden, or other important tasks.

Whatever you choose to do, begin by thanking God for making each family member special. Then reaffirm one another by naming some of the ways God made each person unique and wonderful. Brainstorm some fun, energetic activities that everyone can participate in together. Then enjoy your time together. Don't forget to warm up slowly with some stretches and cool down when you're done with a short walk!

Neighborhood Clean-Up!

This activity combines exercise, family time, and community service. There are many ways you can help others around your neighborhood.

One way is by getting work or gardening gloves for everyone. Then, give everyone in the family a garbage bag and head out into the neighborhood or a nearby park and pick up all the trash you find. Be sure to have a bag for items that can be recycled.



Or, if you have an elderly neighbor, set aside a Saturday to clean up their yard, rake their leaves, or sweep their porch.

Finish off your clean-up time with a healthy barbeque. Serve lots of healthy fruits and vegetables and encourage each other to share in preparing them. Thank God for friends and neighbors and for allowing you the friendships and good fun you shared as you helped others during the day.

Fun with Hoops

In "A Busy Body Day!" BOZ, Drew, and Gracie discovered all kinds of great things you can do with a big plastic hoop. Now's your family's chance to have lots of fun with hoops.

- See how far you can roll them. Then try rolling them up and down hills.
- Try seeing if you can spin them around on each arm.
- Lay them on the ground and try hopping from one hoop to another.
- Use them as pretend steering wheels and go on a make-believe trip together!
- Use them for tossing and try to ring one around a large stuffed animal or some type of large pole.
- Hang a hoop from a tree branch and try tossing different types of balls through the hoop to see how many you can get through.

Don't forget to sing BOZ's "Hoop-dee-Hoop" song while you play:

Gather around and I'll give you the scoop.
Of all the games we can play with our hoop-dee-hoops! Ya!

CHORUS:

Hoop-dee-hoop! Hoop-dee-hoop!
More fun than a flock of chickens in a coup!
Holler and whoop for hoop-dee-hoop!
Makin' more noise than a rock-n-roll group!
Now let's dance!

Take your hoop and roll it around.
Roll it up hill and watch it roll down.
Put a hoop on each arm to make them spin.
Let the hoop-dee-hoop fun begin!

CHORUS



Lay some hoops on the ground
Hop from hoop to hoop, and then spin around.
Pretend a hoop is your steering wheel.
Then drive around the yard in your hoop-dee-mobile!

CHORUS

Make Your Own Exercise Video

You will need: a video camera; if you don't have one, see if you can borrow one.

Make an exercise tape that your family can use to have fun exercising in the future. Choose your favorite, energetic songs, choosing one for warm-up, one for cool down, and several up-tempo songs for the middle. All together, the songs should total about 30 minutes: a five-minute warm up, 20 minutes of gradually faster music for exercise, and five minutes for cool down.

Decide what fun exercises or movements work well with the various songs you've selected. It's a good idea to write these exercises down and practice calling them out in time to the music so you're ready when you start recording. Count out the repetitions of the exercises so you know when to stop at the end of a song! In addition, assign a couple family members to call out encouraging words like, "Come on! You can do it!" or "Only five more!" or "You're doing great!"

Use the video to encourage your entire family to exercise together. Share the video with friends and extended family too. Remind everyone that God wants us to take good care of the bodies He gave us!

