



Global Health

Introduction to the Lesson:

Does anyone remember what we learned last week? Allow children to answer. **We learned about how World Hope helps those without access to clean water. We also learned that God gives us water of life! Today, we are learning about another way World Hope helps in the world. We are talking about Global Health. We can be healthy in our bodies, our minds, our meals, and much more. There are a lot of ways we can stay healthy. What are some things you do to stay healthy?** Allow children to answer, guide them on the right path (exercise, eating healthy, resting, mindfulness, etc.). **There are some people in the world that are not as healthy as we are. When we get sick, we can go get medicine or see a doctor, but for other people it is not that easy. We are going to learn more about this a little later, but to start off our morning, we are going to give our minds and bodies a little exercise by dancing and singing!**

Songs:

<https://www.youtube.com/watch?v=JNEAtmq6oTE> Power Shuffle

<https://www.youtube.com/watch?v=Y1MDCwirYoQI> My God is Powerful

Follow the actions on the screen for both songs! Encourage children to dance and sing along!

Activity: Band-Aid Tag (leader explanation)

Supplies: no supplies needed

Instructions: In band-aid tag, everyone is it and has the power to be tagged and tag people. When you get tagged you have to place your hand directly on the area where you were tagged and keep it there while you continue to play. This serves as the 'band-aid'. You then only have one arm to tag others with. If a child gets tagged again, they must place both of their hands on the area where they got tagged. Once both your arms are being used as bandages, you are not able to tag others but can still run around trying not to get tagged a third time. On the third time, the player must head to the 'care zone' where they do five jumping jacks to return to the game. Make sure to tell the children you are only allowed to tag backs and arms.



Activity: Band-Aid Tag (child explanation)

Has anyone ever played band-aid tag before? Allow children to respond. Well, if you haven't, we are going to today! In band-aid tag, everyone is it and you all will be trying to tag others and not get tagged. When you get tagged you must place your hand over the area where you got tagged. This will be your band-aid. Every time you get tagged you must place a band-aid over it and keep it there while you continue playing. The first time, you will still have one arm free so you can continue to tag others. The second time, you will have no hands free so your goal is to try to not get tagged. The third time, you will need to head to the 'care zone' in the corner of the room and do five jumping jacks to get back in the game. Are you ready to play?

I don't know about you all, but I am out of breath from all that running! Is anyone else tired after that? Thankfully, we are so healthy, that we can play games like that! We are going to hear our Word of Hope for today if everyone can make their way back to their seats.

Word of Hope: "God is powerful! He gives us strength!"

The Word of Hope today is "God is powerful, He gives us strength!". This reminds me of the game we just played; when we did jumping jacks in the 'care zone', we regained the strength we needed to keep playing. Sometimes things happen that we don't love, like getting tagged and having to put a band-aid on, but God gives us the strength we need in every situation. Let's hear what the message has to do with strength!

Message: David and Goliath

https://www.youtube.com/watch?v=ufvaa_GcTbQ

David was the youngest and smallest brother in his family but with God's strength, he was able to defeat the giant. Sometimes we are put in situations that are scary, disappointing, or sad, but we know that God can help get us through everything we face, even giants! There are people around the world that do not have access to hospitals, doctors, or medicine. God's strength can help us stay positive in times of sickness!

Verse:

"I can do all this through him who gives me strength" Philippians 4:13 NIV



Small Groups

Questions:

How many of you have heard the story of David and Goliath before? Allow children to raise their hands. **I am going to quiz you to see how well you paid attention to the story today. Are you ready to answer some questions?**

Q: Why did God want David instead of his other handsome and strong brothers?

A: Because God cared more about what was in a person's heart!

Q: Why do you think David said no to the armour he was offered?

A: David had such trust in God's strength that he did not need armour, he had God!

Q: How can we go to God in times of struggle?

A: We can pray and ask God to help gives us the strength we need to get through hard or scary things like sickness or facing giants!

Q: How do you think World Hope helps with Global Health?

A: They help offer medicine and vaccines to people who do not have access to doctors nearby and train communities with skills to help those struggling with their health!

Activity: Pin the Band-Aid on the Booboo (leader explanation)

Supplies: Blindfold, picture of child with an injury, tape, print out Band-Aids (or real Band-Aids)

Instructions: Tape the picture of the child with an injury to the wall. Get all children to form a single file line in front of the paper. Every child will receive a cut out of a Band-Aid or a real Band-Aid. Each child will get one chance (or two- time dependant) to pin the Band-Aid on the picture in the right place. Get the children to spin around before their turn.

Activity: Pin the Band-Aid on the Booboo (child explanation)

Today's small group activity is something called "Pin the Band-Aid on the Booboo". Does anyone see any boobos around the room? Allow children to look around and answer. Yeah! There is an injury right on the wall. Our job is to help them feel better by giving them a Band-Aid. The tricky part is that we will be blindfolded! We will have to try our best without being able to see where it is, to place the Band-Aid as close as we can get it to the injury.



Prayer Requests

We are going to finish up in prayer. Does anyone have any specific prayer requests?

Allow children to ask prayer requests and add your own prayer request for the communities in the world that still do not have access to hospitals and doctors.

Full Group Closing

How was everyone's small group today? What did you all do? Allow children to answer. **It sounds like you all had a lot of fun, I hope the booboo heals so fast! So far today, we have learned that World Hope helps people all around the world receive the medical care they need, and that God helps us find strength when we are sick! God is so powerful, and we know that no matter what we face, whether it is sickness, a broken bone, or a surgery, that God will help us find the strength to face it. Even though there are some places in the world that do not have as many hospitals and doctors, God is still helping them in all the hard things! Does anyone remember the Word of Hope from today? Can you say it with me? God is powerful, He gives us strength! Good job everyone!**

Hangout and play games until parents arrive. Global Health colouring pages could be used during this time. Hand out Word of Hope cards to the children before they leave.





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