

HEALTH



BADGE

This book belongs to



My Seekers Leaders are

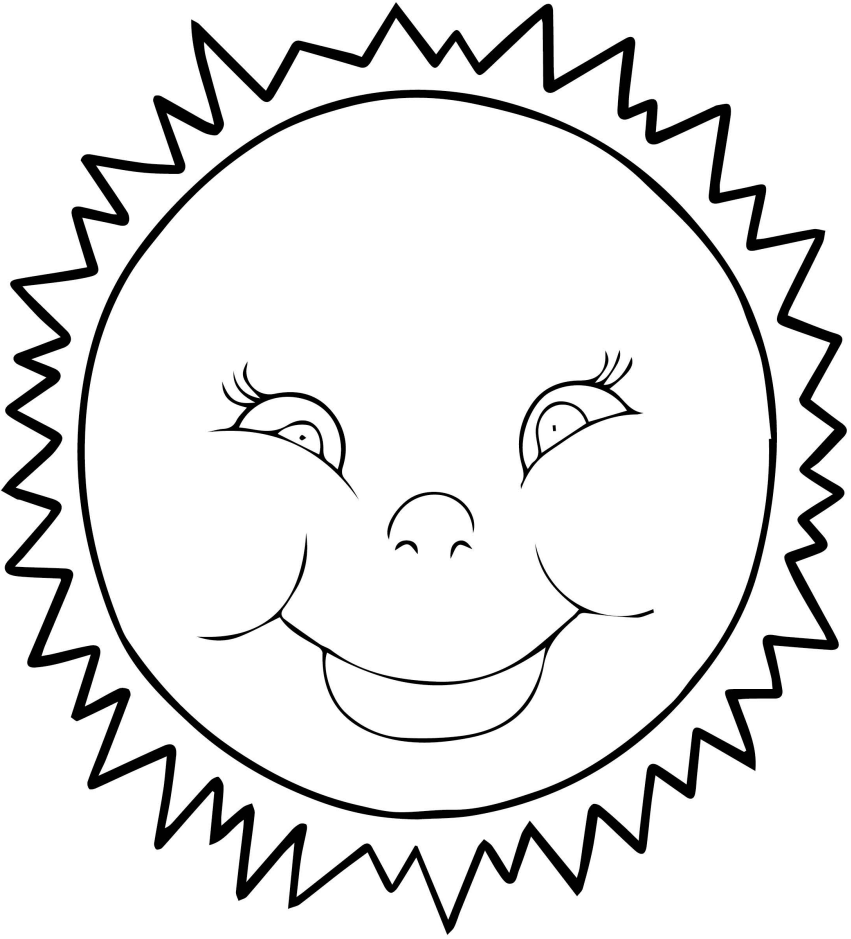
Attention Parents!

We're glad your child is coming to Seekers! Our Seekers leaders encourage a positive, loving atmosphere in which spiritual learning can occur. You can play a very important role in your child's progress through each badge as some projects will require your participation.

There are a couple of things to note. Your child will need you to sign at the end of some of the sections. Please sign these sections when your child has completed them. Also, all scripture in these badge materials are quoted from the New International Version.

We hope your child has a great year learning in Seekers!

Seekers Staff



How you take care of your body affects to a great extent how you look and feel. Your body will not work well for you unless you get enough sleep, eat the right foods, exercise every day, and keep it clean. The Bible says that your body is the temple of God. You need to take good care of your body so God's Spirit will be pleased to dwell within you.

Section 1

Your body has many parts that have their own special work to do. In a few words, write what each one does.

Skin

Hair

Fingernails

Ears



Nose



Eyes

Teeth

Seeker Parent

Date

Seeker Leader

Date

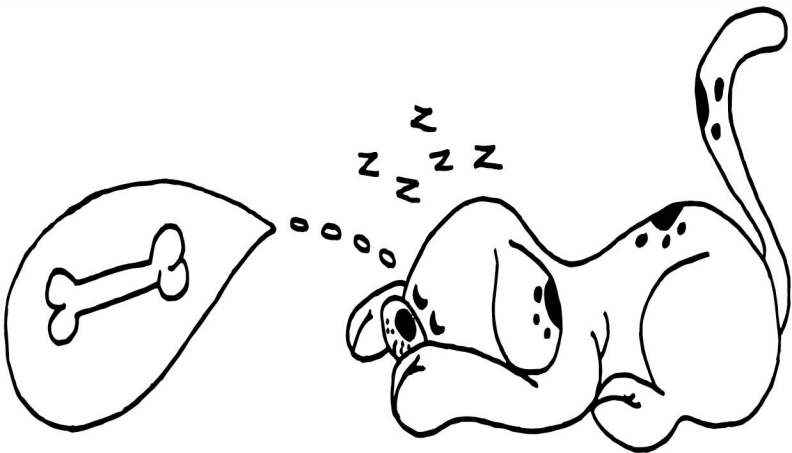
Section 2

Have you ever thought about why you sleep? Your body needs rest to work well. Without enough rest, your body gets tired and you can become cranky.

What time do you go to bed?

What time do you get up in the morning?

How many hours do you sleep each night?



Tell how you feel when you don't get enough sleep.

Seeker Parent

Date

Seeker Leader

Date

Section 3

Exercise is very important to keep your whole body healthy and strong. When you do not exercise, your muscles get weak. Did you know exercise, or lack of exercise, also affects how you feel and how you think? When you do exercise, you feel better and are able to think more clearly.

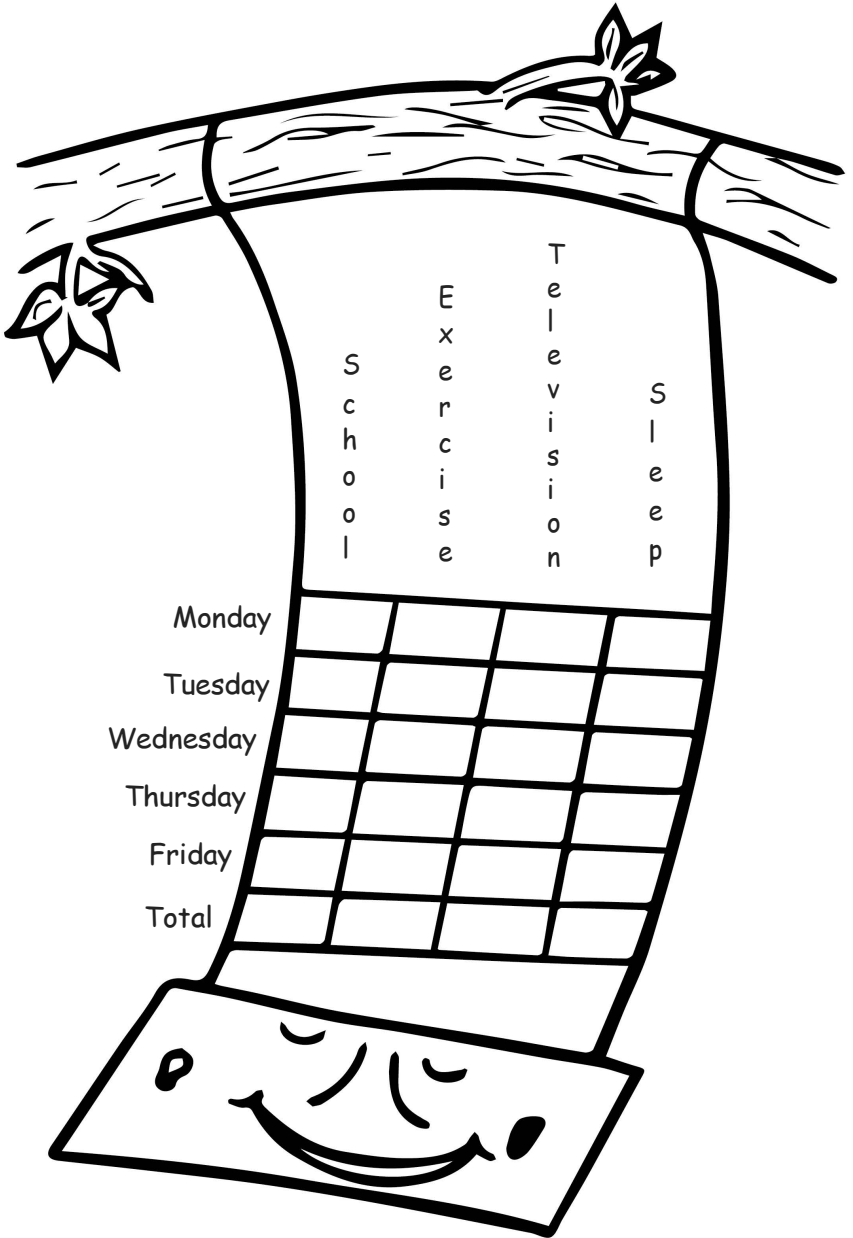
In the chart on the next page, keep a record of the amount of time you spend on school, exercise, television, and sleep. (Exercise may include bicycling, walking, swimming, running, skating, swinging, jump roping, playing baseball, and other sport activities.)

Seeker Parent

Date

Seeker Leader

Date



Section 4

There are some things in
your home or community
that are dangerous.

STOP

It is wise to learn safety rules for
dealing with them. Write two rules
for each item listed.

Bicycles

Electrical appliances

Matches

Medication

Moving objects

Pointed objects

Swimming pools

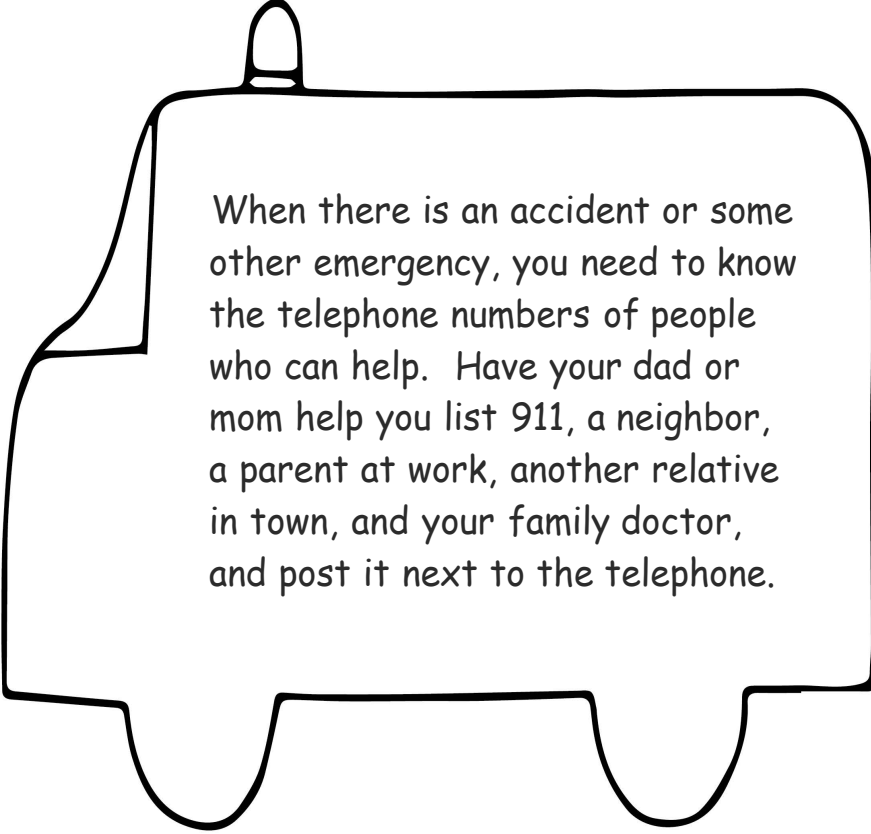
Seeker Parent

Date

Seeker Leader

Date

Section 5



When there is an accident or some other emergency, you need to know the telephone numbers of people who can help. Have your dad or mom help you list 911, a neighbor, a parent at work, another relative in town, and your family doctor, and post it next to the telephone.

Seeker Parent

Date

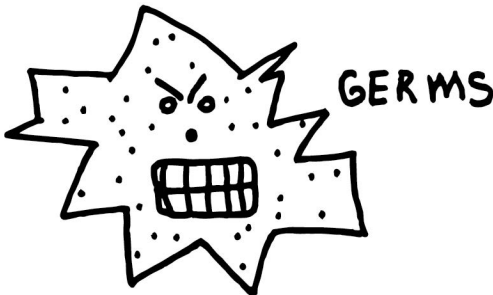
Seeker Leader

Date

Section 6



All of us become ill at times. Young and old alike get the flu or a cold. Diseases are caused by bacteria or germs that get into our bodies. Complete the word search on the next page. Then choose two of these diseases and write the symptoms and the treatments for each.



Z B I P G M U M P S K

K F R I N G W O R M H

A Q M N C M G R S A D

F J T K H E Z Q P L B

R L V E R A X C O L D

E K U Y F S G M L P C

Q O S E N L V J I O K

C H I C K E N P O X N

R Q X W T S Z G D T W

Chicken pox

Cold

Flu

Measles

Mumps

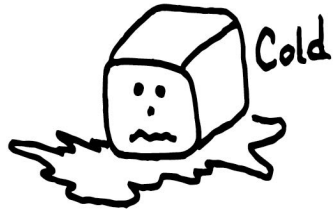
Pinkeye

Polio

Ringworm

Smallpox

Name of disease



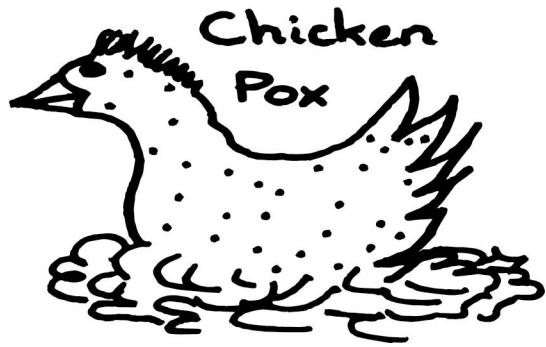
Symptoms

Treatment

Name of disease

Symptoms

Treatment



Seeker Parent

Date

Seeker Leader

Date



Section 7

There are drugs that cause a lot of trouble when taken into the body. You have heard of some of them on the television or the radio. They include alcohol, nicotine, and narcotics.

Do some research with your Dad or Mom to complete the next three lists. Check an encyclopedia, the internet, or contact the following organizations to get information to help you:

Alcoholics Anonymous
American Cancer Society
American Red Cross
County Health Services
State Heart Association
State Lung Association

List three harmful effects alcohol has on the body.

List three harmful effects smoking has on the body.

CAUTION

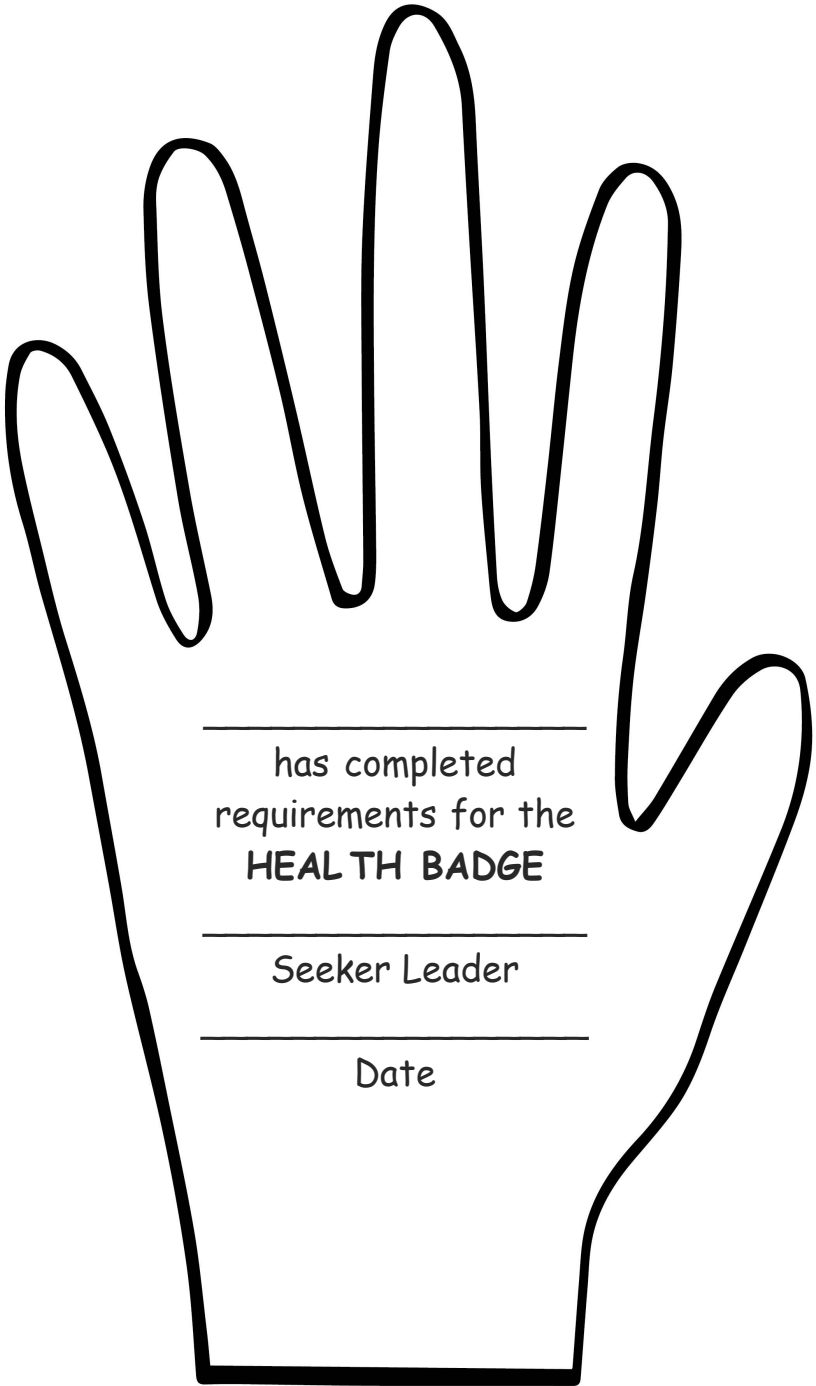
List three harmful effects narcotics has on the body.

Seeker Parent

Date

Seeker Leader

Date



has completed
requirements for the
HEALTH BADGE

Seeker Leader

Date