

PHYSICAL WELL-BEING

LESSON SEVENTEEN

Follow-up *(As a family discuss the assignment for the lesson Problem Solving.)*

1. What did we learn from the lesson on problem-solving?
2. How have we improved our problem-solving skills?

Concept

Keeping our bodies healthy is important. People usually can be more effective in other areas of their lives (mental, emotional, social, temporal) if their bodies are healthy. Families who have a healthy lifestyle try to:

1. Drink plenty of clean water.
2. Eat well-balanced meals, including fruits, vegetables and whole grains.
3. Exercise regularly.
4. Get adequate sleep.
5. Avoid harmful drugs, tobacco and excessive alcohol.

Being healthy affects the quality of our lives. Having a healthy body gives us the energy and ability to do our daily activities, and our outlook on life is usually better. When *our* physical needs have been met, we can better reach out to meet the needs of others.

Family Survey Review

Statement # 17. **Our family has good health habits.** (We eat healthfully, exercise regularly.)

- Why is it important to keep ourselves healthy and physically fit?
- How are we doing with our health habits?
- Do we eat healthfully? Do we exercise regularly?
- How can we improve?

Story

Thousands of years ago, a slave named Aesop wrote some simple fables (stories) that show

common principles of thought and behavior. One such fable is that of the deer and the hunter. The deer was admiring his reflection in the pool.

“Ah,” said he, “where can you see such noble horns as these, with such antlers? I wish I had legs worthy to bear such a glorious crown. It is a pity they are so slim and unsightly.” At that moment, a hunter appeared and sent an arrow flying towards the deer. The deer bounded off and by means of his nimble legs, about which he was just complaining, was quickly out of range of the hunter.

Prize yourself. Be grateful for the body you have, and appreciate your unique talents and strengths. Build on those strengths; don’t tear yourself down or focus on your weaknesses. Instead, think and act in ways that will make you like yourself. Don’t compare yourself to other people, and don’t compare what you are now to what you think you should be. Celebrate who you are, and be the best you can be. If you’re doing your very best to reach wise goals, you’re doing enough.

Discussion

1. Are we sometimes like the deer in the story? Are we unhappy with some part of our physical body?
2. What do we think and say that shows we compare ourselves with others?
3. How can we build on our strengths and not dwell on our weaknesses?

Activity

Improve your physical well-being by doing something active as a family. Go on a walk, swim, play ball or anything you choose. This activity should include everyone.

Ask: “Can we go on a family walk right now?” If not now, ask, “When can we do something active as a family?”

Assignment

The assignment is to make a specific plan of how your family will improve its physical well-being. Then the challenge is to do it. On the following page there is a list of Solution Suggestions to use as a resource of ideas.

SOLUTION SUGGESTIONS

Physical Well-being

1. Play frisbee in the park.
2. Go on a walk.
3. Ride bikes as a family.
1. Swim.
4. Go hiking.
2. Exercise as a family--doing anything you enjoy.
3. Play tag.
4. Play any kind of ball game as a family.
5. Clean the house in high speed.
10. Gather as a family and have someone read the following poem:

THE TROUBLE PILE

"Where do you go today, old man,
With that great load there on your back?"
The old man just grumbled as he hobbled along
Holding tight to the bulging sack.

"I say, old man," cried the boy again,
"Do you carry a sack of gold?"
"Nay, lad," the old man whispered,
"'Tis just troubles--that's all I hold."

"This sack I've carried, all my life

Each trouble I've had is here.
They've grown till now, my back grows bent
With every passing year.

"There's grief and pain, there's hurt and woe,
There're trials and sins galore.
But I'm going now to the trouble pile
And I won't pack these no more."

The boy looked up with troubled glance.
"Tell me, what's the trouble pile?
I'd like to know, and while we talk
You can sit and rest awhile."

"I lack the time," the old man said,
"I've got to rush along.
I want to get to the trouble pile
'Fore the little troubles are gone.

You see, it's a place where all can go
To trade troubles great and small.
You can leave yours there and pick new ones up.
Why, I'll trade 'til I've none at all."

The boy glanced down at his twisted leg,
And he blinked to hold back a tear.
"Could I trade this leg for a good one," he asked,
"If the trouble pile was here?"

"Of course you could," the old man was gruff.
"But there's still a long way to go.
I've got to hurry or I'll be late,
And crippled you'd be too slow."

So the boy sat down and watched the man
Disappear in the morning light.
The hours wore on and still he watched
As the day moved on to night.

At last, there in the distance,
The old man walked tall and strong.

A bulging sack still on his back,
But on his lips, a song.

"I see you traded, mister,
And lost your heavy load."
His little voice grew wistful
As he looked back down the road.

The old man grinned and tossed his bag
With a thud, in the dusty track.
And he smiled a smile at the little boy
As he sat and leaned lazily back.

"Now I'll tell you, lad, though you'll not believe
But that sack is the same as I had.
When I saw the troubles of other folks,
I found mine not half so bad.

"Sure, I've hardly got a trouble now,
And I'll tell you something too
If you could see that trouble pile,
You'd keep that bad leg, too.

'Cause I've done a bit of thinking
As I walked along the way.
And if we worked hard on that leg of yours
It would grow straight and strong to stay.

Now I've really nothing much to do
And a crutch I could make for a start."
Then he hugged the boy to hide a tear,
And the joy in an old man's heart.

So the boy and the man worked together,
From morning to the last light of day.
And the twisted leg finally was straightened,
And the boy could soon run and play.

It was then the old man knew he must leave,
And again he shouldered his sack.
But no longer did it bulge with his troubles



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It just hung there loose on his back!

For while he was helping another,
His own troubles faded away.
He had truly found the trouble pile
It's there--if you look for the way.

Wayne K. Bullock