

# Stay Away From the Big Yuckies

**Purpose:** To introduce the positive action of avoiding things that harm your body.

**Word of the Week—Creative:** To be able to make something new.

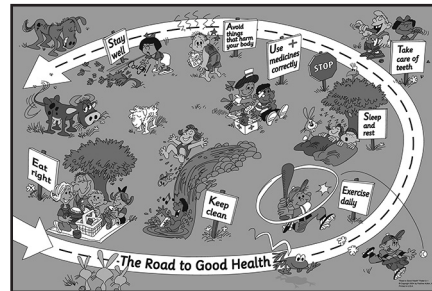
**Materials Needed** Straight pin

**Materials Provided** “Paper Car” Visual Aid 24-2-1; “Road to Good Health” Poster 23-2-1

## Procedure

**Say** Do you remember what we learned yesterday from Davey’s meeting with little Hypo Kondrack? (*Wait for responses: To take only the medicine that your doctor or mom or dad give you, and to take it at the right time and in the right way.*) We also learned that things like medicine that are meant to do good can cause harm if used in the wrong way. That’s what this lesson is about: taking the positive action of avoiding things that can harm your body.

**Teacher** Move the “Paper Car” Visual Aid 24-2-1 to the “Avoid things that harm your body” area on the “Road to Good Health” Poster 23-2-1.



**Say** Let’s read a story about Terry Too-Much. See if you can tell how he gets his name.

## TERRY TOO-MUCH

Terry was enjoying his first week at school. He had completed a terrific year in kindergarten and was eagerly looking forward to the excitement of first grade. Terry was a smart boy. He had a good self-concept and he was sure he would do well. There was only one problem. Terry never knew when to quit. He always did too much of something. His mother and friends nicknamed him Terry Too-Much. Let me tell you about a typical day in the life of Terry Too-Much.

Terry woke up one morning and remembered to use the positive actions he’d learned for keeping clean. He jumped right into the shower and grabbed the shampoo bottle to wash his hair. But he gave too big a squeeze and shampoo ran all over his head and down into his eyes. His eyes burned! That told him he had used too much!

At breakfast Terry filled his cereal bowl so full that the milk ran over the edge. His mother couldn’t believe he finished the whole bowl, but his tummy told him on the way to school that he had eaten too much!

At school it was Terry’s turn to be class monitor. One of his jobs was to water the plant on Mrs. Casey’s desk. Terry wanted to be sure he did this correctly, but when he saw water running out from under the pot and soaking the day’s spelling tests, he knew he’d used too much water!

After school, Terry and his friends went by the swimming pool. It would be open just a few more days now that school had started, so Terry wanted to do as much swimming as he could. He stayed a long, long time and refused to take a rest when the lifeguard blew his whistle on the hour. As Terry walked home from the pool that day, he was very stiff and sore. His skin burned from the heat of the sun. “Maybe,” he thought, “I spent too much time at the pool in the sun!”

When Terry walked in the door of his house, he knew at once what his mom had been baking. The smell of hot, homemade chocolate chip cookies hit his nose and his hand hit the cookie sheet within seconds. His mom was on the phone, so Terry began eating some cookies. They were so good he couldn’t stop eating. Before he knew it, the whole sheet of cookies had disappeared! When Terry’s mom walked in and saw the empty cookie sheet and the I’m-going-to-be-sick look in Terry’s eyes, she knew what had happened.

Terry did get sick from eating too many cookies and had to go to bed early. He was lying in his bed. His tummy hurt. His sunburn burned. His arms and legs ached. His mom came in and sat down beside him. “Terry,” she said, “We need to talk. I think you have learned a lesson today about abuse.”

“What’s a-buse?” asked Terry.

“Abuse is a word that means using the right thing—but in the wrong way, or using the right thing—but using too much of it,” said his mom. “When you ate the cereal and cookies, that was abuse because you ate too much. At the pool, you played too long and got too much sun.”

“I gave Mrs. Casey’s plant too much water today,” said Terry. “I guess that was abuse, too.”

“Yes, Terry,” said his mom. “People should learn not to abuse things or other people, but they especially should learn not to abuse their own bodies. You are a strong, healthy six-year-old and you want to be strong and healthy when you are an adult. You have to start using the positive actions you’ve learned for a healthy life now—and that means never putting any wrong thing in or on your body. It also means not using too much of something for your body—even if it’s a good thing. Will you try to remember that, Terry?”

“Yes, Mom,” Terry promised. “I’ll try very hard.” He knew he’d keep that promise.

**Say** Who figured out how Terry Too-Much gets his name? (*Wait for responses: He always has too much of a good thing and it turns into a bad thing.*) What did Terry’s mom say the word “abuse” meant? (*Wait for responses: Using the right thing in the wrong way or using too much of a good thing.*) Can you name the times Terry abused something in the story? (*Wait for responses: Too much cereal at breakfast, too much water for the plant, too much play and sun, too many cookies.*)

Abusing things is a negative action, not a positive action, so Terry did not feel good that day. How do you think Terry felt:

- After breakfast? (*Wait for responses: Sick to his stomach and bad about himself.*)
- At school when he saw the water running on his teacher’s desk? (*Wait for responses: Guilty and bad about himself.*)
- Walking home from the swimming pool? (*Wait for responses: In pain and bad about himself.*)
- After eating all the cookies? (*Wait for responses: Sick to his stomach and bad about himself.*)

- Lying in bed that night? *(Wait for responses: Better about himself because he knew he would try hard to remember not to do too much again!)*

We know that we abuse ourselves when we do something that will harm us or when we want to use or do too much of something. What positive thought can we think instead of abusing ourselves? *(Wait for responses, point to head: I will not do things that harm me.)* Then what positive action can we take to make sure we avoid things that cause harm to us? *(Wait for responses, wiggle fingers: I will wear sunscreen.)* How will we feel about ourselves when we refuse to abuse? *(Wait for responses, hand over heart: I will feel good about myself and my body will feel good, too.)*