



This Activity goes with the "good and bad for my body" page, on theredcrystal.org. Assemble the puppet (with a paper bag), have small children feed the puppet, if it's a good thing the puppet will "eat it up"...even if it's exercise..that's what makes it funny. If it is bad for the body, then the puppet will spit it out. Warning: may not be the most reverent activity(:

Come Follow Me-For Primary pg. 130 "Display a picture of a child, and put pictures around it of things that are good for our bodies and things that are bad. Invite the children to take turns identifying the good things and removing the bad ones."