


I Can Care for My Body

3

Earn the Temperance Adventurer Award

Temperance Award



1. Read and discuss I Corinthians 6:19, 20 and I Corinthians 3:17.
2. What is meant by "drug" abuse?

- What is meant by temperance?

3. Talk to a doctor/nurse or discuss with an adult the use and effects of tobacco, alcohol, and drugs.
OR
Watch and discuss a film or video on the dangers of using any of the above.
4. Tell why some people choose to smoke, drink alcohol or use drugs. Tell how we can choose not to use them ourselves.
5. Plan a skit or play encouraging others to say "NO" and perform it with your group.

6. Design an antismoking, antidrug, anti-alcohol slogan and paint it on a T-shirt.

OR

Create a poster or illustration showing the dangers of drug abuse.

7. Identify two famous people or athletes who are the best in their area and tell why they do not use tobacco, drugs or alcohol.

OR

Interview two people you know who live happily and healthfully without using tobacco, drugs or alcohol, and discuss with them their reasons for being temperate.

8. Participate in a recognized fitness test:

- President's Challenge
- An equivalent program

Suggestions for Parents or Leaders

Make this award fun by:

- building food group collages or sorting types of food into boxes.
- enjoying an exercise activity together in the sunshine and fresh air.
- having a healthy water-drinking contest.

Order the information for the fitness tests from:

President's Challenge
 Poplars Research Center
 400 East 7th Street
 Bloomington, IN 47405

President's Challenge Qualifying Standards

Age	Curl-Ups (in 1 minute)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit & Reach (centimeters)	1-mile Run (min./sec.)	Pull-Ups (number)
Boys						
6	33	12.1	+3.5	31	10:15	2
7	36	11.5	+3.5	30	9:22	4
8	40	11.1	+3.0	31	8:48	5
9	41	10.9	+3.0	31	8:31	5
10	45	10.3	+4.0	30	7:57	6
Girls						
6	32	12.4	+5.5	32	11:20	2
7	34	12.1	+5.0	32	10:36	2
8	38	11.8	+4.5	33	10:02	2
9	39	11.1	+5.5	33	9:30	2
10	40	10.8	+6.0	33	9:19	3