



Builders



Temperance

1. Read and discuss I Corinthians 6:19, 20 and I Corinthians 3:17.
2. What is meant by “drug” abuse and 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, antialcohol 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:
 - a. President’s Challenge
 - b. An equivalent program