



BE CLEAN INSIDE OUT!

**MAY 2024
KIDS ASSEMBLY TOPIC**

Kids Assembly Topic for May 2024

Title:

BE CLEAN INSIDE OUT!

Objectives:

At the end of the session, participants should be able to:

1. Understand different grooming and health-promoting activities
2. Realize the importance of different healthy practices and its impact to our ourselves, our homes, and our community
3. Practice different habits in making ourselves healthy inside and out

MOTIVATION

“Hygiene Charades”

Reference: <https://www.rayitoschools.com/blog/fun-personal-hygiene-games-for-kids/>

Rules and Mechanics:

One will act out the different personal grooming activities and make them guess each one, without saying anything aloud. The quickest person to guess wins the game!

List of Grooming Activities:

- | | |
|--------------------------|-----------------------|
| 1. Brushing your teeth | 6. Drinking Vitamins |
| 2. Trimming your hair | 7. Washing your hands |
| 3. Eating vegetables | 8. Cleaning your ears |
| 4. Wearing clean clothes | 9. Taking a bath |
| 5. Trimming your nails | 10. Combing your hair |

Welcome to our Kids Assembly, kids! Cleanliness opens the door to a healthier body, mind, and soul. Being clean inside and out also helps us to be more peaceful as well. Maintaining good hygiene and cleanliness throughout the day, as the wise proverb saying goes – “cleanliness is next to godliness”; is essential. It not only helps us combat diseases but also demonstrates responsibility towards ourselves and the environment.



EXPANDED OUTLINE

I. HEAD

Learning basic grooming activities like washing our hands, taking a bath, brushing our teeth, etc. seem to be time-consuming tasks as young as we are. But it has a big significance, and it develops our sense of responsibility. Having good hygiene, like washing our hands and keeping ourselves clean, helps us stay healthy. When we're healthy, we can play and learn more, which is great! But did you know, it also helps the environment? Yep! When we throw trash in the right places and recycle things, it keeps our surroundings clean and safe for everyone, including animals. So, by taking care of ourselves, we're also taking care of our environment too!



II. HEART

Understanding the importance of cleanliness, as Jesus teaches us, enables us to achieve greater things and inspire others. A clean and tidy child is calm, energetic, and responsible. Living a life free from diseases due to good hygiene allows us to enjoy time with friends and stay active. Taking care of ourselves and others responsibly is essential. Clean children are also smart because they think of ways to stay healthy and help others do the same.

*“Wash and make yourselves clean. Stop all this evil that I see you doing.
Yes, stop doing evil” – Isaiah 1:16*

Jesus teaches us to avoid throwing trash anywhere, neglecting the environment, and disregarding ourselves and others. Discipline begins within us, radiating positivity like sunshine to influence others. As MFC Kids, where should we start practicing cleanliness?

1. **Our SELF** – Prioritizing self-care means starting our day with healthy habits like bathing, brushing teeth, combing hair, and washing hands. Being clean isn't just about appearance; it's also about being morally upright, a good child, student, follower of Jesus, and doing what's right.
2. **Our HOME** – Our homes reflect our habits, so helping clean regularly with family strengthens bonds and helps in reducing diseases. Instead of excessive gadget use, bonding through chores promotes a healthier environment.
3. **Our COMMUNITY** – Keeping our community clean boosts well-being, protects the environment, and improves the appearance of our surroundings'. This reduces pests and fosters a healthier, happier community, ensuring our collective well-being.



IV. HAND

Kids at Play (3-4 years old)

Activity: I have a good hygiene! (Appendix A and Appendix B)

Material:

- Pencil / Writing Material

Instruction:

- Follow the given directions for each activity sheet:
Appendix A: Using your pencil or any writing material, draw a line that connects these products on what body part we should use.
Appendix B: Using your pencil or any writing material, match the items in Column A to their appropriate use in Column B. Draw a line to connect each material and body part.
- Note to the Facilitator: After doing the activity, before the assembly ends, check the answers to each accomplished task.

First Steps (5-7 years old) (See pictures in Appendix D)

Activity: Give Me a High Five! (Appendix C)

Materials:

- Coloring Materials
- Writing Materials

Instructions:

- Using your coloring material, trace your hand on a piece of paper (If you are left-handed, trace your right hand and vice versa).
- List one healthy activity or hygienic practice on each finger that will help you to live stronger, healthier, and cleaner daily.

Note to the Facilitator: After doing the activity, before the assembly ends call some representatives and let the kids share their work with the group.

- **Footsteps (8-10 years old), and Step Up (10-12 years old)**

Activity: Toothbrush of Responsibility (See pictures in Appendix D)

Materials:

- White bond paper
- Colored Papers
- Writing Materials
- Scissors
- Glue

Instructions:

- Cut six (6) strips of white bond paper. This will serve as your bristles.
- Cut a Colored Paper
- Prepare a colored paper and paste your toothbrush head and bristles.
- Write down your vows that will help you be responsible of your own cleanliness and the cleanliness of your house and community (school or barangay).

TAKE AWAY

Cleanliness is really next to godliness because it truly shapes our personality and inner self. It's not just about looking clean on the outside, like in our uniforms for school, but also about being clean both inside and out. Achieving overall cleanliness requires consistent practice; it's not something we achieve in a day but something we continually work on until we share it with others. When we perform small acts for our environment, they have a significant impact on us. So, let's strive to be clean inside and out together as one MFC Kids.

Pray this as your closing prayer –

“God, I offer you myself to be a channel of cleanliness and be a good steward of your creation here on earth. Lord Jesus, as I commit in taking good care of myself, family, and community keep me guided to do what is right and just. Holy Spirit, dwell in me to be more responsible enough in my thoughts and deeds. May my acts glorify and worship You, Amen.”

RECITATION OF MFC KIDS PROMISE

1. I will imitate Jesus.

- I will pray to God and read the Bible every day.
- I will make Jesus as my role model by obeying rules and doing good in school.

2. I will be a good family member.

- I will be a good son/daughter to my parents by obeying and respecting them.
- I will be a good sister/brother to my siblings through sharing and supporting them.

3. I will be an active member of MFC Kids

- I will always attend and participate in all MFC Kids activities.
- I will share my time, talents, and treasures to others especially to my brothers and sisters in MFC Kids
- I will love, respect and be loyal to my MFC Kids family.

4. I will tell others about Jesus.

- I will love my brothers and sisters, relatives, and friends by doing good deeds every day that will reflect God's love.
- I will serve in our Parish Church.
- I will love the poor by sharing what I have with them

Appendix A (Kids at Play)

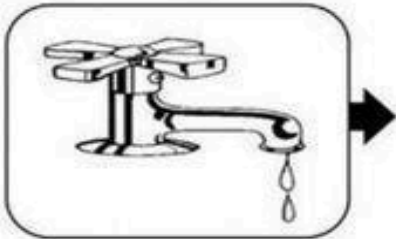
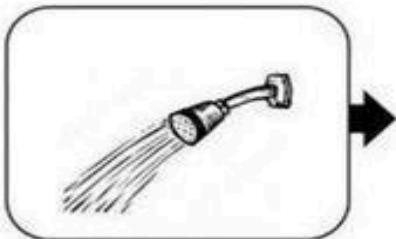
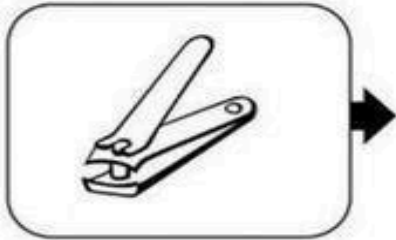
DIRECTIONS: Using your pencil or any writing material, draw a line that connects these products on what body part we should use.



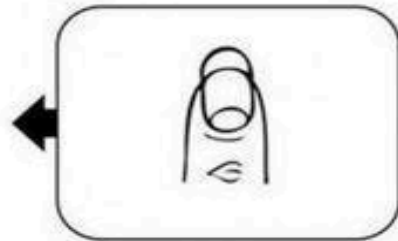
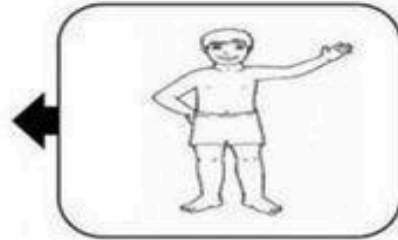
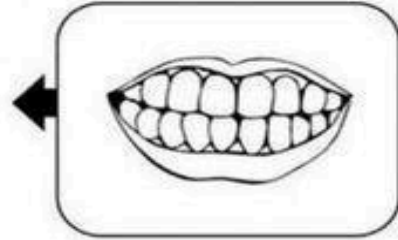
Appendix B (Kids at Play)

DIRECTIONS: Using your pencil or any writing material, match the items in Column A to their appropriate use in Column B. Draw a line to connect each material and body part.

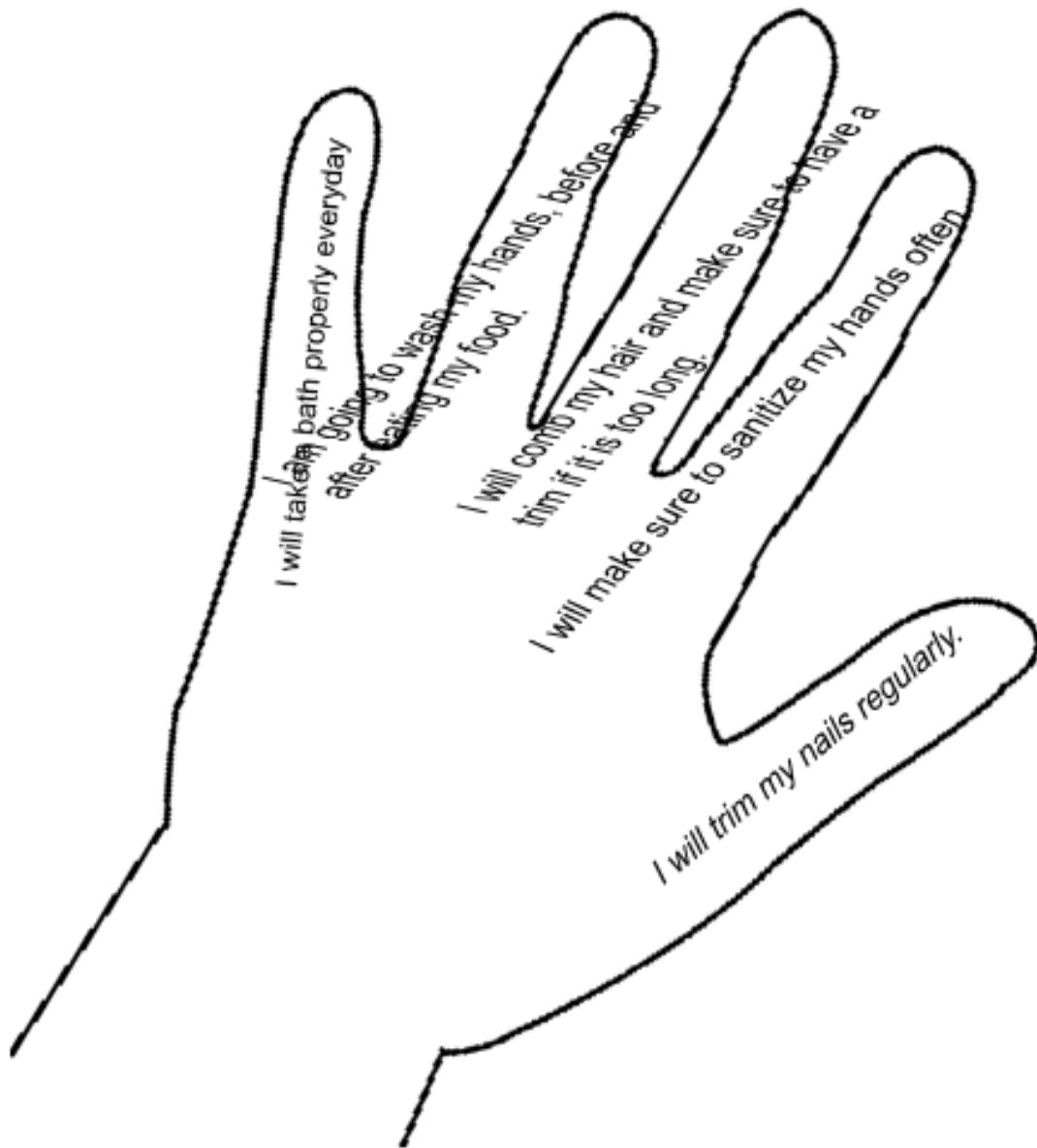
Column A



Column B



Appendix C (First Step)



Appendix D (Foot Steps and Step Up)

I am going to wash my hands, before and after eating my food.

I will keep my uniform nice and tidy before and after going to school.

I will constantly help to do household chores.

I will make sure to throw garbage in trash bins/cans.

I will help my teacher and classmates in cleaning our classroom.

I will make sure to practice healthy hygienic/grooming activities.

Dear Parents/Guardians,

Summer season is already here, despite the intense heat, let's make the days you spend together as a family meaningful. First, thank you for letting your Kids Assembly this month and for being one with us in believing that they are never too young to know Christ. We honor your love and passion in making your child/ren closer to the Lord.

For this month of May, our topic focused on the virtue of cleanliness – learning and understanding the significance of cleanliness in and out. We play a crucial role in instilling the value of cleanliness in our children, as it must be evident in our own actions. We encourage you to support them in practicing the roles they've learned in this gathering. To aid in this effort, here are the 3S's you can employ to assist them.

1. **Support** - Offering words of encouragement is crucial in strengthening our children's growth. Just as Jesus affirms His people, our words can affirm our kids, boosting their self-confidence and belief in themselves. Practice saying phrases like "Good job!" or "I'm proud of you" when they dispose of trash properly or excel in their chores.
2. **Show** - Lead by example by demonstrating the behaviors we want our children to imitate. If we encourage them to tidy their rooms, they should see us tidying ours. By setting a positive example, like Jesus did, we inspire them to follow suit.
3. **Stand** - It's important to uphold standards and address wrongdoing. If our children behave inappropriately, we should kindly correct them while guiding them towards understanding. Similar to Jesus' approach, we must correct with love, steering them away from irresponsible actions and false freedom."

After doing the activities, we encourage you to post these on your social media accounts so that you can inspire other parents and families to journey with their kids. Use these hashtags - #MFCKids #ParentChildActivity #MomentsThatMatter

Thank you very much and we hope to be with your kid/s next month!

MFC Kids Team