



Teaching *for*
TRANSFORMATION

Sharing the Importance of Exercise Health 7

Ruth Ippel
Nicaragua Christian Academy International



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Deep Hope:

Deep Hope

for Health Class

It is our **deep hope** that
we will **glorify our**
Creator God by making
choices and taking
actions that lead to us
and those around us be-
ing the **healthiest**
versions of ourselves.



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Long Term Learning Targets:

- 🎯 I can... see everyone who is created in God's image as worthy of care, and encourage them to care for themselves by sharing the knowledge that I have about exercise.
- 🎯 I can... describe how exercise is a privilege, see how privilege or lack of privilege affects those around me, and take action to restore God's kingdom by using my privilege to help the unprivileged.

Curricular Outcomes:

- Students will demonstrate ways to advocate the benefits of increasing one's physical activity. (N-7.8.1)
- Students will discuss the influence of circumstances on a person's physical activity (N-8.2.2 modified)
- Students will share their knowledge about exercise with the children from House of Hope.
- Students will encourage the children at House of Hope to increase their level of physical activity by showing them exercise they can do in the space they live.

Habit(s) of Learning:



Courageous Designing
We are resilient and rigorous.



Joy-Filled Collaborating
We are grateful, playful, and reflective.

In this FLEx, students practiced courageous designing and joy-filled collaborating. They were courageous in designing and carrying out something that was outside of their comfort zones; they had to use creativity in planning for interacting with people who are different from them. They joyfully collaborated with their classmates and their partners from Tesoros de Dios to do activities that were fun, active, and playful. After the FLEx, we spent time celebrating and reflecting on the ways that God was glorified through this experience.



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See God's Story:

Students saw that we are ALL created in God's image, despite our circumstances, background, race, financial standing, etc. God created our bodies to have a need for physical activity that contributes to our overall health, and that's not just true for people like us, that's true for everyone.

We acknowledged that when sin came into our world, we began placing different value on people based on circumstances, background, race, financial standing, etc. The world says that not all people have the same value, and only those with "value" need care. God tells us that we are all valued creations, created in his image. He tells everyone to take care of their bodies, not just "valued" people.

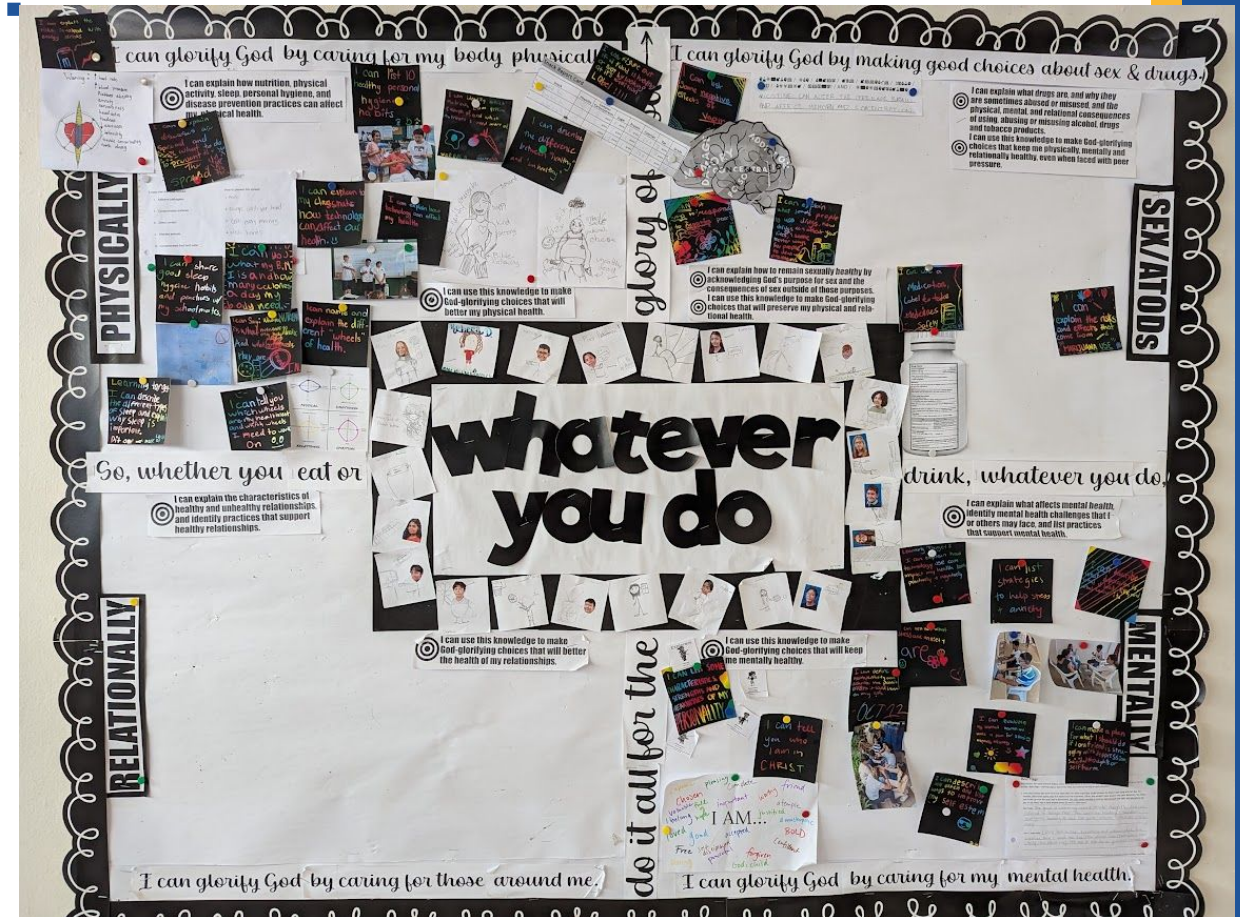
The students decided that we can glorify God and work towards restoration when we take the knowledge that we have about exercise and share it with people who may not have had the same opportunities to learn about or participate in exercise.



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Storyline: Whatever you do...

We emphasize every class that **EVERYTHING** we do, whether we eat or drink, or **WHATEVER** we do, we need to be doing it to bring glory to God. Our hope is that we are bringing glory to God by teaching the importance of exercise to people who might otherwise not have an opportunity to learn that, and show them how they can also bring glory to God in whatever they do.





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Throughlines:

Creation Caretaking

We encouraged the kids at House of Hope to care for their bodies—one of God's most incredible creations!--by teaching them about exercise.

Image Reflecting

We saw ourselves and the kids at House of Hope as created in God's image and deserving of care.





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Formational Learning Experience:

Real needs: the kids at House of Hope need knowledge about the importance of exercise to keep their bodies healthy, and also opportunities to participate in exercise in their current context.

Real people: Twenty kids at House of Hope, ages baby-12 whose mothers are escaping life on the street and taking steps towards independently providing for their families by being at House of Hope.

Real work: NCAI students planned age and ability appropriate lessons to the kids at House of Hope about what exercise is, its importance, recommendations for exercise, physical and mental benefits of exercise, risks involved with not exercising, and gave them ideas how they could exercise at House of Hope with the resources available to them.



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INVITE

- We talked about why we exercise, why exercise is important and how we glorify God when we exercise.
- We acknowledge that we don't always get the exercise we need, and we listed obstacles that keep us from exercising.





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INVITE

- We talked about the idea that exercise is a privilege, how originally people participated in physical activity just to survive (and some people still do)
- Students interacted with people with a wide range of abilities and challenges to empathize with people who might not be able to easily exercise, and then participated in a Privilege Walk



NURTURE

- Students decided to go to House of Hope to teach the kids there about the importance of exercise.
- Mrs. Loftsgard came in to our class to talk to them about House of Hope, what to expect, and what to consider in their planning.





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EMPOWER

- Students were given specific topics and activities to plan in groups to prepare for the visit.



EXERCISE FLEX GROUP 2

Names of Group Members:

Marie, Carlos, Lilia, Julian, Camilo

What did you learn about House of Hope from our expert that will help with your planning for our visit?

Some things we learned:

- Some of the kids don't know how to play.
- They don't have sports equipment.

Think of 3 questions that you could ask to get to know your House of Hope kids.

Challenge: find something that you have in common with them!

1. Have you done exercise before?
2. If you have, what is your favourite?
3. What is your favorite food?

What is exercise?

Your group's topic is: "Mental/emotional benefits of exercise"

Prepare some facts to share with the kids about the mental/emotional benefits of exercise. What will you tell them? Can you think of a creative way to share this information? Explain your plan here:

- 1 Corinthians 6:19 - "Or do you not know that your body is a temple of the Holy Spirit within you who you have from God?"

Dopamine increases, stress decreases
Self control & love, memory increases

Come up with a plan for an active group game that you could all play together (HoH kids and 7th graders). Explain your plan here.

- Red light, green light/what time is it Mr. Fox?
- Statues
- "Bible study"
- What game?
- Tag
- Fruits of the Spirit
- Give examples of exercise
- Skit



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Student Reflections:

“We glorified God by everyone getting together and doing activities that benefited them with info about how to be healthy and strong while having fun.”

“It makes me value what God has given to me.”

“God led us to them.”

“I felt like I had to get out of my comfort zone and talk with kids that I probably wouldn’t talk to otherwise. I can push myself out of my comfort zone more.”





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Student Reflections:

“Us engaging with in conversation and praying with them I believe brought glory to God. The kids being happy and playing brought me joy.”

“I think that the fact that we took the time to go and play and teach and eat with them was super special to God. The fact that we did that and prayed and just got to know them.”

“There is still joy (maybe even more joy than us) in poverty.”



Student Reflections:

“I used to think that people living in poverty wouldn’t socialize with us, but after House of Hope I realized that they’re way nicer and want to socialize and make friends.”

“The feeling of seeing a lot of very intelligent and very sweet kids in one place was a good experience for me to live, and to glorify God by sharing his word to another amazing community.”





We GLORIFY GOD by

Us engaging in confession and praying with them, I believe brought glory to God. The kids being happy and playing around brought me joy.

The feeling of seeing a lot of very intelligent and very sweet kids in one place, was a good experience for me to live, and to glorify God by sharing his word to another amazing community.

It was clear that they wanted to glorify God by using their bodies.



We glorified God by interacting with people that have less than us and not thinking we are above them, praying for them.



I think God would've been happy just by watching us participate and be with the kids. This brought joy to me as well.

How we show the importance of exercise and doing exercise is taking care of our bodies and we glorify God in that way.

Deep Hope

for Health Class

It is our **deep hope** that we will **glorify our Creator God** by making **choices** and taking **actions** that lead to us and those around us being the **healthiest** versions of ourselves.



I think we brought joy to God by teaching the kids a couple of games that they can play together even though they don't have any sports equipment.



We glorified God by everyone getting together and doing activities that benefited them with the goal to be healthy and strong while having fun.

Getting to make friends with them and praying for them brought glory and joy to God and me.



How does this FLIX project trip to House of Hope fit in with our Health Class deep hope "that we will glorify our Creator God by making choices and taking actions that lead to us and those around us being the healthiest versions of ourselves"?

God lead us to them

It connects because we shared our deep hope with another community with a different perspective of life.



doing REAL WORK

it helps them to understand and put things into it



We made choices that led to others around us being healthier by teaching the kids at House of Hope about exercise.



We taught them how to stay healthy and exercise. We also had time for getting ready for the trip.



EXERCISE FLEX GROUP 2

Meeting of Group Members

Jonathan Charlotte
Xavier Marking
Jose Miguel

What did you learn about House of Hope from our expert that will help with your planning for our visit?

- The kids are kids like us
- We have to teach in a way that's easy to understand.

Think of 3 questions that you could ask to get to know your House of Hope kids. Challenge: find something that you have in common with them.

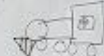
1. What's your favorite color?
2. What games do you like?
3. What's your favorite thing?

Your group's topic is: "Physical benefits of exercise"

Prepare some facts to share with the kids about the physical benefits of exercise. What will you tell them? Can you think of a creative way to share this information? Explain your plan here.



red light green light
buddy
superhero
fun



Come up with a plan for teaching the kids some stretches that they could do before or after stretching. Explain your plan here.



arm
thin



reach as
far as
u. can

touch up to toe

- we taught them about exercise and that we should take care of the body. God has given us.



We made every game that we did very fun but very simple so the kids could understand and enjoy the games.



We were teaching the kids about exercise and health.

Keeps us healthy.



We taught the kids how to be healthy & exercised with rhythm & helped them mentally, by being friendly.

We prayed for Francesco!



to meet **REAL** **NEEDS**

Praying for the kids and making them laugh and have fun.



- just a little act of kindness and fun can help them see the world happier.



when we prayed, because they have a lot of problems going on their lives..

That we helped the children to have fun. And pray and know God loves them.



One of the girls I hung out with expressed that maybe her family doesn't have a whole lot of food, so she saved her bananas for her mom.♡



That ~~as~~ far as long as I can remember, I've wanted to help people in poverty, and I wanted them to still have a fun childhood everyone deserves.

I think that we made the choice to go and teach and that we went and we exercised and let them to start their healthiest version of themselves.

I feel like I had to get out of my comfort zone and talk with kids that I probably wouldn't talk to otherwise. I can put my self out of my comfort zone now.



They need love and encouragement and we give them that.

The kids need to exercise to keep healthy and we taught them how to do that.

A good April had was to make a friend and I became her friend. U Did this well.♡

Her
Friend

Very
and
gett



Hector is Real BARE
Francesco is Real MADRID
SUZZI

for REAL PEOPLE

Hector ~~Real~~ BARE
Real BARE



I got to meet this little kid named Francesco and I enjoyed that he would whatever he wanted and he was really Rudy.

I met Francesco and I learned that he is a Real Madrid.

Francesco ☺

The most very happy spirit and was into the game.



I feel like it's very sad to see such amazing people and community in a hard and sad situation.

Dorian he knew who to support!
(for Madrid and City fan)

There was this little girl name Jaime and she was very social and always wanted to talk to me and hold my hand. I enjoyed helping her open her snack bags and I showed her how to read a couple of letters that were on the juice box. ☺

I got to meet a very joyful, happy and very intelligent little girl whose name is Patricia, and I really enjoy spending time with her and getting to know her.

I got Charlie but he left and I got Dorian and Dorian was very chill and kind.

Sad to see people in that condition but just see the bright side and I could see how much fun they have.



Jaime, she was very interesting & happy and had friends.

I met a little girl named Elizabeth she was 4 and her favorite color was white. I loved how she loved the class and the games. She smiled her whole time.

I used to think people living in poverty wouldn't socialize with us but after House of Hope I realized they're way nicer and want to socialize and make friends.



I got to know Jacob. I enjoyed seeing him have fun.

It was a little baby that his name was Naman. He was super cute and he was super respectful.



They are very happy & funny even though it's hard.

I got to know Johanna she was very shy but I asked her question and got to know her better. I learned to be more grateful as realized what her situation was, I really made a connection with her.

They have used underwear help them.

There is still joy (and maybe even more joy than us) in poverty.

I got to know a girl named April at House of Hope. She was so kind and I didn't seem to know April was the month flower.



Estefania. She has a lot to share and builds relationships quickly!

Josanna, Norman and Tania.
She's really fun and she's not shy.
He was so cute.
She was so kind.



They can even help to help us.

I let her tell my hand explained things for her and got close to her since she never wanted to leave my side.

- Jessica, she liked Bananas and she is shy but when she has fun she forgets about all this. She wants happiness for everyone.

No matter how they live, you can always have fun and be happy!



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Teacher Reflections:



NCAI students saw their new friends at House of Hope as incredible creations, made in God's image, and they glorified God by encouraging them to care for their bodies through exercise.

They had a new understanding of the idea of exercise as a privilege and and empathy for how a person's life situations (including poverty) might affect their ability to exercise. They were able to build relationships and connections with the students from House of Hope, which was probably the biggest blessing of all.

Nothing went quite how we had planned it, but somehow it ended up being even better than what we had planned for!



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FLEX Post on NCAI Social Media

