

My Immune System

Quarter 9 • Lesson 10

Focus on Life Skills

1. **Connecting:** Play a tag game about white blood cells and germs.
2. **Teaching:** Learn how the immune system works (Psalm 139:14).
3. **Responding:** Review the immune system parts and draw cartoons about immune systems.

SUPPLIES

- Bible

Optional Supplies:

- Memory Verse Poster
- Paper
- Pencils
- Student Pages

Teacher Devotion

*Dear friend, I pray that you may enjoy good health
and that all may go well with you, even as your soul is getting along well.*

3 John 1:2

What a beautiful prayer! This verse shows us that God cares about our physical well-being as well as our souls. He is the One who created us. He knows the number of hairs on our heads. He knew the number of our days before we were even born.

God, who created us in His image, knew that when sin came into the world, all sorts of diseases and sicknesses came too. He made our bodies with the ability to fight disease and injury and help keep us healthy. He made our bodies with immune systems to help when we are injured or sick. As you see scabs and scars, have a fever, or even just blow your nose, thank God for the marvellous ways He made your body to stay strong and healthy.

Family Connection: Let the families of your students know that they are learning about the amazing immune system. They can ask the children to share one way the immune system helps us stay healthy.

LESSON TIME

1. Connecting: Play a tag game about white blood cells and germs.

In our last lesson we learned some things about our amazing bodies. God created your body in some wonderful ways to keep you healthy. Every day you are exposed to millions of germs, but you do not always get sick because your immune system fights those germs.

Teacher Tip: When children play active games like this, be sure to watch so that no one gets hurt. You may need to tell them to walk, not run. If you have a large number of children in class, you may want to designate more than 1 group of 3 children to be the white blood cells.

Clear an open space for this game. Ask for 3 volunteers.

White blood cells are part of the immune system that fights sickness. Let's play a game of tag by pretending to be white blood cells and germs. Our 3 volunteers are white blood cells, and the rest of you are germs. The 3 white blood cells will link hands and stay connected as they chase the germs.

Germs, you will run around and try to avoid being captured by the white blood cells. The white blood cells capture a germ by linking their arms in a circle around that germ. When the germ is surrounded, he becomes a white blood cell. He then joins hands with the others and chases other germs. Once all the germs are captured, the infection is gone. The white blood cells have removed the threat!

When all the germs are captured, have the children sit down.

2. Teaching: Learn how the immune system works (Psalm 139:14).

Today we will learn about the immune system. It is the body's defence system that helps fight off germs and sickness in your body. It helps you heal when you are sick or injured.

When you get sick, your immune system becomes very active. It works hard to get rid of the sickness. As in our game, the white blood cells surround a germ and fight it. Your immune system is able to remember how it fought the germ. So if you have the same sickness another time, your immune system remembers the best way to fight the sickness. Your immune system is always learning and changing in order to protect you from sicknesses. It is amazing how God made our bodies!

The immune system has several parts that all work together to help you stay healthy. We will learn a little about some of them. The first part we will look at is your skin. The same way that we cover food to protect it, your skin is a covering that protects your body from germs and infections.

When you have a fever, it is your immune system working hard to protect you. The heat from a fever helps kill germs.

Another part of your immune system is mucus. You have mucus in your nose, your throat, lungs, and intestines. Just like your skin, the mucus in your body acts like a barrier to stop germs. It traps germs and keeps them out of the body. That is why you sneeze when you have dust go up your nose. It is the immune system's way of saying, "Stop! Get out!"

Your saliva and tears are also part of your body's defence system. Did you know that your tears do more than express sadness? Tears protect your eyes by washing away dust and germs that can hurt you. The saliva in your mouth has special chemicals in it that help destroy germs.

A really big part of your immune system is your lymph system. Lymph is fluid in your blood that carries your white blood cells to where they are needed. Some bacteria or viruses that have invaded your body might be carried back to the lymph nodes or glands around your body. In the nodes, the germs are killed. Sometimes when your immune system is fighting because you are sick, you can feel your lymph nodes are swollen. When they are swollen it means they are fighting to keep you healthy. Everyone reach up and feel under your jaw below your ear. That is where you can feel swollen lymph nodes sometimes.

The white blood cells are the cleanup crew. They help the body fight all kinds of germs and diseases. If your throat is sore or your nose is congested, white blood cells rush to your throat and nose and surround the germs and devour them. Within a few days, they finish their job and you are well again. If you have a disease like cancer that causes your cells to become damaged, the white blood cells race to where the bad cells are to try to destroy them.

We can prevent the spread of some illnesses by using the good habits like we talked about last time. For example, washing our hands can help us avoid some sicknesses.

Here are some ways to know that your immune system is working:

- You get better when you have been sick.
- You develop a fever when you are sick.
- When you are sick, your lymph glands get swollen.
- Your cuts heal without getting infected.
- You get swelling and soreness around injuries.

Our bodies are so amazing in how God created them. I will read a verse you have heard before. The second time I read it, everyone shout it out with me.

If you are using the Memory Verse Poster, show it to the students.

*I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.*

Psalm 139:14

3. Responding: Review the immune system parts and draw cartoons about immune systems.

Let's review what we have learned about our immune systems today.

- **What are some of your body's defences against sickness and germs?**
Mucus, saliva, skin, lymph system, white blood cells, fevers.
- **What kind of cells fight germs and help keep you healthy?**
White blood cells.

- **What are some ways to prevent the spread of germs that we talked about last time?**

Cover your mouth when you cough or sneeze, wash your hands frequently, eat healthy, get good sleep.

Let's shout out the verse we said together earlier to thank God.

*I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.*

Psalm 139:14

Optional Supplies:

Give paper and pencils to the children. Tell them to draw 3 squares on their papers. They will then draw 3 pictures, 1 in each square, showing how a germ tries to invade the body and the immune system fights it.

If you are using the Student Pages, the children can draw their pictures on them.

End of Option

Close by praying this blessing based on 3 John 1:2 over the children.

Blessing: Children, may you may enjoy good health. May you have a cheerful attitude and may things go well with you.

Lead the children in singing this quarter's song, if possible.

"Agnus Dei" by Michael W Smith <https://www.youtube.com/watch?v=KVFzxazTQNM>