

# Horizons

## Health

Grades 7-8

Student Workbook



## Reflectors

Anybody can see reflectors at night. Joggers wear reflecting tape on their shoes and shirts. Bike pedals and wheels show us moving circles of reflected light. Lane dividers, roadside mileage indicators, traffic signs, guard rails, bridge piers, the eyes of deer and raccoon—all these things reflect. Even the moon acts as a giant reflector of the hidden light of the sun.

A reflector is something that returns, or bends back, energy from a source. Wall tiles, for example, can act as reflectors of sound. If you sing in the shower, the sound waves of your voice hit hard surfaces and come bouncing back to you. “Bathroom baritones” like to make and hear those reflected sounds. Other family members do not.

The main thing about reflectors, whether they return sound or light, is that they do not produce energy themselves. The light must come from an auto’s headlamps, or from the sun, or from some other power source. Sound waves must come from your larynx, or your radio, or your alto saxophone. A reflector does not produce energy. It only deflects or returns it.

But reflectors can do something else to light or sound energy. They can transform it. They can change its color or focus, for instance. Depending on the color of the reflector, light from auto headlamps can come back to you green or red instead of yellow. A spherical mirror (like the side view mirrors on some cars, or the “shoplifter mirrors” in stores) can focus light so that a particular part of what’s reflected can be seen especially well.

Christians are reflectors of God’s glory. In sanctification we become clean mirrors, or polished images, of the glory of God.

What is glory, and how do we reflect it?

Glory really means two things. One of them is “light.” A sunset, for instance, may be described as “glorious” because it is brilliant, because it lights up the whole western sky.

One thing we mean, therefore, when we talk of the glory of God is that God appears dazzling to us: hot and pure and brilliant. All over the Bible we read of persons meeting God and comparing the experience to walking into the center of the sun.

The other meaning of glory is something like “weightiness” or “worthiness.” A glorious person is one who is centered, weighty, important. You cannot push such a person around. He has, so to speak, a low center of gravity. He is a kind of heavyweight. He is a person of important reputation.







## Feelings

Read each statement below. Then write down a word or phrase that you think describes what the person is feeling. Be ready to describe each speaker's situation.



1. Lately my parents have been fighting a lot.

Feeling: \_\_\_\_\_

2. Guess what! I'm moving to Calgary!

Feeling: \_\_\_\_\_

3. Our team lost again.

Feeling: \_\_\_\_\_

4. I lost my calculator. It's the third time this week.

Feeling: \_\_\_\_\_

## Four Prayers

Thank you, God, for my friend.  
She stands at my side through it all—  
    the stress    the pain  
    the laughter    the joy.  
She helps me to see when I am hiding  
    behind something that is not me.  
She brings me to the realization  
    of who I am.  
She is my best friend  
    my enemy  
    my sister in love of God.  
I am eternally grateful for knowing her  
    and for having her to love.  
Thank you, God, for my friend.

*MaryJo Linse*  
*Omaha, Nebraska*



Today I acknowledge the joy that friends bring into my life. I give thanks to God for the friends with whom I share joy, laughter, companionship, comfort, and understanding. Thanks for my friends who welcome me, who make me feel comfortable in just being me. I think of myself as a friend to all, reaching out and welcoming. I can reach out to others by showing a sincere interest in them. Thank you, God, for making me feel welcome in you. Help me to make others feel welcome too. Amen.

*JulieAnn DeSantis*  
*Schenectady, New York*

NAME:

Blank box for student name

### The Stages of Life

Stage	Physical Characteristics	Social Characteristics	Intellectual Characteristics	Emotional Characteristics	Spiritual Characteristics
Prenatal/Infancy Age Range _____					
Childhood Age Range _____					
Adolescence Age Range _____					
Early Adulthood Age Range _____					
Middle Adulthood Age Range _____					
Late Adulthood Age Range _____					
Resurrected Life Age Range _____					

## The Changing Nature of Friendship

Imagine that you are a world expert on adolescent behavior. You write a newspaper column that gives advice to adolescents. How would you respond to these letters?

### Letter 1

Dear Expert,

I need some advice. I have this great friend who is a boy. (I'm a girl.) Most of my friends say that I should have a boy friend unless he is my BOYFRIEND. I'm starting to feel uncomfortable about it. I'm not sure what to do because I really like him a lot (just as a friend though). I need some good advice.

*Just Friendly*

### Letter 2

Dear Expert,

There is this boy in my class who is really starting to bug me. He always seems to be looking at me in class. He smiles whenever I look at him. During break time he often takes my food away or punches me on the shoulder. I think that he sometimes phones my house and hangs up when I answer. I like this guy, but he is starting to drive me crazy. What can I do?

*Desperate*

### Letter 3

Dear Expert,

There is this great girl in my class. I used to be able to talk to her and goof around with her, but now I have a tough time knowing what to say to her. I think that she likes me because she tries to start a conversation with me. But I don't know what to say.

I think that she is starting to think that I don't like her anymore. What's going on? What can I do?

*Wordless*