

LESSON 1 SNAPSHOT

BOTTOM LINE: Staying close to God gives us joy!

TAGLINE: How are you feeling?

OBJECTIVE: Little ones will say “When I feel worried, I can turn to God for guidance.”

KEY PASSAGE: Psalm 1

MEMORY VERSE: “All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.” Psalm 117:1-2 (NIRV)

SUMMARY: In this psalm, David talks about the difference between people who choose God’s way and those who don’t. Choosing God’s way leads to the peace and confidence of trees planted by water. But choosing to ignore God’s way leads to chaos and confusion like leaves in the wind.

SIMPLE PRAYER:

Dear God (Dear God),

Thank you for being (Thank you to for being)

The way to peace and joy (The way to peace and joy).

Amen (Amen)

SPECIAL 1 PAGE LESSON FOR 1 AND 2 YEAR OLDS:

PLAY TIME: Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

BIBLE TIME: Seat the kids in the place they will be having snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

LESSON: "Today we are talking about worry. When we feel worried, we can pray because God is with us. He will help us and calm our hearts. We don't have to worry, because God is in control!"

MAKE IT REAL: After the lesson say, "We can turn to God for guidance!" Point to each child and say (child's name) "can pray to God when you feel worried."

PRAYER TIME: Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you, God, for our families. Thank you for loving me. Thank you for this snack we get to eat. Amen."

SNACK TIME: Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

POTTY BREAK: After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

PLAY TIME: Finish the day with more playtime until it's time for dismissal.

MEMORY VERSE:

"All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord." Psalm 117:1-2 (NIRV)

LARGE GROUP MEMORY VERSE ACTIVITY:

"All you nations, (point straight out) praise the Lord. (Look up at the sky and reach up with arms.) All you people on earth, (make a circle with arms) praise him. (Look up at the sky and reach up with arms.) Great is his love for us. (Make a heart shape with your hands.) The Lord is faithful forever. Praise the Lord. (Look up at the sky and reach up with arms.)

Teach the hand motions to this verse. Practice the verse a few times.

SMALL GROUP MEMORY VERSE ACTIVITY:

Open your Bible to Psalm. Show the kids how it is written like a poem, compared to other books of the Bible. Explain how songs and poems have rhythm. Hand out two pencils to each of the kids and ask them to copy your beat.

Play a few different rhythms like: left pencil, right pencil, left pencil, right pencil back and forth

Or left pencil 2 times, right pencil 1 time, left pencil 2 times, right pencil 1 time, etc.

Finally, end with reading the memory verse to the kids. Read it one more time and ask the kids to tap along to the beat of the Psalm. (Try to read with rhythm.)

PUPPET SHOW:

How are You Feeling?

ITEMS NEEDED: Small blanket

CHARACTER BREAKDOWN:

Dog Puppet - Willow

Kids - Audience

CHARACTERS:

Willow the Dog

Interactive Audience

Willow the Dog enters the stage with his blanket. Sniffs all around. Stares out at the audience and then hides under his blanket. Then he slowly peeks out. Then hides again. Finally, he comes out of his blanket and faces the audience.

WILLOW: Hi, I'm Willow the Dog.

(Willow looks around at the audience.)

WILLOW: I said Hi! Say hi back so I can hear you!

(Willow jumps back at the kid's answer.)

WILLOW: Wow! There are A LOT of you out there. I've never met any of you before. Can you raise your hand and I'll call on a couple of you to tell me your names?

(Willow calls on a few kids by describing what they are wearing and asks them their names.)

WILLOW: Great. I feel a little bit better. I was feeling a little NERVOUS....kind of SCARED...sort of WORRIED...How are you feeling? Do you all feel good today?!

(Willow listens to the kid's answers.)

WILLOW: I hope you are feeling well. But let's be honest. Sometimes we don't feel so good. Sometimes we get sick. Sometimes we feel worried. Sometimes we feel mad or sad. If you feel happy right now, stand up!

(Willow does a little happy dance!)

PUPPET SHOW PAGE 2:

WILLOW: That was my happy dance! I'm so glad you are happy today. You can sit back down. If any of you feel like I did a few minutes ago...WORRIED...stand up.

(Willow hides under his blanket and pops out again.)

WILLOW: Thanks. Have a seat. Sometimes when I am worried or scared, I hide under my blanket. And do you know what I do under here? Raise your hand if you have a guess!

(Willow calls on a few friends to share.)

WILLOW: When I am under my blanket...I am PRAYING! It is a chance to be alone and talk to God. It helps me to calm down and remember that I can trust God even when I feel uncomfortable.

(Willow holds up his blanket for everyone to see.)

WILLOW: Do you have a place that you go when you feel worried or scared? You don't have to go anywhere at all! God is with you wherever you are. You can pray to Him anytime when you feel worried. But if you have a special place where you feel comfortable, you can go there. Raise your hand and share if you have a place you like to pray and where you feel safe.

(Willow calls on a few friends to share.)

WILLOW: God promises us that if we stay close to Him...talking to Him....reading His word, that we will be like a tree planted by water. My name is Willow! Just like the willow tree that is planted by water. Whenever anything difficult comes, a tree near water can always soak up the water and stay alive. My name reminds me of this tree! And that if I stay close to the Lord, He will protect me!

(Willow hugs his blanket.)

WILLOW: Next time you feel afraid or worried. Think about me, Willow the dog! And think about a willow tree staying close to a stream of water. And stay close to God. Pray to Him and ask Him for His help!

(Willow tucks his blanket under his arm.)

WILLOW: Time for me to take my morning nap! You know us, dogs. We need A LOT of naps! I'll see you all next time! Bark Bark BYE!

(Willow waves goodbye to the audience and exits the stage.)

CRAFT

Willow Tree

ITEMS NEEDED: Green tissue paper (different shades of green), brown crayons, glue sticks, and white construction paper.

ADVANCED PREPARATION: Cut thin strips of green tissue paper ahead of time for willow tree branches. Make them a few different lengths between 5-8 inches long. Make a sample willow tree for kids to see what they look like. Write the words, “Jer. 17:7a, Blessed is the one who trusts in the Lord.”

DIRECTIONS: Ask kids to draw a tree trunk. Then hand out strips of tissue paper for them to glue on their tree as willow branches.

Tell the kids, “Blessed is the one who trusts in the Lord, He is like a willow tree planted by water!”

HANDS-ON ACTIVITY

Sponge Water Play

ITEMS NEEDED: Water tables and/or Dishpans

ADVANCED PREPARATION: Fill with water about halfway. Provide many different sponges, all different shapes, sizes, colors, etc. Provide plastic cups, bowls, and plates to play with.

DIRECTIONS: Allow kids time to do water play. Show them how to fill a sponge with water and squeeze it back out again. Allow free play to pretend to wash dishes, fill cups with water from sponges, or squeeze water on arms.

Tell kids, “When we read God’s word, pray to God, and trust God, we are like these sponges being filled with water. We are being filled with God’s Holy Spirit and when we do this we are less likely to worry and more likely to feel calm and confident!”

SNACK

ITEMS NEEDED: Celery Sticks and Dip (Dips such as peanut butter as long as there's no peanut allergy, ranch dressing, hummus, etc.)

ADVANCED PREPARATION: Post a sign outside the preschool area that says: "Today's snack is Celery Sticks and Dip. Please let your child's teacher know if it is not ok for your child to have this snack."

CONNECTION: Tell the kids, "Willows soak up water. Sponges soak up water. And do you know what vegetable is almost all water? Celery. Celery is almost completely full of water. It's crunchy, good, and you can dip it for extra flavor!"

MAIN LESSON

BOTTOM LINE: God is trustworthy and faithful!

TAGLINE: How are you feeling?

OBJECTIVE: Little ones will say “When I feel worried, I can turn to God for guidance.”

KEY PASSAGE: Psalm 1

WORSHIP TIME:

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

LESSON:

How are you feeling today? I hope you are feeling good! Sometimes we feel worried, like Willow was feeling earlier. WHEN WE FEEL WORRIED, WE CAN TURN TO GOD FOR GUIDANCE. And how do we do that? We can learn from God in the Bible and we can pray to God for help. Drawing near to God in times of worry is the best thing that we can do. This is because God is full of love, peace, joy, and good. The closer we are to Him, the more these things will rub off on us! The less we will feel worried!

Let’s play a quick game about feelings. I’m going to call out a feeling. When you hear that feeling I want you to make a face that goes with that feeling. Like if I say happy, I want you to smile as big as you can! Okay? Let’s try it. HAPPY. SAD. ANGRY. SILLY. FRUSTRATED. TIRED. EXCITED.

Great job everyone. Those were some animated faces! Today we are going to read from the book in the Bible called Psalms. This is THE BIG BOOK OF EMOTIONS. These are songs and poems that David wrote to God. That is one way to get close to God...write to him! We can do this in our journals everyday. Let’s read. As you listen, if you hear any feelings like joy, fear, or more, make a face that goes with that feeling. Here we go!

READ:

Blessed is the person who obeys the law of the Lord.

They don’t follow the advice of evil people.

They don’t make a habit of doing what sinners do.

MAIN LESSON

They don't join those who make fun of the Lord and his law.

2 Instead, the law of the Lord gives them joy.

They think about his law day and night.

3 That kind of person is like a tree that is planted near a stream of water.

It always bears its fruit at the right time.

Its leaves don't dry up.

Everything godly people do turns out well.

4 Sinful people are not like that at all.

They are like straw

that the wind blows away.

5 When the Lord judges them, their life will come to an end.

Sinners won't have any place among those who are godly.

6 The Lord watches over the lives of godly people.

But the lives of sinful people will lead to their death.

I hope you were listening carefully. Because I only heard ONE FEELING or EMOTION. How about you? It was very hard to catch it. If you know what it was, raise your hand! I'll call on someone to find out what it was. Great! The feeling was JOY! We feel joy when we stay close to God. We feel the opposite when we don't. God gives us joy and happiness when we follow Him! When we don't try to be near God and we live in sin, we are like straw blowing away in the wind. Not like a tree rooted in the ground being filled with water.

STAYING CLOSE TO GOD GIVES US JOY. If we are feeling worried, we have the answer of what to do. We need to draw near to God and pray to Him. Say this with me, WHEN I FEEL WORRIED, I CAN TURN TO GOD FOR GUIDANCE. "WHEN I FEEL WORRIED, I CAN TURN TO GOD FOR GUIDANCE." How are you feeling? No matter how you feel, God is there for you because He loves you! Let's pray together right now because the best place to be is drawing close to God!

SIMPLE PRAYER:

Dear God (Dear God),

Thank you for being (Thank you to for being)

The way to peace and joy (The way to peace and joy).

Amen (Amen)

MAIN LESSON DISCUSSION QUESTIONS:

WIGGLE TAMER: Do a happy dance like Willow the dog did. Turn on some music and encourage kids to do their happy dances!

SMALL GROUP MEMORY VERSE ACTIVITY:

Open your Bible to Psalm. Show the kids how it is written like a poem, compared to other books of the Bible. Explain how songs and poems have rhythm. Hand out two pencils to each of the kids and ask them to copy your beat.

Play a few different rhythms like, left pencil, right pencil, left pencil, right pencil back and forth.

Or left pencil 2 times, right pencil 1 time, left pencil 2 times, right pencil 1 time, etc.

Finally, end with reading the memory verse to the kids. Read it one more time and ask the kids to tap along to the beat of the Psalm. (Try to read with rhythm.)

DISCUSSION QUESTIONS:

What does drawing near to God and obeying his law give us? (Hint: It's a good thing.)

What happens to a tree that doesn't have water?

Who is like straw blowing in the wind?

SMALL GROUP GAME OR ACTIVITY:

Have kids pretend to be a seed sprouting by starting down low and growing up higher and higher. Have all the kids stand up and stretch up with their arms like a strong tree. Have them try the "tree pose" by standing on one leg and putting their foot against their leg while trying to balance. Then have them try to switch legs and put their other foot against their other leg while trying to balance. Finally, have them rest.

Ask them, "What does a tree need to grow?" Then ask, "What do we need to be strong and grow in our faith?" (Answer: A close relationship with Jesus.)

MAKE IT STICK

THE BIG BOOK OF EMOTIONS PRESCHOOL LESSON 1

4 SIMPLE WAYS
YOU CAN MAKE
THIS LESSON STICK
WITH YOUR KIDS

THIS WEEK'S LESSON:

Use these four common times in a preschooler's day to reinforce this week's lesson:



DRIVING:

Tell your kid to look for trees. What kinds of trees do they see? Are any of them planted near water like in the Psalm?



PLAYING:

Make a comfy spot in your kid's room where they can go and pray to God. Use pillows, blankets, bean bags, cushions, etc. Encourage your child to draw near to God and pray no matter how they are feeling.



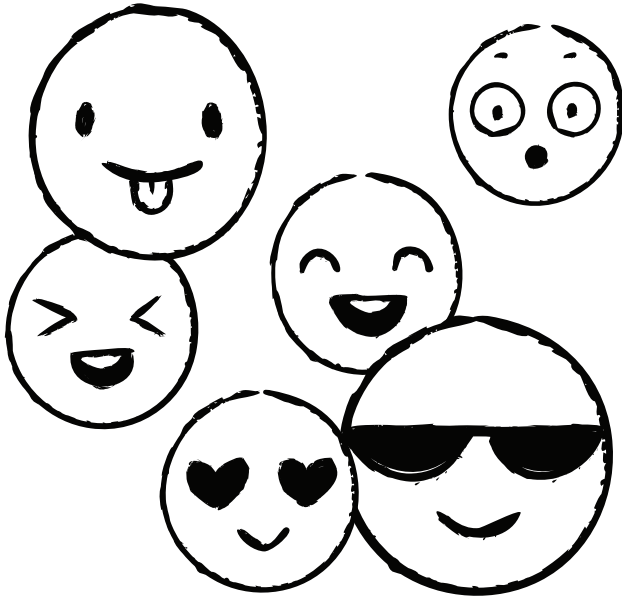
EATING:

Ask, "How are you feeling today?" Talk about emotions and how God can give us great emotions like joy and peace when we draw near to Him.

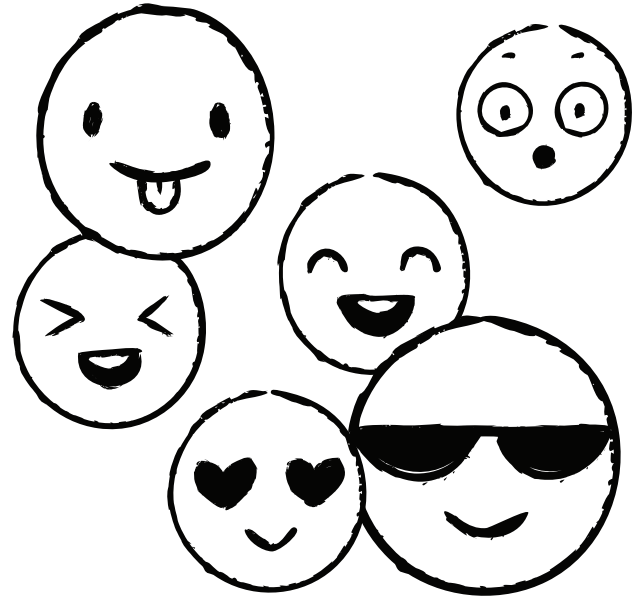


SNUGGLING:

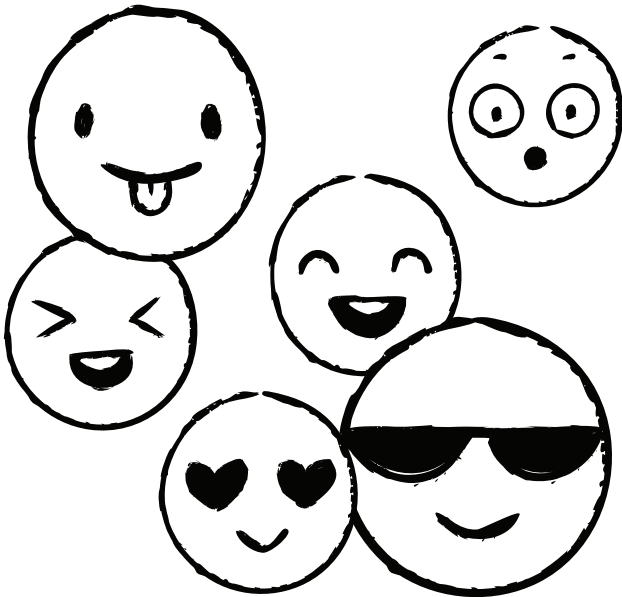
When you're rocking with your child at night, or reading a bedtime story, choose to read this week's Bible lesson at least one night of the week. (Psalm 1)



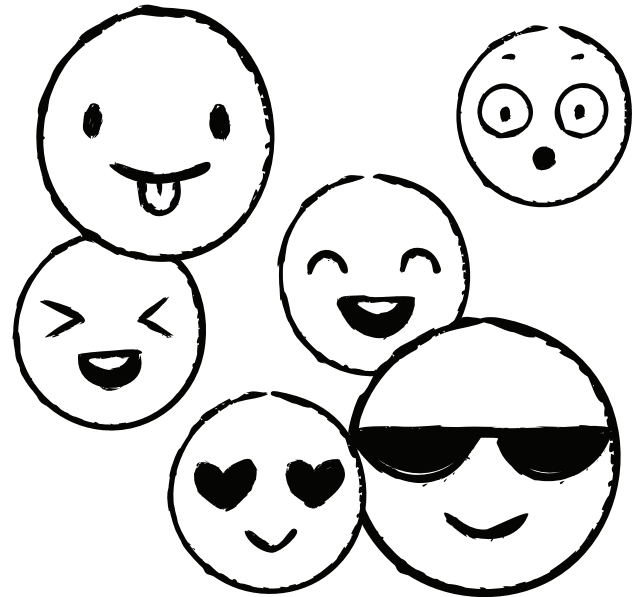
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you people on earth, praise him.
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faithful forever. Praise the Lord.”
Psalm 117:1-2 (NIRV)



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