

Have fun learning and playing
with your preschooler!

First, watch
this week's
video!



Bible Story

Animals and People
(Genesis 1:24-31)

Remember This

"God saw everything
he had made.
And it was very good."
Genesis 1:31, NIV

Say This

Who made everything?
God made everything.

Activity

Animal Dance

What You Need

Music player and the monthly song, "Things I See" (available on OrangeKidsMusic.com or search for Orange Kids on Spotify®, or Apple Music®)

What You Do

During the Activity: Play song and dance with your child to the music. Stop the song periodically and ask them to act like any animal they want. Repeat several times.

What You Say

Before the Activity: "Let's dance together!"

During the Activity: "When the music stops, act like an animal God made!" (Do activity.)

After the Activity: "You have some awesome dance moves! That was so fun. God made all the animals! Tell me, who made everything? **God made everything!**"



Prayer

"God, You made all the animals in the entire world! That's amazing! And You made me. You made [kid's name, other family and friends' names]. You made so many amazing things because You can do anything. God, thank You for making everything!"

Bounce Back: Get back up again



Use this guide to help your family learn about resilience.

First, watch
this week's
video!

Resilience:
Getting back up
when something
gets you down

Memory Verse

"But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."
Isaiah 40:31, NIV

Bible Story

Heroes of the Faith
Hebrews 11

Bottom Line

Trusting God can help you get back up.

Activity

Bouncing to the Beat

What You Need:

ball that bounces; music

What You Do:

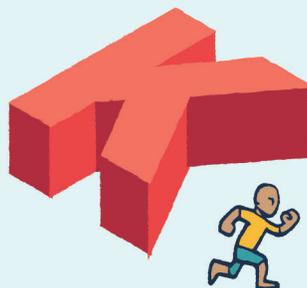
Choose a song that you and your child both like.

Say, "We're going to bounce the ball back and forth to the beat of this song. Let's see how far into the song we can get before we miss a beat or miss the ball."

Bounce the ball to the beat of the song. If you drop the ball, start the song over. See if you can make it through the entire song, bouncing the ball to the beat.

If you have time, choose songs with different tempos to bounce the ball to.

When you're finished, say, "That was a lot of work, wasn't it? Did you get tired? When we get into situations that make us want to quit, we can be resilient and keep going by trusting God to help us."



Talk About the Bible Story

How does today's story help you remember to trust God to help you get back up? (*Hearing of all the ways God helped other people get back up reminds me that I can get back up.*)

What do you think it means to have faith? (*trusting in what you can't see because of what you can see*)

Has there been a time you've felt really down? How did you get back up?

Parent: Share an example of something that gets you down, and what in your life inspires you to get back up.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for giving us the stories like the ones in Hebrews 11 . . . and also the stories of people we know, like our friends and people in our family. The people we read about in the book of Hebrews refused to give up, even when things were incredibly difficult. Their stories encourage us not to give up. When things get us down, give us strength to trust in You so we can be resilient like they were. We love You, and we pray these things in Jesus' name. Amen."

Bounce Back: Get back up again

First, watch
this week's
video!

Resilience:
Getting back
up when
something gets
you down

Memory Verse

"But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."
Isaiah 40:31, NIV

Bible Story

Heroes of the Faith
Hebrews 11

Key Question

Who inspires you to get back up?

Use this guide to help your family learn about resilience.

Activity

Up and Down

What You Need:

Two pieces of paper; writing utensil

What You Do:

On the left side of one sheet of paper, draw an arrow pointing down. On the right side of the other sheet of paper, draw an arrow pointing up.

Say, "On the piece of paper with an arrow pointing down, write down some things that make you feel down."

Then say, "On the paper with the arrow pointing up, write down some things that help you get back up when you're feeling down."

When you're finished, say, "We learned about several "heroes of faith" in our story today. Their stories can inspire us to bounce back and be resilient when we're feeling down . . . just like the people and things on the page with arrow pointing up!"

Talk About the Bible Story

How is having faith similar to having resilience? (You keep believing, even when it's tough. You keep trying, even when it's tough.)

What is faith, in your own words?

Why is it important to know the stories in the Bible? How do those stories affect our ability to bounce back?

How can faith and trusting God help us to get back up again?

Parent: Share about someone who leads and encourages you when you go through a hard time and you're tempted to give up.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You can be trusted no matter what! You love us and You are always with us. You know us, and You want us to know You. Thank You for Your Spirit that gives us strength . . . for Jesus, who gave us a way to be with You now and forever . . . and for the heroes of faith who show us how important it is to trust You. Thank You for inspiring us to get back up, even when things are hard or we don't understand. Amen!"