



## PREPARE

FOR THE SESSION

## GATHER Supplies

Keep a regular supply of the following items available at all times: Bibles, pens or pencils, markers, crayons, colored pencils, scissors, glue or tape, paper.



### WELCOME

#### Option 1: Roll a brain break

- ☐ dry erase board
- ☐ dry erase marker
- ☐ dice, 2 in different colors

#### Option 2: Really restful

- ☐ “Really Restful” printable

#### Option 3: Key passage creatures

- ☐ Key passage poster

#### Option 4: Walk the line

- ☐ painter’s tape

#### Option 5: Praise circle

- ☐ ball



### LOVE

#### Option 1: Watercolor creation

- ☐ white construction paper, 1 piece per kid
- ☐ paint brushes
- ☐ small cups of water
- ☐ watercolors

#### Option 2: Sensory bags

- ☐ gallon ziplock bags, 1 per kid
- ☐ hair gel, 1 cup per kid
- ☐ food color
- ☐ glitter or sequins (optional)
- ☐ duct tape
- ☐ “Key Passage Sensory Bag” printable, 1 per kid



### LEARN

No supplies needed.



### LIVE

#### Get everyone talking

- ☐ toy microphone or item to represent a microphone (optional)
- ☐ inflatable beach ball (optional)
- ☐ permanent marker (optional)

#### Discuss Learn time

- ☐ poster board or large sheet of paper (optional)
- ☐ blindfold (optional)





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### LOVE

#### Option 1: Sabbath and a snack

- ☐ Allergy alert
- ☐ snack, 1 per kid

#### Option 2: Rest bookmark

- ☐ 2x8 inch strips of cardstock, 1 per kid
- ☐ stickers (optional)



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### LEARN

#### Group demonstration: Charged up

- ☐ cell phone
- ☐ charging cord

#### Group game: Recharge tag

- ☐ sandglass timers, 4-5



### LOVE

#### Option 2: Stretch like a giraffe

- ☐ soft music



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#### Praise the Lord together

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### LEARN

#### Group game: Faith race

- ☐ blindfolds, 1 per kid

#### Group activity: Cast your cares

- ☐ bucket



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#### Discuss Learn time

- ☐ poster board or large sheet of paper (optional)
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#### Carry one another's burdens

- ☐ disposable wristbands, 1 per kid (optional)
- ☐ permanent markers (optional)
- ☐ missionary picture (optional)





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### LEARN

#### Group demo: Distracted worship

- ☐ basketball
- ☐ football



### LOVE

#### Option 2: Worship together

- ☐ worship song



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#### Discuss Learn time

- ☐ poster board or large sheet of paper (optional)
- ☐ blindfold (optional)

#### Serve beyond

- ☐ water bottles (optional)
- ☐ individually packaged snacks (optional)
- ☐ large mailing labels (optional)





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#### Option 1: Ball toss review

- ☐ tennis ball

#### Option 2: Draw your praises

- ☐ dry erase board
- ☐ dry erase markers

#### Option 3: Key passage shuffle

- ☐ "Key Passage Cards" printable, 2 copies



### LEARN

No supplies needed.



### LOVE

#### Option 1: Save and share

- ☐ envelopes, 1 per kid
- ☐ stickers

#### Option 2: Toss and share

- ☐ tennis ball



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### LEARN

#### Group activity: What would you do?

- ☐ game buzzers, 2 (optional)



### LOVE

#### Option 1: Snack and chat

- ☐ Allergy Alert
- ☐ snack

#### Option 2: Cheerful cards

- ☐ cardstock, 1 piece per kid



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### LEARN

#### Group game: Roll and share

- ☐ Allergy Alert
- ☐ dice
- ☐ bowl
- ☐ candy, 1 piece per kid



### LOVE

#### Option 2: Keep the cup full

- ☐ cups, 2
- ☐ water
- ☐ towels



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#### Praise the Lord together

- ☐ worship music





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### LOVE

#### Option 1: Share fish and bread

- ☐ Allergy Alert
- ☐ paper plate, 1 per kid
- ☐ bread, 1 piece per kid
- ☐ fish crackers or candies
- ☐ sandwich spreads
- ☐ plastic knives



### LEARN

#### Group game: Build and share

- ☐ blocks, 5-10 per kid

#### Group activity: Multiplying relay

- ☐ buckets or large bins, 2
- ☐ blocks



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#### Carry one another's burdens

- ☐ disposable wristbands, 1 per kid (optional)
- ☐ permanent markers (optional)
- ☐ missionary picture (optional)





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#### Option 1: Island hop

- ☐ hula hoops

#### Option 2: Cup clash

- ☐ disposable cups, 40-50

#### Option 3: Elbow balloon dash

- ☐ buckets, 2
- ☐ balloons, 1 per kid



### LEARN

#### Group demo: The truth bubble

- ☐ clear dish
- ☐ water
- ☐ ground pepper
- ☐ dish soap



### LOVE

#### Option 1: Confession cross

- ☐ index cards, 1 per kid

#### Option 2: Picture puzzle reveal

- ☐ large pictures, 2
- ☐ envelopes, 2



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### LEARN

#### Group Demo

- ☐ life preserver



### LOVE

#### Option 1: Bridge builders

- ☐ craft sticks
- ☐ glue dots
- ☐ small weights

#### Option 2: Forgiveness puzzle

- ☐ large, blank puzzle pieces, 1 per kid



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### LOVE

#### Option 1: Confession prayer stations

- ☐ "Confession Prayer Stations" printable
- ☐ soft music

#### Option 2: Confession stones

- ☐ smooth stones, 1 per kid
- ☐ paint
- ☐ paint brushes, 1 per kid



### LEARN

#### Group game: Blindfolded relay

- ☐ painter's tape
- ☐ red construction paper
- ☐ blue construction paper
- ☐ green construction paper
- ☐ buckets, 3
- ☐ blindfolds, 3



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### LOVE

#### Option 1: Watercolor masterpiece

- ☐ watercolor paints
- ☐ water
- ☐ paint brushes

#### Option 2: Web of truth

- ☐ ball of yarn



### LEARN

#### Group activity: Light the path

- ☐ painter's tape
- ☐ flashlight

#### Group demo: Freedom or burdens?

- ☐ backpack
- ☐ rocks



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