

# WEEK 1 LESSON GUIDE

# HOW TO...

## BIG IDEA

Jesus taught us how to make a difference.

## BIBLE

**Salt and Light:**  
Matthew 5:13-16

## WELCOME TIME

### MUSIC | How To Worship

- **INSTRUCTIONS:** To fit the theme, consider putting out [some DIY instruments](#) (or make them with your kids) that they can use during worship this month. You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
  - "Let Your Light Shine" (Hillsong Kids Jr.)
  - "This Little Light of Mine" (VeggieTales)
  - "The Opposite Song" (Yancy & Little Praise Party)
  - "The Lord's Prayer" (Summit Kids)

### ACTIVITY | How to Get Ready for Bed

- **INSTRUCTIONS:** Prior to this game, print and cut the printable so that you have enough sets for each group of two or three kids. Then, ask the kids to work as a team to place the items in the order they do them for their bedtime ritual. If there are places where kids disagree on what they do next, have them talk through how in each house we might also do things differently.
  - ✂ **TODDLER HACK:** For toddlers, eliminate a few photos so you only have 4-5 to place in order. For example, only use brush teeth, put on pajamas, get into bed, read a book, lights out. Instead of having toddlers put them in order, have them show you how each action is done.
- When we get bigger, we start to learn how to do things. Sometimes we learn how to do them with a family member, and sometimes we learn how to do them all by ourselves.
- **What are some things you are learning how to do right now?**
- **Today, we're going to think about all of the different steps we take to get ready for bed at night. I have a bunch of pictures that list out all of the different things that we do before getting ready to sleep, and we are going to work together to put all of the steps in order.**

### ACTIVITY | How to Follow Directions

- **INSTRUCTIONS:** Do this activity like “Simon Says” where the leader will say “How do you” before each action. You might want to think of different full-body exercises ahead of time (touch your toes, wiggle your arms, hop up and down, spin around, or stick out your tongue). As kids get the hang of the activity, speed up the exercises to make it more difficult to follow along. Make sure the leader is demonstrating how to do each action so kids can mimic their movements.
  - ✂ **TODDLER HACK:** Toddlers may be at different levels of development when it comes to motor skills. Try to pick actions that are inclusive to all kids.
- In order to learn new things, we have to get really good at following directions. Let’s try that by playing a game of Simon Says.
- **How many of you have played this game before?**
- **Today, instead of “Simon Says”, I’m going to say “How do you?” If you hear “How do you” then you have to do the action I say. If I don’t, you have to stand still! Let’s practice!**
  - **How do you clap your hands?** Good! This is how we clap our hands. Let’s try another one.
  - **Clap your hands!** Ah, I didn’t say “How do you” so good job standing still.
- **Are you ready to try out more directions?** Let’s go!

## STORY TIME

### SCRIPTURE | Matthew 5:13-16 (Salt and Light)

- **INSTRUCTIONS:** Bring in a [toy salt shaker](#) and [toy light switch](#) that can be passed around as you tell the Bible story. Prepare to read the Bible passage in an easy-to-understand translation like ESV or NIV.
- **Jesus was a wonderful teacher. He taught people how to do all sorts of things, especially how to follow God. Let’s learn about one of those things right now!**
- **I’m going to describe something to you that is used all the time in cooking and eating, and I want you to try and guess what I’m talking about.**
  - It’s white. Comes in tiny grains. Usually you can find this on a table beside pepper. Lots of people put this on top of their French fries or soft pretzels. **Does anyone have any guesses yet?**
  - **Yes! What I’m describing is salt! Each grain of salt is SO small but it makes a BIG difference.**
- *[Read Matthew 5:13 out loud and pass around the salt shaker.]*
  - Salt helps to add flavor to our food. It can also be used to make food last longer. It’s important for salt to do its job!
  - Jesus said that we are the salt of the earth. That means we have a job, too! We need to make other people’s lives better, just like salt makes food better. We can do that by helping others and telling them about Jesus.
- Ok, now I’m going to describe something else. Let’s see if you can guess what this item is.
  - This is something that is helpful when it’s dark. You can get this from a flashlight, a candle, lamp, or even the sun. People put strings of these on the outside of their houses around Christmas time. **Did you guess it yet?**
  - **If you guessed light, you are correct! Light is also something that makes a big difference in our lives.**
- *[Read Matthew 5:14-16 out loud then pass around the light switch.]*
  - Just like we learned about salt, light is also super important. Light helps us see where we’re going. And when it’s dark, light helps us not be scared anymore.
  - Jesus tells us that we are a light, too! We can help other people see how wonderful and powerful Jesus is.
- Salt and light are great examples of how Jesus wants us to make a difference in our world!

## BIG IDEA | Jesus taught us how to make a difference!

- **INSTRUCTIONS:** Purchase a pull-string [question mark piñata](#) (or [make one](#) out of a regular box and draw a question mark on it) and hang it up in your ministry space. Write the Big Idea on a piece of paper, fold it up, and attach it to a piece of string. Then tape the paper to the back of the piñata so kids can't see it, but let the string hang down. When it's time for the reveal, yank on the string attached to the paper, so that the paper drops. Pick it up and read it out loud. (You'll use the piñata the intended way in Week 4.)
- **Today's Big Idea is: Jesus taught us how to make a difference!**
- **Can we say it together with some hand motions?**
  - **Jesus** (point pointer fingers to heaven)
  - **taught us** (point thumbs to self)
  - **how to** (spread hands out to side with palms up)
  - **make a difference** (put closed hands on hips - like a superhero).

## VIDEO | How To . . . , Episode 1

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

## ACTIVITY | How to Be the Salt and Light

- **INSTRUCTIONS:** Play some music and when you pause the music, call out "salt" or "light" and kids have to pause in salt or light motions. For salt, kids should make their bodies stiff and jump up and down making a shaker sound. Light can be acted out by jumping with arms and legs in an "x" shape like light beams. As game continues, pause and play the music more sporadically and at different speeds.
  - ✂ **TODDLER HACK:** Find space for kids to move around and turn on a [bubble machine](#) and some fun worship music for a bubble dance party!
- Every time the music stopped, we had a chance to be the "salt" or the "light" depending on what I called out. It was easy to follow because you knew exactly what to do and when to do it.
- Jesus wants us to be the salt and the light. We can be the salt and light when are kind and tell others about God. But Jesus isn't going to pop into the room and yell, "Salt!" or "Light!" to remind you, like I did in this game. We have to always remember to be the salt and the light even when nobody tells us to do it.
- Jesus taught how to make a difference, and it's by being the salt and the light!

## PRAYER

- Jesus, thank you for teaching us how to make a difference. Help us to be the salt and the light. We want everyone to know you! Amen.

## SHARING TIME

### SNACK | DIY Light and Salty Meal

- **INSTRUCTIONS:** Pass out lightbulb-shaped Rice Krispie treats (use a [lightbulb cookie cutter](#)) and pretzel sticks for a "light" and "salty" snack! Chat with kids while they munch using conversation starters like the ones we've provided below.
- **What is something new you are learning how to do at school or at home right now?**
- **What are some things you like to learn?**

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have kids seated in a circle. Hold out your hand, palm facing up, and say, "This is salt." Then turn your hand over, palm facing down, then say, "This is light." Then chant with the kids, "Salt and light" and on "light," everyone has to put one hand into the circle, palm up or down. Then have everyone who played "salt" (palm up) answer the first question. Repeat for the next question, this time saying everyone who played "light" has to answer.
- **What are the two things from the Bible story that Jesus wants us to be?**
- **Does salt make food better or worse?**
- **What does light do?**
- **What is something you can do to make a difference? How can you help someone? How can you tell someone about Jesus?**
- **Where can we go to learn more things Jesus teaches?**

### ACTIVITY | Salt Dough Tealight Craft

- **INSTRUCTIONS:** In a large mixing bowl, stir together the 2 cups of flour and one cup of salt. Gradually add one cup of water while stirring and mixing to form a dough with a Play-Doh-like consistency. Form the dough into a ball and knead for approximately 5 minutes, adding a bit more flour if the dough is too sticky or a bit more water if it's too dry. Have kids create a shape to hold a tealight inside and give them their final project with instructions to take home and bake/paint if interested. (See a worked example [here](#).)
  - ✂ **TODDLER HACK:** Print out an image of salt and light (like [this one](#)) and cut them out. Cover the salt shaker with school glue and have toddlers sprinkle hole punch fodder on top. Have them use a yellow dot marker to color the lightbulb. Then glue one on each side to a half-sheet of construction paper, punch two holes at the top, and thread a piece of yarn through them to make a necklace. Have toddlers wear them around their necks and practice saying, "I am salt" and "I am light" and turning their card over to the corresponding picture.
- Our craft today is going to be made out of the two things we learned about from our Bible story. **Does anyone remember what they were?** Right! Salt and Light!
- We're going to make salt dough and mold our dough into shapes to hold tea lights!
- You can put your salt dough tea light somewhere at home that helps you remember that **Jesus taught us how to make a difference.**

### MEMORY VERSE | John 13:15 (NIV)

- **"I have set you an example that you should do as I have done for you."**
- **INSTRUCTIONS:** Set the memory verse to the tune of "Twinkle Twinkle Little Star" (or another easy tune of your choosing). Sing it for the kids a few times and then have them try singing it along with you.

## PLAY TIME

### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.