



SHOP & PREP **HELP!**

WEEK 1

ACTIVITY | Who Do You Call for Help?

- ☐ tape

SCRIPTURE | Exodus 1:22-2:10

- **WHAT TO PREP:** Print [story cards](#)

ACTIVITY | Float

- ☐ Clear bin or bowl
- ☐ 2 sinkable toys
- ☐ 2 toys that will float

SNACK | Count on God's Help

- ☐ Snacks kids can count (e.g., pretzel sticks or small cookies) – 5 per kid

ACTIVITY | Paper Basket

- ☐ paper basket printable
- ☐ tape
- ☐ crayons or markers
- ☐ cloth

ACTIVITY | Paper Basket (continued)

- **WHAT TO PREP:** Print paper basket printable. Cut cloth into small strips. Watch [this video](#) for a step-by-step tutorial on how to make this basket (without the handle).

ACTIVITY | Coloring Page

- **WHAT TO PREP:** Print coloring page

ACTIVITY | Basket Baby

- ☐ baby dolls
- ☐ swaddling blankets
- ☐ basket
- ☐ blue blanket or towel

ACTIVITY | Helpers

- ☐ [Dress up hats](#)
- ☐ Other props as available



ACTIVITY | Have You Been Helped?

- ☐ 4 different colored sticky note pads

SCRIPTURE | Exodus 3:1-14, 4:1-17

- **WHAT TO PREP:** Print [story cards](#) (we suggest using cards #2, 4, 5, 6, 8).

THE BIG IDEA | God helps us in our weakness.

- ☐ 6 cardboard boxes
 - **WHAT TO PREP:** Write one word of the Big Idea on each box

OBJECT LESSON | Break or Balance?

- ☐ paper cups
- ☐ piece of cardboard
 - **WHAT TO PREP:** Test this object lesson out before showing it to the kids. Watch [this video](#) for an idea about how it should go.

SNACK | Burning Bush Veggies

- ☐ broccoli
- ☐ carrots
- ☐ Thousand Island dressing
- ☐ optional: grapes and cheddar cheese

ACTIVITY | Burning Bush Craft

- ☐ Burning Bush printable
- ☐ markers or crayons
- ☐ glue
- ☐ red, yellow, orange tissue paper
 - **WHAT TO PREP:** Print Burning Bush Printable. Cut tissue paper into strips.

ACTIVITY | Are Heroes Weak?

- ☐ optional: allow kids to use the dress up hats from week 1

ACTIVITY | Coloring Page

- **WHAT TO PREP:** Print coloring page.

ACTIVITY | Light-Up Bush

- ☐ white paper bags
- ☐ single hole punches
- ☐ electric tea lights

ACTIVITY | Play-Doh Fires

- ☐ red, yellow, orange Play-Doh
- ☐ cardboard or blocks
- ☐ Paper Firefighters
 - **WHAT TO PREP:** Print paper firefighters printable



ACTIVITY | Rescue the Kitty

- ☐ [firefighter hat](#)
- ☐ [stuffed animal cat](#)

SCRIPTURE | Exodus 7:14-10:29, 12:21-30

- ☐ butcher paper
- ☐ tape
- ☐ markers, chalk, or crayons

SNACK | Paint the Door

- ☐ slices of garlic bread (1 per kid)
- ☐ marinara sauce in sauce cups
- ☐ small spoon

ACTIVITY | Freeze Dance

- ☐ device to play music
- ☐ upbeat music mp3s, CD, or stream

ACTIVITY | Coloring Page

- **WHAT TO PREP:** *Print coloring page*

ACTIVITY | Lego My People

- ☐ Lego Duplo or Mega Bloks

ACTIVITY | Helper-in-Training

- ☐ supplies to make an obstacle course



ACTIVITY | Helping Hands

- ☐ [city vehicle toys](#)

VIDEO | Ask Somebody to Help You

- **WHAT TO PREP:** [this video](#) to watch with the kids.

SCRIPTURE | Exodus 16:1-16, 17:1-7

- ☐ [city vehicle toys](#) from Helping Hands activity
- ☐ plate
- ☐ bread and chicken (real or fake)
- ☐ squirt toy
- ☐ aluminum foil
 - **WHAT TO PREP:** Place bread and chicken on plate. Fill squirt toy with water. Wrap squirt toy in aluminum foil.

THE BIG IDEA | God helps us help others.

- ☐ 3 printables of people helping others

ACTIVITY | It's Raining Manna!

- ☐ white card stock
- ☐ crayons
- ☐ glue
- ☐ cornflakes
 - **WHAT TO PREP:** Print *It's Raining Manna* printable

SNACK | Manna and Quail Nuggets

- ☐ pieces of bread
- ☐ chicken nuggets or strips

ACTIVITY | Help with H₂O

- ☐ card stock
- ☐ tape
- ☐ water bottles (1 per kid)
- ☐ markers or crayons

MEMORY VERSE | Psalm 121:2

- ☐ emergency vehicle stickers
 - **WHAT TO PREP:** Print *Memory Verse* printable.

ACTIVITY | Coloring Page

- **WHAT TO PREP:** Print coloring page

ACTIVITY | Manna Toss

- ☐ shredded paper
- ☐ small cups or buckets (1 per kid)

ACTIVITY | Walkie Talkie

- ☐ empty juice boxes (1 per kid)
- ☐ straws (1 per kid)
- ☐ construction paper
- ☐ scissors
- ☐ tape or glue
- ☐ optional: real walkie talkies