



GOD LOVES ME.



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BASIC TRUTH

GOD LOVES ME.

KEY QUESTION

WHO CAN YOU TRUST?

BOTTOM LINE

I CAN TRUST GOD.

MEMORY VERSE

"Trust the Lord with all your heart." Proverbs 3:5, NCV

BIBLE STORY FOCUS

**I should go God's way.
Jonah • Jonah 1:1-3:10**

MAKE IT FUN

Prepare to offer one or more of the following activities as your preschoolers arrive. Let one or two teachers lead small groups of children in activities throughout the room while another teacher greets parents and kids at the door.

- **Run!**
- **Spit It Out**
- **Inside the Fish**

MAKE IT TRUE (LARGE GROUP)

- **Worship**
- **Introductory Sketch**
- **Bible Story**

MAKE IT STICK

These activities are designed to help preschoolers understand and remember today's Bible story and Bottom Line. Offer as many of the following activities as your time, facilities, resources, and leadership allow. You may want to lead one activity at a time. Or, offer two activities at once and allow half the kids to participate in each, then switch groups and repeat the activities.

- **Throw Jonah**
- **Dive In Series**
- **Act It Out**
- **Three Things**
- **Jonah in the Whale**

MAKE IT REAL

Make It Real is designed to help preschoolers understand how the Bottom Line applies to them. They'll discuss real-life experiences and share prayer requests. Divide kids into small groups of about five to eight children with each leader. Ideally, assign the same small group leader to the same group of preschoolers for the entire year.

- **Small Group Time**
- **Prayer**



MAKE IT FUN

Activities designed to draw children into the classroom and introduce vocabulary and concepts needed for the Bible story.



MOVEMENT

An activity that uses a preschooler's natural desire to move to help them learn and grow.

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RUN!

"Run!" is an activity that uses movement and music to introduce today's Bible story

WHAT YOU NEED: This month's song and music player

WHAT YOU DO:

During the Activity: Select a designated spot in the room. It could be a table or the corner of the rug. Point out this spot to the children. Then gather the children in an open area of the room. Play this month's worship song (*or you may choose another upbeat song*) and encourage the children to dance! When the music stops, the children must run to the designated spot in the room. Repeat as desired.

WHAT YOU SAY:

During the Activity: "I want to see how well you follow directions today! Do you see this spot? (*Point to designated spot in room.*) I'm going to play some music and I want you to dance, dance, DANCE! But you have to listen, because when the music stops, I want you to run to this spot. (*Point to spot.*) Be careful of the friends in the room around you as you dance and run around. Okay, let's dance!"

After the Activity: "You guys are very good at following directions. Great job! Today we're going to hear a Bible story about a man named Jonah who didn't follow directions and it got him into a pretty fishy situation."



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GAME

An activity that encourages preschoolers to follow guidelines while having fun and learning new concepts.

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SPIT IT OUT

"Spit It Out" is an activity that demonstrates an element of the story for the children to see and do.

WHAT YOU NEED: A plastic whale squeeze/bath toy, water, towels, and a small cup

OPTION: Instead of using water for this activity, you can place a cotton ball on top of the air hole of the squeeze toy. Simply squeeze the toy and use the air to move the cotton ball into the air and into the cup.

WHAT YOU DO:

Before the Activity: Lay down the towels in the activity area. Place the cup near the squeeze toy and fill up the toy with water.

During the Activity: Gently squeeze the toy and send water into the air. Try to get it to land in the cup. Allow the children to have a turn.

After the Activity: Wipe up any spilled water with the towels.

WHAT YOU SAY:

Before the Activity: (Point to the cup.) "This cup is empty! Let's see if we can put some water in it."

During the Activity: (Hold up toy.) "I have a whale and I bet I can get it to SPIT water into the cup. Let's give it a try! (Do activity.) WOW! That was great! Now you guys can try!" (Finish activity.)

After the Activity: "You all did a great job! Today in our story, there is a whale and you will not believe what he SPITS out!"



MAKE IT FUN

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INVESTIGATION/ROLE PLAY

An activity that channels either a preschooler's innate curiosity or desire to play dress up into a discussion of concepts crucial to the lesson.

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INSIDE THE FISH

"Inside the Fish" is an activity that uses imaginative play and listening skills to introduce today's Bible story.

WHAT YOU NEED: A tent, blue butcher paper, white and black construction paper, tape, and either toys or books

NOTE: If you choose not to use a tent, you can push two tables together and drape a blue blanket or butcher paper over it to cover the sides. Create the eyes and fish tail as detailed below.

WHAT YOU DO:

Before the Activity: Set up the tent in an open area of the room. Cut two large circles out of the white paper. Cut two smaller circles out of the black paper. Tape the black dots onto the white paper to make eyes. Cut a tail out of butcher paper. Then tape the eyes and butcher paper tail to the tent to make it look more like a big fish. Place toys or books inside the "fish."

During the Activity: Gather the children inside the "fish" and let them play or read books inside the "fish."

WHAT YOU SAY:

Before the Activity: "In our Bible story today, we'll hear about how Jonah ended up inside of a fish. Let's pretend this is the belly of a reallllly BIG fish. Come on, let's go!"

During the Activity: "Can you believe we're inside a fish? It sure is smelly in here! But we can still play inside our pretend fish. I have some toys and books for us. Let's play!"

After the Activity: "That was super fun! I loved playing inside our fish. In our Bible story today, we'll find out what happens to Jonah inside that fish. Let's go!"



MAKE IT STICK

Activities designed to reinforce the Bible story and bottom line.



MEMORY VERSE REVIEW

An activity that encourages preschoolers to learn the monthly memory verse.

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THROW JONAH

"Throw Jonah" is an activity that uses gross motor movements, memory skills, and repetition to review this month's memory verse.

WHAT YOU NEED: A beanbag, laundry basket or large plastic tub, and masking tape

WHAT YOU DO:

Before the Activity: In an open area of the room, mark a starting line with the masking tape and place the basket/bin about a foot away. Review the memory verse with the children.

During the Activity: Explain to the children that the beanbags are "Jonah" and the basket/bin is the big fish. Their goal is to stand behind the tape and toss Jonah into the fish. Say the verse together each time the beanbag is tossed.

WHAT YOU SAY:

Before the Activity: "Today we're going to play a fun game to help us remember our memory verse! But before we play, let's say our verse together. 'Trust the Lord with all your heart,' Proverbs 3:5."

During the Activity: "Great job! Now let's play our super fun game. Okay, let's pretend this (*hold up the beanbag*) is Jonah and this (*point to the basket/bin*) is the fish! Remember how Jonah was swallowed in our Bible story by a great big fish? Let's throw Jonah into the fish like this (*show them how to throw the beanbag into the basket/bin*). And as you take turns throwing, we'll say our memory verse together. Let's line up behind the tape!" (*Repeat the verse together each time a child throws the beanbag.*)

After the Activity: "Great job, everyone! You've been working so hard on your memory verse. We need to follow His plan because we can always trust God. **Who can you trust? I can trust God.**"



MAKE IT STICK

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BIBLE STORY REVIEW

An activity that reviews the entire Bible story in a fun and interactive way allowing preschoolers that repetition they crave.

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DIVE IN SERIES

"Dive In Series" is an activity that continues throughout the month that focuses on the Bible story concepts from each week.

WHAT YOU NEED: "Big Fish" and "Jonah" from the Activity Pages on the Website, light blue or white cardstock, white cardstock, scissors, fish stickers, and glue sticks

WHAT YOU DO:

Before the Activity: Copy the "Big Fish" Activity Page onto the light blue or white cardstock and set aside. Copy the "Jonah" Activity Page onto the white cardstock. Cut out each Jonah.

During the Activity: Retell the Bible story. When you get to the part where Jonah's boat turns over, give each child a "Big Fish" Activity Page and a Jonah. Direct the children to glue Jonah inside the fish.

After the Activity: Encourage the children to place fish stickers around the fish.

WHAT YOU SAY:

Before the Activity: "Today we heard an AMAZING STORY! God told Jonah to trust him and follow his plan. Jonah did not listen. He went the other way!"

During the Activity: "Jonah got into a boat and set sail in the ocean. But God knew where he was. He could not run away from God! God made a storm and Jonah ended up in the water! (*Hand out Activity Pages and Jonah cutouts.*) Do you remember what happened next? (*Pause.*) You got it! The big fish came and swallowed him! You have a big fish on your page (*point*) and here is a picture of Jonah (*hold up*). Can you glue Jonah inside the tummy of the big fish? Great job! (*Give out the fish stickers.*) We can put more fish in the ocean too!"

After the Activity: "Jonah knew he had made a bad choice. He was sitting inside the big fish and told God how sorry he was for not trusting Him and not going His way. God forgave Jonah and the big fish SPIT Jonah out! Jonah learned to always trust God and we can trust Him too! **Who can you trust? I can trust God!**"



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JUST FOR FIVES

An activity that calls on older preschoolers' more developed cognitive and fine motor skills while reviewing the Bible story, bottom line or memory verse.

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ACT IT OUT

"Act It Out" is an activity that allows the children to become a part of the story through role play and imagination.

WHAT YOU NEED: Pop-up tent, white and blue cardstock, black marker, scissors, masking tape, and a laundry basket

WHAT YOU DO:

Before the Activity: Follow the tent instructions and set up the tent in the activity area. Cut two large ovals out of the white cardstock. Use the black marker to make the ovals into eyes. Tape the eyes onto the front of the tent. Cut a whale tail shape out of the blue cardstock. Tape it sticking up the back of the tent. Open the tent door and tie it back to stay open.

During the Activity: Place the laundry basket about 8-10 feet from the tent. Pick a child to go first and ask them to sit in the laundry basket. Place your hands on either side of the basket and rock it back and forth gently and slowly turn it over. Gently allow the child to fall out onto the floor. Encourage the child to quickly crawl into the tent/whale.

After the Activity: Make sure every child has a turn.

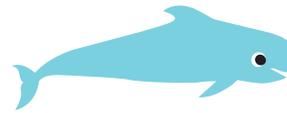
WHAT YOU SAY:

Before the Activity: "Let's pretend to be Jonah in our story today!"

During the Activity: "This can be our boat (*point to the laundry basket*) and this is the BIG FISH (*point to the tent*). Who would like to go first?" (*Pick a child and help them into the basket and continue with the activity.*)

After the Activity: "You all did a great job being Jonah! Jonah did not follow God's way and he did not trust God. We all have to trust God. God's way is best!"

Who can you trust? I can trust God!"



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MOVEMENT

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THREE THINGS

"Three Things" is an activity that uses shape recognition, gross motor movements, and listening skills to review today's Bible story.

WHAT YOU NEED: 3 pieces of construction paper in 3 different colors, scissors, and tape

WHAT YOU DO:

Before the Activity: Cut out two squares from one color of construction paper, two triangles from another color, and two circles from the last color. Tape these shapes to the wall with about two feet of space in between each shape.

During the Activity: Gather the children in an open area of the room. Point out the different colors and shapes on the wall. Tell the children that you are going to give them THREE directions to follow, such as: 1) Run to the yellow square, 2) Jump three times, and 3) Run back to your spot. You can choose any directions you like, just make sure to give them three different things to do. Repeat as desired with remaining shapes. (*Possible actions: walk to the red triangle, skip to the blue circle, hug a friend, rub your tummy, walk back, and skip back.*)

WHAT YOU SAY:

During the Activity: "Hi, friends! Do you see some shapes and colors on the wall? Let's talk about what we see. (*Review the shapes and colors on the wall.*) Great job! I am going to give you THREE directions to follow. How many directions? (*Pause.*) That's right! Three! I want you to follow my directions carefully. Are you ready? Okay. First let's run to the red circle, touch your nose, and run back. Can you follow those directions? (*Pause.*) Okay, great. Go!"

After the Activity: "You did an awesome job following directions! Let me ask you a really important question. In our Bible story, when God asked Jonah to go to Nineveh, did he do what God said? (*Pause.*) Nope. He got on a boat and went the OPPOSITE way. But Jonah learned that you should always follow God and he DID listen in the end! You can follow God's way because God can be trusted. **Who can you trust? I can trust God.** I'm sorry, I didn't hear you. **Who can your trust? I can trust God!**"



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CRAFT

An activity that allows preschoolers to review the Bible story, bottom line or memory verse by creating a fun craft to take home.

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JONAH IN THE WHALE

"Jonah in the Whale" is an activity that creates a fun visual from the Bible story.

WHAT YOU NEED: "Jonah" from the Activity Pages on the Website, white cardstock, scissors, yarn, hole punch, blue disposable cups, googly eyes, glue dots, blue cardstock, and masking tape

WHAT YOU DO:

Before the Activity: Copy the Activity Page onto the white cardstock. Cut out each Jonah on the dotted lines. Punch a hole in the top of each Jonah. Cut the yarn into two-foot strips. Thread one end of the yarn into the hole and tie a knot. Cut the blue card stock into the shape of a whale's tail.

During the Activity: Give each child a cup and two googly eyes. Help the children glue the eyes on either side of the opening of the cup using the glue dots. Give each child a whale tale and glue it to the back of the cup. Place a piece of masking tape on the free end of the yarn and tape it to the bottom of the inside of the cup.

See First Look's September 2016 Pinterest board for an example: <https://www.pinterest.com/firstlookcurr/>

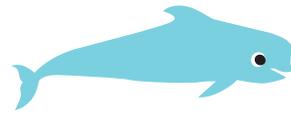
After the Activity: Challenge the children to try to catch Jonah in the cup without using their hands. Once Jonah is in the cup, encourage the children to "spit" him out.

WHAT YOU SAY:

Before the Activity: "In our story today, Jonah was swallowed by the big fish. Let's make a big fish to take home so that we can tell our families the Bible story!"

During the Activity: (Give each child a cup, two googly eyes, and a tail.) "First, we need to give our fish some eyes and a tail. (Glue on eyes and tail.) WOW! That really looks like a great fish. Now here is Jonah. (Give the child a Jonah and help tape the yarn inside the cup.) Perfect!"

After the Activity: "Now using only the cup, see if you can get Jonah inside the fish. (Demonstrate.) Now you can spit him out! (Turn the cup over and dump out



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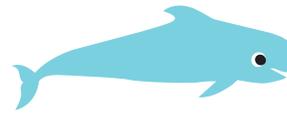
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Jonah.) Now you try! (*Finish activity.*) Great job! Jonah was swallowed by the fish because he did not go God's way. He did not trust God. We always need to trust God and follow His way. **Who can you trust? I can trust God!**"



MAKE IT REAL

A time for preschoolers to meet with a consistent small group leader, apply the lesson to their lives and pray together.

lead small.

Investing in a few to encourage their authentic faith.

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SMALL GROUP TIME

WHAT YOU NEED: Paperclip "Memory Verse Card" (from the Week One Activity Pages on the Website) in your Bible at Proverbs 3:5. Provide a journal and a fun-shaped pen for each Small Group.

SMALL GROUP LEADER (SGL): "Wow! What a story today! God told Jonah to go talk to the people in Nineveh. Did Jonah trust God and do what He said? (Pause.) No, he ran the other way and ended up in the belly of a great big fish! Jonah learned the hard way that it's always best to go God's way. What about you? **Who can you trust?**"

CHILDREN AND SGL: "I can trust God!"

SGL: "Yes! You can trust God with all your heart because His way will always be best.

(Open Bible to memory verse card.)

SGL: "Stand up and let's say our memory verse together to help us remember that we can trust God with all our heart. Just say what I say and do what I do.

(Lay Bible down.)

CHILDREN AND SGL: "'Trust the Lord (point both index fingers straight up in the air) with all (stretch your arms out wide) your heart' (bring both hands together over your heart), Proverbs 3:5." (Open your hands like a book.) (Repeat the verse with the motions several times together.)

SGL: "That is so good! Way to go! Now come sit with me. It's time to write in our journal and talk to God.

(Open prayer journal and hold your fun pen.)

"Since our story today was about trusting God and doing what He says, I think we should make a list of some things God tells us to do. When we pray we can ask God to help us trust Him and go His way. So, let's think about that. What are some things



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God tells us to do in the Bible? (*Be kind, share, love people, help others, obey our parents, pray, trust Him, follow Jesus, etc.*)

(Write each child's name and what they say beside their name. Some may need help thinking of something to say. Remember to print the words they say so the children can recognize their names and the letters.)

"This is such a great list! Let's pray and ask God to help us trust Him and do what He says. Would anyone like to pray before I pray?"

(Give each child that wants to pray the opportunity to do so.)

"Now I will pray."

PRAYER

SGL: "Dear God, thank You for our church where we can learn about You and talk about what it means to trust You. We've been talking about how we can trust that Your way is always best. Please help us to do what You say and (*be kind, love others, share, whatever the children put in the journal*). I pray we all go Your way so others will know about You too. We love You, God. In Jesus' name, amen."