

# Unsung Heroes (P/O)

Week 3 (NOV 16 2025)

## ***BIG IDEA***

God gives us boldness.

## ***BIBLE***

Ruth Asks Boaz for Help: Ruth 3

## ***ABOUT THIS WEEK***

Apart from a cool costume and heroic name, heroes also need the courage to take on whatever challenges they face. This week, we'll learn how Ruth took a big risk to visit Boaz and ask him for help. Ruth's decision to be brave helped save her family, and she helps us see how God gives us boldness when we need it.

### CHECK-IN/PLAYTIME (15 MIN)

Check- In Opens 15 min before the Experience begins and closes 15 min after it begins

Kids will play until check-in closes

Start countdown 5 minutes before check-in closes (9:40am, 11:20am, 1:20pm)

Whoever is doing check-in should stay there and welcome all kids. An Adult (18years or older) must drop kids off and check for name-tag with phone number on it.

## ***Welcome Time!***

### Welcome (5 MIN)

Good Morning! Welcome back to "Unsung Heroes" I am so glad you are here today. My name is \_\_\_\_\_

These are my helpers \_\_\_\_\_ (introduce your other teachers)

Apart from a cool costume and heroic name, heroes also need the courage to take on whatever challenges they face.

This week, we'll learn how Ruth took a big risk to visit Boaz and ask him for help.

Ruth's decision to be brave helped save her family, and she helps us see how God gives us boldness when we need it.

### Rules (5 MIN)

1. Be Kind (make heart with hands)
2. Use Listening Ears (Cup ear with hand)
3. Use walking feet (walk in place)
4. Keep hands and feet to yourself (hold up hands then point to feet)
5. Help Clean up (pretend like your using a broom)
6. HAVE FUN!

### Worship (8 MIN)

- INSTRUCTIONS: Play Videos loaded on the Sunday playlist on Youtube
  - **1st Experience:** [Lemonade \(motions\)](#) by Forest Frank: Kid Kardia
  - **2nd Experience:** [Me and My House \(Motions\)](#) by All Star Kids Club
  - (other Locations: Click the song title to access youtube video's)

### ACTIVITY | Super Freeze Dance (10 MIN)

- **INSTRUCTIONS:** *For this activity, play kids worship music for the group to dance. When you pause it, tell everyone they have to freeze in a hero pose. Have leaders demonstrate a few: hands-on waist, fist punching into the air, or pretend you're flying. Play several rounds as kids jump, dance, and twirl around.*
- Great job, heroes. You are being so bold in all of our challenges today!
- In today's Bible story, Ruth had a big challenge ahead of her. She had a huge thing she had to ask for. Let's find out how Ruth does with the challenge.

### ACTIVITY | Hero Challenge (5 MIN)

**PRE SUNDAY PREP:** Have cups in orange room; Have some of the big gray blocks from the orange room in the purple room

- **INSTRUCTIONS:**

- **ORANGE:** For this activity, provide cups for kids to build towers and buildings. Then, have them knock down their creations with their best superhero kick. Please make sure the other kids are standing behind the kicker so that they don't get hit by projectiles.
  - **PURPLE:** Use large blocks that are easier to stack and softer to kick for toddlers.
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- Heroes have to be bold to fight the bad guys, right? **What is bold?** Being bold is when someone is really brave because God helps them to be.
  - Being bold is not easy. We are going to see Ruth be bold in today's Bible story.

## Story Time

BIG IDEA | God gives us boldness. (5 MIN)

**PRE SUNDAY PREP:** Place this weeks big idea peices in the board from last week and recover the cups with tissue paper.

- **INSTRUCTIONS:** Reuse the Big Idea board from previous weeks ([like this](#)). Write the words of the Big Idea on separate pieces of paper and place them inside four cups. Cover all the cups with a square of tissue paper and secure with a rubber band. Have kids pick a cup and give their best superhero punch to see if anything is inside. Even if all the words are found quickly, allow every preschooler to try at least once. Afterward, hold up each word and have kids repeat them after you. Then, say the entire Big Idea together while doing the motions below.
- Great job knocking out the Big Idea together. Let's learn it together:
  - **God** (point up to the sky)
  - **gives us** (point to yourself)
  - **boldness** (put your hands in fists and on your hips)

VIDEO | Unsung Heroes, Episode 3 (8 MIN)

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

- Other campuses: you can use the vidio linked above or download the videos for this month [here](#)

## Bathroom (10 MIN)

- Line Kids up (Lead Teacher in front/assistant in back)
- Exit room to left and walk kids to the kids bathroom
- Allow 4 girls at a time or 4 boys (boys and girls should never go in at the same time)
- Lead teacher stands at the door with foot in door so they can hear if there are any problems

- Assistant helps keeps the kids waiting entertained, quiet and in their spots against the wall
- Make sure to ask if they washed their hands when done
- Once all kids are done and out of the restroom, lead teacher checks to make sure it looks ok, toilets have been flushed and nothing has been placed in toilets.
- Then walk back to class
- We never assist with anything other than buttoning pants and lead teacher should be in view of assistant at all time.
- If a child needs assistance other than buttoning pants the parent/guardian must be contacted

#### Prayer (5 MIN)

- - Maybe select a different child each week to pray over the snack
  - Give them pointers on praying like how to start..."Dear Jesus" thanking Him for something, praying for anything we might need and then thanking Him for the food.
  - Dear God, thank you for always being with us no matter what we go through. Even when things might seem sad or scary, we are not alone. Amen

## Sharing Time

#### SNACK | Goldfish (10 min)

- Have kids sit at table and pass out Goldfish and water

ONLY ONE SERVING OF GOLDFISH PER CHILD

YOU MAY GIVE AS MUCH WATER AS YOU WANT KEEPING IN MIND RESTROOM BREAK

#### ACTIVITY | Circle Time (during snack)

- **PRE SUNDAY PREP: Print the Bible Story Images [here](#). (they are labeled by episode EX. epslimage1)**
  - **INSTRUCTIONS:** Use Bible Story Cards to have kids help you retell the Bible story and answer the following questions
- **Who was the family member that could help Ruth and Naomi?** Boaz.
- **What did Ruth ask Boaz?** To marry her and take care of her family.
- **What did Boaz say?** He said he would help her.
- **When we are scared, what can we ask God for?** Boldness. God makes us brave so we can do what is right.
- **Who is the hero that gives us boldness?** God! God gives us boldness.

MEMORY VERSE | Zephaniah 3:17a (NIV) (5 MIN)

- **INSTRUCTIONS:** *Help kids learn this month's memory verse by setting the words (and the Scripture reference) to the tune of "Itsy Bitsy Spider." You can also have kids repeat the verse after you in small chunks, say them using silly voices, or create simple hand motions for key words.*
- **"The Lord your God is with you, the Mighty Warrior who saves."**

ACTIVITY | Superhero Masks (15 MIN)

**PRE SUNDAY PREP:** Have superhero mask kits in the rooms or Print the template on cardstock and have crayons, markers and elastic bands in the room

- **INSTRUCTIONS:**
  - Purchase [superhero mask kits](#) or print templates ([like these](#)) on cardstock. Provide sticky foam shapes for kids to decorate their masks with. Demonstrate how to decorate the superhero masks. Help kids thread elastic string through so they can wear the masks
- Please show me your fierce new superhero look with your new mask! Remember, we can be bold because God helps us be bold. **God gives us boldness** to follow God's directions and do what's right!

ACTIVITY | Roll To Be Bold! ( if needed)

**PRE SUNDAY PREP:** Have foam dice in both rooms

- **INSTRUCTIONS:** *Use a foam dice for this activity. Explain that each number will represent an action that they will do. Pick one kid to roll the dice first. Take turns rolling the dice and doing the different actions.*
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  - One: jump
  - Two: spin
  - Three: sit down
  - Four: clap your hands
  - Five: lie down
  - Six: tip-toe
- You didn't know what number to get when you rolled the dice, but you rolled and did the right action. Great job being bold!
- Ruth didn't know what Boaz would say when she visited him, but she trusted God. She did what Naomi told her, and it turned out just right. She was bold.
- God helps us do the right thing, too. It can be scary sometimes, but we can be bold because **God gives us boldness.**

## Play Time

ACTIVITY | Coloring Page (at home)

- **INSTRUCTIONS:** *Print and distribute [the coloring page](#) along with crayons or markers. You can review today's Bible story, Big Idea, and memory verse as the kids color.*