

UNSUNG HEROES (P/O)

WEEK 5 (Nov 30 2025)

BIG IDEA

God gives us companions.

BIBLE

Ruth and Naomi: Ruth 1

ABOUT THIS WEEK

So many of our favorite superheroes have sidekicks and companions to help them out when they need it most. This week, we'll learn about how Ruth chose to follow Naomi back to her hometown after they experienced unexpected losses. Ruth knew Naomi needed someone to help and support her, and their relationship helps us see why God gives us companions.

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)

So many of our favorite superheroes have sidekicks and companions to help them out when they need it most.

This week, we'll learn about how Ruth chose to follow Naomi back to her hometown after they experienced unexpected losses.

Ruth knew Naomi needed someone to help and support her, and their relationship helps us see why God gives us companions.

Rules (5 MIN)

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 | Hero Training Course (10 MIN)

PRE SUNDAY PREP: Have items for an obstacle course in the room ready for the teachers to put out; ideas below

- **INSTRUCTIONS:** *For this activity, design a simple obstacle course. Use objects like hula hoops, cones, tunnels, and painter's tape to direct kids with arrows. Have kids go through the course in pairs and have everyone else cheer until each pair gets to the finish line.*
- Heroes work together to get things done. Sometimes, we need others to help us through ... we can't do it alone! We need companions.
- A companion is a friend or loved one who sticks by you through everything. In today's Bible story, there is someone who will be a great companion. Let's find out who it is together.

ACTIVITY | Hero Challenge (5 MIN)

PRE SUNDAY PREP: Have a beach ball attached to a string in purple room

- **INSTRUCTIONS:**

- **PURPLE:** Give toddlers a chance to hit a beach ball that you hang from a string. Encourage the toddlers to reach and bat at the beach ball to get it to move and bounce around the air.
- You did such a great job with today's challenge. When things are hard, it's easier when there's someone to help you. Everyone, give your companion a high-five. *Pow!*
- In today's Bible story, someone sticks with their companion even when it's hard. Let's find out more together.

Story Time

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

PRE SUNDAY PREP: Glue rows of paper cups onto a sturdy poster board ([like this](#)). You will use this board every week for the Big Idea reveal. 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. Possibly have a small toy or candy in each cup as well

- **INSTRUCTIONS:** 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)
 - **companions** (link arms with others)

VIDEO | Unsung Heroes, Episode 1 (7 MIN)

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).
- Other campuses: you can use the video 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
- **Why were Naomi and Ruth sad?** *They both lost their husbands and had to figure out how to take care of themselves.*
- **What did Naomi decide to do?** *She would go back to her hometown, Bethlehem.*
- **How was Ruth a good companion to Naomi?** *Ruth stayed by Naomi's side the whole time.*
- **Who are your companions?** *Family, friends, siblings.*
- **Who is the hero that gave you those companions?** *God! God gives us companions.*

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 keywords.*
- **"The Lord your God is with you, the Mighty Warrior who saves."**

ACTIVITY | Follow Like Ruth (10 MIN)

- **INSTRUCTIONS:** *For this activity, line up kids in a single file line. Share that they will follow you wherever you go and do whatever you do. Lead the kids in walking, marching, skipping, hopping, jumping, and crawling. Lead them through the room in different patterns.*
- Ruth and Naomi both lost people they loved. When Naomi decided to go back to her hometown. Ruth chose to follow her. She stayed with Naomi and traveled with her to Bethlehem.
- God gave Ruth and Naomi each other as companions to help them when things got tough. God helped Ruth be brave and stick with Naomi all the way.
- We can always remember that **God gives us companions.**

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.*