

# Jesus Is With Us When We're Scared

**Bible Basis:** Mark 4:35-41

The miracle described in Mark 4:35-41 dramatically demonstrates Jesus' power. In our human comprehension, the forces of nature are totally uncontrollable. Even with our advanced technology today, we have trouble predicting the weather correctly, and changing it significantly is completely out of the question. By stilling the storm, Jesus demonstrated to his disciples—and to others in the boats who accompanied them—that he was in control even of the weather. They knew they were witnessing a man like no other they had ever seen.

If the disciples made the connection, they must surely have learned from this experience that Jesus could solve any of their problems and take care of all their troubles. Your toddlers won't fully comprehend what it means to control the weather. However, they have already begun to experience some storms in life—times when things don't go the way they'd like.

Through the lessons in this module, help your toddlers begin to understand that God can help them through any troubles they face.

## Jesus Is With Us When We're Scared

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<b>1</b>	Jesus is with us when we're scared of storms.	11
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Toddlers & 2s

# Parent Page

## Jesus Is With Us When We're Scared

For the next three weeks, the toddlers and 2s class will be learning that Jesus is with us when we're scared. The children will use their five senses to discover that Jesus is always present and ready to protect them.

### Tips for Ts and 2s

Dark rooms, unknown places, and booming thunderstorms often seem like scary monsters to young children. The fears are real, and it's important not to shame or discount your toddler's feelings. Recognize and discuss the source of the fear; then offer loving support. Prayer and reassurance that Jesus is with them gives toddlers a sense of security that will banish all their "scary monsters."

### Together Time

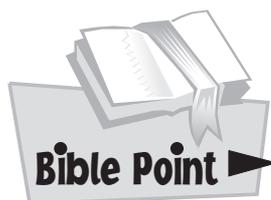
- Have some "shadow fun" with your toddler. Take a walk on a sunny day and look for your shadows. Point out how shadows stay with you everywhere you go. Explain that Jesus is with us everywhere we go, too, and that we never have to be afraid. As you walk, march in rhythm and repeat the following Scripture: "Do not be afraid...God goes with you" (adapted from Deuteronomy 31:6).
- Make a special night light to add a sense of warmth and comfort to your child's bedroom. Purchase a ready-made night light with a solid-colored plastic cover. Let your child decorate the night light with paint pens and markers. At night, turn on the night light and tell your child to think of Jesus each time he or she looks at the light.
- Sing this song from class with your toddler:

### Jesus Is With Us (adapted from Matthew 28:20b)

(sung to the tune of "The Mulberry Bush")

**Jesus is with us** (*point upward*);  
**What a friend is he!** (*Give yourself a hug.*)  
**I don't have to be afraid** (*shake your finger*)  
**'Cuz Jesus is with me!** (*Point upward and then at yourself.*)

**Jesus is with us** (*point upward*);  
**I'm happy as can be!** (*Smile, and then point to your mouth.*)  
**I don't have to be afraid** (*shake your finger*)  
**'Cuz Jesus is with me!** (*Point upward and then at yourself.*)



**Bible Point** ▶

# Jesus Is With Us When We're Scared

## Bible Verse

Jesus is with us (adapted from Matthew 28:20b).

## Growing Closer to Jesus

- Children will
- realize that Jesus' friends were scared of a storm,
  - learn that Jesus' power stopped the storm, and
  - understand that Jesus is always with them.

## Teacher Enrichment

### Bible Basis

#### ■ Jesus is with us when we're scared of storms.



**Mark  
4:35-41**

Jesus' suggestion to go to the other side of the Sea of Galilee sounds to us like a simple procedure. However, the boats Jesus' disciples used were small fishing boats. They were not intended for traversing the middle of the lake. Also, the geography surrounding the lake made it susceptible to sudden storms that could turn a calm lake into a violent sea.

Note that Jesus and his followers weren't all in one boat, though that is a common perception. Many lives were at stake when a furious storm arose. However, because many of the disciples were experienced fishermen and expert sailors, one might expect that they would handle things on their own. The fact that they turned to Jesus for help likely meant that they were at the point of pure desperation. They woke Jesus with screams of terror.

When Jesus awoke, he immediately demonstrated that he is in control. There was no hint of worry or concern in his words as he calmed the storm. In the instant the storm ceased, the disciples began to realize more fully who Jesus was. Their terrified response is understandable when we consider God's power and purity in light of our own weakness and imperfection. But the disciples came to learn that no matter how bad a situation seemed, the first thing they needed to do was turn to Jesus.

### Prayer

- Read Hebrews 13:5-6.
- What are you most afraid of?
- How can you turn that fear over to Jesus?
- Pray: Lord, please forgive me for the times I'm afraid. Help me to trust you more fully. And help me model that trust for the children I teach by...

## Before the Lesson

- Collect items for the activities you plan to use, referring to the Classroom Supplies and Learning Lab Supplies listed in the chart below.
- Pray for the children in your class and for God's direction in teaching the lesson.

## This Lesson at a Glance

	What Children Will Do	Classroom Supplies	Learning Lab Supplies
<b>Arrival Activities</b>  Direct children to one or more of the optional activities until everyone arrives.	<b>Welcome Time</b> —Receive a warm welcome from the teacher and Cuddles the Lamb.	Name tags (p. 8), marker, tape or safety pins, CD player	
	<b>Option 1: Stormy Seas</b> —Make waves and sail a boat on a make-believe sea.	Large dishpan, water, sponge, plastic tablecloth, rotary eggbeater or wire whisk, paper towels	
	<b>Option 2: Crazy Clouds</b> —Make pictures of fluffy clouds.	Blue or gray construction paper, glue sticks, cotton balls	
	<b>Pick-Up Time</b> —Sing a song as they help clean up the room.	CD player	
<b>Bible Story Time</b>	<b>Bible Song</b> —Sing a song about the Bible.	Bible, CD player	
	<b>Jesus Is With Us When We're Scared</b> —Interact with sensory items on the StoryBoard as they hear the story from Mark 4:35-41 about Jesus calming the storm.	Aluminum foil, scissors, flashlight, CD player, modeling clay	
	<b>Jesus Is With Us</b> —Sing a song, and learn that Jesus is with us.	CD player	
<b>Bible Activities</b>	<b>Interactive Bible Bulletin Board</b> —Review the Bible Point with Cuddles the Lamb as they create a bulletin board together.	Raindrop, Jesus, and child patterns (p. 22); wallpaper or gift wrap; scissors; tape; black and blue construction paper; small umbrella; markers or crayons	
	<b>Sing It Out</b> —Sing a song, and learn that Jesus is with us.	Bible, CD player	
	<b>Bible Craft</b> —Make "rain tubes," and then listen to the "rain."	Poster board, scissors, packing tape, bowl, uncooked rice, crayons, aluminum foil, plastic spoons	
	<b>Bible Game</b> —Interact with a picture to play a fun game with their rain tubes.	Rain tubes from Bible Craft	
 <b>Closing</b>	<b>Stormy Pudding</b> —Say a prayer, and have a snack.	Milk, instant pudding mix, large plastic jar and lid, whipped cream, paper cups, plastic spoons	

\*See the end of this lesson for extra-time ideas and supplies.

# Arrival Activities

## Welcome Time

**SUPPLIES:** name tags (p. 8), marker, tape or safety pins, CD player



- Play “Jesus Is With Us” (adapted from Matthew 28:20b) (track 4) from the CD as children are arriving.
- Use Cuddles the Lamb to help you greet each child by name and with a warm smile.
- Tape or pin a name tag to each child’s clothing.
- Say: **Today we’re going to learn that ► Jesus is with us when we’re scared.**
- Place Cuddles out of sight so the children won’t be distracted by him during the next activity.



Always watch children carefully when doing water activities.



If you have older toddlers, show them how to gently stretch the cotton balls before gluing them in place for a more realistic effect.



## Option 1: Stormy Seas

**SUPPLIES:** large dishpan, water, plastic tablecloth, sponge or other floating toy, rotary eggbeater or wire whisk, paper towels

Before class, spread a plastic tablecloth on a table in one corner of the room. Set paper towels, a large dishpan partially filled with water, and a rotary eggbeater or wire whisk on the tablecloth. Put the sponge in the dishpan.

As children arrive, invite them to “sail” the “boat” on the “sea” by blowing on it and gently stirring the water. Then have children pretend a storm is coming. Demonstrate how to make waves using the eggbeater or wire whisk, and make sure each child has a chance to make waves. After each child stirs the water, let the water calm before the next child takes a turn. Point out how the waves stop and the water becomes still. Tell the children that they’ll hear a story about a time Jesus’ friends were scared of a storm at sea but that Jesus calmed the sea. Explain that ► Jesus is with us when we’re scared.

Have children dry their hands on the paper towels when they’ve finished sailing the boat.

## Option 2: Crazy Clouds

**SUPPLIES:** blue or gray construction paper, glue sticks, cotton balls

Set out cotton balls, glue sticks, and blue or gray construction paper. Help each child glue cotton balls on his or her paper to make fluffy clouds in the sky. As children work, circulate among them and ask questions such as “Have you ever been afraid of a storm?” and “Why do we have clouds and rain?”

Tell the children that today they’ll hear a story about a time there was a storm and Jesus’ friends were scared. Explain that Jesus was with his friends and stopped the storm. Tell children that ► Jesus is with us when we’re scared.




**teacher tips**
**Understanding Your Toddlers and 2s' Social/Emotional Development**

Toddlers and 2s...

- play beside—but not with—other children (parallel play).
- are possessive about toys and are reluctant to share.
- have tantrums when they're frustrated.
- can chew food well.
- can drink from cups and eat with spoons.
- need adult help in socialization.
- imitate adults.
- often say "no" in response to questions.


**teacher tips**

It's important to say the Bible Point just as it's written in each activity. Repeating the Bible Point over and over throughout the lesson will help kids remember it and apply it to their lives.


**BIBLE POINT**

**teacher tips**

Choose a special Bible to use for this section of the lesson each week. For example, you could use the *Hands-On Bible* (Group Publishing), a big black Bible, a red Bible, or a Bible with gold leaf pages. These special characteristics will make Bible Story Time memorable.

## ■ Pick-Up Time

SUPPLIES: CD player



As Arrival Activities draw to a close, gently mention that it will soon be time to clean up. Encourage children to help you pick up things in the room as you lead them in singing "Let's Pick Up All Our Things" (track 2). Use the CD and sing the song to the tune of "Looby Loo."


**SING**

**Let's pick up all our things.  
Let's pick up all our things.  
Let's pick up all our things  
And put them all away.**

**Everyone here can help.  
Everyone here can help.  
Everyone here can help.  
Let's put it all away.**

**Let's pick up all our things.  
Let's pick up all our things.  
Let's pick up all our things.  
It's time to stop our play.**

## Bible Story Time

### ■ Bible Song

SUPPLIES: Bible, CD player



Say: **Who is with us when we're scared? ► Jesus is with us when we're scared.** How do we know that? **The Bible tells us.** Show children the Bible. **The Bible is God's special book. The Bible tells us about God. Let's sing a song about the Bible.** Using the CD, lead children in singing "God's Special Book" (track 3) to the tune of "Row, Row, Row Your Boat."


**SING**

**This is God's special book.  
Yes, it's God's book you see!  
I learn about all God has done  
And his love for me!**

*(Repeat.)*

**Bible!**

## ■ Bible Story: Jesus Is With Us When We're Scared

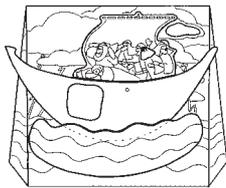
**SUPPLIES:** aluminum foil, scissors, flashlight, CD player, modeling clay



Before class begins, prepare your StoryBoard by following the assembly instructions provided in the Learning Lab. The purpose of the StoryBoard is to provide an interactive, sensory learning opportunity for your toddlers and 2s. Please attach the sensory items securely so the children can touch them without danger of pulling the items off or putting them into their mouths.

Before this activity, cut a 6-inch square of aluminum foil for each child.

### Scene 1



Set the flashlight, the CD player, and the aluminum foil squares behind you. You'll also need the punch-out figure of Jesus and the sheet of acetate from the Learning Lab box. Be sure to have the picture of the frightened disciples showing on the StoryBoard.

Rock the boat/wave combination on the StoryBoard, and say: **Look at this boat rock on the waves! Today, we're going to hear a Bible story about a boat sailing on the sea. And we're going to learn that ► Jesus is with us when we're scared.**

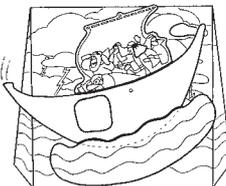
**One night Jesus and his friends climbed aboard their boat. It was nighttime, and they were going to sail across the sea. Up and down they sailed in the water. Up and down. Show me how the boat sailed.** Lead the children in moving their hands up and down like a sailing boat. **Up and down, up and down over the waves. Now let's make the StoryBoard boat sail up and down on the waves.** Let children each have a turn gently rocking the boat on the StoryBoard. Encourage children to touch the side of the boat. Then ask:

- **What is the boat like?** (Hard; scratchy.)

Say: **The disciples and Jesus were on the boat. Jesus was sleepy. Show me a big yawn.** Pause while children respond. **Jesus decided to take a nap, so he lay down and went to sleep.** Point to the picture of Jesus sleeping on the boat.

**But what happened after Jesus fell asleep on the boat? There was a loud noise!**

### Scene 2



Say: **Listen—could that be thunder?** Play the “Storm Sounds” segment on the CD (track 5). When the thundering sounds end, turn off the CD player. Then ask:

- **What was that sound?** (Thunder; rain; a storm.)

Say: **Oh, my! A big storm came upon the sea.** Slowly say the following action rhyme and do the motions in parentheses. Then encourage children to repeat the rhyme and actions with you.



**The thunder said, “Boom!”** (Clap.)

**The wind said, “Zoom!”** (Rub your palms together.)

**And the rain said, “Whoosh, whoosh, whoosh!”** (Sweep your arms back and forth.)

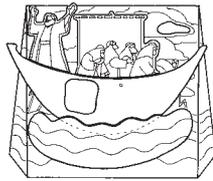
Say: **It was a big storm! We can touch the storm clouds and make the wind blow.** Have children touch the clouds on the StoryBoard and blow on the disciple’s headdress to make it flap “in the wind.” **Let’s make pretend thunder and lightning, too.** Hand each child a square of aluminum foil. Have children hold up their foil squares as you shine the flashlight on the squares to make flashes of “lightning.” Then show children how to gently rattle their foil squares. Tell children to keep rattling their squares as you rattle the sheet of acetate from the Learning Lab box to make sounds like thunder.

**The storm was big, and the disciples were scared! They were afraid their boat would tip over and they’d drown. Let’s make the boat rock on the big waves.** Let children rock the StoryBoard boat back and forth. Then say: **The disciples were afraid. But we know that** ▶ Jesus is with us when we’re scared. **The frightened disciples hurried to wake Jesus.** Pat your knees to make running sounds and encourage children to follow.



**BIBLE POINT** ▶

### Scene 3



Rock the StoryBoard back and forth. In a worried voice, say: **The disciples said, “Jesus, Jesus! Please help us. Don’t you care if we drown?” And guess what Jesus did?** Continue rocking the boat. **Jesus stood up in the boat.** Fasten the punch-out figure of Jesus to the StoryBoard. **Jesus talked to the wind and said “Quiet!” Jesus talked to the waves and said, “Be still!” And the wind and the waves became quiet and still.** Stop rocking the boat and return it to a level position.

**The disciples were surprised.** Rotate the picture of the frightened disciples to reveal the picture of the amazed and happy disciples. **Jesus stopped the storm. The disciples knew that Jesus is powerful. Even the waves and the wind obey Jesus. The disciples learned that** ▶ Jesus is with us when we’re scared. **Let’s sing a song about how Jesus is with us all the time—even when we’re scared.**



**BIBLE POINT** ▶

## ■ Jesus Is With Us

**SUPPLIES:** CD player



Using the CD, lead children in singing “Jesus Is With Us” (adapted from Matthew 28:20b) to the tune of “The Mulberry Bush.” For extra fun, do the motions in parentheses.



**Jesus is with us** (point upward);

**What a friend is he!** (Give yourself a hug.)

**I don’t have to be afraid** (shake your finger)

**’Cuz Jesus is with me!** (Point upward and then at yourself.)



**Important:** When you finish the Bible Story, put the StoryBoard and the sheet of acetate away out of reach of children.

Jesus is with us *(point upward)*;  
 I'm happy as can be! *(Smile, and then point to your mouth.)*  
 I don't have to be afraid *(shake your finger)*  
 'Cuz Jesus is with me! *(Point upward and then at yourself.)*



Say: **Jesus is our best friend. He loves us very much. If we love him back, Jesus will be our forever friend and someday we will live with him in heaven.**

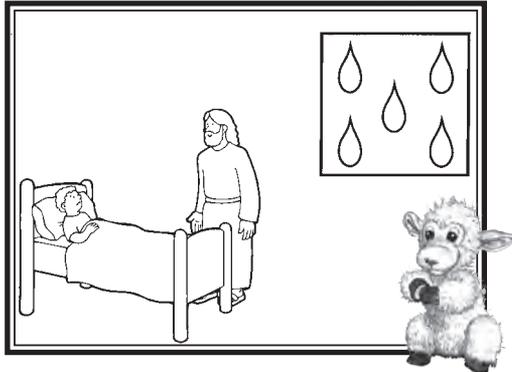
**What a wonderful friend to have! Jesus is so powerful that even the weather obeys him. He's always ready to keep us safe. ▶ *Jesus is with us when we're scared.* Sometimes storms can seem scary. Let's put a pretend storm on our bulletin board.**



## Bible Activities

### Interactive Bible Bulletin Board

**SUPPLIES:** raindrop, Jesus, and child patterns (p. 22); wallpaper or gift wrap; scissors; tape; black and blue construction paper; small umbrella; markers or crayons



Before class, cover the bulletin board with patterned wallpaper or gift wrap. Tape an 8½x11-inch sheet of black construction paper to the bulletin board for a window. You may wish to add paper-towel curtains for a nice touch.

Photocopy the patterns of Jesus and of the child in bed. Color the patterns, and cut them out. Tape the picture of the child to the bulletin board.

Keep the picture of Jesus to use during the activity. You'll also need to photocopy the raindrop patterns onto blue construction paper. Cut out a raindrop for each child.



*Bring out Cuddles the Lamb holding a small umbrella in front of his face. Go through the following script, and then put Cuddles and the umbrella away out of sight.*

**Teacher:** Cuddles, is that you under the umbrella? *(No answer)* Yoo-hoo, Cuddles. Peekaboo! *(Cuddles slowly peeks around the edge of the umbrella but still makes no sounds.)* Children, let's say Cuddles' name together. Maybe that will bring him out from under that umbrella. Cuddles!

**Cuddles:** *(Peeks out from behind the umbrella.)* Did you call me? I'm hiding under this umbrella just in case.

**Teacher:** Just in case of what, Cuddles?

- Cuddles:** Just in case it rains. I heard thunder a little while ago, and I don't like storms.
- Teacher:** (*Gently setting down the umbrella*) We heard about a thunderstorm in our Bible story, Cuddles. But it's not really going to storm now. You don't need your umbrella.
- Cuddles:** Good, 'cuz sometimes I'm scared of storms and rain.
- Teacher:** Did you know that Jesus' friends were afraid of a storm, too?
- Cuddles:** What happened?
- Teacher:** Boys and girls, can you tell Cuddles who's with us when we're scared? (*Lead children in telling Cuddles the Bible Point.*) Jesus stopped that storm and helped the disciples so they weren't afraid anymore.
- Cuddles:** Wow! That's great! Jesus can do anything, and we don't have to be afraid with Jesus around. I'm not going to be scared of storms anymore.
- Teacher:** Good for you, Cuddles. Now, would you like to help us put pretend raindrops on the bulletin board?
- Cuddles:** Sure! I like being a helper.
- Have Cuddles hand each child a paper raindrop. Help children tape the raindrops to the construction paper window on the bulletin board. Each time a child places a raindrop, help him or her say, "Jesus is with us." Then tape the picture of Jesus beside the picture of the child already on the bulletin board.*
- Teacher:** Sometimes when we hear rain or storms in the night, we may feel scared. But ► Jesus is with us when we're scared. Isn't that wonderful? Let's sing about how Jesus is with us all the time.

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## ■ Sing It Out

**SUPPLIES:** Bible, CD player

**BIBLE VERSE** ►



Open your Bible to **Matthew 28:20b**, and show children where today's Bible verse appears. Explain that the Bible tells us ► **Jesus is with us.**

Using the CD, lead children in singing "Jesus Is With Us" (adapted from Matthew 28:20b) to the tune of "The Mulberry Bush." For extra fun, do the motions in parentheses.



**Jesus is with us** (*point upward*);  
**What a friend is he!** (*Give yourself a hug.*)  
**I don't have to be afraid** (*shake your finger*)  
**'Cuz Jesus is with me!** (*Point upward and then at yourself.*)

**Jesus is with us** (*point upward*);  
**I'm happy as can be!** (*Smile, and then point to your mouth.*)  
**I don't have to be afraid** (*shake your finger*)  
**'Cuz Jesus is with me!** (*Point upward and then at yourself.*)

Say: **Jesus was with the disciples when they were scared by the rainstorm, and ► Jesus is with us when we're scared. Falling rain makes interesting sounds, doesn't it? We can make a "rain tube" and listen to the pitter-patter sounds of pretend rain.**



## ■ Bible Craft

**SUPPLIES:** poster board, scissors, packing tape, bowl, uncooked rice, crayons, aluminum foil, plastic spoons

Before class, make paper tubes from poster board and packing tape. Be sure the tubes are about 1 inch wide and 6 inches long. Tape the side seams securely. Make a paper tube for each child and one for yourself. You'll also need to cut two 3-inch aluminum foil squares for each paper tube. Tape a foil square over one end of each tube with packing tape.

Set out a bowl of uncooked rice, crayons, plastic spoons, aluminum foil squares, and packing tape. Hand children the paper tubes, and invite them to color their tubes with crayons. Then have children pour two spoonfuls of rice into their tubes. Help children secure foil squares over the open ends of their tubes, and tape the foil in place using packing tape.

When the "rain tubes" are finished, say: **Slowly tip your rain tubes back and forth. Listen! What do you hear?** As the tubes are tipped back and forth, the sliding rice will sound like gently falling rain. **Can you hear the sounds of pretend rain? Let's play a game with our rain tubes to help us remember that ► Jesus is with us when we're scared.**

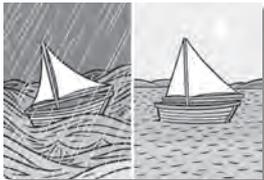


Empty paper-towel or gift-wrap tubes work especially well for this craft project.



## ■ Bible Game

**SUPPLIES:** rain tubes from Bible Craft



Have children stand in a circle holding their rain tubes.

Say: **We can play a fun game with our rain tubes.**

**Follow me!**

Hold up the "Stormy and Sunny" teaching picture from the Learning Lab, and point out that there are two different pictures: One is a picture of a sunny scene and the other is a picture of a dark, stormy scene. Say: **When I point to the**

**stormy picture, tip your rain tube to make it sound like it's raining. When I point to the sunny picture, put your rain tube on the floor and twinkle your fingers to show that it's sunny.**

Point to the pictures several times.

Ask: • **How do you feel when it's sunny outside?** (Happy, because I can play outside; glad.)

• **How do you feel when it's raining outside?** (Scared; happy; I don't like it.)

Say: **We don't have to be afraid of rain or storms because ► Jesus is with us when we're scared! That makes me happy. Let's be happy raindrops and tiptoe to the snack table for a treat.**





**BIBLE POINT** ▶



## Closing

### ■ Stormy Pudding

**SUPPLIES:** milk, instant pudding mix, large plastic jar and lid, whipped cream, paper cups, plastic spoons

Have children wash their hands. Gather children at the snack table, and have them put their rain tubes under their chairs.

Ask: • **Who is with us when we're scared?** (Jesus.)

Say: **That's right!** ▶ ***Jesus is with us when we're scared.*** **Jesus is with us all the time, in the day or night, in sunshine or rain. Let's say a prayer and thank God that Jesus is always with us. Fold your hands.** Pray: **Dear God, thank you that Jesus is with us all the time. In Jesus' name, amen.**

**We heard a Bible story about a storm, and we made rain tubes. Now let's gobble up delicious storm clouds.** Pour milk and a box of instant pudding mix into a plastic jar. Seal the jar tightly with the lid. Let children take turns shaking the jar for about two minutes, and then pour the pudding into paper cups. Add a small dollop of whipped cream on top of the pudding. Then pass out the stormy pudding cups and plastic spoons.

When children have finished, have them throw their paper cups and spoons in the wastebasket. Remind children to take their rain tubes home. Have them take their cloud pictures home if they chose to do Option 2.



### Growing closer to Jesus extends beyond the classroom.

Photocopy the "Parent Page" handout (p. 10) for this module, and send it home with your children. Encourage parents to use the handout to plan meaningful family activities to reinforce this module's topic.



## For Extra Time

If you have a long class time or want to add additional elements to your lesson, try one of the following activities.

### ■ **Rain Recordings**

Have some rainy-day fun any time with this activity. Invite children to become “little storm clouds”; then use a recording device to record their stormy sounds. Let children use rain tubes for rain and blow into the microphone to make windy sounds. Let children enjoy listening to a replay of their stormy creation. When the “storm has passed,” turn off the recorder, and lead children in saying, “Be still” or in repeating the Bible Point. Remind children that ► Jesus is with us when we're scared—even during storms.

### ■ **Sea-Bobbin' Boats**

Let children use modeling dough to make boat shapes. Tape paper triangles to craft sticks to make masts with sails, and push the masts into the dough boats. When the boats are done, have children hold the boats in their hands and rock them back and forth as if they were in a storm on the sea. Retell the Bible story, and tell children that ► Jesus is with us when we're scared. Then have the children hold their boats very still and say, “Be still.” For older toddlers, sing “Jesus Is With Us” (adapted from Matthew 28:20b) without the *CD* and have children “sail” their boats around the room as you sing.

# Patterns

Cut loosely around each pattern instead of cutting exactly on the outlines.

