



**Kid's Sunday
School Place**

Make it count!

Make it fun!

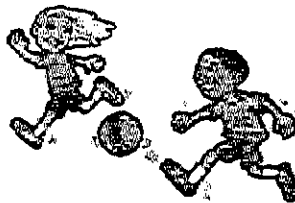
Healthy Choices

by Mike

An activity to help children think about making healthy choices.

Materials:

Activity Page [Click Here](#)



Topics:

Bible, Happiness, Growth

Duration:

Approximately 10 minutes

Target Age:

Pre-School or Kindergarten

Healthy Choice Activity Page

Preparation:

Before class print an activity page for each child.

What you do during class:

Hand out the activity sheet and ask the children to circle the pictures of the healthy items and put an X over the pictures of unhealthy items.

Once the children have finished the activity, go through each of the pictures and describe why it would or wouldn't be a healthy choice.

Finish up the activity by explaining that God wants us to make healthy choices because we are very special to Him.

God wants us to grow physically and spiritually. Which of the items on the work sheet can help us grow physically?

Which of the items on the worksheet can help us grow spiritually?

What's The Difference? (Activity) [Click Here](#)

PRAYER/SNACK (10 minutes) [Further info? Click here](#)

Start by praying to God and thanking Him for his loving kindness and for helping us grow. Have a healthy snack of Apples or Oranges. After prayer time/snack time encourage each of the children to name ways that todays healthy snack can help them grow. Then ask them if they remember some of the ways they can grow spiritually.

CLOSING ACTIVITY

As the children wait to be picked up, talk to them about why it's important to make healthy choices. God helps us grow in many ways. Go around the room and ask the children what ways God has helped them grow.

NEXT WEEK

Next week we will learn how God gives us different jobs to help us grow.

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**Kid's Sunday
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Growing For Jesus (Lesson 2)
God Helps Us Grow
by Mike

Go to Lesson 1 2 3 Index

1st Sunday
February
3-5yrs.

LESSON OBJECTIVE

This lesson will help children learn that God gives us what we need to grow spiritually as well as physically.
Bulletin Board Idea: Growing For Jesus

AS KIDS ARRIVE (10 minutes)

As kids arrive have a helper lead the children in various warm up exercises. Stretching, Sit ups, Running in place, Jumping Jacks. As they exercise explain that exercise helps their bodies grow. Ask them if they have any ideas on how they can exercise their brains and spiritual lives, if not give them some examples.

WORSHIP TIME (5 minutes) ~~Further info? Click Here~~

prayer + offering

BIBLE VERSE (7 minutes)

The LORD is with me; he is my helper." Psalm 118:7a

Explain to the children that God is with us and helps us in many different ways. We may never know all the ways in which God helps us, but it is comforting to know that our heavenly father loves us and helps us each and everyday.

BIBLE STORY (15 minutes)

God helps us grow in many different ways. God's word, the Bible, has many examples of how we are to live. If we live our lives the way God wants us to, we'll grow to be big and strong. Not only strong but smart too! The Bible has a lot of good advice on how we should live, for example we should honor our fathers and mothers for this is right. (Eph. 6:1-2) In today's story we'll learn about some other ways God wants us to live.

Romans 12:10 16-18

Discussion Questions:

1. Should we put ourselves before others? For example should we always push our way to the front of the line during game time? (No, we should put others before ourselves)
2. Should we be proud or conceited? For example should we think we're better than someone else just because we are good at sports or have nice clothes? (No, we should allow all children into our groups)
3. Should we try and live at peace with everyone? (Yes)
4. Can you name some examples of how we can try to live at peace with the other kids in class? (Share, talk nicely, no pushing, let them go first)

FUN TIME (10 minutes)

Right Environment (Object Talk) ~~Click Here~~

ALTERNATE FUN TIME (10 minutes)

Healthy Choices? (Activity) ~~Click Here~~ ~~Click Here~~ Included

ALTERNATE FUN TIME (10 minutes)