

DO NOT WORRY

MATTHEW 6:25-34

Big Idea:

Jesus teaches us how to live.

Key Verse:

"Do for others what you want them to do for you." | Matthew 7:12a (GNT)

Leader Tips:

Be sure to review this lesson plan in advance. Organize the supplies and pray for the children before they arrive. You can't predict outcomes when working with children, but you can be as prepared as possible.

Life Story

- 1. Scavenger Hunt** **Free Play**
Introduce this month's Big Idea and today's Bible story as you look at pictures with the children and then have a scavenger hunt.
- 2. Don't Worry Boats** **Free Play**
Have fun floating boats that highlight today's lesson about not worrying.
- 3. Worry Bubbles** **Free Play**
Talk about the children's worries. Then blow bubbles to represent those worries—and pop them!

God Story

CIRCLE TIME!

- 4. Music** **Large Group**
Play "This Little Light Of Mine" on the *Little Praise Party: My Best Friend* CD.
- 5. Bible Story** **Large Group**
Read the script based on Matthew 6:25-34 and put on a puppet show.
- 6. Key Verse** **Large Group**
Put together a puzzle that introduces this month's new Key Verse.

My Story

- 7. Craft** **Large Group**
Create puppets that will help the children remember what they learned today.
- 8. Bonus Activity: Freeze Dance** **Large Group**
Reinforce the main ideas from the lesson as you get the children moving.

Our Story

- 9. Dismissal**
Connect with parents. Remember to give them take home cards!

Life Story

1. SCAVENGER HUNT

Supplies:

- Cloth bag
- Pictures

Before the Activity:

- Place the cards inside the cloth bag.

Leader Tips:

- If you show interest in the pictures, the children will too!
- It may be helpful to have another leader hide the pictures.
- Repeat free-play activities as long as they engage the children. Then invite a new group to do them.

Instructions:

- During free play, invite a few children at a time to join you.
- Hold up the bag and then show them the pictures inside it.
- Explain that today's story from the Bible teaches us not to worry about the things shown in these pictures.
- Direct the children to close their eyes or cover them with their hands.
- Hide the pictures around your group's space.
- Encourage the children to find the pictures and return them to the bag.
- To wrap up, introduce this month's Big Idea: **Jesus teaches us how to live.**

2. DON'T WORRY BOATS

Supplies:

- Empty plastic bin
- Water
- Boat materials (sponges, masts, and sails)
- Scissors
- Paper towels

Before the Activity:

- Before the children arrive, fill the bin with enough water for the boats to float.
- Place the bin on a table.
- Attach the "masts" to the sponges to create the boats (see below). Use scissors to cut a small hole midway through the sponge. Place the straw into the hole—but don't push it right through to the bottom.



Leader Tips:

- Remember, never leave any child unattended near a water-based activity!
- Be sure to use the paper towels to mop up any water spills.
- The "sails" have text that highlights today's Bible story from Matthew 6:25-34.

Instructions:

- During free-play time, gather a few children together in the area where you set up the supplies.
- Guide them to sail the boats in the water.
- As everyone plays, explain that this month they will learn that **Jesus teaches us how to live.** Tell them that today's Bible story is about how we don't need to worry about what to eat, drink, or wear.

3. WORRY BUBBLES

Supplies:

- Bubbles

Instructions:

- Gather a group of children together during free play.
- Remind them that **Jesus teaches us how to live**.
- Explain that in the Bible story they will hear today Jesus says not to worry about what to wear, drink, or eat.
- Discuss: Is there anything that you worry about?
- Blow some bubbles and tell the children that the bubbles represent worries.
- Guide them to pop the bubbles as you say, "Jesus tells us, 'Do not worry!'"



CIRCLE TIME!

Supplies:

- CD player
- Tidy up and/or Circle Time songs on class CD

Instructions:

- Make sure the CD player is easy to access during Circle Time.
- Play music while clearing space on the floor.
- Gather the children into a circle to do the God Story activities together.
- Change the order of the Circle Time activities so they work well for your group.

4. MUSIC

Supplies:

- Song lyrics sheet
- Wall-safe tape
- CD player
- "This Little Light Of Mine" (track 9) on *Little Praise Party: My Best Friend* CD
- (Optional) Scarves or musical instruments

Before the Activity:

- Hang the lyrics where leaders can read them easily.

Leader Tips:

- Be energetic and have fun during music activities to set the tone for the children.
- Feel free to extend your music time with additional songs.

Instructions:

- If using supplies, hand them out before starting.
- Mix it up each week! Here are some options:
 - Sing along with the songs.
 - Wave the scarves.
 - Use the musical instruments.
 - Make up fun actions that go with the songs.
- After the music is finished, prompt children to return any supplies to the bin.

5. BIBLE STORY

Supplies:

- Puppets

Leader Tip:

- Use the Bible story to start conversations about God with the children.

Instructions:

- Gather the children to sit on the floor with you.
- Tell them that today's story is from the Bible.
- Use an expressive voice and add visuals with the puppets as you read the following script to the children:

One day, Jesus [*show Jesus puppet*] was teaching his friends, the disciples. Lots of other people came to listen too. He taught them many things—like how to live!

[*show Jesus puppet*] Jesus said, "Don't worry, my friends! Don't worry about what you're going to eat or drink. Don't worry about what clothes you'll wear. There are more important things in life!"

Jesus pointed to the birds up in the sky. [*hold bird puppet in other hand*] He said, "Look at the birds. They can't grow their own food. They are just birds! But God makes sure they have enough food. You are loved even more than they are. So don't worry!"

Then Jesus pointed to the beautiful flowers. [*put down bird puppet and pick up flower*] He said, "Aren't these flowers dressed beautifully? Not even the most important king has clothes as beautiful as these flowers. If that's how God dresses plants, won't he make sure that you have clothes to wear too?"

Jesus told everyone, "Put God first! Listen to him. Do what he wants you to do. Then, you will have all the things you need. So don't worry!"

Jesus wants us to know these things, too!

- To wrap up, say, "I love that **Jesus teaches us how to live!** What a good thing for everyone to remember: 'Put God first! And don't worry!'"
- Pray, "Dear God, thank you that you care about us and that we don't need to worry. We love you! Amen."

6. KEY VERSE

Supplies:

- Key Verse sign
- Wall-safe tape
- Key Verse puzzle

Before the Activity:

- Hang up the Key Verse sign for the leaders' reference.
- Place the puzzle pieces on a table or the floor.

Leader Tip:

- Depending on the size of your group, do this activity during Circle Time or later during free play.

Instructions:

- Guide the children to put together the puzzle. Help them match the colours.
- When the puzzle is complete, read aloud the Key Verse.
- Repeat as long as there is interest.



Ms My Story

7. CRAFT

Supplies:

- Craft sticks
- Jesus and speech bubble cutouts
- Crayons
- Tape

Leader Tip:

- Ensure that everyone's names are written on their crafts.

Instructions:

- Gather the children to sit at a table.
- Explain that everyone will get to make two puppets: a Jesus puppet and one that highlights today's Bible story in a speech bubble.
- Give each child the two cutouts and two craft sticks.
- Place the crayons where everyone can reach them easily.
- Encourage the children to colour the cutouts.
- As they work, review today's Bible story and the Big Idea: **Jesus teaches us how to live.**
- Tape the cutouts onto the craft sticks to create puppets.

8. BONUS ACTIVITY: FREEZE DANCE

Supplies:

- CD player
- CD

Before the Activity:

- Place the CD player somewhere that it's easily accessible. Cue a fun, upbeat song that your group enjoys.

Instructions:

- Gather everyone together in an open space on the floor.
- Explain that you're all going to dance to the music. When the music stops, everyone must freeze. Then you'll say, **"Jesus teaches us how to live!"** The children should reply, "Do not worry!"
- Play the music and lead everyone to dance.
- Pause the music and guide them to freeze.

- Say, **"Jesus teaches us how to live!"** Prompt the children to say, "Do not worry!"
- Repeat until the song ends.



Os Our Story

9. DISMISSAL

Supplies:

- Children's crafts
- Take home cards
- Key Verse colouring pages

Before Dismissal:

- Place take home materials and crafts where everyone can access them easily.

Leader Tip:

- Take a moment to share with parents about their children's experiences. Many parents will only hear about the morning from you.

Instructions:

- Greet parents as they arrive to pick up their children.
- Give parents take home cards and Key Verse colouring pages. Remind them to take any crafts.
- Make sure children's security numbers match parents' numbers before they leave the classroom.