



WEEK 3

PRESCHOOL LESSON OUTLINE

LEVEL UP

BIG IDEA

Jesus helps me believe.

THE BIBLE

Doubting Thomas: John 20:19-20, 24-29

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Mystery Box
- **ACTIVITY** | Thomas, Thomas, Jesus!

TEACHING TIME

- **THE BIG IDEA** | Jesus helps me believe.
- **VIDEO** | Level Up, Episode 3
- **BIBLE STORY** | John 20:19-20, 24-29
- **ACTIVITY** | How Many Animals Do You See?
- **PRAYER**

DISCUSSION TIME

- **SNACK** | Hamburger. . . Cookies?
- **ACTIVITY** | Using Our Senses
- **ACTIVITY** | Question Poster
- **MEMORY VERSE** | Hebrews 12:2

PLAY TIME

- **ACTIVITY** | Coloring Page
- **ACTIVITY** | Sensory Bins
- **ACTIVITY** | Eye Spy Bottles



WEEK 3

HACKS FOR TODDLERS

LEVEL UP

BY KAREN ERNE

HOW TO HACK THIS SERIES FOR TODDLERS

In children's ministry, you've got a wide range of ages you need to engage every week, but toddlers tend to get overlooked. But you know your toddlers need more than just babysitting, so here are a few adjustments you can make to this week in order to keep your toddlers more engaged.

ACTIVITY | How Many Animals Do You See?

In this activity, the kids are asked to find a number of hidden animals (spoiler alert: there are 16 in all!). Ask the toddlers to find only five animals: the elephant, the donkey, the dog, the cat, and the mouse.

ACTIVITY | Sensory Bins



Some items in the sensory bins may pose as choking hazards. Instead, make a sensory walk for your toddlers by lining up mats of different textures: carpet squares, foam mats, soft towels, rough mats. Let toddlers remove their shoes and walk on the path as you describe the textures they are experiencing with their feet.

ACTIVITY | Eye Spy Bottles

In addition to or instead of the proposed activity, play "Peek-a-Boo" with your toddlers. They love discovering that you are there when they thought you were gone. It displays the sense of today's story in a toddler way!

ABOUT THE AUTHOR

KAREN ERNE

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Karen is a volunteer in the preschool area of Hallmark Baptist Church in Fort Worth, Texas. She has about nineteen years of experience as a Preschool Minister in local churches.

Karen's passion is connecting little ones to the truths of the Bible. Kids learn when they are playing, so Karen writes fun lessons that will help teachers show kids how much Jesus loves them.

Karen is a wife and a mom. She and her husband, Ed, have four kids aged ten through seventeen. Their family loves hiking, fishing, and fossil hunting together.

When Karen is not doing a Bible study with her church friends or helping out at her kids' school, she is often sewing. Karen makes stuffed animals, blankets, toys, and even clothes with her sewing machine.

If you'd like to chat about how your church can more strategically connect parents with ways to teach babies, ones, and twos about the Bible, reach out. She would love to connect with you!

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WEEK 3

PRESCHOOL LESSON GUIDE

LEVEL UP

BIG IDEA

Jesus helps me believe.

THE BIBLE

Doubting Thomas: John 20:19-20, 24-29

WELCOME TIME

ACTIVITY | Mystery Box

- **INSTRUCTIONS:** Before the kids arrive, prepare a "mystery box" — a box with a space that a child can reach into but cannot see what is inside. A tissue box is an example. Place an item inside that might be identified by feel. Let each kid reach inside the box and try to identify the item.

ACTIVITY | Thomas, Thomas, Jesus!

- **INSTRUCTIONS:** Play a game based on the classic, Duck, Duck, Goose. Ask the kids to sit in a circle and choose one kid to be "it." "It" walks around the outside of the circle tapping each kid gently on the head or shoulder while saying, "Thomas" for each kid. When ready, "it" chooses one kid and says, "Jesus!" The chosen kid chases "it" around the circle, trying to tag "it" until they get back to their seat. If "it" is tagged, that kid sits in the center of the circle until someone else is tagged. If not, "it" takes the place of Jesus in the circle and the chosen kid becomes "it." Continue to play until everyone has had a turn.

TEACHING TIME

THE BIG IDEA | Jesus helps me believe.

- **INSTRUCTIONS:** Divide the kids into four groups. Give each group one word of the Big Idea to say when you point to them. Ask the kids to shout it out as loud as they can! Point to each group one at a time. (Options: Ask them to whisper it, sing it, or do a motion with each word.)

VIDEO | Level Up, Episode 3

- **INSTRUCTIONS:** *Play this week's preschool [teaching video](#).*

BIBLE STORY | John 20:19-20, 24-29

- Last week, we learned about the women going to the tomb and learning Jesus beat death! Jesus was no longer in the tomb because Jesus was alive. Let's look at the Bible and I'll read what happened next.
- **INSTRUCTIONS:** *Read John 20:19-20.*
- The disciples were so excited to see Jesus! But not everyone was there. One of the disciples was missing – Thomas. Let's keep reading.
- **INSTRUCTIONS:** *Read John 20:24-29.*
- Thomas didn't believe what his friends were saying. He didn't believe Jesus beat death. So, Jesus helped Thomas. Jesus appeared to all the disciples in the same room a second time! And this time, Thomas was with them. And when Thomas saw the marks where Jesus had been nailed to the cross, and when he touched them, he believed. Jesus helped Thomas believe!
- Jesus loves us so much, Jesus will help us believe!

ACTIVITY | How Many Animals Do You See?

- **INSTRUCTIONS:** *Print this [image](#) and ask the kids to try to find all the hidden animals in the picture.*
- Here's the answer: 16 animals!
 - **Fish:** Eye of elephant
 - **Beaver:** Elephant head
 - **Tortoise:** Elephant ear
 - **Elephant:** Largest animal in black
 - **Donkey:** Largest white space below elephant
 - **Mosquito:** White space above donkey's bottom
 - **Dog:** Black space below donkey
 - **Snake:** Elephant's tail
 - **Swordfish:** White space between elephant's rear legs
 - **Cat:** White space below dog
 - **Mouse:** Black space below cat
 - **Shrimp:** White space between elephant's front legs
 - **Hen:** Ear on donkey's head
 - **Crocodile:** Elephant's tusk
 - **Dolphin:** Elephant's trunk
 - **Bird head:** White space between elephant's trunk and head
- **Who helped you find all the animals in this picture? Guess who else helps us?** Jesus! And Jesus can help us believe in God!
 - ✂ **TODDLER HACK:** *Ask the toddlers to find only five animals: the elephant, the donkey, the dog, the cat, and the mouse.*

PRAYER

- **INSTRUCTIONS:** *Teach the kids how to spell the word 'believe.'*
- **Jesus, thank You for loving me. Help me to B-E-L-I-E-V-E.**

DISCUSSION TIME

SNACK | Hamburger. . . Cookies?

- **INSTRUCTIONS:** *Before group time, prepare "hamburger cookies." Place a peppermint patty or chocolate covered cookie between two vanilla wafers. For added effect, add green dyed coconut (be aware of tree nut allergies) to resemble lettuce and/or red and yellow frosting to resemble ketchup and mustard. Arrange on a tray and cover with a napkin or cloth so the cookies are not visible.*
- We are having a different kind of snack today! Hamburgers! **Do you believe me?**
- Look! These look like hamburgers, but they are really cookies! Let's eat our "hamburgers" while we remember Thomas needed to see Jesus with his own eyes before he believed, too.

ACTIVITY | Using Our Senses

- **INSTRUCTIONS:** *Print out this week's printable with images of eyes, ears, a mouth, a nose, and a hand. Hold up each image as you talk about it. You can have kids point to each body part, too.*
- We learn about the world around us using our senses. Our sense are what our eyes, ears, mouth, nose, and hands do!
- **What do we use our eyes for? Can you name some things you can see?**
- **What do we use our ears for? Can you name some things you can hear?**
- **What do we use our mouth for? Can you name some things can you taste?**
- **What do we use our nose for? Can you name some things you can smell?**
- **What do we use our hands for? Can you name some things can you touch?**
- The disciples were able to use their eyes, ears, mouth, nose, and hands to know Jesus was there. But Thomas was not there.
- When Thomas saw Jesus and was able to use his senses to know Jesus was there, he believed! And then Thomas went and told as many people as he could about Jesus! Jesus helped Thomas believe!

ACTIVITY | Question Poster

- **INSTRUCTIONS:** *Before the kids arrive, draw a huge question mark in the center of a poster board. As the kids answer the questions, write their answers on the poster.*
- **What are some questions you have?**
- **Who can tell me the name of someone they can go to when they have a question?**
- When we don't know something, or when we are not sure about something, we should always ask for help. Jesus helps us to believe by giving us people we can turn to. Always remember: **Jesus helps me believe.**

MEMORY VERSE | Hebrews 12:2

- **INSTRUCTIONS:** Say the memory verse together a couple of times. Then, tell the kids you are going to try to fool them. If you are saying the verse correctly, they jump up and cheer. If you make a mistake, they stay seated and shake their heads. Repeat the verse a few times, sometimes saying it correctly, and other times leaving out words or mixing the words up.

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Use this time while they color to remind the kids of today's Bible story, the Big Idea, and the memory verse.

ACTIVITY | Sensory Bins

- **INSTRUCTIONS:** Provide two or more plastic bins with sensory materials for the kids to interact with using their senses. For example, one bin might hold colored rice or sand in which scented oil has been added. In another bin, place various bells, rattles, and noise makers. A third bin could hold shaving cream or water beads.
 - ✂ **TODDLER HACK:** Make a sensory walk by lining up mats of different textures: carpet squares, foam mats, soft towels, rough mats. Let toddlers remove their shoes and walk on the path as you describe the textures they are experiencing with their feet.

ACTIVITY | Eye Spy Bottles

- **INSTRUCTIONS:** Before the kids arrive, make Eye Spy Bottles by filling empty water bottles with uncooked rice and various small items. Instruct kids to shake up the bottles to try to find the items. (Optional: Freezer zipper bags can be used instead of the bottles. Be sure to tape them closed to prevent messes.)
 - ✂ **TODDLER HACK:** In addition to or instead of the above activity, play "Peek-a-Boo" with your toddlers. They love discovering that you are there when they thought you were gone. It displays the sense of today's story in a toddler way!

Encourage your preschoolers to help clean up the room while they wait for their parents.