



WEEK 1

PRESCHOOL LESSON OUTLINE

HELP!

THE BIG IDEA

God helps us when we're helpless.

THE BIBLE

Moses in a Basket: Exodus 1:22-2:10;
(Matthew 18:18-20)

THIS WEEK AT A GLANCE

WELCOME TIME

- MUSIC** | Can't Help But Praise!
- ACTIVITY** | Who Do You Call for Help?
- ACTIVITY** | Who Needs a Hand?

TEACHING TIME

- SCRIPTURE** | Exodus 1:22 - 2:10
- THE BIG IDEA** | God helps us when we're helpless.
- VIDEO** | Help! Episode 1
- ACTIVITY** | Float
- PRAYER**

DISCUSSION TIME

- SNACK** | Count on God's Help
- ACTIVITY** | Paper Basket
- ACTIVITY** | Helpers Help Me
- MEMORY VERSE** | Psalm 121:2 (NIV)

PLAY TIME

- ACTIVITY** | Coloring Page
- ACTIVITY** | Basket Baby
- ACTIVITY** | Helpers



WEEK 1

HACKS FOR TODDLERS

HELP!

BY CASSANDRA MOTON

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 | Who Do You Call for Help?

The younger kids may not be able to differentiate the roles and responsibilities of the different emergency responders. Encourage them to use a toy or old cell phone to pretend to call someone for help.

ACTIVITY | Who Needs a Hand?

Use a firetruck, ambulance, and police car toy as you talk about the different people who help us. Let the kids play with the cars.

SCRIPTURE | Exodus 1:22 - 2:10

Use a baby doll and basket as you tell the Bible story about Moses in the river.

ACTIVITY | Float

Put a water table out for the kids to play with. Let the kids try placing items in the water.

SNACK | Count on God's Help

Count out the snacks as you give them to each kid. Ask everyone to join you in counting! Alternatively, you can give them six treats and say each word of the Big Idea as you give them each snack item: God helps us when we're helpless.

WEEK 1 PRESCHOOL LESSON GUIDE

HELP!

THE BIG IDEA

God helps us when we're helpless.

THE BIBLE

Moses in a Basket: Exodus 1:22-2:10;
(Matthew 18:18-20)

WELCOME TIME

MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** Sing and dance along to some fun songs about God, who helps us! Along with your kids' favorite songs, consider adding this one to your playlist: "[911 of My Heart](#)."

ACTIVITY | Who Do You Call for Help?

- **INSTRUCTIONS:** Divide the room in half with tape on the ground. Let the kids know you're going to give them two options for each question. They have to hop (or do some other fun movement) to the side of the room they think is the right answer.
 - ✂ **TODDLER HACK:** Use a pretend cell phone and give the kids a chance to call someone for help.
- **Who do we call to help put out a fire?**
 - Hop to the right for lifeguard.
 - Hop to the left for firefighter.
 - Good job, everyone! A firefighter's job is to put out a fire!
- **Who do we call to help us when we are hurt or sick?**
 - Skip to the right for doctor.
 - Skip to the left for police officer.
 - Great job! A doctor is who helps us when we are hurt or sick.
- **Who do we call to help us when we are sad?**
 - Dance to the right for God.
 - Dance to the left for a parent.
 - Or, just dance where you are for both!

- Yes, parents and God help us when we are sad!
- There are a lot of people we can call on if we need help! The Bible also shows us who we can call when we need help.

ACTIVITY | Who Needs a Hand?

- **INSTRUCTIONS:** Ask the questions below and ask the kids to respond to each instruction if true.
 - ✂ **TODDLER HACK:** Use a firetruck, ambulance, and police car toys as you talk about these. Let the kids play with the cars.
- **Put your hand on your head if you have ever needed the fire department's help.**
- **Jump in the air if you have ever needed a doctor's help.**
- **Put your index finger on your nose if you have ever needed a police officer's help.**
- **Raise both arms if you have ever needed God's help.**
- We all have needed help at one point or another from someone. And at some point, we all need help from God. The best part is that we don't have to pick up a phone to call or text God for help. God is always there to help you and me. We just have to ask!

TEACHING TIME

SCRIPTURE | Exodus 1:22 - 2:10

- **INSTRUCTIONS:** Prepare the [story cards](#) to use as you tell the story. Also, tell the kids to make a mean face every time you say, "Pharaoh," make a sad face every time you say, "Helpless," and a happy face every time you say, "God."
 - ✂ **TODDLER HACK:** Use a baby doll and basket as you tell the story.
- Today's Bible story takes place in a place called Egypt. The people of Israel, who loved God [*happy face*], were living in Egypt, but they were treated very badly. They had to do everything the king of Egypt, Pharaoh [*mean face*], told them to do – day and night. **Does that sound like fun?** No. The Israelites were sad and felt helpless [*sad face*].
- Pharaoh [*mean face*] loved being in power. But because there were so many people from Israel, whom he was treating so badly, he was scared that one day, they would get together and kick him out! So, Pharaoh made a plan to get rid of all the baby boys. I'm sure that made all the Israelite parents feel helpless [*sad face*]. But let's see how God [*happy face*] shows up to help.
- During the time when Pharaoh [*mean face*] was tracking down helpless [*sad face*] babies, a mom gave birth to a baby boy. She loved the baby boy so much and she decided to hide him for three whole months, so that Pharaoh [*mean face*] couldn't find him!
- She probably felt helpless [*sad face*]. She did the only thing she could think of. She took a basket and used it as a boat for her baby. She placed him in the boat and sent him down the river. She prayed to God [*happy face*] that someone kind would rescue her baby.
- Pharaoh's [*mean face*] daughter, the princess, noticed the helpless [*sad face*] baby in the basket and decided to take the baby as her own. She named him Moses. God [*happy face*] saved this little baby!

- Miriam, baby Moses' sister, saw this whole thing happen. She asked the princess if she needed help taking care of the baby. Pharaoh's [*mean face*] daughter said yes! And do you know what Miriam did? She took the baby right back to his real mother!
- God [*happy face*] helped baby Moses, his mom, and his sister. God [*happy face*] helped them when they were feeling helpless [*sad face*] and God [*happy face*] helps us, too!

THE BIG IDEA | God helps us when we're helpless.

- **Who helped baby Moses?** God.
- **Who helps you and me?** God.
- **Who helps us when we're helpless?** God.
- That's right! God helps us when we're helpless. Let's all shout it out together: **God helps us when we're helpless!**

VIDEO | Help! Episode 1

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

ACTIVITY | Float

- **Did baby Moses float in his basket on the river?** Yes. I was surprised a basket would float with a baby in it, but it did! Let's see what else might float!
- **INSTRUCTIONS:** Fill a clear bin with water. Show a few toys or other items to the kids and ask if they think it will float or sink. Then, test it in the bin.
 - ✂ **TODDLER HACK:** Put a water table out for kids to play with. Let the kids try placing items in the water.
- I was surprised the _____ floated! It floated, just like baby Moses did. God helped baby Moses, just like God helps you and me! **God helps us when we are helpless.**

PRAYER

- Dear God, thank You for always being with each of us. Remind us when we are feeling helpless that You will always help us. Help us to remember we can always count on You in times of need. Amen.

DISCUSSION TIME

SNACK | Count on God's Help

- **INSTRUCTIONS:** Pass out a snack kids can count, such as pretzel sticks or small cookies. Give each kid five of them.
 - ✂ **TODDLER HACK:** Count out the snacks as you give them to each kid. Tell everyone to join you in counting! Alternatively, you can give them six treats and say each word of the Big Idea as you give them each snack item: God helps us when we're helpless.
- Before we eat, let's count how many pretzel sticks everyone got. That's right! We each got five!

- **Can we think of five ways we need help?**
 - **Who needs help to tie their shoes?**
 - **Who needs help making breakfast?**
 - **Who needs help getting to church?**
 - **Who needs help reaching something that is high up on a shelf?**
 - **Who needs help spelling big words?**
- We can count on someone to help us some of the time. But we can count on God to help us all the time! **God helps us when we are helpless!**

ACTIVITY | Paper Basket

- **INSTRUCTIONS:** *Pass out one paper basket printable to each kid. Give the kids crayons or markers to color their baskets. Then, help fold their paper on the solid lines and then cut on the dotted lines. Use tape to hold it together on each side. Then, pass out small pieces of cloth to represent a baby blanket. Allow the kids to choose a “blanket” and place it in their basket.*
- **Why did Moses’ mom put him in a basket?** She put him in the basket because she didn’t know what else to do. She probably felt sad and helpless.
- **Did baby Moses float in his basket?** Yes, he did! God helped keep baby Moses safe.
- **Does anyone remember what our Big Idea is?** That’s right! **God helps us when we are helpless.**

ACTIVITY | Helpers Help Me

- **INSTRUCTIONS:** *Tell all of the kids to stand up with some space between them. The idea is to have a turn to lead, they need to say someone who helps them. Then, they can make up a motion or dance that everyone else must do as well.*
- Let’s think of people who help us when we need help. For example: My Aunt Kris, my teacher, a police officer, or my neighbor.
- **Who else can help when we’re helpless? Yes, God!**
- **God helps us when we are helpless.**

MEMORY VERSE | Psalm 121:2 (NIV)

- **INSTRUCTIONS:** *Read Psalm 121:2 out loud to the kids. Ask the kids to repeat the verse after you. Then, tell them to shout the verse with you. Next, tell them to whisper the verse quietly.*

PLAY TIME

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

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Print and distribute this week’s coloring page along with crayons or markers. Review today’s Bible story and Big Idea as they color.*

ACTIVITY | Basket Baby

- **INSTRUCTIONS:** Designate an area in the room with baby dolls and blankets. As the kids play, encourage them to swaddle the baby, place it in a basket, and slide it down a large towel or blanket.
- Imagine you are Moses' mom and you are so sad wrapping up Moses in his blanket and sending him away in the basket. Imagine how his big sister, Miriam, felt when she was able to help bring her family back together! **God helps us when we are helpless.**

ACTIVITY | Helpers

- **INSTRUCTIONS:** Gather costumes and props for police officers, lifeguards, firefighters, doctors, etc., so the kids can role play helping each other.

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