



WEEK 3

PRESCHOOL LESSON OUTLINE

HELP!

THE BIG IDEA

God helps when we're in trouble.

THE BIBLE

The Plagues and the Passover: Exodus 7:14-10:29, 12:21-30

THIS WEEK AT A GLANCE

WELCOME TIME

- MUSIC** | Can't Help But Praise!
- ACTIVITY** | Rescue the Kitty
- ACTIVITY** | Who Can Help?

TEACHING TIME

- SCRIPTURE** | Exodus 7:14-10:29, 12:21-30
- THE BIG IDEA** | God helps us when we're in trouble.
- VIDEO** | Help! Episode 3
- ACTIVITY** | Big Idea Bridge
- PRAYER**

DISCUSSION TIME

- SNACK** | Paint the Door
- ACTIVITY** | Mayday!
- ACTIVITY** | Freeze Dance
- MEMORY VERSE** | Psalm 121:2 (NIV)

PLAY TIME

- ACTIVITY** | Coloring Page
- ACTIVITY** | Lego My People
- ACTIVITY** | Helper-in-Training



WEEK 3

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 | Rescue the Kitty

Place several stuffed animals around the room so everyone gets a chance to find the kitten!

ACTIVITY | Big Idea Bridge

Ask two leaders to be the "doorframe" in this modified version of, "London Bridge is Falling Down."

ACTIVITY | Mayday!

Make easy motions for the younger kids to do. Tell the kids that we all need help. Touch your toes and say, "God, I need Your help." Reach up to the sky and say it again: "God, I need Your help." Lie on your belly and say, "Thank You, God."

ACTIVITY | Freeze Dance

Encourage the kids to dance to some music, then freeze when the music stops. Each time the music stops, tell them to shout out together, "God helps me!"



WEEK 3

PRESCHOOL LESSON GUIDE



THE BIG IDEA

God helps when we're in trouble.

THE BIBLE

The Plagues and the Passover: Exodus 7:14-10:29, 12:21-30

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 fun one to your playlist called, "[Super Wonderful](#)."

ACTIVITY | Rescue the Kitty

- Oh, no! We just got the news that a kitten is missing in the building. Who can help?
- **INSTRUCTIONS:** Put one kid volunteer in a firefighter hat and tell them to wait outside. Hide a stuffed animal cat somewhere in the room. Ask the volunteer to search for the cat while everyone yells out different directions to help them discover where the cat is.
 - ✂ **TODDLER HACK:** Place several stuffed animals around the room so everyone gets a chance to find the kitten!
- You saved the kitten! **Wasn't it easy to find because everyone was helping you? No? Why not?**
- When we are in trouble, we need help from someone who actually knows how to help us!

ACTIVITY | Who Can Help?

- **INSTRUCTIONS:** Tell the kids to stand up with some space between them so they have plenty of room. Give them a scenario and ask them to act out who they would call for help.
- Alright, everyone! I want you to act out who would be helpful in each situation. Let's try one!
- Oh, no! There is a fire at the store! **Who can help?** Yes! A firefighter. Let's pretend to be firefighters.
- There's a boy swimming in the lake and he looks like he's in trouble! **Who can help?** Yes! A lifeguard! Let's pretend to be a lifeguard.

- Oh, no! My sister fell off her bike and got hurt. **Who can help?** Yes! A doctor or a parent! Let's pretend to be like this person.
- There are a lot of people who can help us when we're in trouble!

TEACHING TIME

SCRIPTURE | Exodus 7:14-10:29, 12:21-30

- **INSTRUCTIONS:** *Before the kids arrive, tape butcher paper on the wall beside you, high enough that it is taller than you. You will need something to draw with, such as markers, chalk, or crayons. Draw the characters and the events in today's story as you tell the story.*
- Today, we are continuing with Moses' story. So much has already happened in his life! So far, we have heard about how God had a special plan for Moses, starting when he was a little baby. When Moses was a grownup, God asked Moses to do a very important job – to help free the Israelites from mean Pharaoh. Moses didn't think he could do it, but God helped him. Now, let's see what happens next in the story.
- *[Divide the group into two.]* I need help with my story today. I need the left side of the room to say, "Let my people go!" when I point to you. Then when I point to the right side of the room, I need everyone on that side to shout, "No!"
- *[Hold up pictures of Moses and Pharaoh.]* Moses obeyed God and went to Egypt to see Pharaoh, just like God told him to do. The people of Israel were being treated unfairly and just wanted to be free. So, Moses had one message for Pharaoh *[Point to the kids on the left.]*: "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No!"
- Then, a bunch of terrible things, called plagues, happened. There were ten plagues in all.
 - First, all the water turned into blood. Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - Second, there were frogs everywhere. Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - Third, the dust turned into gnats, or little tiny bugs that filled the air. Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - The fourth plague was yucky flies! Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - For the fifth plague, all the horses, cows, and sheep died. Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - In plague number six, the people and animals of Egypt got these things called boils, which are like painful sores, all over their skin. Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - Seventh, it rained ice, which is called hail. Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - Eighth, bugs, called locusts, ate up all the plants. Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."

- Ninth, everything went dark and no one could see for three days! Moses said [*Point to the kids on the left.*], “Let my people go!” But Pharaoh said [*Point to the kids on the right.*], “No.”
- Finally, the tenth plague came and it was the worst one. All the oldest sons in each Egyptian home died in their sleep.
- But God knew what was going to happen, so God sent Moses to tell the Israelite people to protect themselves.
 - Moses told the Israelite people to take the blood of a lamb and put some of it on the top and each side of the door frames of their homes, death would pass over the homes and save the people inside.
 - This is why, even today, people celebrate Passover every year. It’s to remember the time when the plague of death “passed over” God’s people and spared their lives.
- After the tenth plague, Pharaoh said – you guessed it – yes. The Israelites were finally free! Let’s all cheer for the Israelite people!

THE BIG IDEA | God helps us when we’re in trouble.

- **Who helped the Israelites when they were in trouble?** God.
- **Who helps you and me when we’re in trouble?** God and God’s helpers on Earth.
- That’s right! God helps us when we’re in trouble. Let’s all shout it out together, **God helps us when we’re in trouble!**

VIDEO | Help! Episode 3

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

ACTIVITY | Big Idea Bridge

- **INSTRUCTIONS:** Play this modified version of, “London Bridge is Falling Down.” Choose two kids to be a “door frame,” and tell them to create a “door frame” by facing each other, holding each others hands up above them, and creating a space between them that other kids pass through.
 - ✂ **TODDLER HACK:** Ask two leaders to be the door frame.
- We are going to sing our Big Idea to the tune of “London Bridge” as you go under the door frame!

God helps us when we’re in trouble,
 When we’re in trouble,
 When we’re in trouble.
 God helps us when we’re in trouble,
 God . . . helps . . . us!

PRAYER

- God, thank You for reminding us that You are always with us and that You help us when we’re in trouble. Thank You for always helping us! Amen.

DISCUSSION TIME

SNACK | Paint the Door

- **INSTRUCTIONS:** Pass out a slice of garlic bread, a little bit of marinara sauce in a [small cup](#), and a small spoon. Encourage kids to “paint” the top and sides of their garlic bread “door” with the sauce before they eat.
- **What did Moses ask Pharaoh to do?**
- **What kinds of plagues happened in Egypt?**
- **What did God tell people to put on their doors?**
- **How did God protect the people of Israel?**

ACTIVITY | Mayday!

- **INSTRUCTIONS:** Lead the kids in this follow-the-leader style of prayer and aerobic stretches to ask God for help.
 - ✂ **TODDLER HACK:** Make it easy for the younger kids! Tell the kids we all need help. Touch your toes and say “God, I need Your help.” Reach up to the sky and say it again, “God, I need Your help.” Lie on your belly and say, “Thank You, God.”
- A “mayday” is a signal of distress . . . people send out this signal when they are in urgent need of help. Let’s call out some mayday prayer signals to God together!
 - When I say “mayday” and touch my toes, you pray: **God, help me when I’m in trouble!**
 - When I say “mayday” and do a jumping jack you pray: **God, help others when they are in trouble!**
 - When I say “mayday” and spin around once, you pray: **God, thank you for helping us!**
 - That was a great prayer workout! Whenever you need help, talk to God. Don’t forget to ask God for help. **God helps us when we are in trouble.**
- Great prayer workout, everybody! Whenever you need help, talk to God. Don’t forget to ask God for help. God helps us when we are in trouble.

ACTIVITY | Freeze Dance

- **INSTRUCTIONS:** Play fun music. When the music stops, tell all the kids to freeze. Then, “unfreeze” one person and tell them to shout out who helps them when they’re in trouble – a parent, a sibling, a teacher, a coach, etc. Now, it’s this kid’s turn to pick someone to unfreeze! Start the music again and when it stops, the last person to unfreeze picks another kid to unfreeze.
 - ✂ **TODDLER HACK:** Instead of asking the kids to unfreeze each other, tell them to freeze and unfreeze as a group. Instruct them to shout, “God helps me!” together when the music stops.

MEMORY VERSE | Psalm 121:2 (NIV)

- **INSTRUCTIONS:** Write the memory verse on some bath toys – one word per toy – using a label maker or with a permanent marker. Put all the bath toys in a bin with water. Tell the kids to take turns “rescuing” one toy at a time using a net. Once all the toys are out, put them in order together.

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 | Lego My People

- **INSTRUCTIONS:** *Using large building blocks (such as LEGO Duplo or Mega Bloks), encourage the kids to make as large of a "door frame" as they can! Ask the kids to tell you why the door frame was important in today's Bible story.*

ACTIVITY | Helper-in-Training

- **INSTRUCTIONS:** *Set up a mini obstacle course (e.g., play tunnels, hula hoops, streamer "laser" grids, jump ropes, etc.) and encourage the kids to pretend they are emergency responders in training! Pull out costumes and props, if you'd like, for added fun!*

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