



WEEK 4

PRESCHOOL LESSON OUTLINE

HELP!

THE BIG IDEA

God helps us help others.

THE BIBLE

God Provides Food and Water: Exodus 16:1-16, 17:1-7

THIS WEEK AT A GLANCE

WELCOME TIME

- **MUSIC** | Can't Help But Praise!
- **ACTIVITY** | Helping Hands
- **VIDEO** | "Ask Somebody to Help You"

TEACHING TIME

- **SCRIPTURE** | Exodus 16:1-16, 17:1-7
- **THE BIG IDEA** | God helps us help others.
- **VIDEO** | Help! Episode 4
- **ACTIVITY** | It's Raining Manna!
- **PRAYER**

DISCUSSION TIME

- **SNACK** | Manna and Quail Nuggets
- **ACTIVITY** | Helpers Stick Together
- **ACTIVITY** | Help with H²O
- **MEMORY VERSE** | Psalm 121:2

PLAY TIME

- **ACTIVITY** | Coloring Page
- **ACTIVITY** | Manna Toss
- **ACTIVITY** | Walkie Talkie



WEEK 4

HACKS FOR TODDLERS



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.

THE BIG IDEA | God helps us help others.

Choose one picture from the printables provided of people helping and talk about the picture with the kids. Ask them to identify the people in the photo and what they think is happening.

ACTIVITY | Helpers Stick Together

Instead of having the kids think of who they can help, ask them if they can help others. Of course they can! They can put a sticky note with their name written on it on the wall. Say, "Look at all the great helpers we have in our class! We can all help others!"

ACTIVITY | Manna Toss

Rip pieces of white scrap paper before the kids arrive. Encourage the kids to throw it in the air and then collect it all in their paper cups!



WEEK 4

PRESCHOOL LESSON GUIDE



THE BIG IDEA

God helps us help others.

THE BIBLE

God Provides Food and Water: Exodus 16:1-16, 17:1-7

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 called, "[Gonna Serve](#)."

ACTIVITY | Helping Hands

- **INSTRUCTIONS:** Place the items around the room, such as [emergency vehicles](#), for the kids to find. For older preschool students, you can put some in places they wouldn't expect! Call out the different items, and as the kids bring them to you, say, "Thank you so much for helping me!"
- Hi, friends! I need some help today. **Do you think you can help me? Can you find me some things I need for today's lesson?** Great!
- **How does a firetruck help?** Yes! It helps put out fires.
- **How does a police car help?** Yes! They help keep us safe.
- **How does an ambulance help?** Yes! They help take people to the hospital.
- **Now, does anyone know how a helicopter can help?** Yes, it can help find lost people and help bring people to safety!

VIDEO | "Ask Somebody to Help You"

- **INSTRUCTIONS:** Watch [this video](#) with the kids.
- **Who were some of the helpers?**
- **How did they help?**
- Sometimes, we can help just by finding the right helpers!

TEACHING TIME

SCRIPTURE | Exodus 16:1-16, 17:1-7

- **INSTRUCTIONS:** Use the toy emergency vehicles used in the previous activity, a plate of bread and chicken (real or play food), and a squirt toy wrapped with aluminum foil as props during story time.
- Last we heard about Moses, God protected the people of Israel during those awful plagues in Egypt so that the people of Israel were safe! Not only that, now God helped the people of Israel escape Egypt and head toward a new land that God was going to show them.
- They were probably really happy about this, right? Well, they were at first. But getting to the land God promised them was going to be a long journey. **How do you think they got to the promised land?**
 - **Did they fly a helicopter?** No.
 - **Did they go really fast in an ambulance?** No.
 - **Did they have a really big firetruck?** No.
- No, they didn't have any of these things! They had to walk and walk and walk and walk. Let's walk around the room a few times like the Israelites walked.
- So, we only walked around a few times, but the Israelites walked for a really, really long time. After a while, they started to get tired. They wanted good food. They thought God was being unfair to them. They forgot all the ways God helped them before!
 - Want to hear what that was like? *[Say in whiny voice.]* "I'm hungry! I'm thirsty!" Hmm . . . maybe this is not the best way to say how we feel!
- Moses didn't know what to do, so he prayed to God. Turns out, that was the best thing to do!
 - When the people said they were hungry, God told Moses to tell them God was going to give them food – bread, called manna, and quail – which were going to fall from the sky! And guess what? They would never run out! *[Hold out your plate of bread and chicken.]*
 - When the people said they were thirsty, God told Moses to strike a rock with his staff, and water came out of it! *[Squirt some water out of your foil-wrapped toy.]*
- God gave Moses everything he needed to help the people of Israel. That's because God often helps us through other people. And we can help others with God's help, too!

THE BIG IDEA | God helps us help others.

- **INSTRUCTIONS:** Prepare three pictures to show the kids. Guide their conversations to land on the Big Idea for the week after they see the pictures.
 - ✂ **TODDLER HACK:** Show just one picture of people helping and talk about the picture with the kids.
- **What do all of the pictures have in common?**
- All of the pictures show someone helping someone else.
- Our Big Idea this week is: **God helps us help others.**
- Turn to your neighbor and tell them the Big Idea!

VIDEO | Help! Episode 4

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

ACTIVITY | It’s Raining Manna!

- **INSTRUCTIONS:** *Print [this image](#) of the people collecting manna on white card stock paper. Tell the kids to color the picture. When they are done coloring, tell them to glue cornflakes onto the pictures of manna.*
- Manna was the special bread God sent down from the sky. It tasted nothing like the people had ever tasted before! And they always had enough to eat.
- Manna was just one of the many ways God helped the people through Moses. If Moses didn’t pray to God, who knows if they would have gotten to try manna? **God helps us help others.**

PRAYER

- Thank You, God for helping Moses help the Israelites. Help us to remember You are always nearby to help us. Thank You for helping me to help others, too!

DISCUSSION TIME

SNACK | Manna and Quail Nuggets

- **INSTRUCTIONS:** *Serve little pieces of bread and a couple chicken strips or nuggets. To tie into our Big Idea, ask the kids to help you today. Ask for helpers to pass out plates, napkins, beverages, and the food. Make sure to visit your hand-washing or sanitizing station beforehand.*
- You are all such great helpers!
- **Which person helped the Israelites in today’s story?** Moses.
- **Who helped Moses help the Israelites?** God.
- **Do you remember what they ate and drank?** They ate meat and bread, and drank water from a rock.

ACTIVITY | Helpers Stick Together

- **Does God help us to help other people?** Yes!
- **Who are some people you can help? How can you help them?**
- You can also help by saying kind things and making people smile. **Who is someone you can help in that way?**
- **INSTRUCTIONS:** *Hang up the photos you showed the kids for the Big Idea reveal. Try to encourage the kids to name a specific person, like my Aunt Lee, or my neighbor, Kris, whom they can help. When they name someone, write that name down on a sticky note. Give them the sticky note and tell them to stick it on the wall near their favorite photo.*
 - ✂ **TODDLER HACK:** *Instead of thinking of who they can help, ask the kids if they can help others. They can put a stick note with their name on it on the wall. Say, “Look at all the great helpers we have in our class! We can all help others!”*

ACTIVITY | Help with H²O

- One of the things the Israelite people cried about most was water. Which gets me thinking. . . one way to help others is to give away a bottle of water! It can be a friend at school, or teacher, or a neighbor.
- **INSTRUCTIONS:** Give each kid a strip of paper, crayons, and markers. Instruct the kids to decorate the paper with pictures of encouragement or even someone's name or picture they want to encourage. When they are done, use clear, sticky tape to stick the strip of paper to the water bottle. When they're done, collect them and pass them back out as the kids leave at the end of service.
- Think of an encouraging picture to draw on the paper, something that will make someone smile! When you're done, we will tape the paper onto a water bottle for you to take on your way out today. Then, you can give this to someone you want to make smile!
- **God helps us help others!**

MEMORY VERSE | Psalm 121:2

- **INSTRUCTIONS:** Print and distribute the memory verse printable and six stickers of emergency vehicles [like these](#). In the spaces provided, tell the kids to place a sticker as they say the words in that box aloud with you. After they have placed all the stickers, say the whole verse together a few times.

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 | Manna Toss

- **INSTRUCTIONS:** Gather scrap paper the kids can use. Encourage them to rip the paper into small pieces like manna. They can toss the manna in the air and then collect it into a small paper or plastic cup. Remind them to pick up all the manna!
✂ **TODDLER HACK:** Rip up the paper before the kids arrive. Tell the kids to throw the paper in the air and then collect it all in their paper cups!

ACTIVITY | Walkie Talkie

- **INSTRUCTIONS:** Create a [juice box walkie talkie](#) using juice boxes, straws, and some construction paper. Then, encourage the kids to pretend they are responding to an emergency. You can also let the kids try some real [walkie talkies](#)! Make sure each kid gets a turn talking into the walkie talkie.

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