



WEEK 4

PRESCHOOL LESSON OUTLINE



THE BIG IDEA

Jesus understands my challenges.

THE BIBLE

Jesus Predicts His Death:
Mark 8:31-38; (Psalm 22:23-31)

THIS WEEK AT A GLANCE

WELCOME TIME

- MUSIC** | Worship Warm-Ups
- ACTIVITY** | Balance Beam
- ACTIVITY** | J-E-S-U-S

TEACHING TIME

- SCRIPTURE** | Mark 8:31-38
- THE BIG IDEA** | Jesus understands my challenges.
- VIDEO** | Challenge Accepted, Episode 4
- ACTIVITY** | Challenge Accepted!
- PRAYER**

DISCUSSION TIME

- SNACK** | Sporty Treats
- ACTIVITY** | See Like a Referee
- ACTIVITY** | Find the Friends
- MEMORY VERSE** | I John 5:5 (NIV)

PLAY TIME

- ACTIVITY** | Coloring Page
- ACTIVITY** | Slime Zone
- ACTIVITY** | Sports Hat



WEEK 4

HACKS FOR TODDLERS



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 | Balance Beam

Have kids walk along a curvy piece of string instead of the wood. See if they can walk forward, sideways, and backwards.

SNACK | Sporty Treats

Draw the lines ahead of time on [clear stickers](#). Help toddlers peel off the sticker they need for their fruit cup and stick it on the lid.

ACTIVITY | Find the Friends

Hide twelve people figures around the room in obvious places for the kids to find. Say, "Did you know Jesus had twelve very close friends? They were called disciples."

ACTIVITY | Slime Zone

Opt for using borax-free recipes if making your own. Also skip the beads for the toddler crowd because they might be choking hazards.



WEEK 4

PRESCHOOL LESSON GUIDE



THE BIG IDEA

Jesus understands my challenges.

THE BIBLE

Jesus Predicts His Death:
Mark 8:31-38; (Psalm 22:23-31)

WELCOME TIME

MUSIC | Worship Warm-Ups

- **INSTRUCTIONS:** Consider creating a fun worship environment by playing a worship playlist as kids walk in or play freely before your program begins. We recommend [these songs of silliness!](#)

ACTIVITY | Balance Beam

- **INSTRUCTIONS:** Before the kids arrive, use sanded two-by-four pieces of wood or extra long wooden building blocks to make a balance beam. Make sure you secure the pieces so they are sturdy.
 - ✂ **TODDLER HACK:** Have kids walk along a curvy piece of string instead of the wood. See if they can walk forward, sideways, and backwards.
- Your challenge for today is to walk across this balance beam. We are going to see how difficult it is to try walk all the way across.
- **Can you do the same thing walking backwards? How about while holding something in both your hands? Or trying to balance a book on your head?**
- A lot of challenges seem hard but then you find out that you can totally do them. But some challenges are super hard for us to do, especially alone. Today we are going to talk about what we can do when that happens.

ACTIVITY | J-E-S-U-S

- **INSTRUCTIONS:** Before the kids arrive, place a trash can in the center of the room. Stand about 2-3 feet from the can, and try to make the basketball into the can with flair or in a funny style. Have all the kids try and imitate you. When everyone has gone, have everyone say “J” out loud. Let one of the kids go first now. Have everyone copy that kid and after everyone has gone, yell out, “E.” Continue playing until you spell all the letters of “JESUS.”
- **What name did we just spell during this game?** Jesus!
- Whenever we face any kind of challenge, our first thought should always be Jesus! Our Bible story is going to show us another challenge that Jesus himself had to go through.

TEACHING TIME

SCRIPTURE | Mark 8:31-38

- **INSTRUCTIONS:** Lay the Bible on your lap and open to today’s Scripture.
- Jesus had lots of challenges. Jesus knew more challenges were coming and told his friends, the disciples, about it. Jesus told them what was going to happen.
- **Have you or anyone you know had a pet or a loved one that died?**
- Jesus knew that his life would be full of challenges. Some of those challenges would lead him to give up things that he wouldn’t want to give up like his family, his friends, and even living on earth. Sometime very soon, he was going to die. God sent Jesus to do important and difficult things. God was always there to give him help.
- Even though Jesus is God’s son, Jesus was also human when he was here on Earth. So he knows how we feel, too. He knows what it’s like to feel happy. He knows what it’s like to feel sad. Or worried. Or afraid. Jesus knows how tough life could be.
- The Bible says God hears us when we call for help. **Can you pretend to call for help with me as loud as you can?**
- When you are going through a hard time and you’re feeling things that you don’t understand, or you think no one else understands, we can remember that there is someone who always understands – Jesus. We just need to call out to Jesus.

THE BIG IDEA | Jesus understands my challenges.

- **INSTRUCTIONS:** Create a [pennant banner](#) like previous weeks. Write one word of the Big Idea on each triangle. Hang it up backwards before the kids arrive, then flip it over for the Big Idea reveal. Use the pom-poms and noisemakers and have kids yell the Big Idea.
- Let’s shout out today’s Big Idea cheer: **Jesus understands my challenges!**

VIDEO | Challenge Accepted, Episode 4

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

ACTIVITY | Challenge Accepted!

- **INSTRUCTIONS:** Have kids try out a bunch of different movements (see below). Before doing each one each one, ask the kids, “I challenge you to . . . [name of movement].” Have kids yell, “Challenge Accepted!” and do the movement with you.
- Sample challenges:
 - Football fast feet for 10 seconds.
 - 15 jumping jacks.
 - 5 push ups.
 - Air dribble for 10 seconds.
 - High knees for 10 seconds.
 - 5 lunges.
 - Run around the room once.
- I am glad Jesus will help me face any challenge. We can accept the challenges that we have to face because Jesus will help us. **Jesus understands my challenges.**

PRAYER

- Dear God, We know that Jesus went through challenges here on Earth, and that’s how you know everything we are going through. Thank you for understanding us when no one else can. Thank you for helping us with our challenges. Amen.

DISCUSSION TIME

SNACK | Sporty Treats

- **INSTRUCTIONS:** Give each kid a fruit cup (mandarin oranges, diced peaches, or diced pears) and a red or black permanent marker to create a sports-themed snack. (Have leaders supervise use of the permanent markers.) For kids with orange cups, show them how to draw lines with a black marker to make the top of the fruit cup look like a basketball. For kids with cream-colored fruit cups, help them turn theirs into baseballs using red markers.
 - ✂ **TODDLER HACK:** Draw the lines ahead of time on clear stickers. Help toddlers peel off the sticker they need for their fruit cup and stick it on the lid.
- Which sport is your favorite?
- What is your favorite story about Jesus that you heard this month?
- What was today’s Big Idea?

ACTIVITY | See Like a Referee

- **INSTRUCTIONS:** Take a whistle and wrap it in multiple layers of paper. Have kids sit in a circle, and place the wrapped whistle in the middle. Kids can play “Duck Duck Goose” but say “Pass Pass Goal.” Whoever gets to the empty seat first gets to unwrap a layer of the package in the middle. Keep playing until the whistle is revealed.

- A whistle is something a referee uses in sports games. **Do you know what a referee does in a game?** A referee is the one who has to make sure everyone plays by the rules of the game. Also, when two teams disagree, the referee is the one who gives the final answer.
- A referee has to really understand the game and all the players. Jesus is the best referee because Jesus really knows everything we are going through. We can count on Jesus to always be fair and show us love. **Jesus understands my challenges.**

ACTIVITY | Find the Friends

- **INSTRUCTIONS:** Have kids play “Rock, Paper, Scissors” in pairs around the room (Ask leaders to walk around and make sure kids understand the rules). Whoever loses has to go behind the person who won and form a train. Then the pair travels together to face off someone else in the room. Keep playing until a really long train has formed.
 ✂ **TODDLER HACK:** Hide twelve people figures around the room in obvious places for the kids to find. Say, “Did you know Jesus had twelve very close friends? They were called disciples.”
- This game reminded us that even when we lost, we were a part of a team that traveled together.
- Jesus knows that some things are hard for us to face alone, so he gives us the right people to help us. **Jesus understands my challenges.**

MEMORY VERSE | 1 John 5:5 (NIV)

- A lot of times at sporting events, the crowds do the wave to show support for their favorite team or player. Let’s try a memory verse wave to cheer on Jesus!
- **INSTRUCTIONS:** Teach kids how to do the wave. Have the kids sit around you in a circle and assign each of them a word from the memory verse. Then, in order of the verse, have kids stand up and roll their arms upward while saying their assigned word. Try it a few times and see how fast they can get through the verse.

PLAY TIME

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

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Provide this week’s coloring page and some crayons or markers. Review today’s Bible story and Big Idea as the kids color. Optional: To emphasize the theme of challenges, tape each coloring page to the bottom of the classroom table. Show the kids how to lay on their back under the table to color.

ACTIVITY | Slime Zone

- **INSTRUCTIONS:** Give kids [pre-made slime](#) and have them mix in a small handful of [sports beads](#). If you have time, make your own slime with the kids using popular recipes like [these](#).
✂ **TODDLER HACK:** Opt for using borax-free recipes if making your own. Also skip the beads for the toddler crowd because they might be choking hazards.

ACTIVITY | Sports Hat

- **INSTRUCTIONS:** Lay out blank [foam visors](#) and [sports foam stickers](#). Have kids decorate their own sports hat using the stickers and other materials such as glitter glue. Alternatively, you could use [these visors](#) that kids can color in using fabric markers, permanent markers, or acrylic paint.

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