



WEEK
TWO
MAY 2025

SMALL GROUP
3-5 YEAR
-OLDS

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO MOVE

an activity that uses a preschooler's natural desire to move to help them learn



1. ARMS UP AND RUN

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

BEFORE THE ACTIVITY: Gather the children in your activity area. Ask children to stretch their arms out to the sides and spread out so they're not touching any friends.

Then tell them to put their arms down.

DURING THE ACTIVITY: Encourage children to raise their arms when you do and run in place. Then, when your arms are down by your side, freeze and make a sad face. Repeat as time and interest allow.

AFTER THE ACTIVITY: Introduce the Bible Story.

WHAT YOU SAY:

BEFORE THE ACTIVITY: "Friends, gather here with me! Stretch your arms out to your sides like this (*demonstrate*) and spread out so no one is touching another person. Good job! You can put your arms down."

DURING THE ACTIVITY: "When I put my arms up like this (*raise your arms*) I want you to raise your arms too. (*Pause.*) Now, run in place like this. (*Demonstrate.*) Wow! Great job! (*Put your arms down.*) Now, freeze! (*Pause.*) I put my arms down so put yours down, too, and make a sad face. (*Pause.*) Those are some really sad faces. Now, everyone put your arms up and run in place. (*Repeat as desired.*) Whew! Great job!"

AFTER THE ACTIVITY: "In our Bible Story today, we're going to hear about how God gave Moses people to help do a big thing. They helped Moses hold up his arms a LONG time!"

TRANSITION: Move to Worship and Story by raising and lowering your arms repeatedly to signal for the children to walk when your arms are raised and stop when they're lowered.

BIBLE STORY

God gives us people to help us do big things.

AARON AND HUR HELP MOSES
EXODUS 17:8-13

MEMORY VERSE

"I know that God helps me."

PSALM 54:4, NIRV

KEY QUESTION

Who helps you do big things?

BOTTOM LINE

God helps me do big things.

BASIC TRUTH

God loves me.



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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO MOVE

an activity that uses a preschooler's
natural desire to move
to help them learn



1. ROLLING VERSE

[HEAR FROM GOD | MEMORY VERSE REVIEW]

WHAT YOU NEED: Large playground ball or exercise ball

Note: You can find examples of hand motions in the "Memory Verse Hand Motions" PDF and video, included in the Prelude folder and on Pinterest.

BIBLE STORY

God gives us people
to help us do big things.

AARON AND HUR HELP MOSES
EXODUS 17:8-13

WHAT YOU DO:

BEFORE THE ACTIVITY: Stand together in a circle with the children. Review the Memory Verse with the motions.

DURING THE ACTIVITY: Roll the ball back and forth as you say the verse. Repeat as desired.

AFTER THE ACTIVITY: Connect the Memory Verse to the Bottom Line.

MEMORY VERSE

"I know that God helps me."

PSALM 54:4, NIRV

WHAT YOU SAY:

BEFORE THE ACTIVITY: "Friends, come join me over here and help me make a BIG circle. Let's practice saying our Memory Verse while we do the motions. 'I know (touch head with fingertips) that God (flat hand with thumb to forehead, pull down) helps me;' (place thumbs-up on opposite palm) Psalm 54:4. (Open hands like a book.) Super job!"

DURING THE ACTIVITY: "Everyone, have a seat right where you are. We're going to roll this big ball to each other as we say our verse. Here we go! [Child's name], here it comes! (Pause.) Hold the ball, and let's say our verse together. 'I know that God helps me.' Psalm 54:4. Yay! Roll the ball back to me. (Pause.) Okay [child's name], here it comes! (Continue with each child. Repeat as desired.) That was so much fun!"

AFTER THE ACTIVITY: "God helps us do big things because God loves us SO much! **Who helps you do big things? God helps me do big things! Who helps you do big things? God helps me do big things!**"

KEY QUESTION

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MADE TO IMAGINE

an activity that lets preschoolers pretend, imagine, and role-play to enhance their learning



2. UP AND DOWN

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Pool noodle and an exercise ball

WHAT YOU DO:

BEFORE THE ACTIVITY: Gather children in your activity area.

BIBLE STORY

God gives us people to help us do big things.

AARON AND HUR HELP MOSES
EXODUS 17:8-13

DURING THE ACTIVITY: Guide children as they act out the story. One child will be Moses lifting the pool noodle staff up and down. Two children will be Aaron and Hur rolling an exercise ball "rock" for Moses to sit on and hold Moses' arms up. The other children will be the Israelite army marching and stopping in place. Switch roles, and repeat as desired.

AFTER THE ACTIVITY: Review the Bottom Line.

MEMORY VERSE

"I know that God helps me."

PSALM 54:4, NIRV

WHAT YOU SAY:

BEFORE THE ACTIVITY: "I have an idea of something fun we can do with this pool noodle (*hold up pool noodle*) and ball (*roll the ball back and forth*). Come closer, and I'll tell you what we're going to do!"

DURING THE ACTIVITY: "We're going to use this pool noodle and ball to act out today's Bible Story. [Child's name], you can be Moses first. This pool noodle will be your staff. Everyone who wants to be Moses will get a turn. [Child's name] and [child's name], you can be Moses' brother Aaron and Moses' friend Hur. Everyone else gets to be soldiers in Israel's army. Listen to what I say so you know what to do.

"One day, the Israelite army was in a battle. Army, stand up and march in place like this. (*March in place.*) Keep marching! March! March! March!

"Moses went to the top of a hill and raised his staff. Moses, come stand over here and raise up your staff. (*Place the child in front of the army.*) Keep your staff up high, Moses! When Moses held his staff up high, the army was winning the battle. Keep marching, army! You're winning the battle! March! March! March! When Moses let his staff go down, the army would start losing the battle. (*Guide the pool noodle down.*) Okay army, the staff is down. That means you stop marching and stand really still because now you're losing the battle. Oh no!

"Look! (*Guide the pool noodle up.*) The staff is high again! March, army, march! You're winning the battle! March! March! March! (*Guide the pool noodle down.*) Oh no! The staff is down again. Stop marching and be still because you're losing the battle. (*Guide the child to make the pool noodle go up and down a few times.*)

KEY QUESTION

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"The battle was long, and Moses' arms were so tired from holding up the staff. Soon Moses' arms went way down. *(Guide the pool noodle down, and have the army stand still.)* Moses needed help keeping his arms up, so God gave Moses his brother, Aaron, and his friend, Hur, to help him! First, Aaron and Hur brought Moses a rock to sit on. *(Help Aaron and Hur volunteers roll the ball over to Moses. Moses sits down on the ball.)* Then, Aaron held up one of Moses' arms and Hur held up Moses' other arm, so the staff was high again. *(Guide children.)*

"The army was winning the battle again! Keep marching, army! You're winning the battle! March! March! March! Aaron and Hur helped Moses keep his arms up until the Israelites won the battle! Yay! Everyone, cheer with me! Hooray!" *(Switch roles, and repeat. Continue playing as long as time and interest allow.)*

AFTER THE ACTIVITY: "God gave Moses people to help him do something big, and God will give you people to help you too. That's one of the ways God helps us do big things! **Who helps you do big things? God helps me do big things!"**



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25 MINUTES

MADE TO THINK

an advanced activity specifically
designed for older preschoolers



3. WAYS TO HELP

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: "Ways to Help" Activity Page and
cardstock

WHAT YOU DO:

BEFORE THE ACTIVITY: Copy "Ways to Help" on
cardstock, one set per Small Group. Gather the children to sit with you around a
table or in a circle on the floor.

DURING THE ACTIVITY: Hold up each picture and talk about what you see.
Ask the children to share ways they could help someone in the picture. Remind
them that even if it's a big job, God can help them do big things!

AFTER THE ACTIVITY: Review the Bottom Line.

WHAT YOU SAY:

BEFORE THE ACTIVITY: "Friends, come sit here with me!"

DURING THE ACTIVITY: "I'll hold up a picture, and I want you tell me what
you see. Are you ready? Great. (*Hold up one picture. Pictures include carrying
groceries, dusting, getting a bandage for someone who is hurt, cleaning up toys,
doing dishes, and feeding a pet.*) What's happening in this picture? (*Pause.*) How
could you help this person? (*Pause.*) Those are great helping ideas, friends! Let's
look at the next picture. (*Repeat the dialogue above with each picture.*)

AFTER THE ACTIVITY: "Helping others is such a big thing to do, and God
can help you do big things! **Who helps you do big things? God helps me
do big things! Who helps you do big things? God helps me do big
things!**"

BIBLE STORY

God gives us people
to help us do big things.

AARON AND HUR HELP MOSES
EXODUS 17:8-13

MEMORY VERSE

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CREATE

an activity that allows preschoolers to review the Bible Story, Bottom Line, or Memory Verse by creating a craft



5. MOSES, AARON, AND HUR

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: "Moses, Aaron, and Hur" and "Moses Flip Up" Activity Pages; cardstock; washable markers or crayons; scissors; clear tape; and permanent marker

WHAT YOU DO:

BEFORE THE ACTIVITY: Copy "Moses, Aaron, and Hur" on cardstock, one per child. Copy "Moses Flip Up" on cardstock and cut, one cutout per child. Write each child's name on their paper.

DURING THE ACTIVITY: Ask children to color their pictures. Help each child tape their Moses cutout over the picture of Moses with his arms down. Review the story by flipping the card up and down.

AFTER THE ACTIVITY: Review the Bottom Line.

WHAT YOU SAY:

BEFORE THE ACTIVITY: "Friends, come sit with me. I have a story picture for you to make that will help you remember today's story."

DURING THE ACTIVITY: "Look! There's Moses, his brother, Aaron, and their friend, Hur. Color your picture. (Pause.) Are Moses' arms up or down in this picture? (Pause for answers.) Down! Look at this picture of Moses. Are Moses' arms up or down in this picture? (Pause for answers.) Yes! His arms are up! Color this picture. (Pause.) Great job! Now, let's put these two pictures together. (Help tape the Moses cutout over the picture of Moses on the big paper.) Now, let's review our story with your picture."

"Moses was the leader of God's people, the Israelites. One day, an army attacked the Israelites. When Moses raised his staff in the air, the Israelites were winning the battle. But when Moses lowered his arms, the Israelites were losing the battle."

"Flip the picture of Moses up. (Pause.) Moses' arms got tired, so God gave Moses people to help him— Aaron, Moses' brother, and their friend named Hur. Aaron and Hur brought Moses a rock to sit on. Then Aaron held up one of Moses' hands, and Hur held up his other hand, so Moses could keep the staff up high. Flip the picture of Moses down. (Pause.) They helped Moses all day, and the Israelites won the battle!"

AFTER THE ACTIVITY: "God gave Moses people to help him, and God gives us people to help us too! Yay, **God helps me do big things! Who helps you do big things? God helps me do big things!**"

BIBLE STORY

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EXODUS 17:8-13

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that encourages personal application and prayer



6. JOURNAL AND PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: "Memory Verse Card" Activity Page from Week One in Bible, a journal, and a fun-shaped pen

Note: You can find examples of hand motions in the "Memory Verse Hand Motions" PDF and video, included in the Prelude folder and on Pinterest.

BIBLE STORY

God gives us people to help us do big things.

AARON AND HUR HELP MOSES
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BASIC TRUTH

God loves me.

WHAT YOU DO:

BEFORE THE ACTIVITY: If you do not have the "Memory Verse Card" in your Bible, copy "Memory Verse Card" on cardstock and cut, one per Small Group. Place one card in your Bible at Psalm 54:4. Keep this card in your Bible all month.

Encourage children to hold their arms up as you lead them to your Small Group spot. Sit down and gather the children around you.

DURING THE ACTIVITY: Review the Bible Story and Memory Verse Hand Motions. Then, encourage the children to help you make a list in the journal of people who help them.

AFTER THE ACTIVITY: Pray with the children using the list you made in the journal.

WHAT YOU SAY:

BEFORE THE ACTIVITY: "It's Small Group time! Today we're going to hold our arms up high all the way to our Small Group spot. Hold your arms up, and follow me! (*Hold your arms up as you lead the children to your Small Group spot.*) Are your arms getting tired? You can put them down now because we're here! Let's sit down so we can talk about today's Bible Story. One, two, three, sit down with me!"

DURING THE ACTIVITY: (*Open the Bible and lay it in front of the children.*) "Moses held his arms up for a long time in our story today. What happened when Moses held his arms up? (*Pause.*) Yes, the army was winning. What happened when Moses put his arms down? (*Pause.*) You're right. The army was losing. Moses had a big job to do. Moses had to keep his arms up so the army could win. Did Moses' arms get tired? They sure did! Moses needed help, so God sent Aaron and Hur to help Moses—and the army won! God gave Moses people to help him do big things, and God will give you people to help you do big things too! Giving us people to help us is one of the ways God helps us do big things! **Who helps you do big things? God helps me do big things!**"



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25 MINUTES

"We're learning a Bible verse that will help us remember that God helps us. It says: 'I know (*touch head with fingertips*) that God (*flat hand with thumb to forehead, pull down*) helps me,' (*place thumbs-up on opposite palm*) Psalm 54:4. (*Open hands like a book.*) Let's stand up and say that Bible verse together! Just say what I say and do what I do! 'I know (*touch head with fingertips*) that God (*flat hand with thumb to forehead, pull down*) helps me,' (*place thumbs-up on opposite palm*) Psalm 54:4. (*Open hands like a book.*)

"Yay! I know **God helps me do big things!** Now let's sit down so we can write in our prayer journal and talk to God. (*Open journal.*) God gave Moses people to help him do big things, and God will give you people to help you do big things too. That's why we're going to make a list in our journal of people who help us, and then we can use the list when we pray. When I say your name, tell me one person who helps you, and I will write it in our journal." (*Remember to print as you write in the journal, so the children can recognize their names and the letters.*)

AFTER THE ACTIVITY: "Wow! Look at all of the people who help you! (*Hold up journal.*) Would anyone like to pray before I pray? (*Give each child who wants to pray the opportunity to do so.*) Dear God, thank You for giving [child's name] [name on list] to help him/her. Thank You for giving [child's name] [name on list] to help him/her. Thank You for . . . (*Say this with each child's name and who they listed.*) We love You, God. In Jesus' name. Amen."



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GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Encourage preschoolers to enter the classroom and engage with peers and Small Group Leaders by providing fun, age-appropriate, hands-on activities that introduce new concepts they will hear in the Bible Story.

Offer one or more of the following activities as preschoolers arrive. Let one or two Small Group Leaders lead activities in different areas of the room while another leader greets parents and children at the door.

1. ARMS UP AND RUN

Made to Move: An activity that uses a preschooler's natural desire to move to help them learn

WHAT YOU NEED:

- No supplies needed

2. FIND THE HELPERS

Made to Play: An activity that channels a preschooler's innate curiosity into a discussion of the week's crucial concepts

WHAT YOU NEED:

- "Find the Helpers" Activity Page
- Cardstock
- Sand
- Large, shallow container
- Paintbrushes
- Masking tape
- Plastic tablecloth or butcher paper
- Scissors

WHAT YOU DO:

- Copy "Find the Helpers" on cardstock and cut, one set per Small Group.
- Tape the helper cutouts face up to the bottom of the container.
- Cover the cutouts with a layer of sand.
- Cover the table with the tablecloth or butcher paper, and place the container on top.

3. BIGGER THAN YOU

Made to Explore: An activity that channels a preschooler's innate curiosity into a discussion of the week's crucial concepts

WHAT YOU NEED:

- Adult clothing, such as jackets, pants, and shoes
- Novelty oversized sunglasses

GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect through activities written to reach every learning style while reinforcing the Bottom Line introduced during the Bible Story and applying it to real-life experiences. In addition, these activities provide preschoolers with an opportunity to build relationships with their Small Group Leader.

Offer as many of the following activities as your time, facilities, resources, and leadership allow. You may want to lead one activity at a time. Or offer two activities at once and allow half the children to participate in each. Then switch groups and repeat the activities.

1. ROLLING VERSE

[HEAR FROM GOD | MEMORY VERSE REVIEW]

Made to Move: An activity that uses a preschooler's natural desire to move to help them learn

WHAT YOU NEED:

- Large playground or exercise ball

2. UP AND DOWN

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Imagine: An activity that lets preschoolers pretend, imagine, and role-play to enhance their learning

WHAT YOU NEED:

- Pool noodle
- Exercise ball



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GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

3. WAYS TO HELP

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Think: An advanced activity specifically designed for older preschoolers

WHAT YOU NEED:

- "Ways to Help" Activity Page
- Cardstock

WHAT YOU DO:

- Copy "Ways to Help" on cardstock, one set per Small Group.

4. HELP A FRIEND

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Move: An activity that uses a preschooler's natural desire to move to help them learn

WHAT YOU NEED:

- Two large storage containers with lids removed
- Painter's tape
- *Optional: Two laundry baskets in place of storage containers*

WHAT YOU DO:

- Make a start and finish line on the floor with tape.
- Put the containers on the start line.

5. MOSES, AARON, AND HUR

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Create: An activity that allows preschoolers to review the Bible Story, Bottom Line, or Memory Verse by creating a craft

WHAT YOU NEED:

- "Moses, Aaron, and Hur" Activity Page
- "Moses Flip Up" Activity Page
- Cardstock
- Washable markers or crayons
- Scissors
- Clear tape
- Permanent marker

WHAT YOU DO:

- Copy "Moses, Aaron, and Hur" on cardstock, one per child.
- Copy "Moses Flip Up" on cardstock and cut, one cutout per child.
- Write each child's name on their paper.

6. JOURNAL AND PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

Made to Reflect: An activity that encourages personal application and prayer

WHAT YOU NEED:

- "Memory Verse Card" Activity Page from Week One in Bible
- Journal (Check out the Ollie journal at bit.ly/3B4Z71j.)
- Fun-shaped pen (Check out the Ollie Pen at bit.ly/3Nwj0Wh.)

WHAT YOU DO:

- If you do not have the "Memory Verse Card" from Week One, copy "Memory Verse Card" on cardstock and cut, one per Small Group. Place it in the Bible at Psalm 54:4. *Note: Keep the Memory Verse Card in your Bible all month.*

HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Make copies on cardstock or email this week's Parent Cue Card.
- Copy the Memory Verse Card to hand out or make available to parents.
- Copy "Going Home" and hang it on the door where Small Group Leaders can reference and remind parents of the Bottom Line and Memory Verse as parents pick up their children.
- Tell parents about our additional family resource, the **Parent Cue App**.

FIRST LOOK PINTEREST PAGE

- Visit our Pinterest page to see craft samples and suggested supplies. bit.ly/FL_SoBig