

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



OPENING ACTIVITY

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Guide kids to sit in a circle.
- Choose one kid to say, "I ate a waffle and I put [topping] on top."
- The kid beside them says, "I ate a waffle and I put [different topping] and [first topping] on top."
- Continue around the circle with each kid adding a new topping then saying the previous toppings in reverse order.

HINT: If kids arrive during the game, guide them to sit between the kid who started the game and the last kid in the circle. This will give them time to learn the sequence.

WHAT YOU SAY:

"Wow! That's one tall, sticky, sweet, gooey, crunchy stack of waffle yumminess! Do you think your tummies would feel good if you ate that waffle with EVERYTHING on it? (No!) Probably not! Sometimes you can have TOO MUCH of a good thing. **[Transition] Let's go to Large Group where we'll hear about OTHER times you can have too much of a good thing.**"

Lead your group to the Large Group area.

TODAY'S BIBLE STORY

Should've Said No

Too Much of a Good Thing
Proverbs 25:16

TODAY'S BOTTOM LINE

Know when to stop.

MONTHLY MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

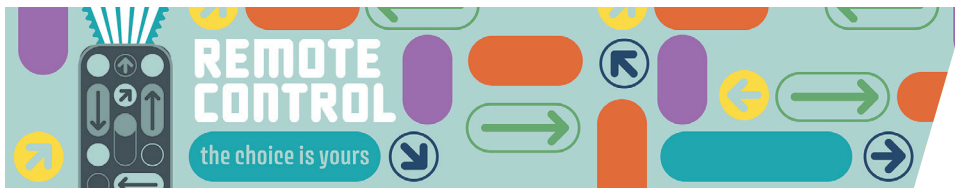
MONTHLY LIFE APP

Self-control—Choosing to do what you should even when you don't want to

BASIC TRUTH

I need to make the wise choice.





CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



*KNOW WHEN TO STOP

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: Bible marked at Proverbs 25, parachute or sheet, snowballs

WHAT YOU DO:

- Spread out the parachute and direct kids to sit around it.
- Show kids how to grasp the edge of the parachute with both hands.
- Tell kids to pretend the parachute is a stomach.
- Cue kids to GENTLY wiggle their hands to create a calm, "happy tummy."
- One at a time, toss candy, cookies, ice cream, cake, candy, potato chips, or pizza (the snowballs) onto the parachute.
- With each item you add, coach kids to wiggle the parachute a little more.
- Continue until the tummy becomes so "upset" that it throws up (all the objects fly off the sheet).

NOTE: Parachute play is a GREAT opportunity for kids to practice self-control and follow your directions!

WHAT YOU SAY:

(Invite a volunteer to open the Bible where marked.) "Proverbs 25:16 says, If you find honey, eat JUST enough. If you eat too much of it, you will throw up. (NirV) Wow. God knows how to get our attention, doesn't He? He wants us to know that TOO MUCH of something isn't good for us!

[Make It Personal] (Tell kids something YOU like so much that it's hard to stop. Also tell kids how you know when to stop, whether by eating a certain number, setting a limit, or setting a timer.)

*"What are some of YOUR favorite things to eat or do SO MUCH that it's hard for you to stop? (candy, cookies, chocolate, video games, TV) How can you know when to stop? (eat just a few; I choose one; ask my parent to help me) Great ideas! So remember to **know when to STOP**. Let's say it together. **Know when to stop.**"*

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CREATE

an activity that explores ideas through the process of drawing, building, designing, and problem-solving



SWEET SELF-CONTROL

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: Graham crackers, frosting in various colors, small candies, plastic knives, table covering, paper plates, and ONE plastic bag per kid

WHAT YOU DO:

- Cover the table with a cloth.
- Set out the frosting and candies.
- Give each kid a graham cracker on a paper plate.
- Invite the kids to decorate their crackers to look like a remote control for a TV or video game system, whatever they like!
- When their treat is finished, allow the kids to eat it or save it for later, depending on your environment's food policy.

NOTE: If you're aware of food allergies or sensitivities in your group, provide an alternative.

WHAT YOU SAY:

"These look yummy! What would these have looked like if you didn't **know when to stop**? Just giant lumps of frosting and candy. That might have been tasty, but not quite what we were trying to make. They probably would have made you sick if you ate the entire thing.

"Have you ever had a situation when you didn't **know when to stop**? (Invite kids to share, but be sensitive to those who might have had a difficult experience or for whom the consequences of not stopping were embarrassing. Make sure the group listens to each other respectfully.)

[Make It Personal] (Share an age-appropriate time you overdid it as a kid—maybe you ate too much candy and felt sick or you stayed up too late reading comic books and fell asleep in class the next day. Did you ever ride too far on your bike and get lost or spend all your allowance in one shot and regretted it?)

"What can you do to help yourself **know when to stop**? (ask grown-ups or trusted friends to help you set boundaries; don't get into situations when you tend to overdo; pray before you start something you know is hard to stop; set a timer for an activity)

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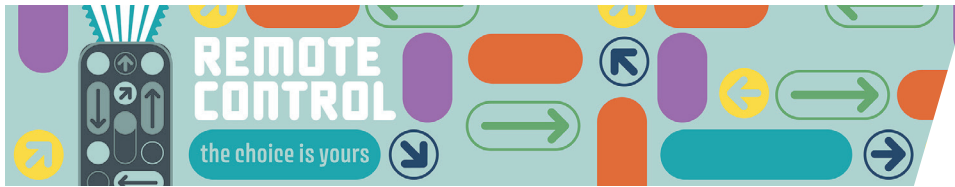
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WEEK
FIVE
JANUARY 2022

SMALL GROUP
K-3

PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application



PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Use the conversation guide below to lead kids into prayer.

TODAY'S BIBLE STORY

Should've Said No

Too Much of a Good Thing
Proverbs 25:16

WHAT YOU SAY:

"There's nothing wrong with good things. It's just important to **know when to STOP**. It doesn't matter what the good thing is. Whether it's honey (*guide kids to take a breath and hold it*) or food (*take another breath and hold it*) or sweets (*take another breath and hold it*) or TV (*take another breath and hold it*) or video games (*take another breath and hold it*)—it's important to know. when. to. STOP. (*Guide kids to exhale.*) Phew! That's better! Let's pray.

TODAY'S BOTTOM LINE

Know when to stop.

"Dear God, thank You SO MUCH for the good things You give us. Thank You for good food and fun things to do. Help us remember that EVERYTHING has a TOO MUCH. Help us have self-control and **know when to stop**. We love you so much, Lord. Amen."

MONTHLY MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

As adults arrive to pick up, encourage kids to either tell them today's Bottom Line, **know when to stop**, or complete the verse. "If you find honey, eat just enough. If you eat too much of it, you will ____." (Proverbs 25:16, NIV)

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