

Have fun learning and playing
with your preschooler!

Activity

Be VERY Gentle

What You Need

Raw spaghetti noodles, paper plates, Play-Doh®, and circle-shaped cereal

What You Do

Set a paper plate with a small lump of dough at a table. Stick a spaghetti noodle into the dough so it stands up tall. Place a pile of cereal on each plate.

Invite your child to join you at the table. Demonstrate how you want them to gently thread each piece of cereal onto the spaghetti noodle. Remind them that they must be very gentle or the spaghetti will break.

During the activity say, "I want you to pick up a piece of cereal and put it on the end of the spaghetti. Then let it drop like this. (*Demonstrate.*) Now, there is a BIG secret you need to know to do this. Do you want to hear the secret? (*whispering*) You must be VERY gentle when you put the cereal on the spaghetti. If you're not gentle, the spaghetti can break. I think you can be gentle! Let's try."

After the activity say, "You did a great job of being oh, so careful and oh, so gentle. Great job! Do you know who else was gentle? Jesus! The disciples were not gentle when they told the little children to go away. But Jesus chose gentleness and told the little children to come to Him. When Jesus is our friend forever, He can help us choose gentleness, too! Because Jesus can help me do everything. Who can help you do everything? Jesus can help me do everything."

Bible Story

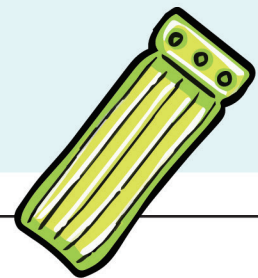
Jesus and the Little Children
(Mark 10:13-16)

Remember This

"Jesus answered, 'I am the way
and the truth and the life.'
John 14:6, NIV

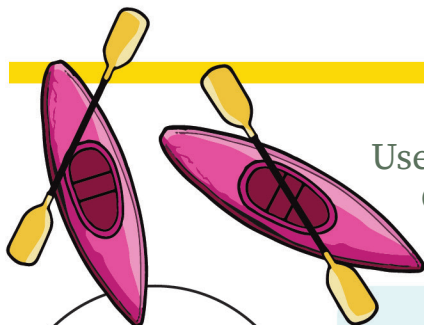
Say This

Who can help you
do everything?
Jesus can help you
do everything.



Prayer

"Dear God, thank You for helping us to be gentle. We pray that we are gentle with our friends and that we treat them with love. We love You. Amen."



Use this guide to help your family learn how God's Spirit can help us "make waves."

First, watch
this week's
video!

Make Waves:
What you
do today
can change
the world
around you

Memory Verse

"God began a good work in you. And I am sure that he will carry it on until it is completed. That will be on the day Christ Jesus returns."
Philippians 1:6, NIV

Bible Story

Jesus and the
Little Children
Mark 10:13-16

Bottom Line

God can give
you the strength
to be gentle.

Activity

Gentle or Strong?

What You Need:

note cards or a sheet of paper cut into equal-sized rectangles; writing utensil

What You Do:

Write down the following animals, one per note card.

- ▶ kitten
- ▶ lion
- ▶ shark
- ▶ snail
- ▶ whale
- ▶ clownfish
- ▶ parakeet
- ▶ eagle
- ▶ starfish
- ▶ elephant
- ▶ rhinoceros
- ▶ puppy
- ▶ goldfish

Put the note cards in a stack, face down. Tell your child that you're going to take turns taking a note card from the stack. Once you read the name of your animal, you'll act out being that animal by using animal noises and gestures.

The other person will try to guess what type of animal you're acting out and to decide whether the animal is gentle or strong. If they think the animal is strong, they flex their muscles. If they think the animal is gentle, they make a pose that mimics cradling a baby.

When you're finished, say, "One of us might think that an animal is gentle, while the other thinks that animal is strong. Today we learned about someone who is gentle and strong, didn't we?"

Talk About the Bible Story

Who did Jesus invite to come to Him?
(the children)

How did Jesus' invitation show that He is both gentle and strong? (Jesus treated children like they're important to Him; Jesus is powerful enough to do anything, but He still took the time to show the children they were important.)

What are some ways that we can be gentle to others? (show people that they're valuable by the way we treat them; show kindness; take time to listen)

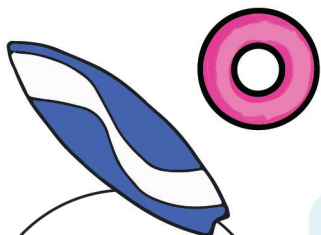
What can happen if you're not gentle with your words and the way you treat others?

Parent: Tell your child about a time when you were going through something hard and feeling sad a lot of the time, and a friend was gentle with your feelings and kind to you.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for sending us Jesus. Jesus treated the children that day with gentleness. He took time to take the children into His arms. Jesus loves US, too; He thinks that each of us is important and valuable. Help us to follow Jesus' example and act in a way that shows others how valuable they are. Please give us the strength to be gentle. We love You, God. Amen."



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Bible Story

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Key Question

Why is it sometimes hard to be gentle?

Use this guide to help your family learn how God's Spirit can help us "make waves."

Activity

Gentleness Is . . .

What You Need:

Bag of large marshmallows

What You Do:

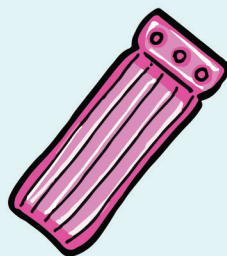
Find a hard surface to play on, like a table or the floor. Tell your child that you're going to create a marshmallow wall.

Say, "Marshmallows are a 'gentle' snack, aren't they? They're soft and fluffy. Let's build a marshmallow wall together. We'll take turns stacking marshmallows to create a wall. Every time we place a new marshmallow, we have to complete the sentence, 'Gentleness is . . .'"

Take turns stacking marshmallows and sharing what you think gentleness is. If you run out of things to say about gentleness, switch to:

- "Gentleness is not . . ."
- "Gentle things/people/animals are . . ."

When you're finished, say, "Marshmallows may be 'gentle,' but this wall we've built looks pretty strong. We can be both gentle and strong with the way we treat others."



Talk About the Bible Story

Who did Jesus invite to come to Him? (*the children*)

How did Jesus' invitation show that He is both gentle and strong? (*Jesus treated children like they're important to Him; Jesus is powerful enough to do anything, but He still took the time to pay attention the children and show them they were important and valuable to Him.*)

Why is gentleness actually a strength? (*It shows that we're concerned about others, not just ourselves.*)

When is it difficult to use gentle words?

Can you think of someone you know who's a good example of gentleness? How so?

Parent: Tell your child about a time when you were going through something hard and feeling sad a lot of the time, and a friend was gentle with your feelings and kind to you.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, Jesus gave us a great example of gentleness with the way He treated the little children in our story today. Jesus was concerned for the children. He cared about them, even though the disciples would have chosen to send them away. Help us to remember that, to You, EVERY person is valuable and loved. As we go through our week, remind us to live with gentleness. Let our gentle actions and words make a difference in the world around us. In Jesus' name, amen."