

**June Weeks 3 & 4**

**God made me to  
respect myself!**

*June 15<sup>th</sup>/16<sup>th</sup>/22<sup>nd</sup>/23<sup>rd</sup>*

# CRAFT Week 1

## *What's on your plate?*

**SUPPLIES:** Paper plates, food pictures, glue sticks, crayons, God made me label

*Tip: Sort the food cards into piles with one of each food ahead of time!*

### **What You DO and SAY:**

⇒ **Pass out food pictures and crayons.**

- *“Today we learned that God made our bodies and that he wants us to respect them. One of the ways we can do that is by eating healthy foods to help our bodies grow big and strong!”*
- *What foods do you see here? That's right! These are just a few of the foods we can eat to take care of our bodies.*
- *Let's color each piece of food.*

⇒ **Pass out paper plates and glue sticks. Circulate around the room to help with gluing.**

- *“Now let's fill our plates with all of this yummy, healthy food!”*

⇒ **Pass out labels to stick on the plate.**

⇒ **Complete the craft and Bring it Back to Jesus.**

- *“Nice work, everybody! Your plates are all filled with delicious, healthy food. God loves when we fill eat food that helps us grow strong.*
- *Who made you? God made me!*
- *God made you and he made me. He wants us to respect our bodies! We can take care of our bodies by eating healthy foods!”*

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# CRAFT Week 2

## *Bath time!*

**SUPPLIES:** God Made Me Bath tub picture, people cut-outs, crayons, Blue dot markers, markers, or stamp pads

### **What You DO and SAY:**

⇒ **Begin by passing out the people cut outs.**

- *“Alright friends! Right now I am passing out some people. But they don’t look like people yet! I want you to start out by decorating this person to look just like you! Did you know God made you? He made you in such a special way that there is no one else in the world that looks just like you!”*

⇒ **Pass out Bath tub picture and glue sticks. Circulate around the room and help children with glue sticks.**

- *“Can anyone tell me what they see in this picture? That’s right! It’s a bath tub! One of the ways we can take care of our bodies is to keep them nice and clean! Let’s put our people in the bath tub!”*

⇒ **Pass out Blue dot markers (or stamp pads or markers)**

- *“You know what this bath is missing? Water and bubbles! Can you add the bubbles to the picture! We need lots of bubbles to get clean!”*

⇒ **Bring it Back to Jesus**

- *“Friends, we can take good care of our bodies when we take a bath. Keeping our bodies clean is another way we respect and take care of ourselves. Why should we take care of ourselves? Because we are wonderfully made!*
- *Who made you? God made me!*

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# ACTIVITY #1

## *Bubble Bath Memory Verse*

**SUPPLIES:** White floor tape, bubbles/wand

**SET UP:** Use floor tape to design a large “bath tub” on the floor.

### **What You DO and SAY:**

⇒ **Gather children to the center of the room and encourage them to get into the tub.**

- *“It’s bath time! Let’s imagine this is our bathtub. Hop in! Time to get clean! Let’s wash our...arms...legs...tummies...faces...feet..hands...”*

⇒ **Begin blowing bubbles.**

- *“But wait! No bath is complete without bubbles! Let’s pop the bubbles together!”*

⇒ **Coach children through the memory verse while they are playing with bubbles.**

- *“Let’s say the memory verse together as we pop the bubbles.*
- *I am fearfully and wonderfully made. Psalm 139:14”*

⇒ **Continue as long as the children are interested. Complete the activity and then Bring it Back to Jesus.**

- *“You did a great job getting nice and clean in the tub. God made our bodies and he wants us to respect them. One of the ways that we respect our bodies is to take a bath or shower and keep them clean. I am so thankful for this body that God made for me. Will you say the memory verse with me one more time?”*
- *I am fearfully and wonderfully made. Psalm 139:14”*

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## **ACTIVITY #2**

### *Care Cards*

**SUPPLIES:** Care cards

**SET UP:** No prior set up needed

### **What You DO and SAY:**

- ⇒ **Gather children around the table or around you on the floor.**
  - *“Today we talked about how God made us to respect ourselves! One way we do that is by taking care of our bodies. Take a look at these cards I have!”*
  
- ⇒ **Lay one card out at a time (or hang on the board).**
  - *“Let’s see. We have a pair of shoes, snacks, water, a blanket, an umbrella, and a picture of a doctor.”*
  - *Ok. I need to take care of me. What do I need if I’m going to play outside? Yes! I need shoes to take care of my feet when I’m playing outside.”*
  
- ⇒ **Continue laying cards out.**
  - *“I need to take care of me. What do I need if I’m thirsty? Yes! I need water to drink.”*
  - *What do I need if I’m cold? Yes! I need an umbrella to keep me dry!*
  - *What do I need if I’m hungry? Yes! I need snacks to eat!*
  - *What do I need if I’m sick? Yes! I need to go to the doctor so I can get better.”*
  
- ⇒ **Finish up the activity and Bring it Back to Jesus.**
  - *You chose all the right things we need to take care of our bodies! Because God made each of us, we are important to Him, and He wants us to take care of and respect our bodies.*
  - *Tell me again: Who made you? God made me!*
  - *God made you so very special. And He’s trusting you to respect yourself as you take care of the body He made for you.*

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## **ACTIVITY #3**

### *Brush Your Teeth!*

**SUPPLIES:** Tooth page in clear plastic sleeve, dry erase markers, toothbrushes

**SET UP:** Place one sleeve, one dry erase marker, and one toothbrush in front of each child.

### **What You DO and SAY:**

- ⇒ **While holding a sheet, demonstrate the first time through as you introduce the activity.**
  - *“Can anyone tell me what you see on this page? That’s right! It’s a tooth! God made our teeth! What did he make them for? That’s right – Eating, chewing, smiling. God wants us to take care of our teeth!”*
  
- ⇒ **Demonstrate making the teeth dirty with the marker. Give children a moment to do the same.**
  - *“When we eat things, our teeth can get dirty! We need to take good care of our teeth. We need to brush them in the morning and at night.*
  
- ⇒ **Show the children the toothbrush.**
  - *“Now it is time to clean up these teeth! Can you brush the teeth and make them clean??”*
  
- ⇒ **Repeat the activity as many times as they are interested and then Bring it Back to Jesus.**
  - *“Wow! You are doing a great job brushing those teeth! God gave us strong, healthy teeth so that we can eat and smile and talk and sing. He wants us to take good care of these teeth that he gave us! Remember to brush your teeth every morning and every night before you go to bed. That’s one way we can show God that we are thankful for making us!*
  - *Who made you? God made me!*

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# REFLECTION & REVIEW

## READ

⇒ *Little One, God Made You Special* By Amy Warren Hilliker

- Read the story and then say: God made you in such a special way! You are so special to God that he wants you to take great care of yourself and respect the body he made!

## REVIEW *(This is a great opportunity to give out stickers as they answer these questions!)*

⇒ Key Question and Bottom Line

- **Who Made You? God Made Me!**

⇒ Memory Verse

- **I am fearfully and wonderfully made. Psalm 139:14**

⇒ Basic Truth

- **God Made Me**

⇒ Connect it!

- **Today we learned about many ways that we can respect and take care of our bodies. When I say your name I want you to tell my one way that you can take care of your body and show God that you are thankful for the body He made for you. I will write all of our answers down and then we will pray about it!**

## PRAY

*Dear God, thank you for making our bodies. We want to respect the bodies you made for us and take care of them. Please help all of my friends to [name each action on the list]. We want to do everything we can to show respect for the wonderful bodies You made. We love you. In Jesus' name, Amen.*