

FRUIT OF THE SPIRIT



LESSON OVERVIEW

ACTIVITIES	RECOMMENDED TIME ALLOTMENT
Free Play / Restrooms	15 - 20 minutes
Welcome	3-5 minutes
Song Time	7 minutes
Bible Story	5-7 minutes
God's Animal **	10 minutes
Bible Verse (WK 1) **	7 minutes
Group Game **	10 minutes
Craft **	10 minutes
TOTAL	67-76 minutes

In the event of time constraint where activities need to be cut, the highlighted activities are of the highest importance.

** These activities can be done as a large group, small group, or rotating centers.

ADDITIONAL RESOURCES

- Veggie Tales // *Josh and the Big Wall*
- Miss Carol story time songs
- *Eggward Learns Self Control* Video

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ACTIVITY GUIDE

WELCOME

- Gather the children to their groups or rows and welcome them.
- Go over class rules and/or the visual schedule (if applicable to your campus)
- Transition into song time

SONG TIME

Play the following two songs, while you encourage the kids to dance and sing along! (Feel free to space apart if desired.)

- "I Obey"
- "Self-Control Song"

BIBLE ILLUSTRATION

- Transition the children back to their groups or rows and let them know it is time for our Bible lesson.
- Play or read the "Daniel and the King's Food" Bible story.
- Talk about how Daniel had self-control and did what he knew was right!

GOD'S ANIMAL (SMALL GROUP/CENTER 1)

- Tell the children that it is time to learn about one of God's animals. Let them know that we are going to learn about the Iguana and how they make good choices and have self control!
- Play the video for the children.
- When the video is done, pass out the toy lizards to the kids and have a pile of bugs and a pile of leaves. Have every one play that their iguana is making a good choice and eating the leaves!
- Talk about how iguanas like to make good choices, and that we should make good choices too! (i.e. being kind to our friends, or obeying our moms and dads.)
- When the kids are done playing, transition to the memory verse activity / rotate to the next center.

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ACTIVITY GUIDE CONTINUED

BIBLE VERSE (SMALL GROUP/CENTER 2)

- Hold up the memory verse page and go over what each picture means with the children.
- Get out the foam; memory verse puzzle pieces; and let the kids help you attach them together in the right order. Maybe give each puzzle piece to a different child, and have them work together to attach their puzzle pieces together in the correct order.
- For more fun, you could spread the puzzle pieces on the ground and have the kids get in a line as they jump from picture to picture, saying the verse as they go! (If your campus has tile floors, secure the puzzle pieces with gaff tape.)

"JUMBO HUNGRY HIPPO" GAME (SMALL GROUP/CENTER 3)

- Together as a class or in small groups, play the "Jumbo Hungry Hippo" game.
- To play the game, give all of the kids a bucket, and get the large container of ball pit balls.
- Explain to the kids that they are going to practice self control by picking up as many balls as fast as they can, but they cannot pick up ANY of the red balls.
- When you are ready, dump the balls into the middle of the group and have them pick up all the balls except the red ones. Once all the balls are up (except the red ones), have the kids check their buckets to make sure they didn't get any red balls. Praise them for doing a good job! For the next round, change the color of ball they cannot pick up!
- Play as many times as you would like. Feel free to give everyone a sticker at the end for doing a good job!

CRAFT TIME (SMALL GROUP/CENTER 4)

- Follow the instructions on the "Craft Guide" page.

* If everyone is done with lesson before parents pick up, feel free to play a video for the kids or get the toys back out.

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CRAFT GUIDE

CRAFT

Today we talking about having self control and being strong in God with a fun craft!

SUPPLIES NEEDED

- "Strong in God" Craft Page (Figure A)
- Stickers and Crayons

STEPS

1. Hand each child a craft page and place all stickers and crayons in the center of the group.
2. Let the children decorate their page to look like them with the stickers and crayons! (You may want to work on a sample page yourself to guide them!)
3. While they work, talk to the kids about how they are strong in God, and can make good choices!

A.)

