



Have fun learning and playing  
with your preschooler!

## Activity

### Hand Tree

#### What You Need:

Paper, brown marker or crayon, paintbrush, and washable paint in green and at least one other color

#### What You Do:

Draw a tree trunk on the paper using the brown marker or crayon.

Say, "This tree trunk needs some branches. Let's paint your hand with green paint and press it on your paper to make the top of the tree. *(Paint child's hand, press on their paper, then clean hand.)* Your treetop has branches! Now, let's add some flowers to each branch. Press your fingertip in the paint and make several dots on the tree. *(Pause.)* Nice! *(Clean fingers.)* Look at the beautiful tree you made!

"Today in our Bible story, we learned that God told Adam and Eve to take care of the big, beautiful garden God had made. The Garden was full of trees with yummy food to eat. God told Adam and Eve they could eat from ANY tree but one. One day, a snake told Eve to eat the fruit that God said not to eat and she ate the fruit. Then Eve asked Adam to eat the fruit and Adam ate the fruit too! Oh, no! They made the wrong choice, and they had to leave the garden. But even though they had to leave the garden, God still loved them and gave them what they needed. Adam and Eve learned that they should have done what God said because God knows what's best for them. Who knows what's best for you? God knows what's best for me."



### Bible Story

In the Garden  
(Genesis 1:31, 2:8-3:24)

### Remember This

"God...knows everything."  
1 John 3:20, NIV

### Say This

Who knows what's  
best for you?  
God knows what's  
best for me.

## Prayer

"God, You loved Adam and Eve so much. You told them not to eat the fruit, but they ate the fruit anyway. Even though they made a wrong choice, You still loved them. Help us to remember that You know what's best. We should obey You because You know what's best. Amen!"



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## Activity

### Water Movement

#### What You Need:

Blue scarves or streamers (or color strips of paper with a blue crayon)

#### What You Do:

Say, "Watch me. (*Wave the scarves or streamers around.*) What do these scarves look like to you? They remind me of water—the way it moves back and forth. Now, I want you to hold the scarves out in front of you like this. (*Demonstrate, then give scarves to your child.*) Wiggle them around. Great! Right now, the water is together or closed. But what if we did this? (*Stretch arms out wide to your side.*) The waters opened, didn't they? When I say, 'Close,' bring them together. When I say, 'Open,' pull them apart. Ready? And open! (*Pause.*) Wiggle them around. And close! (*Pause.*) Wiggle them again. Great job! (*Repeat as desired.*) That was a lot of fun, pretending to move the water around."

"Today, we heard a story about how Moses helped God's people and how they got through the water. We can trust what God says because he knows what's best for us. Who knows what's best for you? God knows what's best for you!"

### Bible Story

Moses and the Sea  
(Exodus 13:17–18; 14)

### Remember This

"God...knows everything."  
1 John 3:20, NIV

### Say This

Who knows what's  
best for you?  
God knows what's  
best for me.

## Prayer

"God, we can always trust You. We can do what You say because we know You love us. You know what is best for us. We love You! Amen."



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## Activity

### Blanket Storm

#### What You Need:

Large blanket and plush friend or toy

#### What You Do:

Bring the blanket into an open area and lay it flat on the floor.

Say, "I have an idea! Let's make this blanket be a big storm like the one in our story. Hold on to the edge and shake the blanket up and down. Go! (*Shake the blanket up and down.*) The storm in our Bible story came when Jonah was on a boat. God had asked Jonah to go to Nineveh, but Jonah did not go to Nineveh. Instead, he got on a boat. Then God sent a big storm. Let's put this plush friend on the blanket, and we can pretend it's Jonah in the big storm. (*Put plush friend on the blanket.*) Let's shake the blanket like the big storm! Shake! Shake! Shake! (*Shake the blanket up and down.*) And, stop! Wow, that was a big storm! (*Continue as long as there is interest.*)

"Wow! You were great at shaking that blanket to make the big storm. What animal saved Jonah in the water? (Pause.) Yes, that's right. God sent a big fish to save Jonah. Jonah sat in that fish for three days. Then what did the fish do? (Pause.) The big fish spit Jonah out! Wow! Then, did Jonah go to Nineveh like God had told him? (Pause.) Yes, he did. Jonah went to Nineveh because he realized that God knew what was best for him. God knows what's best for you, and God knows what's best for me. Who knows what's best for you? God knows what's best for me!"



### Bible Story

Jonah  
(Jonah 1:1–3:10)

### Remember This

"God...knows everything."  
1 John 3:20, NIV

### Say This

Who knows what's  
best for you?  
God knows what's  
best for me.

## Prayer

"God, You knew what was best for Jonah. You know what is best for me too. You know what is best for our friends, for our family, for everyone! Thank You for knowing what's best for everyone! Amen."

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**First, watch  
this week's  
video!**

## Activity

### Dip in the Water

#### What You Need:

Toy figures that can get wet and a tub of water (or access to a sink)

#### What You Do:

Fill up the tub of water enough for the toy figure to be submerged.

Say, "I have a toy person for you to use as we talk about our Bible story. Today, we heard about a man named Naaman who was a very sick man. He had boo-boos on his skin. God said, 'Dip in water seven times.' Dip your person in the water as we count. One, two, three, four, five, six, seven. Then Naaman was better again! Good job!"

*(Repeat as time and interest allow.)*

"Naaman trusted that God knew what was best for him, and his boo-boos went away! We can trust that God knows what's best for us, too. Who knows what's best for you? God knows what's best for me!"

### Bible Story

Naaman  
(2 Kings 5:1-14)

### Remember This

"God...knows everything."  
1 John 3:20, NIV

### Say This

Who knows what's  
best for you?  
God knows what's  
best for me.

## Prayer

"God, we can trust You when we're happy. We can trust You when we're sad. We can even trust You when we are confused! You knew what was best for Naaman, and You know what's best for us too. We love You! Amen."