



## LOWER ELEMENTARY

### WEEK 2- STARTER



#### Activity Name: Get Strng Moves

**What You Need:** none needed

#### What You Do:

- Invite kids who have brought an offering to put it in the offering container.
- Tell the kids you're going to practice some "get strong" moves together.
- Call out different moves and have the kids do them with you.
- Say, "Show me how you get strong by lifting heavy weights!" (*Pretend to lift weights.*)
- Say, "Show me how you get strong by doing jumping jacks!" (*Do 10 jumping jacks together.*)
- Say, "Show me how you get strong by doing push-ups!" (*Do 3 push-ups or knee push-ups.*)
- Say, "Show me how you get strong by running in place!" (*Run in place for 20 seconds.*)
- Ask: "What are some other moves that make our bodies strong?" (If you can, do the move the kids suggest!)

#### What You Say:

Great job with all those moves! It takes practice to make our bodies strong. Did you know we can practice to make our faith strong too? Our faith is our friendship with God!

Today, we're going to learn about one of the most important ways we can make our friendship with God stronger! Let's go!

*(Inclusive Pro-Tips: Select moves so all kids can participate. Some moves may be done in a seated position.)*

**Lead your group to the Large Group area.**



## Activity Name: Fill with Prayer

### What You Need:

- “Fill with Prayer” Activity Page
- Coloring supplies

### What You Do:

- Invite the kids to gather around.
- Set out the coloring supplies.
- Give each kid a page from the “Fill with Prayer” Activity Page.
- Share that the kids are going to use the coloring supplies to fill the letters with prayers—and each letter will stand for something different to pray for.
- Say, “Inside the letter ‘P,’ let’s draw pictures of people we can pray for.” (e.g., mom, dad, friends)
- Say, “Inside the letter ‘R,’ let’s draw things we can thank God for.” (e.g., the sun, our food, our pets)
- Say, “Inside the letter ‘A,’ let’s draw something we need help with.” (e.g., being kind, sharing, math)
- Say, “Inside the letter ‘Y,’ just draw you! Because God always wants to hear from YOU.”
- Give the kids several minutes to think and draw.

***[Make It Personal]*** (Draw your own prayers in the letters alongside the kids.)

### What You Say:

This looks amazing. Our prayers are so beautiful! Remember that you can talk to God about anything—that’s what Jesus taught us in ‘The Lord’s Prayer.’ Let’s pray together now.

Dear God, thank You for loving us and for listening when we talk to You. Help us to remember to talk to You all of the time, about anything. We want our lives to be an ongoing conversation with You. We love You, and we pray these things in Jesus’ name. Amen.

**KEEP GROUP TOGETHER UNTIL PICK UP**