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# Leader's Guide

with 23 Themed Meeting Plans



# Little Lamb Leader's Guide

## with 23 Themed Meeting Plans

*The Little Lamb Leader's Guide was developed with oversight by the Adventurer Committee of the North American Division.*

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# What You'll Find Inside

**INTRODUCTION** ..... iii

**SECTION 1**

The Little Lamb Level ..... 1

**SECTION 2**

Characteristics of Little Lambs ..... 9

**SECTION 3**

Little Lambs with Disabilities ..... 15

**SECTION 4**

Little Lambs Learning and Playing ..... 19

Scope and Sequence ..... 24

Meeting 1 Loveable Lambs ..... 31

Meeting 2 Lost and Found ..... 37

Meeting 3 God's World Rocks! ..... 43

Meeting 4 Hooray for Me ..... 49

Meeting 5 Little Boy Jesus ..... 55

Meeting 6 Zoo-rific ..... 61

Meeting 7 Sharing ..... 67

Meeting 8 Let's Eat ..... 73

Meeting 9 Goin' Buggy ..... 79

Meeting 10 Family Fun ..... 85

Meeting 11 Helping Hands ..... 91

Meeting 12 Starry Night ..... 97

Meeting 13 Head to Toe ..... 103

Meeting 14 My Friend Jesus ..... 109

Meeting 15 Helpers in My Neighborhood ..... 115

Meeting 16 Trains, Trucks, and Tots ..... 121

Meeting 17 Musical Me ..... 127

Meeting 18 Finger Fun ..... 133

Meeting 19 Fun with Friends ..... 139

Meeting 20 Weather or Not ..... 147

Meeting 21 Christmas Star ..... 153

Meeting 22 Bike Rodeo ..... 159

Meeting 23 International Celebrations ..... 163

**RESOURCES**

Photocopy Masters ..... 170

"Jesus Is My Shepherd" Sheet Music ..... 175

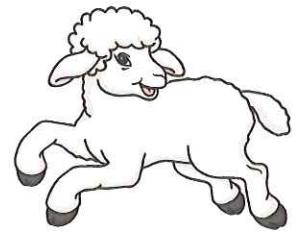
Record Chart ..... 176

Contacts ..... 177





# Introduction



“If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? And if he finds it, truly I tell you, he is happier about that one sheep than about the ninety-nine that did not wander off. In the same way your Father in heaven is not willing that any of these little ones should perish.”

—**Matthew 18:12-14 (NIV)**

What an enormous responsibility! But, also, what an exciting opportunity! An opportunity to shepherd the pre-kindergarteners of your church, community, or family into Jesus’ fold, an opportunity to teach them of Jesus’ love, and an opportunity to show them Jesus’ world.

This guide is designed to assist parents who want their children to be part of a larger family as they develop physically and spiritually. The Little Lamb program can be used as part of the Adventurer Club in your church or by a group of parents who want to use a curriculum to help them teach their children skills and values.

Little Lamb activities should be fun and kid-centered. Remember that children of this age look to adults to set the pace of the meetings and model how they should respond to situations. So . . . take a deep breath, say a prayer, and keep your sense of humor. Your adventures with Little Lambs are about to begin!



# Section 1

## The Little Lamb Level

This section contains an overview of the Little Lamb level. You'll get an idea of where Little Lambs fit into Adventurer Club Ministries and the goals and requirements of the Little Lamb level.





Little Lambs are part of the Adventurer Club which is for children from pre-kindergarten to fourth grade. Adventurers can be found worldwide with a membership of more than 2 million boys and girls.



## ADVENTURER LEVELS



Pre-kindergarten



Kindergarten



First Grade



Second Grade



Third Grade



Fourth Grade

## ADVENTURER CLUB LOGO

The logo is a visual reminder of what the Adventurer Club is all about. The Adventurer Club is a ministry for families that is supported by a strong biblical foundation. All club activities are focused on connecting children and their parents/caregivers to Jesus.

Focused on Jesus

Family-centered

Bible-based





# Little Lamb Goals

- 1 Demonstrate God's love for children.
- 2 Promote the values expressed in the Adventurer Pledge and Law.
- 3 Create an environment where all children can contribute.
- 4 Encourage children to have fun.



## Little Lamb Logo



## ADVENTURER PLEDGE

Because Jesus loves me,  
I will always do my best.

## ADVENTURER LAW

Jesus can help me to:

- Be obedient
- Be pure
- Be true
- Be kind
- Be respectful
- Be attentive
- Be helpful
- Be cheerful
- Be thoughtful
- Be reverent

## ADVENTURER SONG

We are Adventurers  
At home, at school, at play  
We are Adventurers  
We're learning every day  
To be honest, kind, and true  
To be like Jesus through and through  
We are Adventurers!







# The Little Lamb Curriculum

One of your responsibilities as leader is to encourage the physical, mental, and spiritual development of each child. The Little Lamb level requirements were created to assist you with this responsibility. The requirements are organized into five areas: Little Lamb Program Requirements, My God, My Self, My Family, and My World. Each child will complete most of the program requirements as part of the Little Lamb meetings. The completion of each requirement will be noted in the lesson so you can put a star or sticker by the child's name on the Little Lamb record card or chart. At the end of the Little Lamb year, each child completing all the requirements will receive the Little Lamb pin.

It is very important for you to remember that not all children in Little Lambs will be at the same developmental level or have the same physical abilities, so you'll need to be flexible in how the children complete these requirements. It is up to you to interpret how the children fulfill these requirements. For example, some children will not be able to remember all of the words to the Adventurer Pledge, but they can learn to stand with their hand over their heart while it's recited. Flexibility and creativity are the keys to ensuring the success of each Little Lamb. As always, these activities should be fun for you and the children.



Find lots of activity ideas & resources at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource) 





# Little Lamb Investiture Requirements

## BASIC

- I. Recite the Adventurer Pledge.
- II. Sing "Jesus Is My Shepherd."

## MY GOD

- I. Complete three or more of the following:
  - A. Sing a song about Jesus.
  - B. Listen to a story about Jesus.
  - C. Say three things you've learned about Jesus.
  - D. Make a craft about Jesus.
  - E. Complete an activity about Jesus.
- II. Complete the Wooly Lamb star.
- III. Complete the Little Boy Jesus star.

## MY SELF

- I. Complete three or more of the following:
  - A. Sing a song about the body.
  - B. Listen to a story about the body.
  - C. Say three things you've learned about bodies.
  - D. Make a craft about bodies.
  - E. Complete an activity about bodies.
- II. Complete the Sharing star.
- III. Complete the Healthy Foods star.

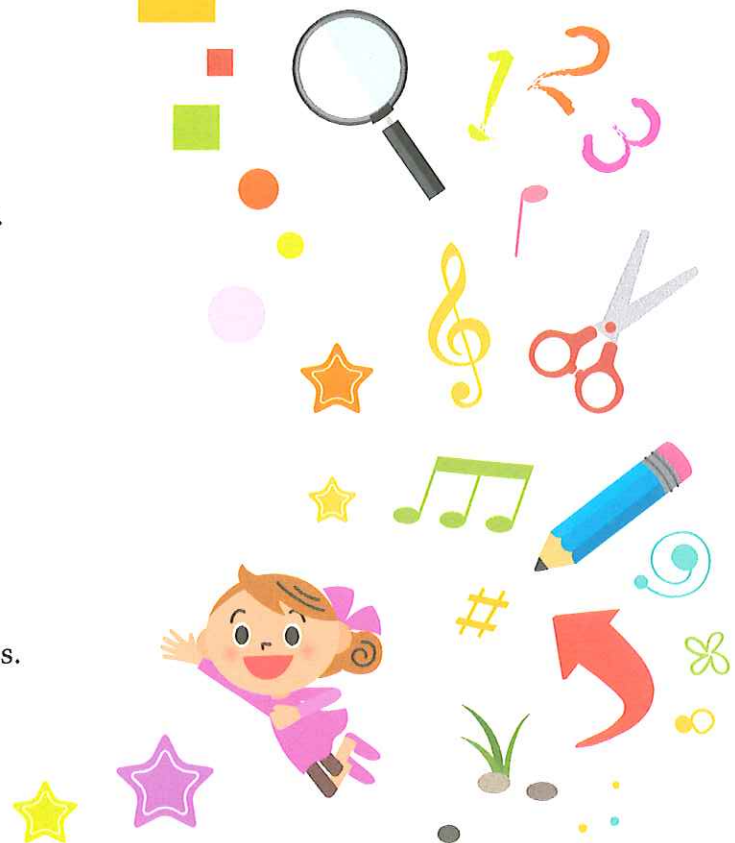
## MY FAMILY

- I. Complete three or more of the following:
  - A. Sing a song about families.
  - B. Listen to a story about families.
  - C. Say three things you've learned about families.
  - D. Make a craft about families.
  - E. Complete an activity about families.
- II. Complete the Special Helper star.
- III. Complete the Healthy Me star.



### LITTLE LAMB PUZZLE PATCH

Start with giving the circle patch at Induction and give each puzzle piece as the requirements are met. Available from [adventsource.org](http://adventsource.org).





## MY WORLD

- I. Complete three or more of the following:
  - A. Sing a song about creation.
  - B. Listen to a story about creation.
  - C. Say three things you've learned about creation.
  - D. Make a craft about creation.
  - E. Complete an activity about creation.
- II. Complete the My Friend Jesus star.
- III. Complete the Community Helpers star.



## Additional Stars

- ABCs
- Bible Friends
- Bodies of Water
- Colors
- Finger Play
- Insects
- Music
- Numbers
- Stars
- Trains & Trucks
- Trikes & Bikes
- Weather
- Zoo Animals





# Little Lamb Stars

Little Lamb patches are called stars. There are 21 stars designed to encourage the children in your club to explore, learn, and play. Children this age need immediate rewards, so give them the stars at the end of the meeting when the patch is completed.

It is important for leaders to note that the requirements for many stars and all of the program requirements are built into the Little Lamb meetings. To keep track just mark off the requirement on the record charts once it's been done. Once the requirements are completed, you can put a star or sticker by each child's name on the Little Lamb record chart (p. 176). New stars are always being added, so check [adventurer-club.org](http://adventurer-club.org) for a complete list.



ABCs



BIBLE FRIENDS



BODIES OF WATER



COLORS



COMMUNITY HELPERS



FINGER PLAY



HEALTHY FOODS



HEALTHY ME



INSECTS



LITTLE BOY JESUS



MUSIC



MY FRIEND JESUS



NUMBERS



SHARING



SPECIAL HELPER



STARS



TRAINS & TRUCKS



TRIKES & BIKES



WEATHER



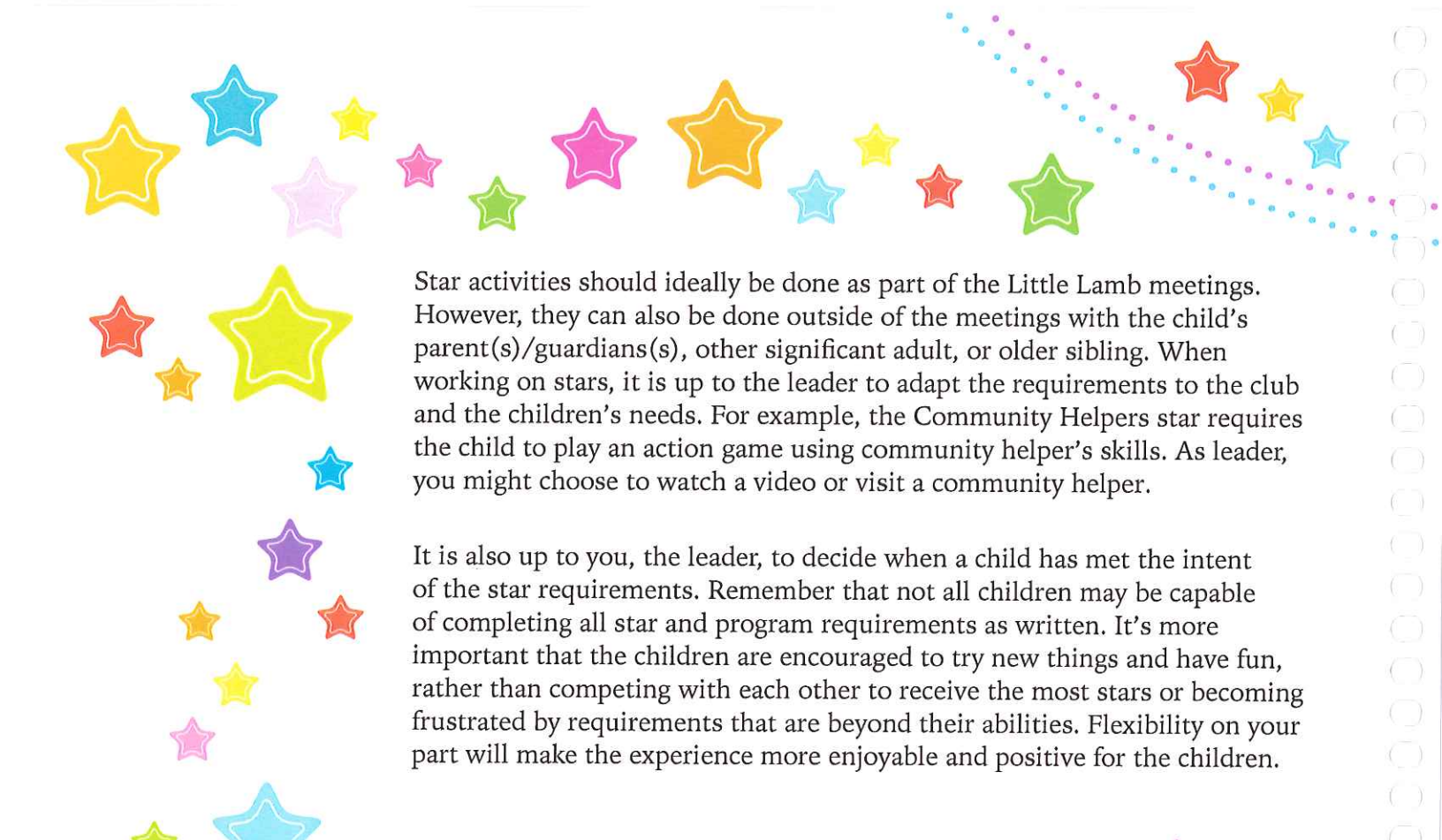
WOOLY LAMB



ZOO ANIMALS





A decorative border at the top of the page features various colored stars (yellow, blue, pink, orange, red, green) and dotted lines in blue, purple, and red. The stars are scattered across the top and sides of the page.

Star activities should ideally be done as part of the Little Lamb meetings. However, they can also be done outside of the meetings with the child's parent(s)/guardians(s), other significant adult, or older sibling. When working on stars, it is up to the leader to adapt the requirements to the club and the children's needs. For example, the Community Helpers star requires the child to play an action game using community helper's skills. As leader, you might choose to watch a video or visit a community helper.

It is also up to you, the leader, to decide when a child has met the intent of the star requirements. Remember that not all children may be capable of completing all star and program requirements as written. It's more important that the children are encouraged to try new things and have fun, rather than competing with each other to receive the most stars or becoming frustrated by requirements that are beyond their abilities. Flexibility on your part will make the experience more enjoyable and positive for the children.



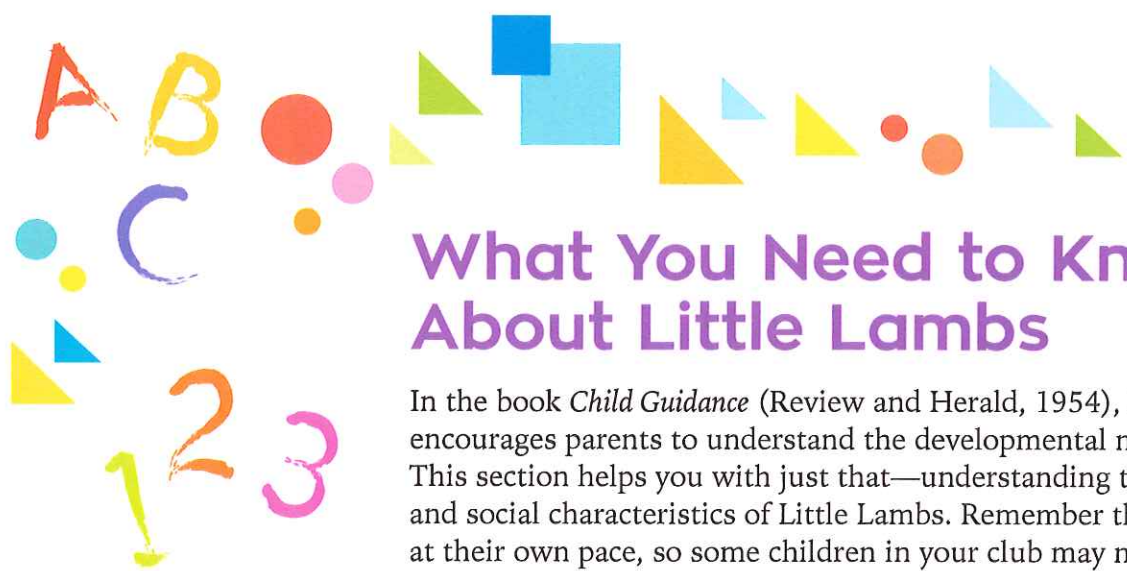


# Section 2

## Characteristics of Little Lambs

This section gives you and your staff a quick overview of what to expect and what not to expect from Little Lambs.





## What You Need to Know About Little Lambs

In the book *Child Guidance* (Review and Herald, 1954), Ellen White encourages parents to understand the developmental needs of their children. This section helps you with just that—understanding the physical, cognitive, and social characteristics of Little Lambs. Remember that children develop at their own pace, so some children in your club may not have reached these markers, and others will have passed them. Make sure you focus on the specific needs of each child and not the stages.





# Developmental Characteristics

- Learn through play
- Have short attention spans
- Obey rules, but do not understand right and wrong
- Can follow two unrelated simple directions
- Understand danger and may develop fears
- Experience mood swings, but tantrums generally don't last long
- Know some colors
- Understand concepts such as size and shape
- Like to do things for themselves but are reassured when an adult is nearby for help

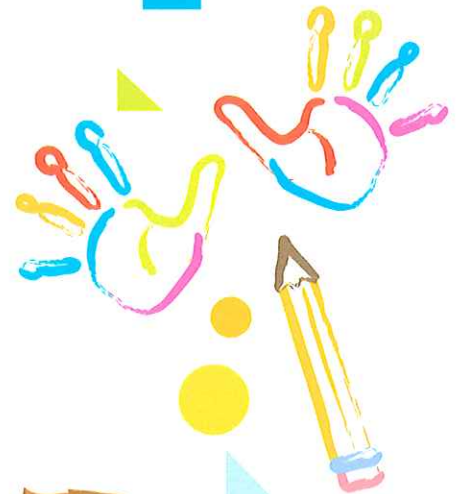


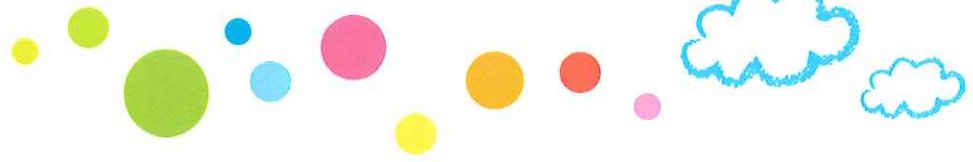
## Large Motor Skills

- Run and climb easily
- Are still learning to skip, catch a bounced ball, walk a straight line, hop on one foot, and kick a ball
- Throw overhand
- Use large arm movements for writing and drawing

## Fine Motor Skills

- Dress themselves but may need assistance with zippers, buckles, and buttons
- Can hold a pencil and draw a circle and a face
- Can trace outlines of simple shapes
- Can use safety scissors to cut a line
- Build block structures with 10 blocks
- Can complete simple 4-12 piece puzzles



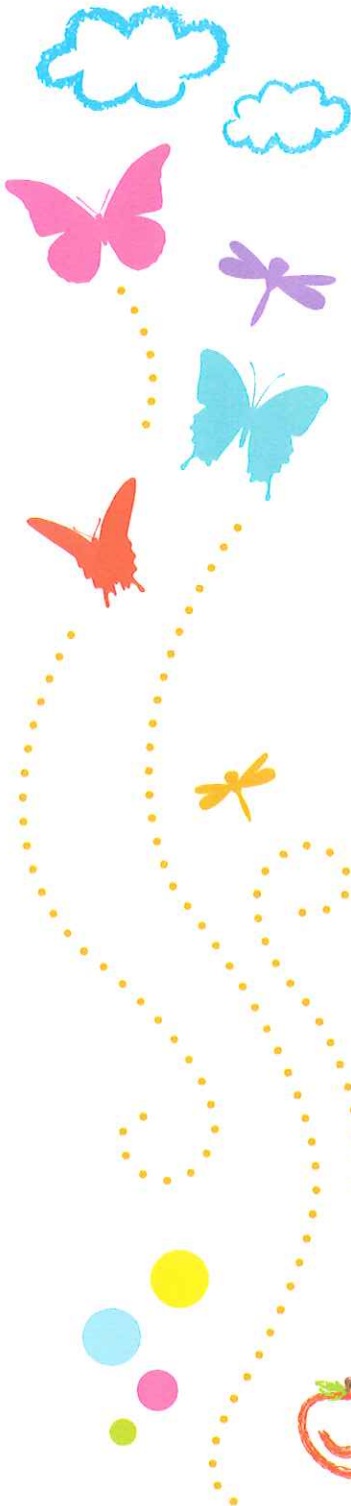


## Speech Development

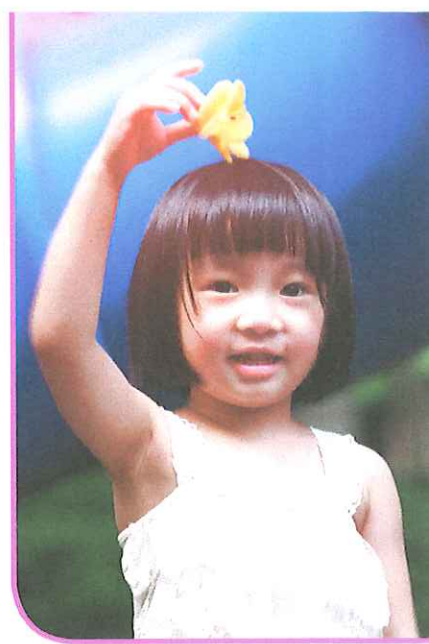
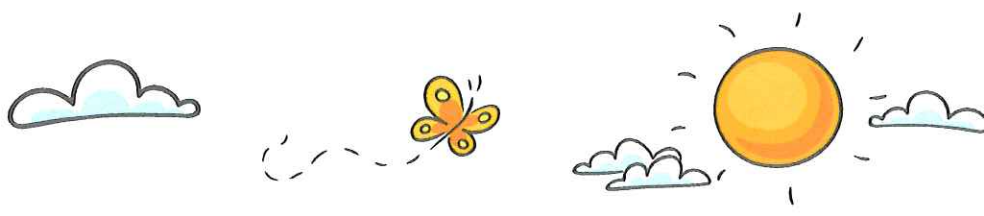
- Ask lots of questions
- Enjoy telling stories
- Like to say silly words and rhymes and to shock with forbidden words
- Like to sing

## Social Skills

- Often share when asked
- May have imaginary playmates
- Like to explore the body
- Begin to play with others in a group
- May be bossy
- Change the rules to games
- Sometimes lie to protect friends or themselves
- Can be aggressive but want friends





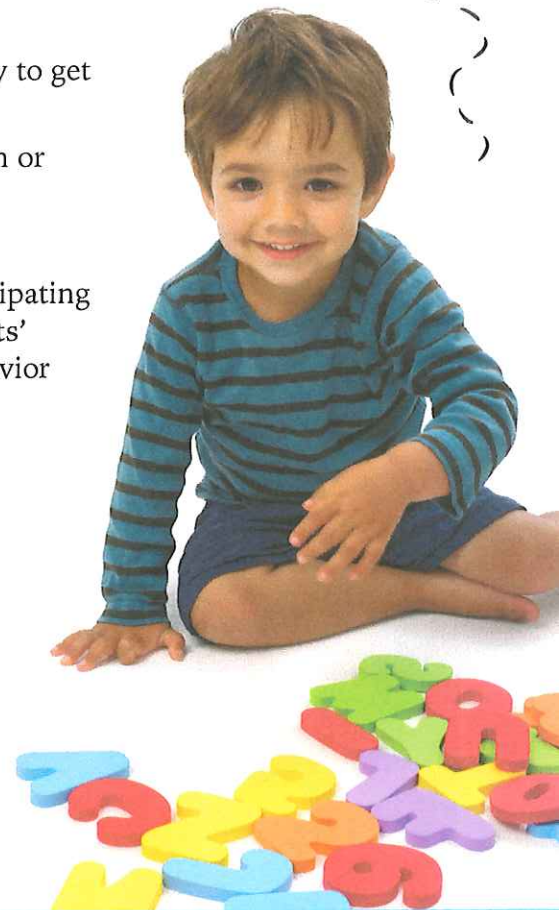
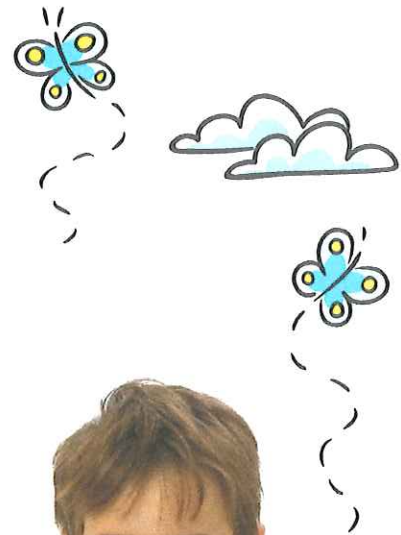


## Do's and Don'ts of Discipline

One of the best ways to prevent disciplinary problems is to keep Adventurers busy and on task. The following strategies will help you manage your Adventurers. And remember, you're there to help the children and their families learn to love Jesus; therefore, it is important that you model love, patience, and a cheerful attitude. You want the Adventurer Club to be a fun experience for everyone, so try to keep your sense of humor and compassion even when an Adventurer's behavior is a problem.

### DO

- Have a few short, simple rules and post them. Sample rules: Be kind to others. Use good manners. Listen quietly to others. Follow directions. Be positive.
- Use signals to let the children know when you want their attention. Signals can be just about anything such as quickly turning a light on and off, turning a flashlight on and off, raising your hand, or using a clicker.
- Use silence. Stop what you are doing and stay quiet until their focus is back on you.
- Make eye contact. Often getting a child to look at you is a good way to get her to stop what she is doing and focus on you.
- Use names. If you say an Adventurer's name followed by a question or directions, you can usually get him back on track.
- Stand near an Adventurer to get her back on task.
- Ask adults to interact with the children. If adults are happily participating in the activities, the Adventurers are more likely to model the adults' behavior. Additionally, having adults involved can prevent misbehavior from escalating.







## DON'T

- Embarrass or shame a child in front of others or privately
- Overreact
- Lose your temper—no screaming, using threats or nagging
- Hit or spank
- Insult a child by saying “you’re stupid,” “you’re useless,” “you’re a klutz”
- Use sarcasm
- Compare children
- Label children
- Demand respect—respect is earned
- Expect children to behave as adults



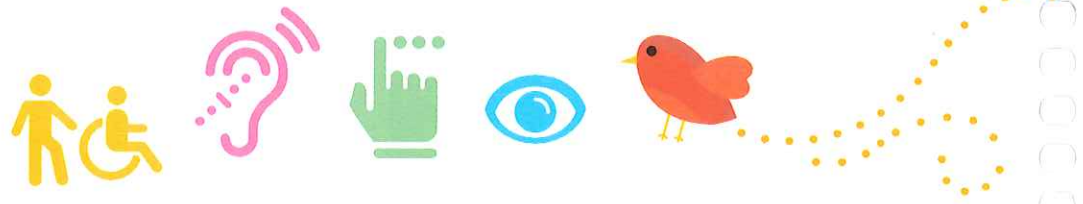


# Section 3

## Little Lambs with Disabilities

Learn how every Little Lamb can fully participate in your club by understanding each child and knowing how to plan inclusive activities.





## Including Little Lambs with Special Needs

When you learn that a child with a disability will be a member of your club, you might initially feel overwhelmed. Don't worry. Often simple changes to an activity or requirement are all that is needed. Remember that parents or guardians are not looking to you to discredit a diagnosis or to offer a "cure" for a condition; rather they are looking to you to welcome and include their child. Additionally, the other children and adults look to you to see how to act, so make sure you treat the child with special needs with the same openness and ease that you show all of the children. And one more thing: Little Lambs may be afraid that they will "catch" the disability. Reassure them that this won't happen.

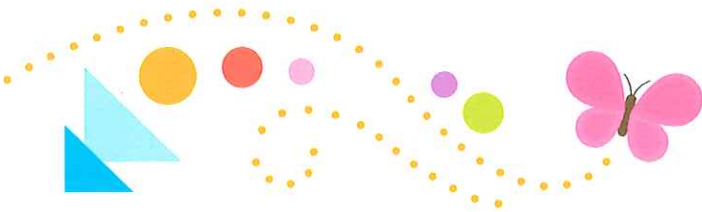


### DO'S

- Speak directly to the child, not to the adult.
- Recognize that a child's physical disabilities don't indicate mental disabilities.
- Ask about the child's medical or special equipment needs.
- Explain special equipment to all children to alleviate fears.
- Take extra care in planning for the safety of the child with special needs.
- Ensure the meeting facility is handicapped accessible.
- Ask the child how they would prefer to complete a task.
- Foster independence.
- Focus on all children's strengths.
- Expect reasonable behavior from all children.
- Be flexible.







# Planning Inclusive Activities

At times you will need to substitute or change program requirements in order for children with special needs to participate. However, this may mean some creative thinking on your part. Remember that the point is for the activity to be fun and meaningful for the child. Here are some ideas to get you started.



- For the child with autism unable to join in dramatic play about neighborhood helpers, try showing the child pictures of a neighborhood helper. Then model dressing up like the helper. Finally, give the child the opportunity to dress up, but don't force him.
- For the child with developmental delays who may be lagging behind in talking, let her hold the flag during the Little Lamb Pledge instead of reciting it.
- For the child with a developmental disability such as Down syndrome, give directions one step at a time and model the action.
- For the deaf child, teach him and the other children the sign language signs to "Jesus Is My Shepherd." This works for children with speech and language disabilities too.
- A blind child can make a dog or cat blanket for a pet instead of drawing a picture or cutting out pictures of an animal.



## ADDITIONAL IDEAS

- Invite a special education teacher to talk to the Adventurer staff.
- Visit your local library for books about children with disabilities.







# Section

# 4

## Little Lambs Learning and Playing

These meetings let your Little Lambs frolic and play while participating in fun educational activities.





## Little Lamb Meetings

The Little Lamb Leader's Guide includes 23 meeting plans. The meetings are the core of your program—this is where things really happen! Each meeting includes the following:

- Theme
- Resources
- Stories, crafts, games, and songs
- List of materials

➔ Only 12 meetings are required for Investiture. See pp. 24–29.

## Activity Tips

Little Lamb meetings are planned to meet the program's goals, and, most importantly, the children's needs. With this in mind, the meetings provided in this section are designed to be flexible. Don't feel like you have to replicate them exactly as presented, although you can. Instead, adapt the meeting themes and activities to best suit your program by changing the order of the meetings; combining, deleting, and adding activities; or by using them as inspiration for creating your own meetings.

While all of the activities in this section maximize fun, they also lead the children to Jesus and enable them to learn about their world, their families, and themselves. You can intentionally assist the children in recognizing these connections to Jesus and their world by specifically stating the purpose of the meeting, connecting the activities to the meeting theme, and asking the children questions that encourage them to summarize what they've learned.

To help you do this, each meeting begins with a story based on the meeting's theme and includes book suggestions that you can find at your local library. However, if you can't find the suggested titles, visit with the librarian for additional suggestions. Reading aloud to children introduces them to the rhythm of language, builds vocabulary, and increases reading readiness. It's also a great way to introduce them to the meeting theme. Please note







that the majority of the suggested books are not created by Adventist publishers, so occasionally you may need to edit the story when reading it to the children to ensure that it meets your club's needs.

## Tips for Making Story Time Fun

- Allow the children time to settle down.
- Sit in a low chair or on the floor so you can be at eye level with the children.
- Introduce the book—show the cover, ask the children what they think the story is about, and point to and tell them the title and the author's name.
- Read with expression and vary the pace.
- Don't read too fast.
- Pause to make sure all of the children have seen the pictures.
- Point to characters and objects; ask what they think will happen next.
- Have the children say repetitive phrases with you.
- After the story, wait a minute and give the children time to make comments or ask questions.

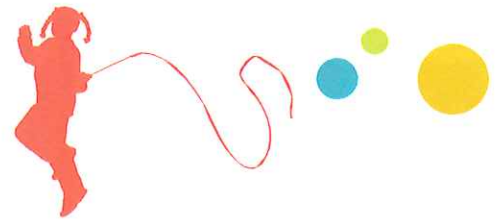
After each story, you'll find activities that go along with the story's theme and fulfill the Little Lamb program requirements.

You may want to present the activities as learning centers which encourage children to explore and learn by doing and develop independence and social skills. At the learning centers the children should be free to explore and use the resources provided in a variety of ways. Learning centers also allow you to provide activities that meet the developmental needs and learning styles of all children. If learning centers don't work for your group, go ahead and present the material as best suits your needs.

Whatever themes and activities you select, consider using the same organizational structure for each Little Lamb meeting since children this age benefit from consistency and repetition. You'll notice that each of the





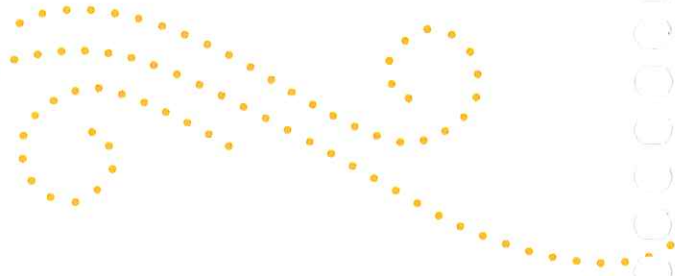
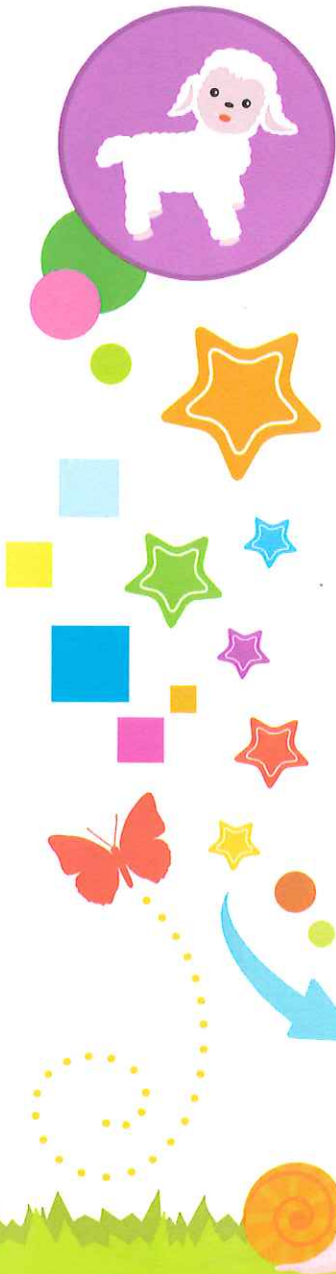


meetings begin with a theme story followed by activities. This repetition of structure helps the children to know what to expect and how to act throughout the meeting.

Additionally, in the opening sidebar, you'll notice that the program or star requirements met during the meeting are listed. At times, the activities may vary from the actual requirements. However, all suggested activities meet the intent of the requirements. It's up to you, as the leader, to decide how and if requirements are met.

Also, be aware that even though each activity includes an estimated time, the pace of activities will differ from club to club and meeting to meeting. Sometimes the children will quickly complete everything you planned. It's a good idea to have a back-up game or activity for when this happens. Other times, the children may really enjoy an activity and not want to stop. It's okay to omit activities that you've planned and continue with something that everyone is enjoying. And if something isn't going smoothly, you can stop the activity and redirect the children to something new.

Finally, flexibility and enthusiasm are the keys to conducting successful Little Lamb meetings.







## Sample Dramatic Play Learning Center

**Title:** Camping Out

**Skills Learned:** Social and Language

Put up real tents or create tents out of sheets. Place sleeping bags and flashlights in the tents. Create a “camp fire” with small branches, fill a large tub with water, provide fishing poles (no hooks!), cover a table with a sheet or plastic tablecloth to use as a picnic table, and set out metal pots, pans, plates, and flatware. Compasses, binoculars, and backpacks are also fun props. Encourage the children to explore and play with the props.

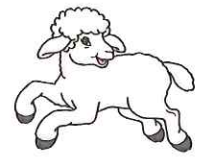
**For additional information about learning centers check out these books:**

- *The Scholastic Book of Early Childhood Learning Centers* by Deborah Diffily, Elizabeth Donaldson, and Charlotte Sassman (Scholastic, 2001)
- *The Giant Encyclopedia of Learning Center Activities for Children 3 to 6* by Kathy Charner, Jennifer Ford, and Maureen Murphy (Gryphon, 2005)
- *The Inclusive Learning Center Book for Preschool Children With Special Needs* by Christy Isbell and Rebecca Isbell (Gryphon, 2005)
- *52 Easy Program Ideas for Kindergarten Sabbath School Year A (2004) and Year B (2003)* by Robert Robinson (AdventSource)





# Little Lamb Scope and Sequence



	REQUIRED FOR INVESTITURE	REQUIRED FOR INVESTITURE	REQUIRED FOR INVESTITURE	REQUIRED FOR INVESTITURE
<b>Themes</b>	<b>MEETING 1</b> My God Loveable Lambs	<b>MEETING 2</b> My God Lost and Found	<b>MEETING 3</b> My World God's World Rocks!	<b>MEETING 4</b> My Self Hooray for Me
<b>Activities</b>	Paper Plate Sheep Lamb Puppet Play Sheep to Shirts Baby Animal Charades	Shepherd Dress-up The Shepherd Says Lost Lamb Painting Little Lamb, Little Lamb, Who's Got Your Bottle?	Building on the Rocks Rock Hunt Geology 101 Rock Sculptures	Self-portrait Puppet Unique Me I Can Be Anything I Can Write
<b>Requirements Completed</b>	 <p><b>Basic I</b> Recite the Adventurer Pledge.</p> <p><b>Basic II</b> Sing "Jesus Is My Shepherd."</p>	<p><b>Basic I</b> Recite the Adventurer Pledge.</p> <p><b>Basic II</b> Sing "Jesus Is My Shepherd."</p>	<p><b>Basic I</b> Recite the Adventurer Pledge.</p> <p><b>Basic II</b> Sing "Jesus Is My Shepherd."</p>	<p><b>Basic I</b> Recite the Adventurer Pledge.</p> <p><b>Basic II</b> Sing "Jesus Is My Shepherd."</p>
<b>Stars/Patches Completed</b>	Wooly Lamb 	My God 	My World 	My Self 



REQUIRED FOR  
INVESTITURE

### MEETING 5 My God

**Themes**

Little Boy Jesus

**Activities**

Carpentry Capers

Nose and Ear

Bible Dress-up

Baking Bread

**Requirements  
Completed**



**Basic I**  
Recite the  
Adventurer Pledge.

**Basic II**  
Sing "Jesus Is  
My Shepherd."

**Stars/Patches  
Completed**

Little Boy Jesus



REQUIRED FOR  
INVESTITURE

### MEETING 7 My Self

Sharing

Loaves and Fishes  
Basket

Share the Ball

Are You Sharing?

**Basic I**  
Recite the  
Adventurer Pledge.

**Basic II**  
Sing "Jesus Is  
My Shepherd."

Sharing



REQUIRED FOR  
INVESTITURE

### MEETING 8 My Self

Let's Eat

Taste, Smell,  
and Touch

Fruit and Veggie  
Stamp Placemats

Fun and Games  
with Food

Fruit Kebabs

**Basic I**  
Recite the  
Adventurer Pledge.


**Basic II**  
Sing "Jesus Is  
My Shepherd."

Healthy Foods



REQUIRED FOR  
INVESTITURE

REQUIRED FOR  
INVESTITURE

	<b>MEETING 9</b> My World	<b>MEETING 10</b> My Family	<b>MEETING 11</b> My Family	<b>MEETING 12</b> My World
<b>Themes</b>	Goin' Buggy	Family Fun	Helping Hands	Starry Night
<b>Activities</b>	Bugs in a Bottle Worm Wiggles Bug Art Ants on a Log	All Kinds of Families Playhouse My Family Tree Two by Two	This Is the Way We Help at Home Ways I Can Help Watch Me Help Sewing Fun	Follow the Star Twinkle, Twinkle, Big and Little Stars Sparkling Stars Night Sky
<b>Requirements Completed</b>	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."
<b>Stars/Patches Completed</b>	Insects 	My Family 	Special Helper 	Stars 



REQUIRED FOR  
INVESTITURE

REQUIRED FOR  
INVESTITURE

REQUIRED FOR  
INVESTITURE

**MEETING 13**  
My Family

**MEETING 14**  
My World

**MEETING 15**  
My World

**MEETING 16**  
My Self

**Themes**

Head to Toe

My Friend Jesus

Helpers in My  
Neighborhood

Trains, Trucks,  
and Tots

**Activities**

What's Inside?

Jesus Was Kind  
to His Friends

Neighborhood  
Buildings

Red Light, Green  
Light

Move It

Jesus Helped  
His Friends

Action Heroes

Construction Site

I've Got the Beat

Jesus Fed His  
Friends

I'm a Helper

Take a Ride

People at Play

More  
Neighborhood  
Helper Stories

Honk, Honk,  
Beep, Beep

**Requirements  
Completed**



**Basic I**  
Recite the  
Adventurer Pledge.

**Basic I**  
Recite the  
Adventurer Pledge.

**Basic I**  
Recite the  
Adventurer Pledge.

**Basic I**  
Recite the  
Adventurer Pledge.

**Basic II**  
Sing "Jesus Is  
My Shepherd."

**Basic II**  
Sing "Jesus Is  
My Shepherd."

**Basic II**  
Sing "Jesus Is  
My Shepherd."

**Basic II**  
Sing "Jesus Is  
My Shepherd."

**Stars/Patches  
Completed**





Healthy Me

My Friend Jesus

Community  
Helpers

Trains & Trucks



	<b>MEETING 17</b> My World	<b>MEETING 18</b> My Self	<b>MEETING 19</b> My World	<b>MEETING 20</b> My World
<b>Themes</b>	Musical Me	Finger Fun	Fun with Friends	Weather or Not
<b>Activities</b>	See Me Move Making Music Sounds Around Hand Clap	Mice Tracks Finger Plays Finger Foods Digging and Planting	Rainbow Hand Prints Friends Working Together Sing and Shout Bible Friends Dress-up	Clouds and Rain Hot and Cold Wind Art Fun in the Sun
<b>Requirements Completed</b>	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."	<b>Basic I</b> Recite the Adventurer Pledge.  <b>Basic II</b> Sing "Jesus Is My Shepherd."
<b>Stars/Patches Completed</b>	Music 	Finger Play 	Bible Friends 	Weather 



	<b>MEETING 21</b> My World	<b>MEETING 22</b> My World	<b>MEETING 23</b> My World
<b>Themes</b>	Christmas	Bike Rodeo	International Celebrations
<b>Activities</b>	Star Gift Bags Follow the Star Star Sensory Soup	Bike Rodeo Activities	Gingerbread People Lucky Coins Swing Ball Rainsticks
<b>Requirements Completed</b>			
			
<b>Stars/Patches Completed</b>		Trikes & Bikes	
			



Whoohoo! Time to start the fun!







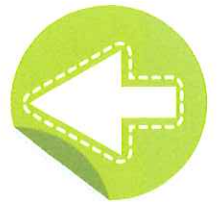
# Meeting

# 1

## Loveable Lambs



Here are some fun activities that encourage Little Lambs to play and explore while learning about lambs. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about lambs.

## STAR COMPLETED

WOOLY  
LAMB



## Lamb Tales

10

MINUTES

### LAMBS

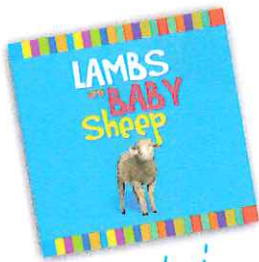
Ask the children if they know the names of various baby animals. You can begin by showing them pictures of baby animals and then saying the names. Then bring out a lamb puppet or stuffed animal and ask the children if they know what a baby sheep is called. (You may want to consider naming the puppet or stuffed animal and using it as a mascot for your meetings.)

Next, using the puppet or stuffed animal, teach the children to baa like a lamb. Now read *Lambs are Baby Sheep*.

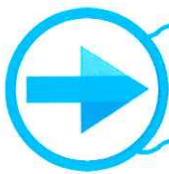
After the story, discuss with the children the new things they heard or share additional facts with them, such as sheep often have twins, lambs drink milk, and what wool is and how it is used. Finally, let the children know that during the meeting they will be learning more about lambs.

### MATERIALS NEEDED

- Lamb puppet from [AdventSource.org](http://AdventSource.org)
- *Lambs are Baby Sheep* by Jennifer Gooch (AdventSource, 2011)
- Recording of lambs baaing can be found at [sheep101.info](http://sheep101.info)
- Pictures of baby animals







The following activities fulfill the requirement for My God II, which is to complete the Woolly Lamb star.

## Paper Plate Sheep

15  
MINUTES

### WHAT YOU DO

Ahead of time: Fold the paper plates in half and attach the head, legs, and tail to each sheep.

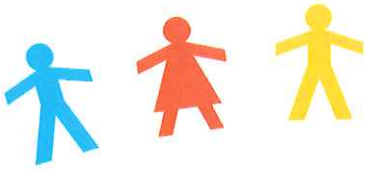
Explain to the children that they will be making a mama or daddy sheep and a lamb. Use dinner plates to make fully grown sheep and dessert plates to make lambs. Show them a completed sheep and lamb and demonstrate how to attach the wool by dipping a pom pom into the glue and sticking it onto the paper plate. Remind the children that some sheep are all black, some are white, and others are a mixture of the two colors, and they can use any of the colors they'd like. A few of the children may quickly finish the project. Encourage them to make twin lambs or to make up a story about their sheep while they wait for the other children to finish.

## 1 ACTIVITY

### MATERIALS NEEDED

- Black and white pom poms, 1-2 in (3.5-5 cm)
- Craft glue
- Shallow containers
- Paper plates, dinner and dessert sizes
- Black or white construction paper
- Paper Plate Sheep Pattern (see p. 170 or Pinterest)





## ACTIVITY

# 2

# Lamb Puppet Play

# 15

MINUTES

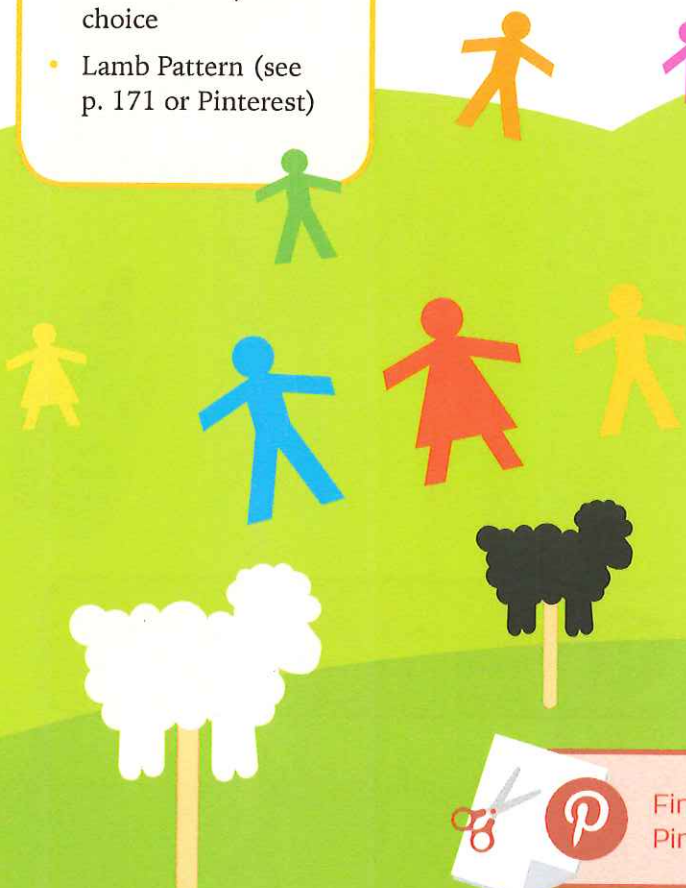
## WHAT YOU DO

Ahead of time: Puppets can easily be created by gluing pictures to poster board and then attaching them to craft sticks. Place a table on its side and drape with a sheet. This will be the puppet stage.

Have the children sit on the floor in front of the stage. Using puppets, act out *Mary Had a Little Lamb*. Now give each of the children a puppet. An adult should begin by playing with the children. She can pretend to be Mary and ask the children with lamb puppets why they followed her to school. The adult should continue to engage the children until they become comfortable playing on their own with the puppets.

## MATERIALS NEEDED

- Folding table
- Sheet
- Scissors
- Craft sticks
- Craft glue or tape
- Puppets of lambs, children, a school, and teachers
- *Mary Had a Little Lamb* by Sarah Josepha Hale (Putnam, 2004) or a book of your choice
- Lamb Pattern (see p. 171 or Pinterest)



  Find the **Lamb Pattern** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)



# Sheep to Shirts

15  
MINUTES

## WHAT YOU DO

Ahead of time: Copy pictures of shirts onto poster board. Place boxes filled with wool and wool materials (yarn, felt, fabric) on a table.

In this activity the children will learn about wool and its uses. Encourage the children to touch the wool in each of the tubs and talk about the different textures. Then show them the pictures of wool being turned into fabric. Next, give each of them a poster board shirt and have them paste the scraps of wool from the tubs onto it.

## 3 ACTIVITY

### MATERIALS NEEDED

- Small boxes or tubs
- Scraps of wool fabric, wool yarn, and wool felt
- Pictures of sheep being sheered and wool being turned into fabric
- Poster board, 8 × 12 in (20 × 30.5 cm)
- Paste or glue
- Sheep to Shirts Pattern (see p. 172 or Pinterest)



Find the **Sheep to Shirts Pattern** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)



## ACTIVITY

# 4

# Animal Baby Charades

# 15

MINUTES

### MATERIALS NEEDED

- Pillow case
- Stuffed animal babies

### WHAT YOU DO

Have the children sit on the floor in a semi-circle. Ask a child to reach into the pillow case and pick one animal. (Move away from the group so the other children can't see the animal selected.) Then have the child pretend to be the animal and have the other children guess the animal. If a child is shy, he or she can select the animal and all the children can pretend to be that animal.



# Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What new thing did you learn about lambs? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Woolly Lamb



**Requirement:** My God II





# Meeting

# 2

## Lost and Found



Here are some fun activities that encourage Little Lambs to play and explore while learning about Jesus the Good Shepherd. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## REQUIREMENTS COMPLETED

MY GOD



## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about Jesus.

## Lamb Tales

10

MINUTES

### THE GOOD SHEPHERD

Using the lamb puppet, ask the children what they remember about lambs from the last Little Lamb meeting. Then show them a picture of a shepherd and tell them that a shepherd feeds the lambs, cuts their hair (wool), and finds them if they get lost. Next, read *The Good Shepherd and the Little Lost Lamb*. After reading the story, show the children a picture of Jesus surrounded by sheep or children. Explain that sometimes Jesus is called the Good Shepherd because He watches over little children just like the good shepherd in the story watched over the little lost lamb. Then ask the children three specific questions about what they learned about Jesus from the story.

### MATERIALS NEEDED

- Lamb puppet
- *The Good Shepherd and the Little Lost Lamb* by Allia Zobel Nolan (Standard, 2006) or a book of your choice







The following activities fulfill the requirements for My God I.

## Shepherd Dress-up

15  
MINUTES

### WHAT YOU DO

Ahead of time: Set up tents or make tents out of sheets/blankets. Have pillows and blankets inside of the tents and toy sheep outside around the tents. Create a pretend campfire out of sticks and provide bowls, spoons, pans, and other cooking utensils. Make robes from large t-shirts and head scarves from pillowcases using jute or ribbon to hold the scarves onto the children's heads.

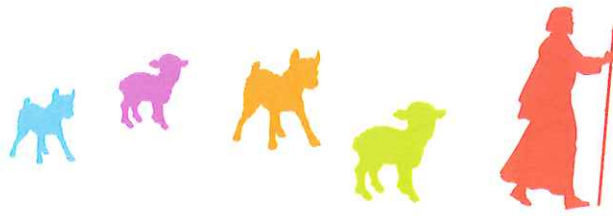
Explain to the children that when Jesus lived on Earth, shepherds lived in tents, cooked over a fire, dressed in robes, and went barefoot or wore sandals. Then encourage the children to take off their shoes and socks, dress up in the clothes, and pretend to cook or watch over the sheep.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Tents or blankets/sheets
- Pillows
- Blankets
- Toy sheep (plastic or stuffed animals, any size)
- Sticks
- Cooking utensils
- Large t-shirts
- Pillow cases
- Jute or ribbon





## ACTIVITY

# 2

# The Shepherd Says

15  
MINUTES

### MATERIALS NEEDED

- Chalk or masking tape
- Lamb puppet or toy

### WHAT YOU DO

This game is *Simon Says* renamed *The Shepherd Says*. The object of this game is to be a good listener and be the first to reach the little lamb. Begin by using the lamb puppet to explain to the children that the little lamb is lost and they are going to help the shepherd find it. Then have the children stand behind a line that you have drawn with chalk or masking tape. (To keep the children from crowding each other, have them reach both arms out straight from their sides and tell them that they shouldn't be able to touch the boy or girl standing on either side of them.) Now take the lamb puppet and stand several feet in front of the children and tell the children the rules of the game.

### The Shepherd Says Rules

An adult calls out a child's name and tells him or her how many and what kind of steps to take. For example, "Zachary, the shepherd says, take two giant steps." Zachary would then take two big steps toward the adult holding the lamb puppet. However, if the adult says, "Zachary, take two giant steps," but doesn't say the shepherd says, Zachary shouldn't take any steps. If he does, he goes back and stands behind the line. (Demonstrating the game first with a couple of adults is helpful.) Commands might include giant steps, baby steps, backward steps, or hops.





# Lost Lamb Painting

10  
MINUTES

## WHAT YOU DO

Ahead of time: Using a white crayon, draw or trace a lamb onto white construction paper. Then use the white crayon to color in the lamb outline. Use water to thin the tempera paint. (It should be the consistency of milk.) Place the paint in small dishes. Additionally, you may want to cover the surface where the children will be painting with newspaper.

Ask the children what a shepherd does if a lamb is lost. Then tell them that a lamb is lost and they are going to help find it. Give each child a sheet of white construction paper with a lamb crayon drawing on it. Then with a paintbrush, have them cover the paper with the paint.

Once the paint has dried (use a hair dryer to speed up the drying time), give each child a picture of a shepherd to glue onto their picture and crayons to decorate the picture any way they wish.

## 3 ACTIVITY

### MATERIALS NEEDED

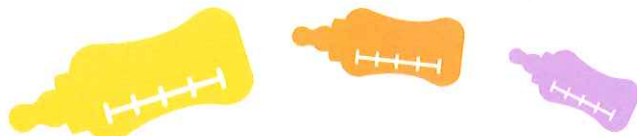
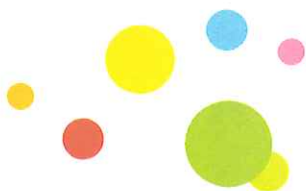
- White crayon
- Lamb Pattern (see p. 171 or Pinterest)
- White construction paper
- 1 in (2.5 cm) paintbrushes
- Light colored tempera paint such as pale yellow or blue
- Small containers
- Cups of water
- Pictures of shepherds
- Glue
- Crayons
- Hair dryer
- Newspaper
- Smocks



Find the **Lamb Pattern** at  
[Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)







## ACTIVITY

# 4

### MATERIALS NEEDED

- Baby bottle
- Lamb puppet or toy

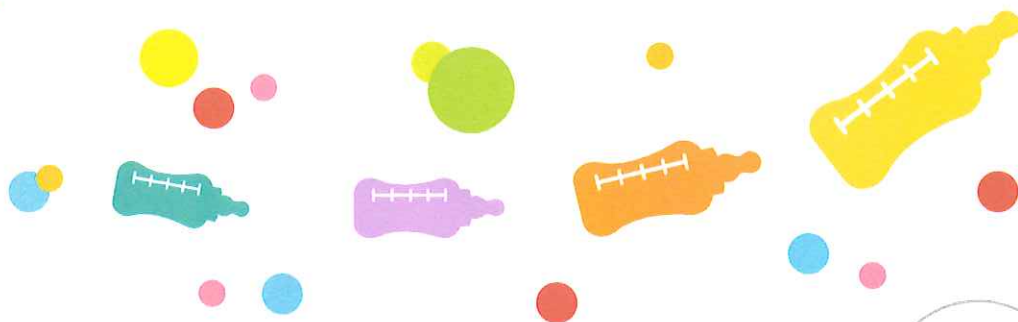


# Little Lamb, Little Lamb, Who's Got Your Bottle?

10  
MINUTES

## WHAT YOU DO

If you've ever played *Doggy, Doggy, Who's Got Your Bone*, you'll recognize this game. Have the children sit on the floor in a semi-circle. Then pretend to feed the lamb puppet with a baby bottle and explain that sometimes a lamb's mother can't feed (nurse) her lambs. If this happens, the shepherd helps out by feeding the lambs with baby bottles. Select one child to be the shepherd sitting at the open end of the circle with her back to the other children and place a baby bottle behind her back. Then point to one of the children in the semicircle and have him quietly get the bottle, return to his spot in the semicircle, and place it behind his back. Once one of the children has hidden the bottle, have all of the children in the semicircle bleat (baa, baa, baa). Now tell the selected child to be the shepherd, and when she or he hears the lambs crying for their bottle, to turn around and guess who took the bottle. Repeat until all of the children have had a turn to be the shepherd.



# Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: Ask them what a shepherd does and why we sometimes call Jesus the Good Shepherd. Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



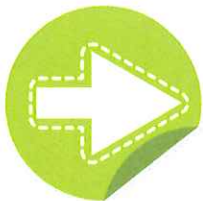
**Requirement:** My God I





# Meeting 3

God's World Rocks!



Here are some fun activities that encourage Little Lambs to play and explore while learning about rocks. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about rocks.

## REQUIREMENTS COMPLETED

MY  
WORLD



## Lamb Tales

10

MINUTES

### ROCKS

Pass around a variety of rocks for the children to see and touch. Remind the children that God created the land and the rocks. Then read the book you selected. After the story, tell the children that they will be doing lots of fun things with the rocks God created.

### MATERIALS NEEDED

- *If You Find a Rock* by Peggy Christian (HMH, 2008) or a book of your choice
- Rocks, a variety of shapes and sizes







The following activities fulfill the requirements for My World I.

## Building on the Rocks

10  
MINUTES

1

ACTIVITY

### WHAT YOU DO

Ahead of time: Fill tubs or boxes with sand and then bury rocks in the sand. The children will really enjoy this activity if you hide a variety of rocks, such as polished stones, fool's gold, or crystals. Provide a variety of sifters, such as sieves or oatmeal boxes with holes punched in the bottom to allow the sand out but not the rocks.

Begin by singing "The Wise Man Built His House Upon the Rocks." Then let the children sift the sand and find the rocks.

### MATERIALS NEEDED

- Tubs or boxes
- Sand
- Rocks
- Sieves or oatmeal boxes with holes bunched in the bottoms





## ACTIVITY

# 2

# Rock Hunt

# 10

MINUTES

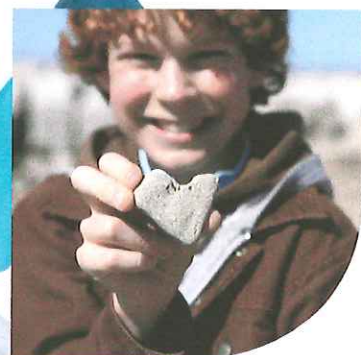
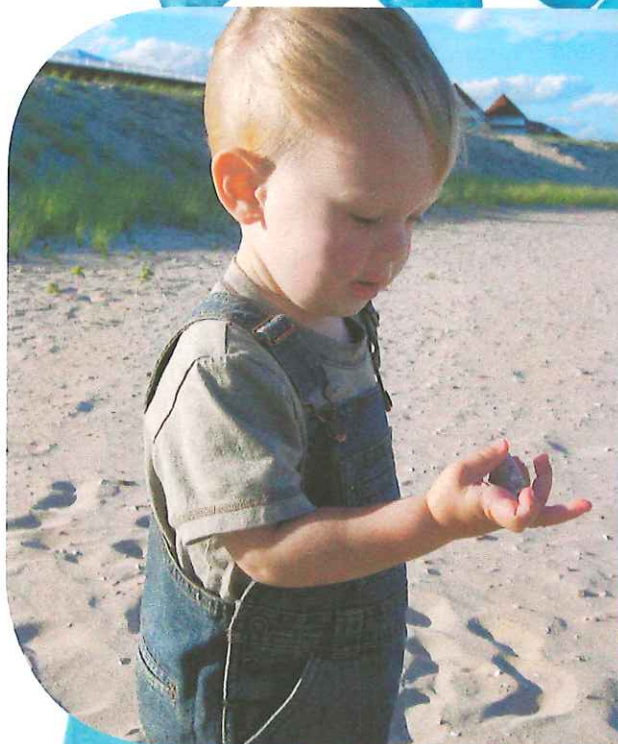
## WHAT YOU DO

Ahead of time: Hide polished or smooth river rocks or crystals inside or out. Make sure that the rocks aren't hidden too well because you want the children to find them.

Give each child a small bag and have them hunt for the hidden rocks.

## MATERIALS NEEDED

- Polished rocks, smooth river rocks, or crystals
- Small bags (plastic baggies or brown lunch bags)





# Geology 101

10  
MINUTES

## WHAT YOU DO

Ahead of time: Set up several rock exploration centers.

### Suggested centers

1. Use magnifying glasses to look closely at rocks.
2. Scrape rocks with a nail to see which are hard and which are soft.
3. Weigh rocks that are about the same size but of different densities on kitchen scales.
4. Drop rocks into water to see which ones float and which ones sink (lava rock from your local garden center will float).
5. Sort rocks by size (drop them into different sized holes cut into the lid of a shoe box) or by color (place the rocks onto sheets of construction paper that match their color).

## 3 ACTIVITY

### MATERIALS NEEDED

- Rocks (hard, soft, big, little, heavy, light)
- Magnifying glasses
- Nails
- Kitchen scales
- Bowls of water
- Shoe boxes
- Construction paper





## ACTIVITY

# 4

# Rock Sculptures

## 10

MINUTES

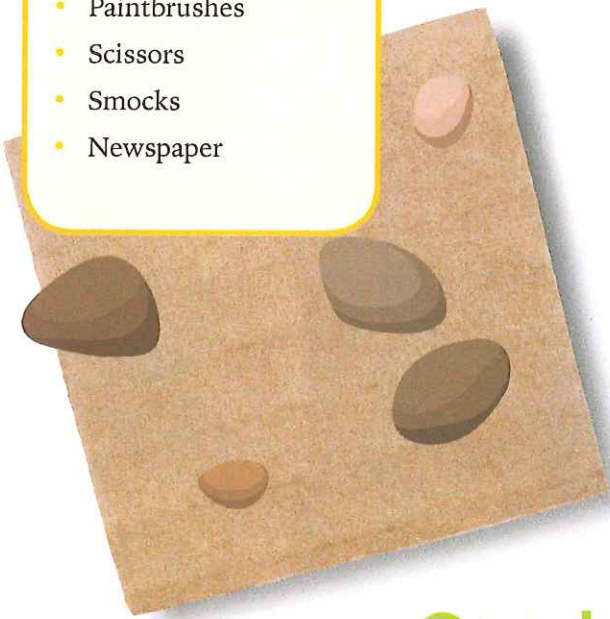
### MATERIALS NEEDED

- Rocks
- Craft glue
- Shallow containers
- Cardboard
- Acrylic paint
- Paintbrushes
- Scissors
- Smocks
- Newspaper

### WHAT YOU DO

Ahead of time: Cut cardboard into 6 × 6 in (15 × 15 cm) squares. Place craft glue in shallow containers (plastic lids work well). Collect rocks in a variety of sizes, including gravel. Cover the work area with newspaper.

Have the children glue the rocks to the cardboard and to each other to create a rock sculpture. You can also let the children paint the rocks and cardboard with acrylic paint.



# Good-baa Little Lambs

## 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What did you learn about rocks? Sing “Jesus Is My Shepherd” (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Requirement:** My World I





# Meeting

# 4

## Hooray for Me

Here are some fun activities that encourage Little Lambs to play and explore while learning about self-esteem. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about self-esteem.

## REQUIREMENTS COMPLETED

### MY SELF



## Lamb Tales

10

MINUTES

### SELF-ESTEEM

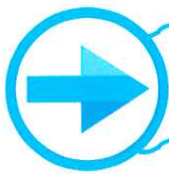
Have each child say something they are good at. Let them know that God made each of them special. Then read the book you selected. After the story, sing "What a Miracle" by Hap Palmer. Lyrics and music for "What a Miracle" can be found at [songsforteaching.com/happalmer/whatamiracle.htm](http://songsforteaching.com/happalmer/whatamiracle.htm) or in the iTunes store.

### MATERIALS NEEDED

- *What I Like About Me* by Allia Nolan (Reader's Digest, 2009) or a book of your choice







The following activities fulfill the requirements for My Self I.

## Self-portrait Puppet

10  
MINUTES

### WHAT YOU DO

Ahead of time: Purchase yarn in the same color as your Little Lambs' hair and cut the yarn into the lengths listed in the box on the right. Make a completed puppet for the children to see before they begin this project.

Show the children the puppet you made. Then let them create their own paper bag puppets by gluing on yarn for hair and buttons for eyes, and using crayons to draw the rest of the details. The children may or may not make a puppet with their own hair and eye color. That's okay. Let them have fun and create the puppet any way they want.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Yarn, 4 and 10 in (10 and 25 cm) pieces
- Buttons
- Paper lunch bags
- Crayons or markers
- Glue





## ACTIVITY

# 2

# Unique Me

# 10

MINUTES

## WHAT YOU DO

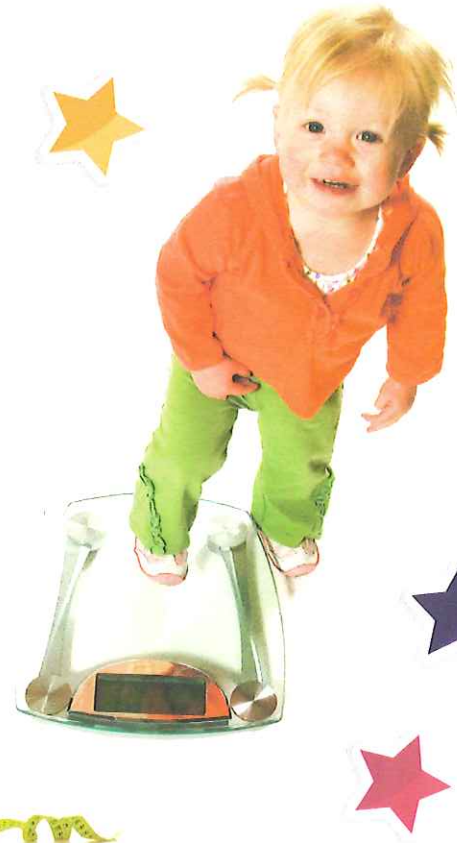
Ahead of time: Set up stations where children can discover information about themselves.

### MATERIALS NEEDED

- Bathroom scales
- Yardsticks
- Balloons
- Ink pads
- Paper
- Magnifying glasses
- Samples of fruits and vegetables
- Index cards
- Stickers
- Cell phone, tablet, or other audio recording device

### Suggested discovery stations

1. Weigh and measure each child.
2. Blow into a balloon to see how big a breath they can take.
3. Take their fingerprints and then look at them with a magnifying glass.
4. Taste different fruits and vegetables. Give children a card with a picture of each of the foods they tasted and have them put a star sticker by each food they liked.
5. Record their voices and then have the children guess whose voice is on the recording. (You may want to do the recordings ahead of time.)





# I Can Be Anything

15  
MINUTES

## WHAT YOU DO

Ahead of time: Find pictures of people doing different jobs. Make sure the pictures include men and women and people from different ethnic backgrounds. Then gather items that the children can use to dress up and pretend to be the people you selected.

Encourage the children to dress up and play.

## 3 ACTIVITY

### MATERIALS NEEDED

- Pictures of people doing different jobs
- Dress-up clothes

### Suggestions for dress-up:

**Firefighters** Rain coats and garden hoses

**Nurses** Scrubs (cotton tops worn by nurses), Band-Aids, and stethoscopes

**Police Officers** Badges, pens, and paper

**Chefs** Aprons, spoons, bowls, and measuring cups

**Artists** Smocks and art supplies

**Construction Workers** Hard hats, toy dump trucks, small hammers, and wood

**Veterinarians** Oversized white shirts (lab coat), stuffed animals, bandages, dog brushes



## ACTIVITY

# 4

### MATERIALS NEEDED

- Paper
- Crayons

## I Can Write

### WHAT YOU DO

5  
MINUTES

Ahead of time: Print each child's name on a separate piece of paper. On additional sheets of paper, draw shapes—circles, squares, and stars. Depending on the abilities of your Little Lambs, write letters of the alphabet or words on sheets of paper. For each letter of the alphabet, include a picture of something starting with that letter and for words, include a picture of the word.

Give the children lots of paper and crayons and let them copy their names, shapes, and alphabet or words.

A B C D E F G H I J K L M N  
O P Q R S T U V W X Y Z

## Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: Why is it good to be you? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.

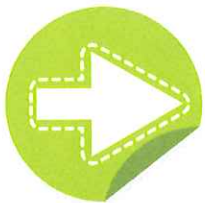


**Requirement:** My Self I





# Meeting 5 Little Boy Jesus



Here are some fun activities that encourage Little Lambs to play and explore while learning about Jesus as a child. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5  
MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about Jesus.

## STAR COMPLETED

LITTLE  
BOY JESUS



## Lamb Tales

10  
MINUTES

### LITTLE BOY JESUS

Begin by explaining that Jesus was a child once, just like them. Then ask them what things they like to do. Next, tell them you're going to read to them about the things Jesus liked to do when He was a little boy. After reading the book of your choice, let the children know that they will be doing things that little boy Jesus might have done.

### MATERIALS NEEDED

- *Learning About Jesus* by Lois Rock (Little, Brown, 2004) or a book of your choice







The following activities fulfill the requirement for My God III, which is to complete the Little Boy Jesus star.

## Carpentry Capers

10  
MINUTES

### WHAT YOU DO

Ahead of time: Bring in various sizes and shapes of wood (scraps of molding, leftover pieces of 2 × 4 lumber, craft sticks). Fill small containers with different colors of tempera paint. You'll also need several bottles of wood or craft glue. Cover the work area with newspaper.

#### TIP

Pour the glue into baby food jars and have the children use inexpensive disposable sponge paintbrushes to paint the glue onto the wood.

Explain to the children what a carpenter is. Then tell them that Jesus' daddy was a carpenter and that Jesus helped him make things from wood. Then let the children build things out of the wood by gluing and painting the wood.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Wood, various sizes and shapes
- Small containers filled with different colors of tempera paint
- Wood or craft glue
- Baby food jars
- Disposable sponge paintbrushes
- Smocks
- Newspaper





## ACTIVITY

# 2

# Nose and Ear

# 10

MINUTES

## WHAT YOU DO

This Iranian children's game may be similar to games played when Jesus was a boy.

Have the children sit in a circle. Have an adult lightly tug on the hair of the player on his or her right. The player on the leader's right repeats the action on his or her neighbor to the right. The action continues around the circle until it comes back to the adult who then starts another action around the circle. Suggested actions: a funny face, a light poke in the ribs, an easy tug on the ear or nose. Traditionally, any player who laughed, giggled, or made a sound of any kind was out. The winner was the one who showed the most control. You can have the children try not to laugh but it may be too difficult for some kids. So just let them have a good time copying the actions of the leader.

## MATERIALS NEEDED

- Pictures of Middle Eastern children at play (suggested source: *Children from Australia to Zimbabwe* by Maya Ajmera and Anna Rhesa Versola [Charlesbridge, 2006])





# Bible Dress-up

15  
MINUTES

## WHAT YOU DO

Ahead of time: You'll need pieces of fabric, scarves, old ties (to use as belts), and oversized plain t-shirts for the children to use to dress like children from Bible times. You might want to place pictures of children in biblical dress around for them to see. Place simple toys such as marbles, pick-up sticks, cloth dolls, wooden bowls and spoons, and wooden blocks in the Bible dress-up area.

Encourage the children to dress up like Jesus and His friends. The children can try on multiple outfits or just one. Also, let them play with the simple toys that Jesus and His friends might have shared.

## 3 ACTIVITY

### MATERIALS NEEDED

- Pieces of fabric
- Scarves
- Old ties
- Oversized plain t-shirts
- Pictures of children in biblical dress
- Simple toys such as marbles, pick-up sticks, cloth dolls, wooden bowls and spoons, and wooden blocks





## ACTIVITY

# 4

## Baking Bread

# 10

MINUTES

### WHAT YOU DO

Ahead of time: Follow a recipe for making your favorite bread or buy frozen bread dough. Then divide the bread dough into small individual portions. You'll need one for each child.

Share with the children that Jesus not only helped His father, but He also helped His mother. Tell them that He may have helped His mother bake bread. Give each child some of the bread dough that you previously made. Then have them knead the dough. Also, you can have them roll the dough in dried oatmeal, flax seeds, poppy seeds, or sunflower seeds. Place each small loaf in a plastic baggy along with baking instructions for the parents or guardians so they can complete this activity at home.

### MATERIALS NEEDED

- Bread dough
- Dry oatmeal, flax seeds, poppy seeds, or sunflower seeds
- Plastic baggies
- Written instructions for completing the project at home

## Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: How did Jesus help His father? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Little Boy Jesus



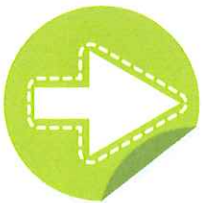
**Requirement:** My God III





# Meeting 6 Zoo-rific

Here are some fun activities that encourage Little Lambs to play and explore while learning about zoo animals. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

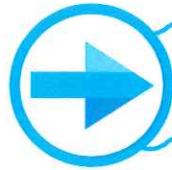
- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

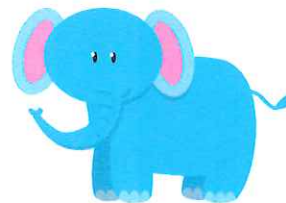
Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about the zoo.

## STAR COMPLETED

### ZOO ANIMALS



## Lamb Tales

10

MINUTES

### ZOO ANIMALS

Begin by asking the children if they've ever been to a zoo. If they have, ask them what animals they saw there. If not, tell them they will be learning about zoos during the meeting. Then read the book you selected. After the story, sing "Going to the Zoo" by Tom Paxton. You can find the lyrics at [mydfz.com/Paxton/lyrics/gttz.htm](http://mydfz.com/Paxton/lyrics/gttz.htm). The children will enjoy imitating each of the animals in the song as they sing.

### MATERIALS NEEDED

- *My Visit to the Zoo* by Ailiki (Trophy, 1999) or a book of your choice





The following activities fulfill the requirements for the Zoo Animals star.

## Flamingo Prints

10  
MINUTES

### WHAT YOU DO

Ahead of time: Trace and cut out a flamingo in the center of dessert-size paper plates. You need one plate for each child. Cover the bottoms of shallow containers (disposable pie tins work well) with pink poster or tempera paint. Cover the work area with newspaper.

Show the children a picture of a flamingo. You can also tell them a little about flamingos, where they live, and what they eat. Give each child a large piece of newsprint or other paper. Show them how to use the cut-outs of the flamingos as a stencil. (Place the paper plate flamingo cut-out on the paper, dip a sponge into the pink paint, and dab onto the cut-out until it is covered with paint.) Repeat until the paper is filled with flamingos.

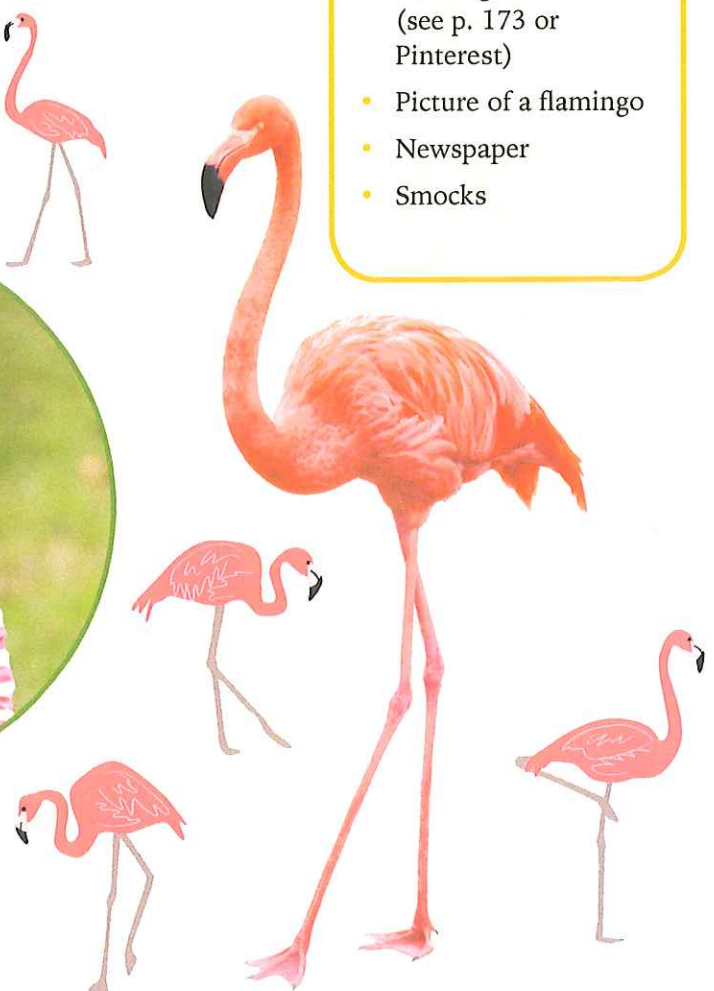
### 1 ACTIVITY

#### MATERIALS NEEDED

- Paper plates, dessert size
- Pink poster or tempera paint
- Shallow containers
- Sponges
- Newsprint, 9 × 12 in (23 × 30.5 cm)
- Flamingo Pattern (see p. 173 or Pinterest)
- Picture of a flamingo
- Newspaper
- Smocks



Find the **Flamingo Pattern** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)



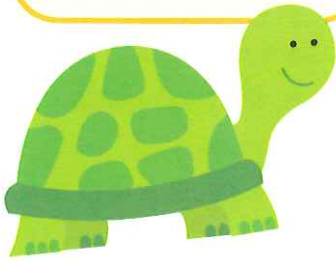


## ACTIVITY

# 2

### MATERIALS NEEDED

- Animal pictures



# Animal Actions

## 10

MINUTES

### WHAT YOU DO

Ahead of time: Find pictures of each of the animals you want the children to imitate.

Show the children a picture of an animal and then have them imitate the animal's actions. (It's helpful to have one adult showing the pictures and another leading the animal motions.) Once the children get comfortable with the game, quickly move from animal to animal to liven things up! You can also set up several areas in the room where the children try out different animal actions.

### Suggested animals and their actions:

**Snakes:** slither on the floor

**Gorillas:** bend down and drag knuckles on the floor

**Hummingbirds:** flap arms, faster and faster

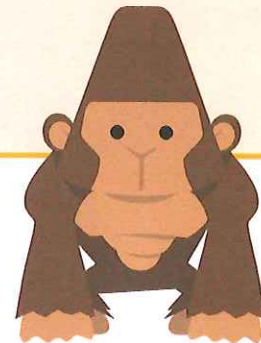
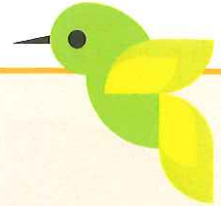
**Penguins:** arms at side, feet close together, take tiny steps

**Bears:** walk on hands and feet

**Owl:** spread arms and soar

**Flamingo:** balance on one foot

**Turtles:** crawl slowly







# Zooland

15  
MINUTES

## WHAT YOU DO

Ahead of time: Prepare the following activity centers:

**Aquarium:** Fill tubs with water and plastic fish, starfish, whales, and other sea animals. You can also put in a few sea shells.

**Desert:** Fill a box or cover an old sheet with sand. Place desert animals such as camels, meerkats, bobcats, big horn sheep, jackrabbits, or snakes in the sand. (If you can't find plastic desert animals, print pictures from the Internet or cut out pictures from a coloring book and mount them on cardboard.)

**Prairie:** Create tunnels out of boxes and give the children stuffed animals or pictures of animals mounted on cardboard. You can also place pictures of these animals in the tunnels and have the children crawl through the tunnels to discover what animals live there (examples: prairie dogs, mice, voles, fox, badgers, ants).

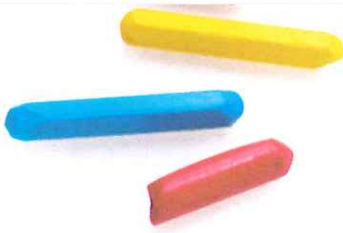
Give the children some ideas of what to do at each center and then let them play.

## 3 ACTIVITY

### MATERIALS NEEDED

- Plastic tubs with water
- Plastic fish, starfish, whales, or other sea animals
- Seashells
- Large box or sheet
- Sand
- Plastic camels, meerkats, bobcats, big horn sheep, jackrabbits, or snakes
- Boxes
- Prairie animals, stuffed or pictures mounted on cardboard, such as prairie dogs, mice, voles, fox, badgers, and ants





## ACTIVITY

# 4

# Fishie Feet

10  
MINUTES

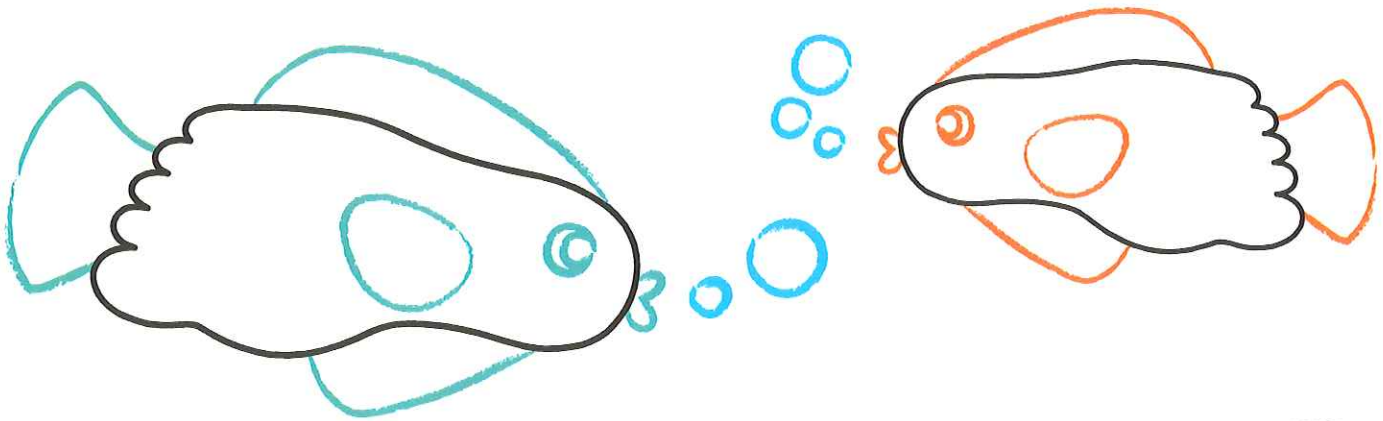
## WHAT YOU DO

Ahead of time: Check out the fish graphic below to see how to turn a tracing of a child's foot into a picture of a fish.

Have the children remove their shoes. Then have an adult trace the children's feet onto a large sheet of paper. Trace their feet several times so there are a lot of fish swimming on the sheet of paper. Show the children how to turn the outlines into fish.

## MATERIALS NEEDED

- Paper
- Pencils
- Crayons



# Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What animals live in the prairie? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Zoo Animals





# Meeting 7

## Sharing

Here are some fun activities that encourage Little Lambs to play while learning to share. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

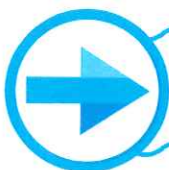
- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about sharing.

## STAR COMPLETED

### SHARING



## Lamb Tales

10

MINUTES

### SHARING

Read *Loaves and Fishes* by Juliet David and Hannah Wood (Tiny Readers, 2007), *The Story of the Loaves & Fishes* by Patricia A. Pingry and Stacy Venturi-Pickett (Ideals, 2003), *Five Loaves and a Couple of Fish* by Deedra Scherm and Laura Dreyer (Lemon Vision, 2007), or, in your own words, tell the story of the boy who shared his fish and bread with Jesus. Then ask the children why Jesus wants them to share with others.

### MATERIALS NEEDED

- *Loaves and Fishes* by Juliet David and Hannah Wood (Tiny Readers, 2007), *The Story of the Loaves & Fishes* by Patricia A. Pingry and Stacy Venturi-Pickett (Ideals, 2003), *Five Loaves and a Couple of Fish* by Deedra Scherm and Laura Dreyer (Lemon Vision, 2007), or a book of your choice







The following activities fulfill the requirement for My Self II, which is to complete the Sharing star.

## Loaves and Fishes Basket

10  
MINUTES

### WHAT YOU DO

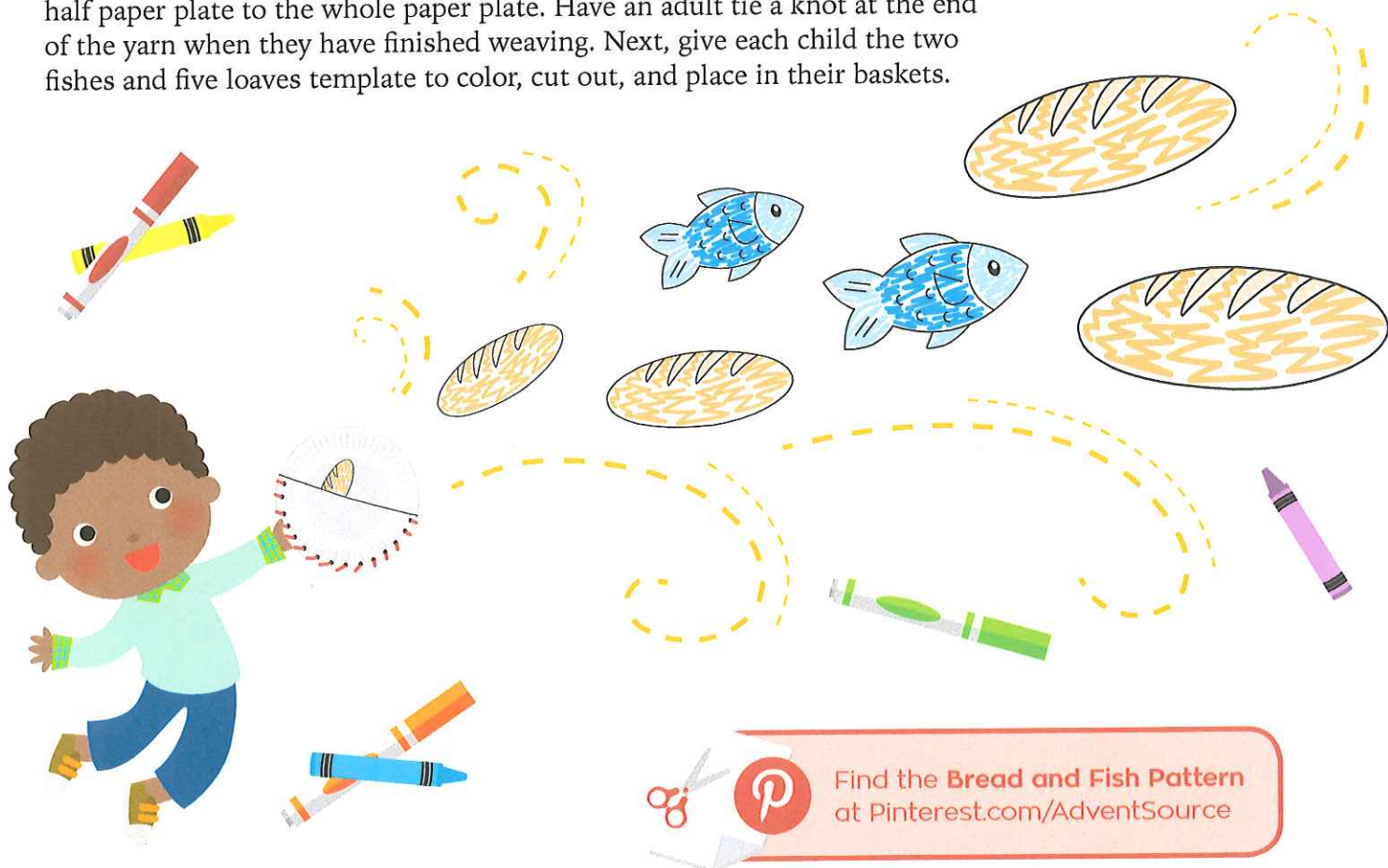
Ahead of time: Each basket is made of two paper plates. For each Little Lamb, start by cutting one of the paper plates in half. Lay the halved paper plate on top of the whole paper plate and punch holes along the outer rim of the half paper plate and the paper plate behind it. Later the children will thread yarn through the holes to weave the plates together and create a basket. Cut the yarn into lengths that will be long enough to weave through the holes in the paper plate. The length of the yarn will vary depending on what size paper plates you use. Tie a knot in one end of the yarn.

Show the children a completed project. Give each child one whole plate and one half plate with pre-punched holes and one piece of yarn. With the help of an adult, have the children weave the yarn through the holes to attach the half paper plate to the whole paper plate. Have an adult tie a knot at the end of the yarn when they have finished weaving. Next, give each child the two fishes and five loaves template to color, cut out, and place in their baskets.

## 1 ACTIVITY

### MATERIALS NEEDED

- Paper plates
- Hole punch
- Yarn, 10-ply or larger
- Safety scissors
- Crayons or markers
- Bread and Fish Pattern (see p. 174 or Pinterest)



Find the **Bread and Fish Pattern** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)

## ACTIVITY

# 2

# Share the Ball

# 10

MINUTES

### MATERIALS NEEDED

- A ball

### WHAT YOU DO

Part of learning to share is not keeping a toy too long. This game (a version of Hot Potato) emphasizes giving the ball to another child. Have the children stand in a circle. Hand the ball to one child and then have her give the ball to the child next to her. Continue on around the circle so the children can practice passing the ball. Then as the children continue passing the ball, have the adults lead out in the following chant:

The sharing ball goes round and round. It doesn't even make a sound. (*clap twice*)

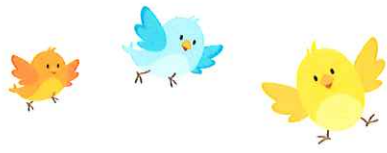
Keep it going while you sit. Pass it quick or you are it. (*clap twice*)

If you're not the one to hold it last, in the circle you must pass—you are it! (*clap twice*)

The child holding the ball on the last "it" goes and stands in the middle of the circle. Now play the game again. The child holding the ball on the last "it" during the second round of the game trades places with the child in the middle of the circle. Play the game several times.







# Are You Sharing?

10  
MINUTES

3

ACTIVITY

## WHAT YOU DO

Have the children sit in a circle. Place the box of toys in the middle of the circle. Each time you sing the song, select one child to go to the box and pick a toy to give to another child. After each child has had a turn selecting and sharing a toy, give the children time to play with the toys. Encourage them to play and share with each other.

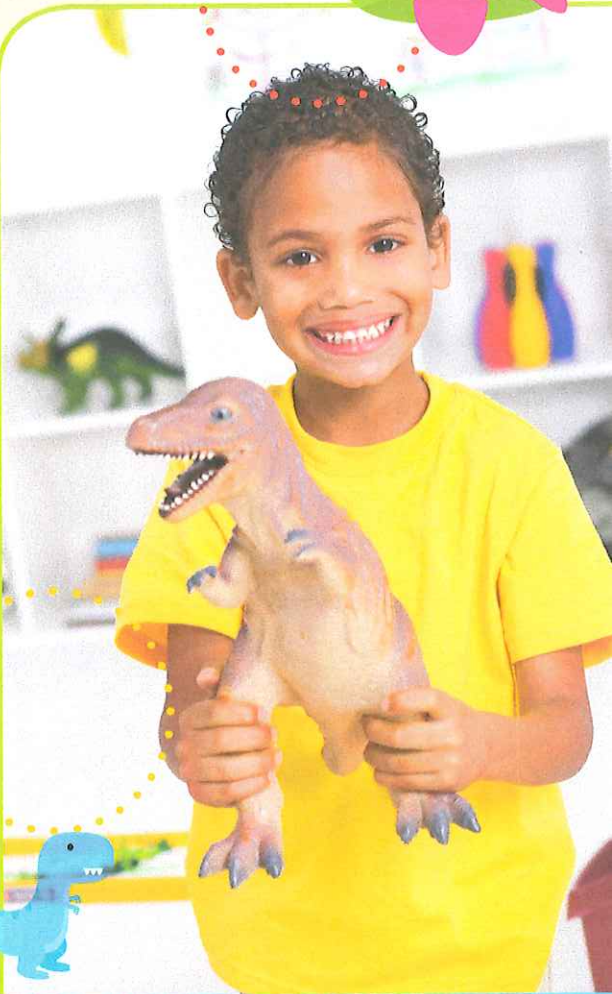
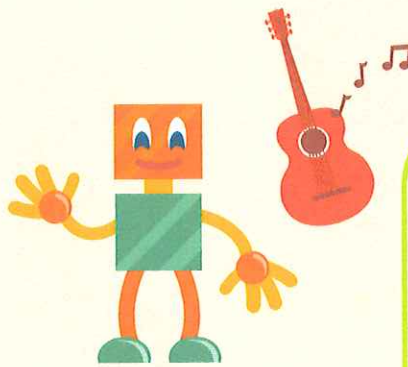
## MATERIALS NEEDED

- A large box of toys
- “The Sharing Song” sung to the tune of “Brother John” (“Frere Jacques”)

## The Sharing Song

“The Sharing Song” is sung to the tune of “Brother John” (“Frère Jacques”). Don’t know the tune? Listen to it at [YouTube.com](https://www.youtube.com)

Are you sharing,  
 Are you sharing,  
 Little Lamb, Little Lamb?  
 Here’s a toy to play with,  
 Here’s a toy to play with.  
 Let’s go play,  
 Let’s go play.





# Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What did you learn about sharing? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Sharing



**Requirement:** My Self II



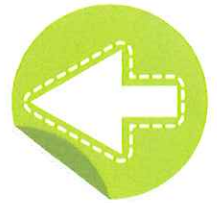


# Meeting 8

Let's Eat



Here are some fun activities that encourage Little Lambs to play and explore while learning about healthy food. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about healthy food.

## STAR COMPLETED

HEALTHY  
FOODS



## Lamb Tales

10

MINUTES

### HEALTHY FOOD

Begin by asking the children to name their favorite food. Then read the book you selected. You might want to have samples of some of the fruits and vegetables from the story to show the children.

### MATERIALS NEEDED

- *Let's Eat: What Children Eat Around the World* by Beatrice Hollyer (Henry Holt, 2004) or a book of your choice







The following activities fulfill the requirement for My Self III, which is to complete the Healthy Foods star.

## Taste, Smell, and Touch

10  
MINUTES

### 1 ACTIVITY

#### WHAT YOU DO

Ahead of time: The children will be tasting and touching a variety of foods, so find out if any of the children have food allergies. Then fill bowls with the foods that have the following tastes: salty (pretzels or salted popcorn), sweet (honey, molasses), sour (lemon, lime), bitter (broccoli, celery). Next, fill additional bowls with foods with the following scents: vanilla, vinegar, orange, cinnamon, and ginger. Finally, fill bowls with foods with a variety of textures: spaghetti, jello, dry oatmeal, and peeled grapes. On separate sheets of paper write “taste” and draw a mouth, write “smell” and draw a nose, and write “touch” and draw a hand. (If you can’t draw, use pictures from magazines.)

Explain to the children what their senses are and that their senses help them to like and sometimes not like food. Then let them explore their senses by tasting, smelling, and touching the containers of foods you previously prepared. Ask an adult to assist the children at each of the sense centers so the children will know what to do. The adults can also talk to the children about the different tastes, smells, and textures.

#### MATERIALS NEEDED

- Bowls
- Pretzels or salted popcorn
- Honey or molasses
- Lemons or lime wedges
- Broccoli spears or celery sticks
- Vanilla
- Vinegar
- Orange wedges
- Cinnamon
- Ginger root slices
- Cooked spaghetti
- Jello
- Dry oatmeal
- Peeled grapes
- Paper
- Marker





## ACTIVITY

# 2

# Fruit and Veggie Stamp Placemats

10  
MINUTES

### MATERIALS NEEDED

- Fruit
- Vegetables
- Shallow container
- Tempera paint
- Newspaper
- Smocks
- Sheets of construction paper, 9 × 12 in (23 × 30.5 cm)
- Markers
- Self-adhesive laminating sheets

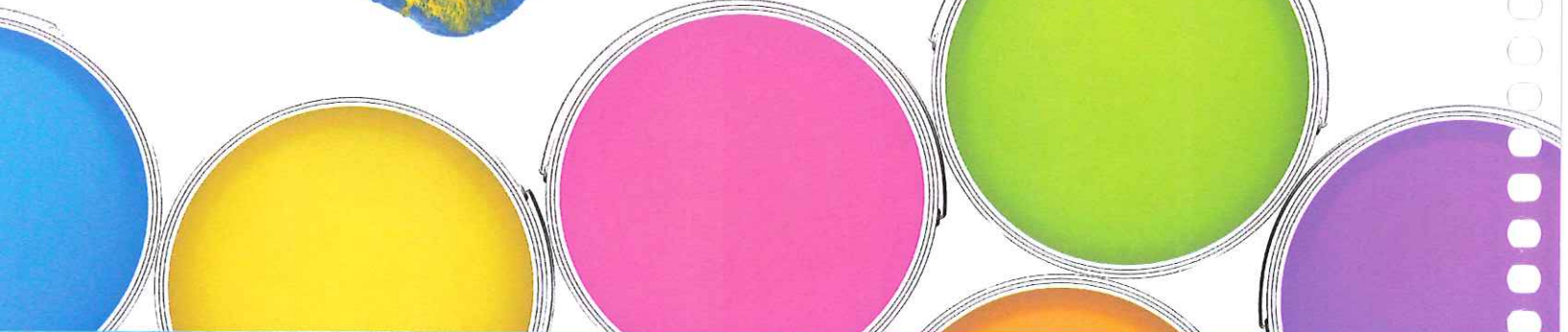
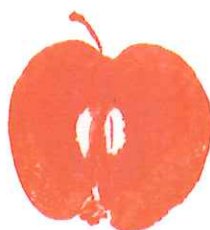
### WHAT YOU DO

Ahead of time: Make stamps by cutting fruit and vegetables in halves, quarters, or shapes. Apples cut in half have a star design in the middle and green peppers make a fun shamrock shape. Fill shallow containers with tempera paint. Cover the work area with newspaper.

Share with the children that they are going to make their own placemats (make sure they know what they are) that will help them remember to eat fruit and vegetables. Show the children how to dip a veggie or fruit stamp into the paint and then press it onto a sheet of construction paper. Repeat until the paper is covered with stamps. Write the child's name on the paper. Once the paint is dry, you can cover the front and back of the placemat with self-adhesive laminating sheets.

### TIP

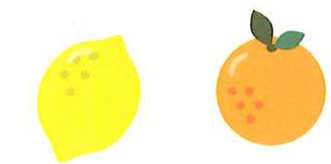
If some of the children finish quickly, let them make more than one placemat.





# Fun and Games with Food

15  
MINUTES



## 3 ACTIVITY

### WHAT YOU DO

Ahead of time: Draw a starting line with chalk or masking tape. Then place a chair four to six feet from the starting line. You'll need a chair for each team of children.

Divide the children into teams of three or four. Then have the children try to get different foods to the chair and back using different methods. (Try not to turn this into a race with winners and losers. Instead, encourage the children to cheer and encourage each other.) Have the children try the following as they go to the chair and back:

- Place an orange on the starting line. Then have the children push the orange with their nose.
- Carry a hard boiled egg with a large serving spoon without dropping the egg. (Have extra for when some break!)
- Balance any small, round fruit or veggie on the face of a tennis or badminton racket.

### MATERIALS NEEDED

- Chalk or masking tape
- Chairs
- Oranges
- Hard boiled eggs
- Large serving spoons
- Small round fruits or vegetables
- Tennis or badminton rackets, kid-size





## ACTIVITY

# 4

# Fruit Kebabs

# 10

MINUTES

### MATERIALS NEEDED

- A variety of fruit
- Containers
- Wooden skewers, coffee stirrers, or swizzle sticks

### WHAT YOU DO

Ahead of time: Cut a variety of fruits into bite-size pieces and place each type of fruit into separate containers. Use lots of bright colors and great scents.

Show the children how to put fruit onto wooden skewers, coffee stirrers, or swizzle sticks to make colorful kebabs. As the children make their own kebabs, talk to them about healthy eating, taste, touch, and scents. Let them eat each kebab as soon as it is made. Repeat several times.



# Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What is a healthy food to eat? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Healthy Foods



**Requirement:** My Self III





# Meeting 9

## Goin' Buggy

Here are some fun activities that encourage Little Lambs to play and explore while learning about insects. Adapt the activities to meet the needs of your Little Lambs or create your own activities.





## MEETING LENGTH

### 60-80 MINUTES

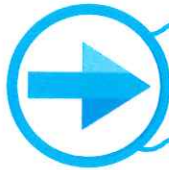
- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about insects.

## STAR COMPLETED

INSECTS



## Lamb Tales

10

MINUTES

### INSECTS

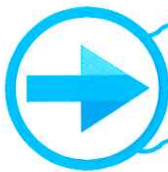
Begin by showing the children a plastic insect. Ask them what they know about the insect or where they've seen it. Then read the book you selected. Let them know that during Little Lambs they will be learning about some of God's smallest creatures.

### MATERIALS NEEDED

- *Ant* by Karen Hartley (Heinemann, 2006) or a book of your choice
- Plastic insect







The following activities fulfill the requirements for the Insects star.

## Bugs in a Bottle

10  
MINUTES

### WHAT YOU DO

Ahead of time: For this activity, you will use clear plastic pop bottles as insect homes. This means you need to fill the bottles with a small amount of soil or sand, a few leaves or twigs, and some water or sugar water. You'll also need to catch some live insects to put in the bottles. Don't forget to make small air holes in the bottles!

#### TIP

If you aren't too excited about catching your own insects or you live in a bug-free area, stop by a pet or bait shop. They are a good source for live bugs, especially crickets. Place enlarged pictures of the insects next to the bottles.

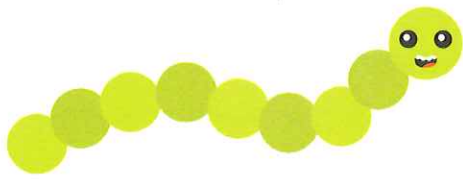
Have the children observe the bugs. Provide magnifying glasses for an extra close look.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Clear plastic pop bottles (with the caps on)
- Soil or sand
- Leaves or twigs
- Water or sugar water
- Pictures of insects
- Magnifying glasses





## ACTIVITY

# 2

# Worm Wiggles

# 10

MINUTES

## WHAT YOU DO

### MATERIALS NEEDED

- A real worm or caterpillar (or picture)
- Masking tape

Ahead of time: Find a picture of a worm or caterpillar or bring a real one to show the children. Mark a starting and finish line with masking tape; each line should be very long because the children will all be wiggling to the line at once.

Have the children lay on their stomachs at the starting line with their arms at their sides and their legs out straight behind them. Then have them wiggle to the finish line. Repeat.







# Bug Art

15

MINUTES

## WHAT YOU DO

Ahead of time: Make a sample bug. Cover the work area with newspaper.

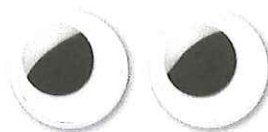
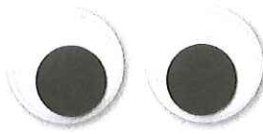
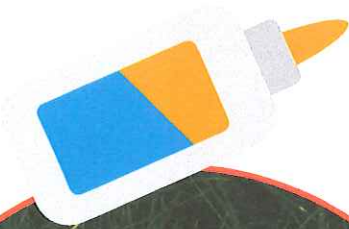
Show the children the bug you made. Then turn them loose to make their own by painting the rock with acrylic paint and gluing eyes onto it. Provide several different colors of paint and don't worry if they come up with a new type of bug.

3

ACTIVITY

### MATERIALS NEEDED

- Smooth black river rocks (about 3-4 in or 8-10 cm long)
- Acrylic paint
- Paintbrushes
- Shallow containers
- Plastic eyes
- Craft glue
- Smocks
- Newspaper





## ACTIVITY

# 4

## Ants on a Log

# 10

MINUTES

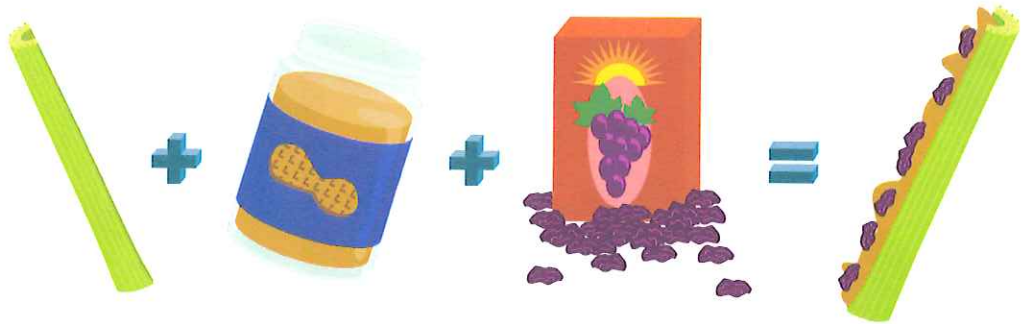
### WHAT YOU DO

Ahead of time: Find out if any of the Little Lambs have food allergies. Cut celery stalks into sections.

Have the children use wooden craft sticks to put peanut butter, cream cheese, or pimento cheese onto the celery stick (the log) and place raisins (the ants) onto the filling. Then eat.

### MATERIALS NEEDED

- Celery
- Wooden craft sticks
- Peanut butter, cream cheese, or pimento cheese
- Raisins
- Knife
- Cutting board



## Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What is one thing you learned about bugs? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



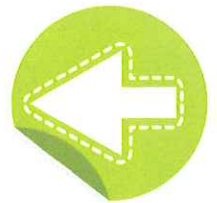
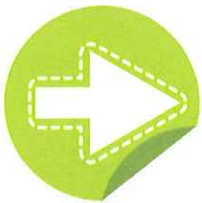
**Star:** Insects





# Meeting 10 Family Fun

Here are some fun activities that encourage Little Lambs to play and explore while learning about families. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about families.

## REQUIREMENTS COMPLETED

### MY FAMILY



## Lamb Tales

10

MINUTES

### FAMILIES

Begin story time by talking to the children about families. (Remember that today's families don't all include a mommy and a daddy, so talk about grandparents, aunts and uncles, cousins and siblings.) Share with them that they are all part of Jesus' family. Then read the book you selected. After the story remind the children that they will be learning more about families.

### MATERIALS NEEDED

- *The Lamb-a-roo* by Diana Kimpton (Gullane, 2007) or a book of your choice







The following activities fulfill the requirements for My Family I.

## All Kinds of Families

15  
MINUTES

1 ACTIVITY

### WHAT YOU DO

Have the children sit on the floor in a semicircle and watch as you model and say the following rhyme:

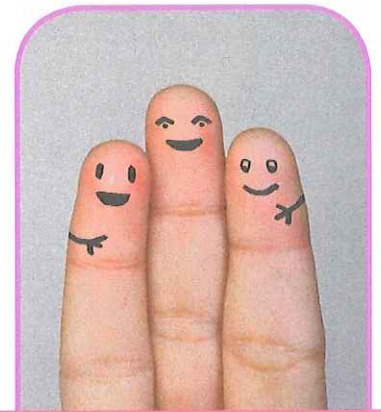
There are all kinds of families I see,  
Some are two and some are three.  
*(Hold up 2 fingers; and then 3 fingers.)*

Some are eight and some are four,  
*(Hold up 8 fingers; and then 4 fingers.)*

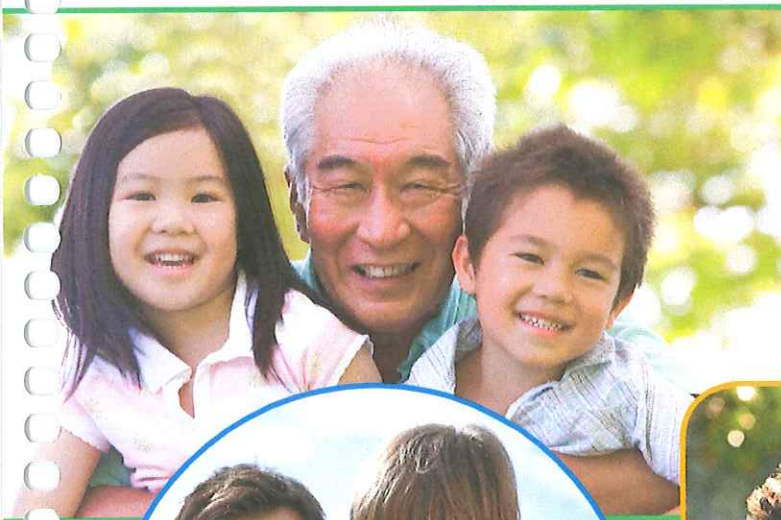
And some are more and more and more!  
*(Raise and lower all 10 fingers.)*

### MATERIALS NEEDED

- None



*This activity was adapted from 1001 Rhymes & Fingerplays (Totline, 2001).*







## ACTIVITY

# 2

# Playhouse

# 10

MINUTES

## WHAT YOU DO

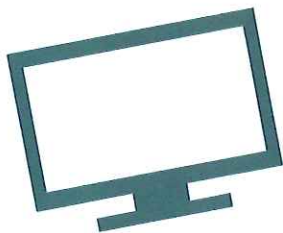
### MATERIALS NEEDED

- Dress-up clothes
- Household items
- Box



Ahead of time: Set up an area of the room as a playhouse. You might fill a box with adult clothes, shoes, hats, gloves, and scarves for dress-up. Additional items might include a cot or sleeping bag, pots, bowls, wooden spoons, books, a bean bag chair, tools and a workbench, dolls, a telephone, and an old computer monitor and keyboard. You can also use clothesline and sheets to make walls for your house.

Take the children to the playhouse. As you are looking through the dress-up box, say that you think you'll be big sister and take out an item of clothing to put on. Then invite the children to pick out items to wear. Then tell them you are going to pretend to use the phone and make a phone call. Encourage them to play with the other things you have in the playhouse. At first, they may need you and other adults to lead the play, but they should soon be playing on their own.





# My Family Tree

15  
MINUTES

## WHAT YOU DO

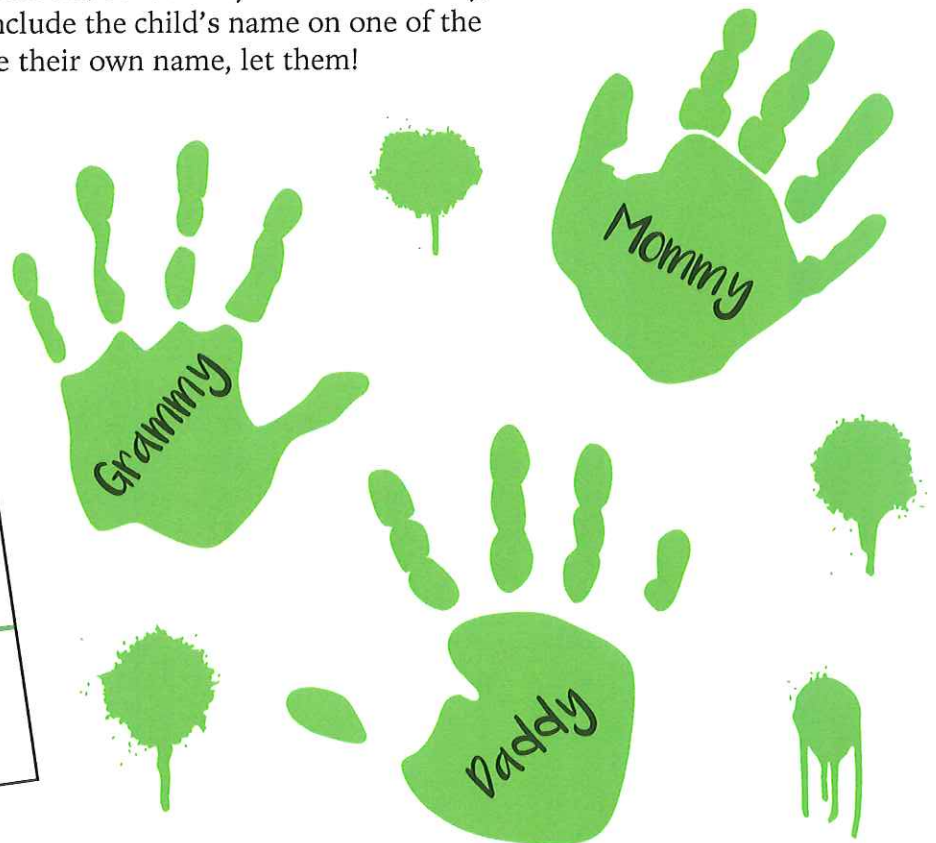
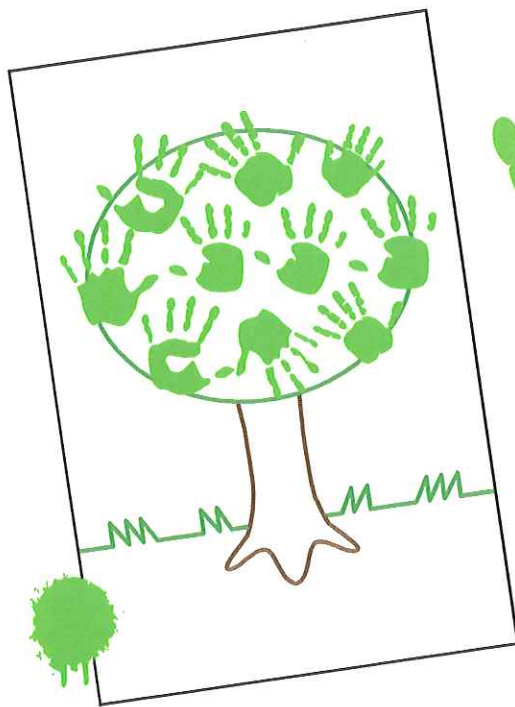
Ahead of time: You'll need one piece of construction paper for each child. On each sheet of paper, draw a tree trunk and grass. Then draw a large circle atop the tree trunk. This is the area the children will fill in with handprints to represent leaves. Pour enough green tempera or fingerprint to cover the bottom of a shallow container (disposable plastic plates work well). Cover the area where the children will be painting with newspaper. Have each child wear an oversized adult shirt or make smocks out of trash bags (cut a hole in the bottom of the bag for the child's head and holes in the sides for their arms).

Show the children how to place one hand palm down flat in the paint and then press it onto the paper in or near the circle. (Don't worry if the "leaves" are all over the picture and not in the circle.) After the children have put the leaves on their trees, have an adult ask the children the names of their family members and then print the names on the leaves. (The children may not know proper names of their family members, so it's okay to write Grammy, Mommy, or Daddy.) Don't forget to include the child's name on one of the leaves. And if they want to try to write their own name, let them!

## 3 ACTIVITY

### MATERIALS NEEDED

- Sheets of construction paper, 12 × 18 in (30.5 × 45 cm)
- Green tempera or fingerprint
- Shallow containers
- Crayons or markers
- Newspaper
- Smocks



## ACTIVITY

# 4

## Two by Two

# 10

MINUTES

### WHAT YOU DO

Ahead of time: Look through old magazines or picture books to find pictures of family members—moms, dads, children, grandparents. Then photocopy the pictures so you have two of each.

### MATERIALS NEEDED

- Pictures of people
- Glue
- Index cards

### TIP

Getty Images has royalty-free pictures of diverse people of all ages that can be downloaded and saved to your computer. Check it out at [gettyimages.com/creative-images/collections](http://gettyimages.com/creative-images/collections).

Glue the pictures to index cards. You should make eight to ten matching sets for every one to two children.

Assign an adult to every one or two children. Next, have the adult shuffle the index cards and place them picture-side down. Then the children select two cards to turn over. If the cards match, they get to keep the two cards. If not, they turn the cards back over. The adult should ask the children to talk about the cards they turn over. They might ask who the people on the cards are. Is this a mommy? Who do you think these two little girls are?

## Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What makes a family? Sing “Jesus Is My Shepherd” (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Requirement:** My Family I



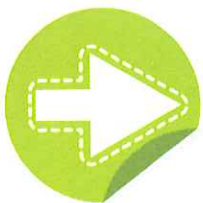


# Meeting

# 11

## Helping Hands

Here are some fun activities that encourage Little Lambs to play and explore while learning to help others. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about being helpful.

## STAR COMPLETED

### SPECIAL HELPER



**NOTE:** Requirement #5 of the Special Helper star requires the child to help a family member with a special chore for one week. This will need to be done outside of the meeting time. You may want to send a check sheet and stickers home with each family. Include a place to write the child's name and chore, and a place to put a sticker each time the child does the chore.

## Lamb Tales

10

MINUTES

### BEING HELPFUL

Begin story time by holding up a variety of objects used to clean the house and ask the children to tell you what they might clean with each one. Now explain that today they will learn about a way to help at home and that is to help with chores. Then read the book you selected. Depending on the book you read, you may want to have the children act out the motions to cleaning activities in the book as you read.

### MATERIALS NEEDED

- *Let's Clean My Room* by Victoria Guine Uboh (AuthorHouse, 2005) or a book of your choice
- Cleaning supplies







The following activities fulfill the requirement for My Family II, which is to complete the Special Helper star.

# This Is the Way We Help at Home

10  
MINUTES

## 1 ACTIVITY

### WHAT YOU DO

Ahead of time: Place one prop for each verse of the song in a box. You'll need a box of props for each child.

Begin by modeling (singing a verse and doing the actions) the song "This Is the Way We Help at Home." You may be more familiar with this song's original title, "Here We Go Round the Mulberry Bush." But if not, go to [kididdles.com/lyrics/m014.html](http://kididdles.com/lyrics/m014.html). For each verse, you'll use a motion that represents the activity for that verse. You can also create your own verses to match the Lamb's Tale story you read or activities that are relevant to your kids and community. Sing each verse more than once.

### MATERIALS NEEDED

- A box of props for each child (suggested props: brooms, toys, dust rags, sponges—the children can also make the motions of the cleaning activity rather than using props)



### Suggested Verses

This is the way we sweep the floor,  
Sweep the floor, sweep the floor.  
This is the way we sweep the floor  
So early in the morning.

This is the way we pick up toys,  
Pick up toys, pick up toys.  
This is the way we pick up toys  
So early in the morning.

This is the way we dust the house,  
Dust the house, dust the house.  
This is the way we dust the house  
So early in the morning.

This is the way we wash the car,  
Wash the car, wash the car.  
This is the way we wash the car,  
So early in the morning.







## ACTIVITY

# 2

## Ways I Can Help

# 10

MINUTES

### MATERIALS NEEDED

- Sheets of construction paper, 9 × 12 in (23 × 30.5 cm)
- Stickers of cleaning activities or things to clean
- Glitter glue sticks
- Crayons



### WHAT YOU DO

Ahead of time: Place stacks of construction paper, glitter sticks, stickers that represent cleaning activities, and crayons within easy reach of all of the children at each table.

### TIP

If you can't find stickers, cut out pictures from old magazines and let the children glue them onto the paper.

Make a sample project to show to the children. (Place stickers randomly on the paper. Then using the glitter sticks and crayons, fill in the empty spaces on the paper.)

Show the children a completed collage. Encourage the children to have fun and to fill up their sheets of paper any way they want.



You're doing great!





# Watch Me Help

20  
MINUTES

## WHAT YOU DO

Ahead of time: Set up several areas with actual cleaning activities for the children.

If you have a large group of children, you'll want to divide them into smaller groups and rotate them through each activity. If not, you can let the children select what they want to do. Just make sure all the children get the opportunity to try all the activities and that one child doesn't dominate an activity.

Encourage the children to try activities more than once.

## 3 ACTIVITY

### MATERIALS NEEDED

- Items for activities centers (see box below)

### Suggested Activity Centers & What You'll Need:

#### Washing and Drying Dishes

- Tubs with water
- Sponges and dish towels
- Plastic plates, cups, forks and spoons

#### Sweeping

- Brooms and dust pans
- A variety of dry items to spill on the floor, such as beans, macaroni, small shells, and popcorn kernels

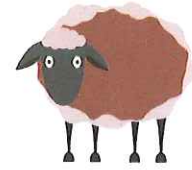
#### Gardening

- Tubs with soil
- Hand rakes (small ones like children might use at the beach)
- Seeds to plant (large seeds like sunflower or pumpkin seeds)
- Watering cans (no water)

#### Cooking

- Large plastic mixing bowls, wooden spoons, plastic measuring cups, and spoons
- Containers filled with beans, dried pasta, oats, and raisins





## ACTIVITY

# 4

## Sewing Fun

# 10

MINUTES

### WHAT YOU DO

Ahead of time: Cut several shapes out of poster board. Then use a hole punch to evenly space holes along the outside of the shape. Cut out pieces of yarn long enough to weave in and out of the holes for each shape. In order to hold the children's interest, you'll need to have a variety of shapes and colors of yarn for the children to use.

### MATERIALS NEEDED

- Poster board
- Hole punch
- Yarn
- Scissors

### TIP

You can trace shapes such as puppies, kittens, balloons, stars, and cars from coloring books onto the poster board.

Begin by showing the children how to sew a button onto a piece of fabric. Then show them how they are going to sew by weaving yarn through the holes on the cut-outs provided. You may want to let the children take home one of the cut-outs and some yarn.

## Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What is one way you can help at home? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Special Helper

**Requirement:** My Family II





# Meeting 12

## Starry Night

Here are some fun activities that encourage Little Lambs to play and explore while learning about stars. Adapt the activities to meet the needs of your Little Lambs or create your own activities.





## MEETING LENGTH

### 60-80 MINUTES

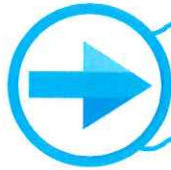
- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about stars.

## STAR COMPLETED

STARS



## Lamb Tales

10

MINUTES

### STARS

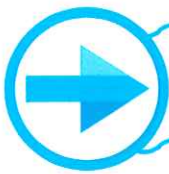
Begin by holding up a star and sharing that stars can help people get places. Explain that people can walk or sail in a boat toward a star. (If your Little Lambs live in a city, you might want to show them pictures of the night sky filled with stars.) Then read the book you selected and invite the children to learn more about stars during the meeting.

### MATERIALS NEEDED

- *One Shining Star: A Christmas Counting Book* by Anne Kennedy (Zonderkidz, 2006) or a book of your choice







The following activities fulfill the requirements for the Stars star.

## Follow the Star

10  
MINUTES

### WHAT YOU DO

Ahead of time: Make a large star out of construction paper or cardboard.

Hold the star up high so all the children can see it, and have the children follow you and mimic your actions. You might skip, climb up some steps, crawl, run down the hall, or walk backwards. You can play this game inside or outside but make sure you have plenty of space.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Large paper or cardboard star
- Scissors





## ACTIVITY

# 2

# Twinkle, Twinkle, Big and Little Stars

# 10

MINUTES

### MATERIALS NEEDED

- Construction paper
- Sponges
- Felt
- Cardboard
- Wallpaper
- Sandpaper
- Three boxes

### WHAT YOU DO

Ahead of time: Cut out three different sizes of stars (small, medium, and large) from a variety of materials: construction paper, sponges, felt, cardboard, wallpaper, and sandpaper. On the front of three boxes, outline a star in the size that goes into the box.

Have the children sort the stars by shape.





# Sparkling Stars

10  
MINUTES

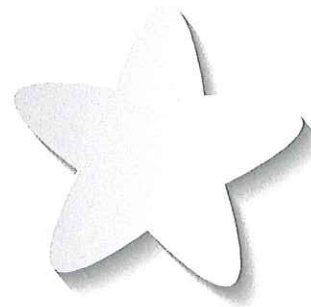
## WHAT YOU DO

Give each child a sheet of construction paper and a star stencil. Have them trace the stencil onto construction paper and fill in the outline with glitter glue. Once they've finished one star, have them repeat the process until their paper is filled with stars.

## 3 ACTIVITY

### MATERIALS NEEDED

- Star stencils
- Pencils
- Glitter glue sticks
- Construction paper



## ACTIVITY

# 4

## Night Sky

10  
MINUTES

### MATERIALS NEEDED

- Flashlights
- Styrofoam cups
- Ballpoint pens

### WHAT YOU DO

Have the children use the tip of a ballpoint pen to poke holes in the bottom of the styrofoam cup. For the next step, you'll need to darken the room, so let the children know that you'll be turning off the lights. It's a good idea to leave a dim light on so the children can still see. Then have the children place a flashlight in the styrofoam cup and shine the light onto the ceiling to create their own night sky.

### TIP

Have extra cups ready in case some of the children punch very large holes in their cups.



## Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: Why did the three kings follow the star? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



Star: Stars





# Meeting 13

## Head to Toe

Here are some fun activities that encourage Little Lambs to play and explore while learning about healthy activities. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

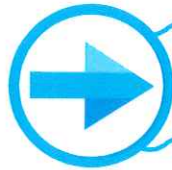
- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about being healthy.

## STAR COMPLETED

HEALTHY  
ME



## Lamb Tales

HEALTHY BODIES

10

MINUTES

Begin by telling the children a few things about their amazing bodies. Then read the book you selected and share that during the meeting they will be learning more about their bodies and how to stay healthy.

## MATERIALS NEEDED

- *My Body Head to Toe* by Lisa Bullard (Picture Window, 2002) or a book of your choice







The following activities fulfill the requirement for My Family III, which is to complete the Healthy Me star.

## What's Inside?

10  
MINUTES

### WHAT YOU DO

Ahead of time: Borrow stethoscopes or collect paper towel tubes. Fill the 2 liter bottles with water and replace the tops. Fill gallon containers with water. Set up the activity centers described below.

#### Heart Center

Have the children run in place and then listen to each other's or their own hearts.

#### Lung Center 1

Let the children place an ice cube in a plastic baggie and then rub it over a mirror. Then, holding the mirror close to their mouth, have them exhale onto it. They should see condensation.

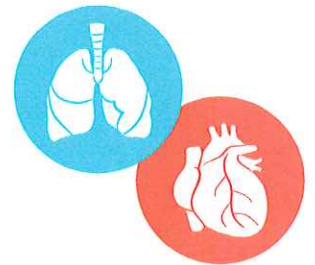
#### Lung Center 2

Have an adult place a 2-liter bottle filled with water into a gallon container filled with water. Once the bottle is upside down in the water, unscrew the bottle cap. Next, place the short end of a flexible straw into the bottle. Now have a child take a deep breath and blow as much air as possible through the straw into the bottle. (Don't forget to use a new straw for each child.) Explain that all the air from their lungs is now in the bottle.

## 1 ACTIVITY

### MATERIALS NEEDED

- Stethoscopes or paper towel tubes
- 2-liter bottles with the tops
- Gallon containers (bowls, buckets)
- Plastic baggies
- Ice cubes
- Mirrors
- Flexible straws





## ACTIVITY

# 2

## Move It

# 10

MINUTES

### WHAT YOU DO

Ahead of time: Blow up balloons.

Do one or more of the following activities:

### MATERIALS NEEDED

- Rope
- Balloons
- Hula hoops

- Sit in a circle and have each child grasp a rope with both hands. Call out different body parts and touch the rope to that part.
- Give each child a balloon and have them keep it in the air by batting it with their hands; then have them try to keep the ball afloat by just using their heads.
- Have the children use hula hoops like jump ropes or lay the hula hoops flat on the floor and hop in and out of the hula hoops or place several hula hoops together and have the children crawl through them. You can also let them try to hula hoop, but you'll need small hula hoops for this.





# I've Got the Beat

## WHAT YOU DO

10  
MINUTES

3 ACTIVITY

### MATERIALS NEEDED

- Drum

Ahead of time: Arrange for an adult to play a drum.

Begin by having the children run in place. Then have an adult slowly beat the drum. As the beat increases, have the children run faster. As the beat slows, have the children run slower. Continue to vary the beat. You can also have the children hop or wave scarves to the beat. Another fun variation of this activities is to play statues. Have the children move around, jump, wiggle, and wave their arms. When the drummer stops playing, the children freeze.







## ACTIVITY

# 4

## People at Play

# 10

MINUTES

### MATERIALS NEEDED

- Old magazines
- Safety scissors
- Glue
- Sheets of construction paper, 8.5 × 11 in (21.5 × 28 cm)

### WHAT YOU DO

Ahead of time: Find pictures from magazines of people playing a variety of sports.

Have the children tear or cut out pictures of people playing sports or doing exercise, any kind of movement. Then have them glue the pictures onto a large sheet of construction paper. Encourage the children to use a lot of pictures and cover all of the construction paper.



## Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What can you do to be healthy? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Healthy Me

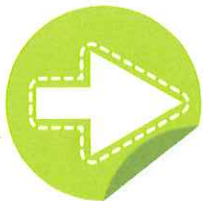


**Requirement:** My Family III





# Meeting 14 My Friend Jesus



The following activities are fun ways for Little Lambs to play while learning about their friend Jesus. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about Jesus.

## STAR COMPLETED

### MY FRIEND JESUS



## Lamb Tales

10

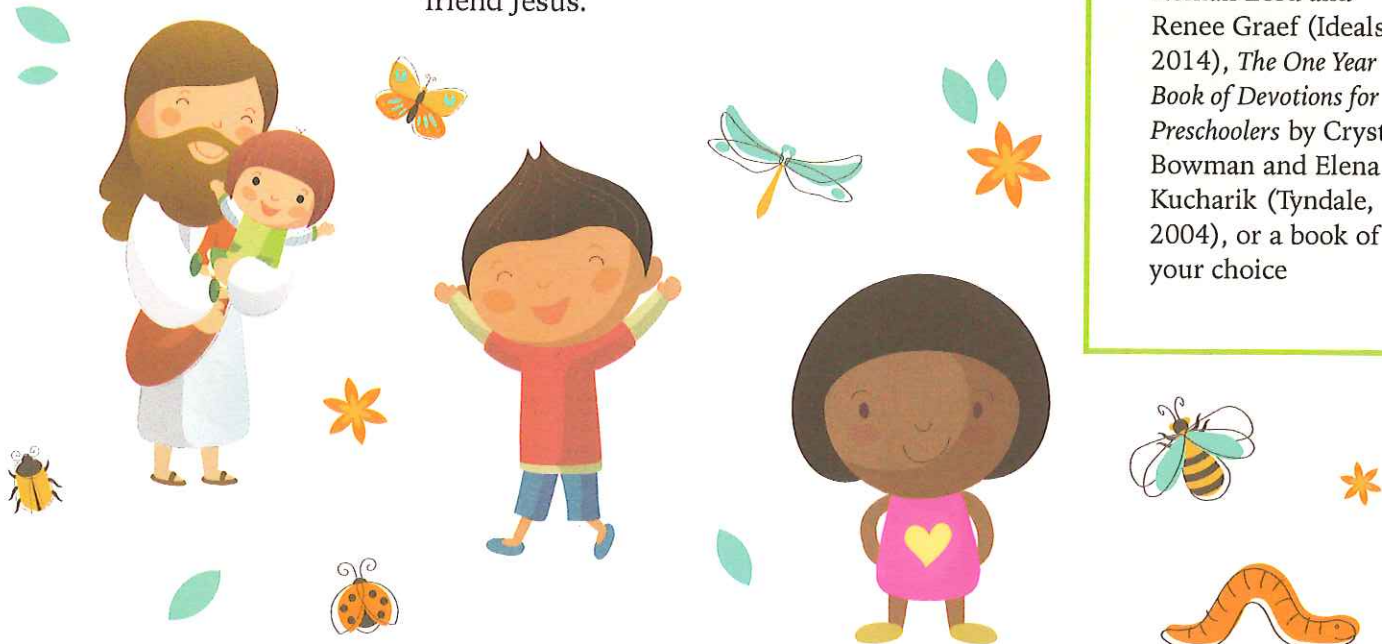
MINUTES

### LEARNING ABOUT JESUS

Ask the children what they like to do with their friends. Read a story to the children about their friend Jesus.

### MATERIALS NEEDED

- *My Friend Jesus* (Review and Herald, 2013), *If Jesus Walked Beside Me* by Jill Roman Lord and Renee Graef (Ideals, 2014), *The One Year Book of Devotions for Preschoolers* by Crystal Bowman and Elena Kucharik (Tyndale, 2004), or a book of your choice







The following activities fulfill the requirement for My World II, which is to complete the My Friend Jesus star.

## Jesus Was Kind to His Friends

10  
MINUTES

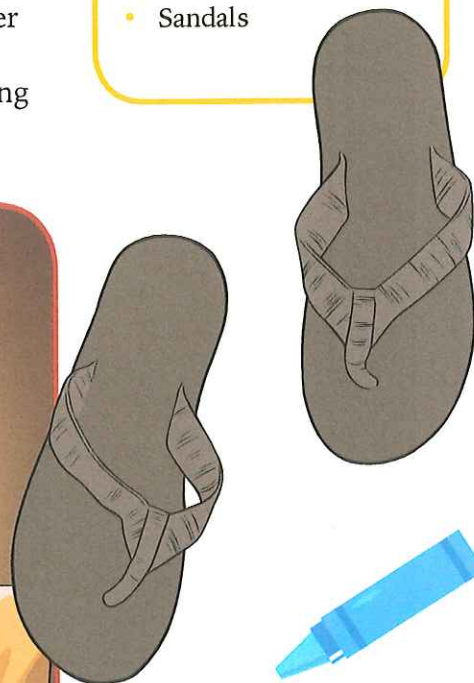
### WHAT YOU DO

Explain to the children that Jesus and His friends wore sandals. (Show the children a pair of sandals.) Tell how this would make their feet dirty. Jesus was kind to His friends and washed their feet so they would be clean and feel good (John 13). Tell the children that Jesus wants them to be kind to their friends and talk about how they can be kind to others. Now have all the children take off their shoes. Give them each a sheet of construction paper and crayons. Begin by having an adult trace the child's feet on the paper. Then have the children trace each other's feet on construction paper, filling the paper with feet outlines.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Construction paper, 12 × 18 in (30.5 × 46 cm)
- Crayons
- Sandals







## ACTIVITY

# 2

# Jesus Helped His Friends

# 20

MINUTES

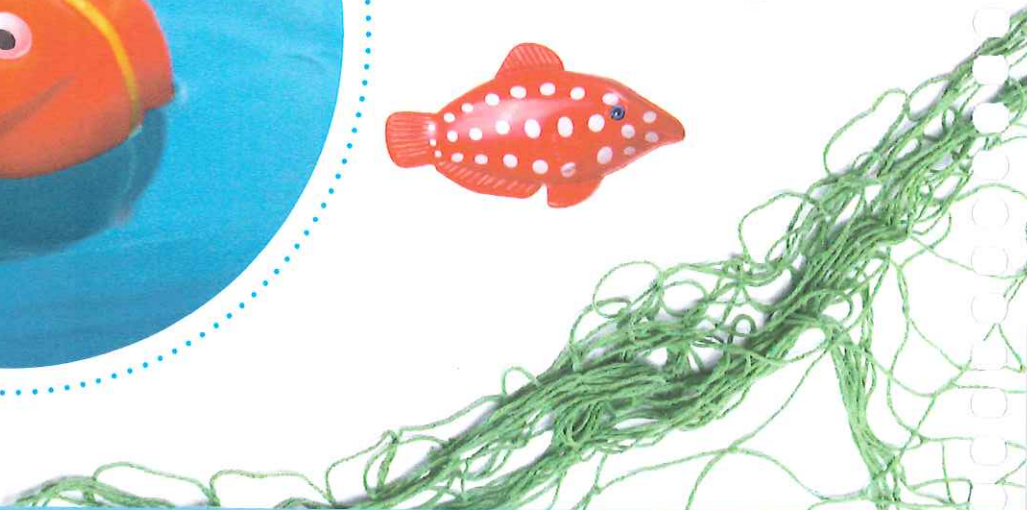
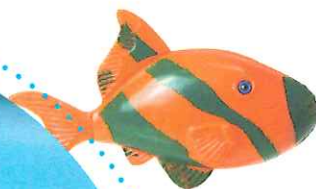
## MATERIALS NEEDED

- Large waterproof tubs
- Bowls
- Water
- Plastic, foam, or sponge fish in a variety of sizes and shapes
- Shells, toy sea animals, or objects from lakes or the ocean
- Anything to get the fish and other objects out of the water, such as small fish nets, measuring cups, large spoons

## WHAT YOU DO

Ahead of time: Create sensory boxes by filling large tubs with water and adding floating fish and other objects found in the sea. For each sensory box, provide a variety of objects to scoop out the fish and other objects. The more things in the water and the larger the variety of scoops, the more fun the children will have!

Tell the children that Jesus helped His friends with their work. Some of Jesus' friends worked as fishermen, so Jesus helped them catch fish (John 21). Tell the children that Jesus wants them to be helpful. Talk about ways they can be helpful (e.g., putting away toys, hanging up coats, clearing dishes from the table). Then assign one or two children to each sensory box. Have the children scoop the fish out of the water and put them into bowls. You can have them sort the fish by size or color. The children can also use different types of scoops.





# Jesus Fed His Friends

15  
MINUTES

3 ACTIVITY

## WHAT YOU DO

Ahead of time: Find out if any children have food allergies or sensitivities. Choose as many snacks as you like—the kids could make one type of snack or several. Prepare the food—cut, chop, and measure. Set up stations with all the ingredients and supplies the children will need to make the snacks.

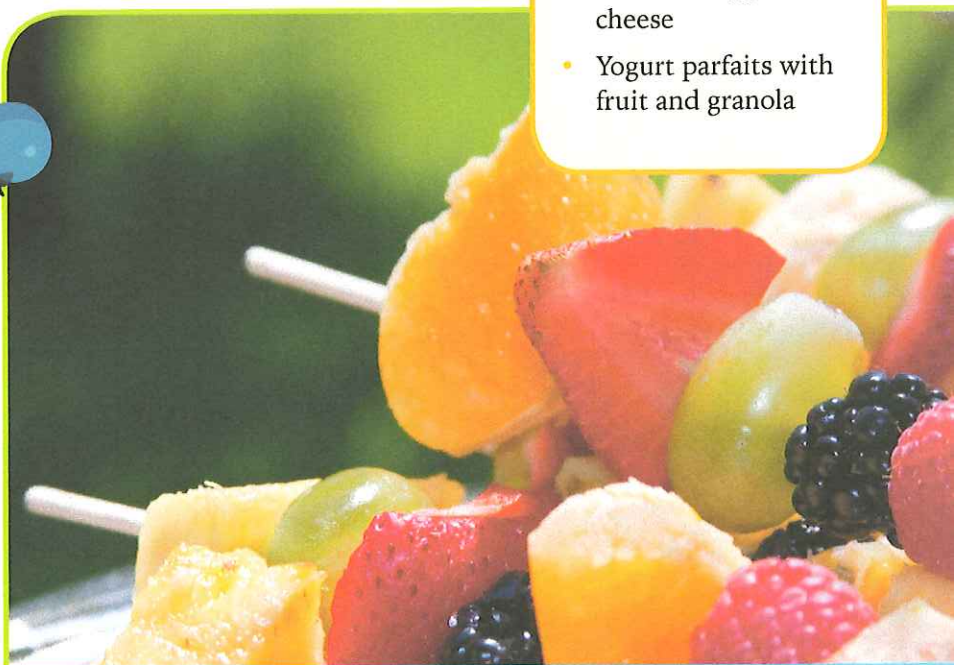
Tell the children that one way Jesus was a good friend was by feeding His friends. Tell the children the story of the loaves and fishes (John 6). Then tell them they are going to make food and share it with their friends. Have all the children wash their hands and then assign the children to the stations. You should have one or more adults at each station to help the children make the food. Once the food at each station is made, have the children serve each other. (This is a good time to teach the children to politely decline food they don't care for!)

## MATERIALS NEEDED

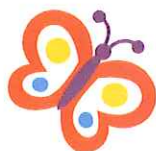
- Plates
- Clear plastic cups (optional)
- Wooden skewers (optional)
- Napkins
- Utensils
- Snack ingredients (see list of Suggested Snacks)

## Suggested Snacks

- Celery sticks stuffed with peanut butter and topped with raisins
- Fruit kabobs on skewers
- Crackers topped with cheese
- Yogurt parfaits with fruit and granola







# Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What did you learn about Jesus? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** My Friend Jesus



**Requirement:** My World II

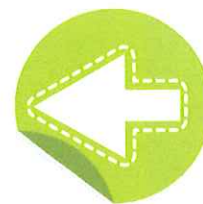




# Meeting 15

## Helpers in My Neighborhood

Here are some fun activities that encourage Little Lambs to play and explore while learning about community helpers. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about community helpers.

## STAR COMPLETED

COMMUNITY HELPERS



## Lamb Tales

10

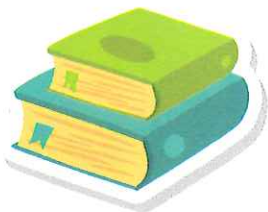
MINUTES

### COMMUNITY HELPERS

Begin the story by showing the children pictures of community helpers (police officers, firefighters, librarians, grocers, etc.). Then read the story. After the story, tell the children they will be learning about community helpers during Little Lambs.

### MATERIALS NEEDED

- Pictures of community helpers
- *Corduroy's Busy Street* by Don Freeman (Viking, 2005) or a book of your choice







The following activities fulfill the requirement for My World III, which is to complete the Community Helpers star.

## Neighborhood Buildings

10  
MINUTES

### WHAT YOU DO

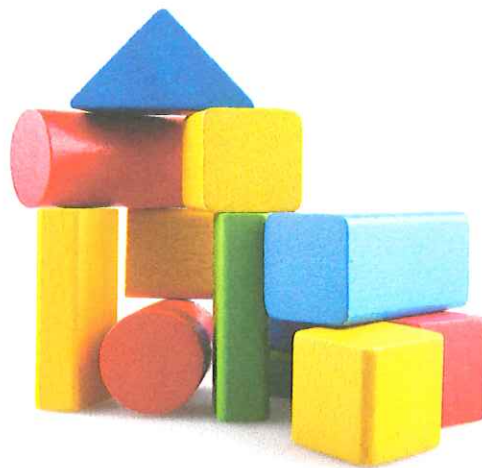
Ahead of time: Place pictures of neighborhood buildings (such as a police station, schools, fire stations, and stores) in the area where the children will be playing with the blocks. Fill several tubs with blocks or Legos.

Begin by showing the children the pictures of the buildings and ask them what helpers might work in them. Then stack several of the blocks together and tell them what type of building it is. Encourage the children to create their own buildings and play with the toy trucks, cars, and people.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Pictures of neighborhood buildings
- Building blocks or Legos
- Toy cars, trucks, and people
- Tubs





## ACTIVITY

# 2

# Action Heroes

# 10

MINUTES

## WHAT YOU DO

### MATERIALS NEEDED

- Large cardboard boxes
- Small step stool
- Gym mat

Ahead of time: Place boxes end-to-end to create tunnels. Use a small step stool (one or two steps) and a mat for a jumping platform. Use plastic bottles with sand in the bottom for stability to make an obstacle course. Be creative and provide as many activities as you can think of for the movement center. Just make sure they are safe!

Share with the children that firefighters and police officers have to be able to run, crawl, and jump to help people. Then show them how to move through each activity. It's a good idea to have an adult at each activity. Then encourage the children to get moving.





# I'm a Helper

## WHAT YOU DO

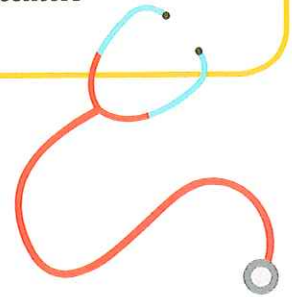
15  
MINUTES



## 3 ACTIVITY

### MATERIALS NEEDED

- Items for role-playing centers



Ahead of time: Create a couple of community helpers centers. The centers should contain clothes so the children can dress up like the helper and objects to play with that represent things the helpers would use.

Depending on how many children you have, you can either let the children move from each activity center at their own pace or assign them to a center and then give them time to play. You will want to assign an adult at each center and the adults may need to role play with the children to get them involved. For example, at the restaurant the adult could first be the server and take orders from the children and then reverse roles and let the children take the orders.

## Suggested Role-playing Centers & What You'll Need:

### Post Office

- Oversized blue shirts
- Junk mail that the children can sort into tubs and then deliver
- Shoe boxes as mailboxes
- Tote bags to use as mail bags
- Envelopes, paper, and crayons to use for writing letters
- Stamps (stickers)

### Restaurant

- Aprons and name tags
- Pads of paper and crayons to take orders
- Tables and chairs
- Plastic plates, forks, spoons, and cups
- Menus (Fold in half and write "Menu" on the front. Inside, draw pictures or use stickers of food the children can pretend to order.)

### Doctor's Office

- White oversized dress shirts to use as lab coats
- Stethoscopes
- Band-Aids
- Tongue depressors
- Bathroom scales

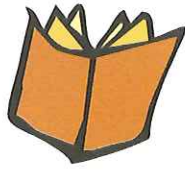
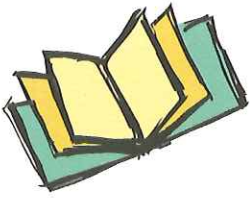
### Plumber

- Dark blue oversized shirts
- Plastic pipes
- Large nuts and bolts
- Wrenches, screw drivers

### Fire Fighter

- Yellow rain coats or yellow shirts
- Draw yellow and orange flames on the sidewalk
- Use water bottles to "put out" the flames





## ACTIVITY

# 4

# More Neighborhood Helper Stories

# 10

MINUTES

### MATERIALS NEEDED

- Books and DVDs about neighborhood helpers
- Suggested books: *Career Day* by Anne Rockwell (HarperCollins, 2000), *Jobs Around My Neighborhood* (English and Spanish) by Gladys Rosa-Mendoza, (me+mi, 2002)
- Suggested DVDs: *Amazing Heros* (First Look Pictures, 2003), *Heavy Equipment Operators* (Big Kids, 2003), *Zoo Crew: All The People Who Make A Zoo Work* (Big Kids, 1995)

### WHAT YOU DO

Ahead of time: Go to your local library and select several books or a DVD on community helpers from the children's section. If you decide to show a video, watch it first to make sure it is appropriate for the children in your club. Select a section of the video. You don't have to watch the entire video.

### TIP

You can order children's videos and DVDs at [bigkids.com](http://bigkids.com).

Gather the children into a half-circle, have them sit on the floor, and read the books to them or watch the selected DVD.

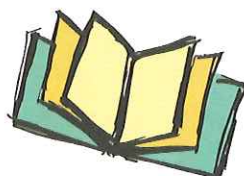
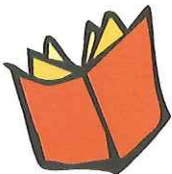


# Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: Who are helpers in our neighborhood? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Community Helpers



**Requirement:** My World III





# Meeting 16

## Trains, Trucks, and Tots

Here are some fun activities that encourage Little Lambs to play and explore with trains and trucks. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about trucks or trains.

## STAR COMPLETED

TRAINS  
& TRUCKS



## Lamb Tales

10

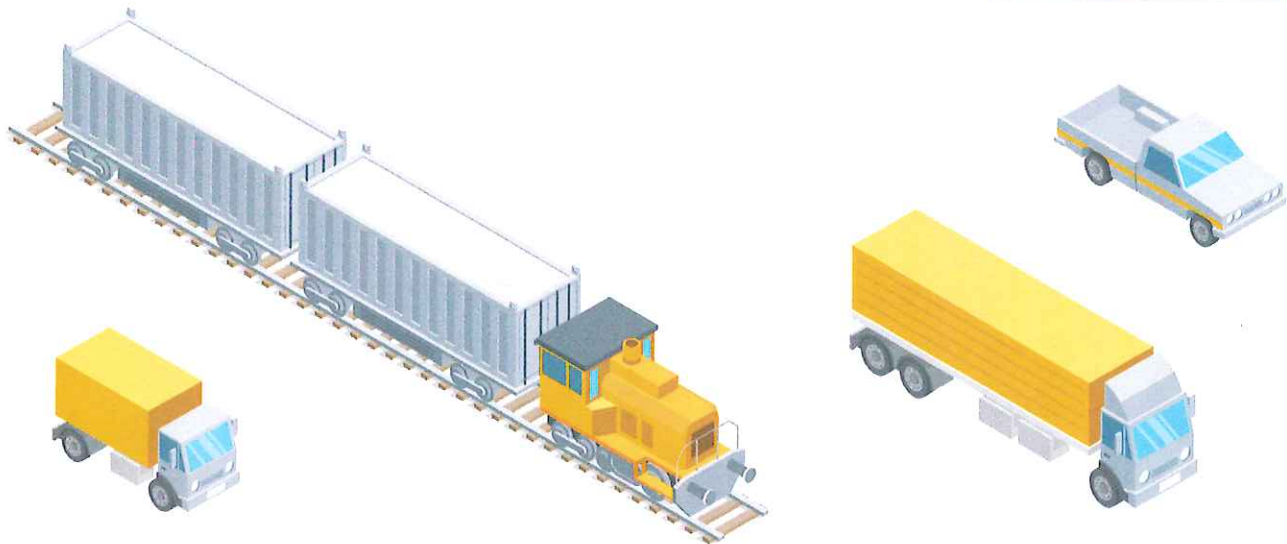
MINUTES

### TRUCKS OR TRAINS

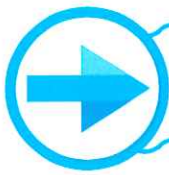
Begin by showing the children some pictures of trucks (or trains if that is the theme you select). Then read the book you selected. End by telling the children that they will be learning more about trucks (or trains) during the meeting.

### MATERIALS NEEDED

- *C is for Construction: Big Trucks and Diggers from A to Z* (Chronicle, 2003) or a book of your choice







The following activities fulfill the requirements for the Trains & Trucks star.

## Red Light, Green Light

### WHAT YOU DO

Ahead of time: Cut two large circles out of construction paper, one red and one green. With masking tape, mark out a starting line and a finish line on the floor.

Have the children stand an arm's width apart at the starting line. When you say "green light" and hold up the green circle, the children can begin walking toward the finish line. When you say "red light" and hold up the red circle, the children freeze in place. Switch back and forth from green to red until all of the children have crossed the finish line. You can try this with a variety of actions including hopping, crab crawling, rolling, baby steps, or giant steps.

10  
MINUTES

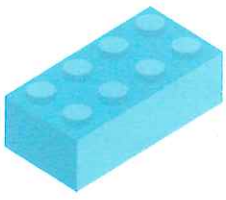
### 1 ACTIVITY

#### MATERIALS NEEDED

- Red and green construction paper
- Masking tape







## ACTIVITY

# 2

# Construction Site

# 15

MINUTES

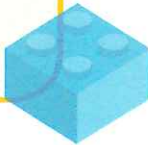
### MATERIALS NEEDED

- Sand
- A large sheet or oversized tubs
- Toy trucks, dump trucks, and other construction vehicles
- Pictures of trucks
- Small shovels
- Buckets
- Legos or other building blocks

### WHAT YOU DO

Ahead of time: Place sand on a large sheet or in oversized tubs. Borrow toy trucks, dump trucks, and other construction vehicles from friends or church members or find used ones at your local thrift shop.

Place pictures of trucks at work around the sandbox area. Then turn the children loose to play. You might include some shovels, buckets, and Legos or other building blocks.







# Take a Ride

10  
MINUTES

## WHAT YOU DO

Ahead of time: Create cars, trucks, trains, buses, boats, or planes out of boxes. If you have the time, you can paint the outside of the boxes to look like the vehicle(s) you selected. If not, tape a picture onto the box. You can also place chairs in rows to simulate trains, buses, and planes. Additionally, you might include some of the following props: construction paper “tickets,” mini bags of pretzels, maps, oversized shirts for uniforms, caps, life jackets, steering wheels, horns, empty boxes (to load onto the trucks), and suitcases.

Show the children the pictures of the people using the transportation method(s) you selected. Then encourage them to play with the props you provided.

3

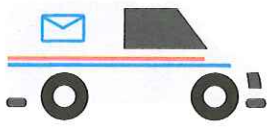
## ACTIVITY

### MATERIALS NEEDED

- Boxes, a variety of large sizes
- Paint (optional)
- Paintbrushes (optional)
- Pictures of vehicles (trains, planes, boats)
- Child-size chairs
- Props, such as construction paper “tickets,” mini bags of pretzels, maps, oversized shirts for uniforms, caps, life jackets, steering wheels, horns, empty boxes (to load onto the trucks), and suitcases
- Pictures of people using and working on different types of transportation







## ACTIVITY

# 4

### MATERIALS NEEDED

- A CD or recordings of transportation sounds (check [YouTube.com](https://www.youtube.com))
- Pictures of vehicles (optional)

## Honk, Honk, Beep, Beep

10  
MINUTES

### WHAT YOU DO

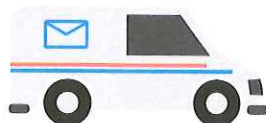
Have the children sit on the floor in a semi-circle. Play the transportation sounds and have the children guess what type of vehicle made the sound. You may also want to show them a picture of the vehicle once they've guessed what made the sound.



## Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What is your favorite type of truck? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Trains & Trucks





# Meeting 17 Musical Me

Here are some fun activities that encourage Little Lambs to play and explore through music. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

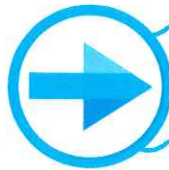
- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about music.

## STAR COMPLETED

MUSIC



## Lamb Tales

10

MINUTES

MUSIC

Begin by having an adult play an instrument. Explain that there are many ways to make music. Read the book you selected. Then ask the children if they are ready to make some music.

### MATERIALS NEEDED

- *Ah, Music!* by Aliko (HarperCollins, 2005) or a book of your choice







The following activities fulfill the requirements for the Music star.

## See Me Move

10  
MINUTES

### WHAT YOU DO

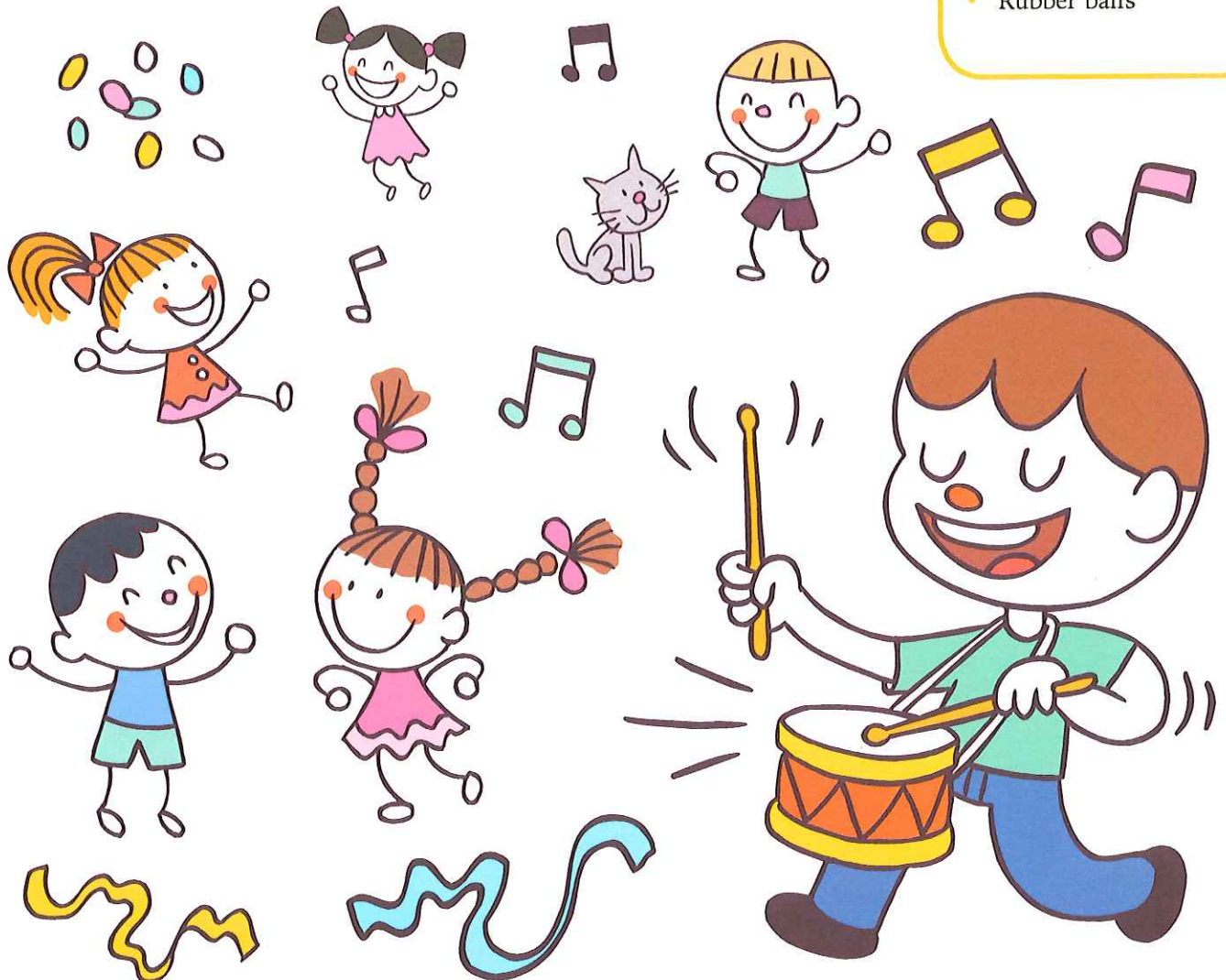
Ahead of time: Arrange for someone to play the drums or other percussion instrument.

Begin by having the children hop in place to the drum beat. Start slowly, then increase the speed. Once the children have the hang of it, mix up the beat. Then try other movements to the beat: walking, tossing a lightweight scarf in the air, bouncing a ball, tossing bean bags, clapping paper plates together, or toe touching.

## 1 ACTIVITY

### MATERIALS NEEDED

- Drums or other percussion instrument
- Scarves
- Bean bags
- Paper plates
- Rubber balls





## ACTIVITY

# 2

## Making Music

# 10

MINUTES



### MATERIALS NEEDED

Select from one or more of the following:

- **Rhythm sticks:** 8 in (20 cm) wooden dowels, acrylic paint, paintbrushes
- **Maracas:** 8-ounce empty water bottles with lids and the labels (if any) removed; unpopped popcorn, beans, rice, or small stones
- **Stamping sticks:** strong cardboard tubes, 2-3 ft (0.5-1 m) long; duct tape; acrylic or tempera paint and brushes or stickers

### WHAT YOU DO

Ahead of time: Decide which of the instruments you'll have the children make. Then locate all of the supplies needed.

#### TIP

For more great ideas of instruments to make, check out *The Jumbo Book of Music* by Deborah Dunleavy (Jumbo, 2001).

**Rhythm sticks**—Australia, Zimbabwe, and Mexico: Percussion instruments that you hit together.

Give each child two wooden dowels to decorate with acrylic paint.

**Maracas**—The Carribean and Brazil: Percussion instruments that you shake.

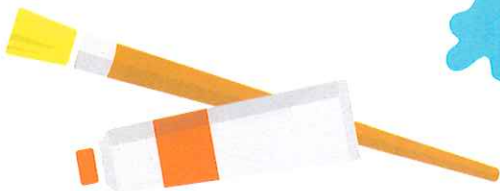
Give each child two empty 8-ounce water bottles with lids. Fill with a teaspoon or two of popcorn, beans, rice, or small stones.

**Stamping sticks**—Fiji and Australia: Percussion instruments that you bang on the floor (not carpet).

Before giving the tubes to the children, cover one end with a few layers of duct tape. This is the end that is hit against the floor. Decorate the tubes with paint or stickers.

#### TIP

A local carpet store is a good place to begin looking for sturdy tubes.







# Sounds Around

10  
MINUTES

## WHAT YOU DO

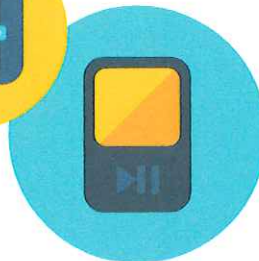
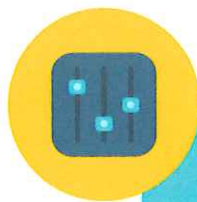
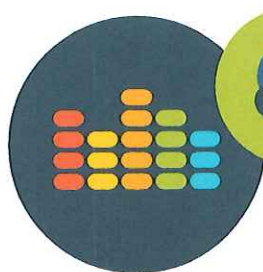
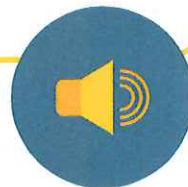
Ahead of time: Record different sounds and have the children listen and guess what they hear. Suggested sounds: the wind blowing, water running, the Little Lambs as they are coming into the meeting, dogs barking, wind chimes, musical instruments, car horns, walking on gravel, rain.

Have all of the children listen to the sound at once, or they can use headphones at multiple stations. Have them guess the sounds.

## 3 ACTIVITY

### MATERIALS NEEDED

- Phone, tablet, or other audio recording device
- Headphones (optional)







## ACTIVITY

# 4

## Hand Clap

# 10

MINUTES

### WHAT YOU DO

Deborah Dunleavy writes in *The Jumbo Book of Music* (Jumbo, 2001) that African hand clapping is a very old part of African music. Hand clapping rhymes have become a fun part of American children's culture too. Teach the children the following hand clap rhyme (or one you already know):

### MATERIALS NEEDED

- Hand clapping songs (suggested resource: *Miss Mary Mack: A Hand-Clapping Rhyme* by Mary Ann Hoberman and Nadine Bernard Westcott [Little, Brown, 2003])

### Clapping Instructions for Double, Double

Hold your hands up with fingers pointing to the ceiling. As you say the rhyme, turn your hands back and forth. When you say "double," your palms face you; when you say "this that," your palms face away from you.

Each time you repeat the rhyme, chant it a bit faster until the children dissolve into a giggling heap! Or you can clap your hands together for each syllable of "double" and clap the palms of a partner for "this that." Additionally, you can substitute any two-syllable word for "this that" (i.e. pizza, cupcakes, ice cream).

### Double, Double

Double double this that,  
Double double that that,  
Double this, double that,  
Double double this that.



## Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What's one way you can make music? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Music







# Meeting 18

## Finger Fun

Here are some fun activities that encourage Little Lambs to play and explore through finger play. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about hands.

## STAR COMPLETED

FINGER  
PLAY



## Lamb Tales

10

MINUTES

HANDS

Have the children wave, clap, and scratch. Ask them what else they can do with their hands. Read the book you selected. Let the children know they'll be doing more with their fingers and hands during the meeting.

### MATERIALS NEEDED

- *26 Big Things Small Hands Do* by Coleen Paratore (Free Spirit, 2008) or a book of your choice







The following activities fulfill the requirements for the Finger Play star.

## Mice Tracks

10  
MINUTES

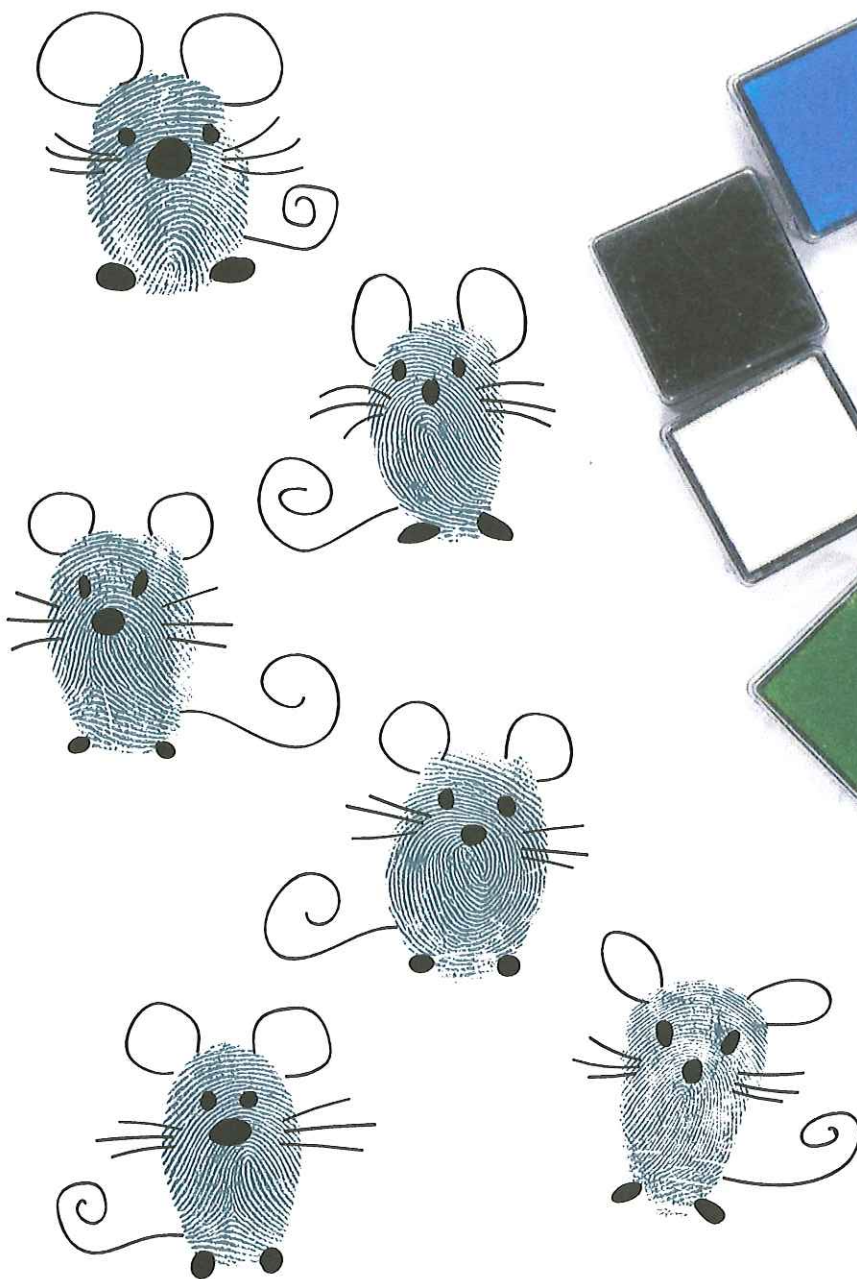
### WHAT YOU DO

Show the children how to ink a fingertip and press it on the paper. Then show them how to add ears, whiskers, and a tail to create a mouse. Let them fill up a sheet of paper with mice.

### 1 ACTIVITY

#### MATERIALS NEEDED

- Ink pads
- Paper
- Fine-point markers





## ACTIVITY

# 2

## Finger Plays

# 10

MINUTES

### WHAT YOU DO

### MATERIALS NEEDED

- Fingerplays

Ahead of time: Select several fingerplays. Fingerplays that you may already know are “Where is Thumbkin,” “Here’s the Church,” or “Five Little Monkeys.” For additional fingerplays, check out [SongsForTeaching.com/fingerplays](http://SongsForTeaching.com/fingerplays) or *1001 Rhymes & Fingerplays* (Totline, 1994).

Lead the children in several fingerplays. It’s a good idea to repeat each fingerplay at least twice. Generally, they are short and the children will enjoy the repetition.





# Finger Foods

15  
MINUTES

## WHAT YOU DO

Ahead of time: Prepare enough bread dough so each child can have a small (cupcake size) amount to knead and take home to bake. Include take-home baking instructions for the parents or guardians. Bake or buy unfrosted cupcakes or muffins. Find out if any of the children have food allergies. Set up the four cooking centers described below.

Encourage the children to try each of the four cooking centers.

### Baking Center

Give each child a fist-size (their fist, not yours) piece of bread dough to knead. They can take the bread home to bake.

### Cookie Cutter Center

Here the children can use small cookie cutters to cut shapes out of sliced bread and then cover them with peanut butter.

### Decorating Center

Let the children frost and decorate cupcakes.

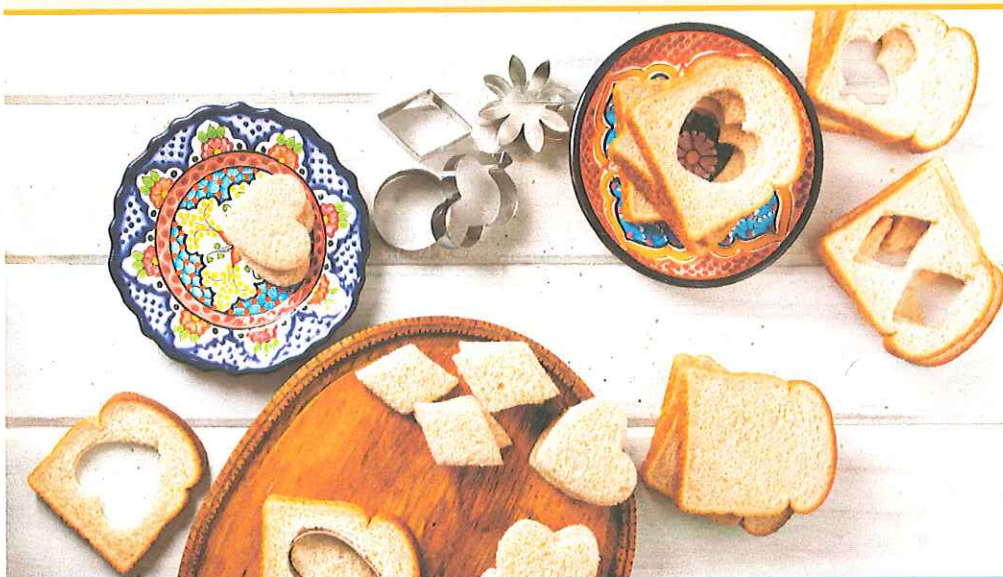
### Picture Center

Show the children how to make pictures on paper plates with dried fruit, pretzel sticks, and vegetables.

## 3 ACTIVITY

### MATERIALS NEEDED

- Bread dough
- Cupcakes or muffins
- Small cookie cutters
- Sliced bread
- Peanut butter
- Plastic knives
- Frosting
- Sprinkles
- Paper plates
- Dried fruit
- Pretzel sticks
- Sliced vegetables





## ACTIVITY

# 4

## Digging and Planting

10  
MINUTES

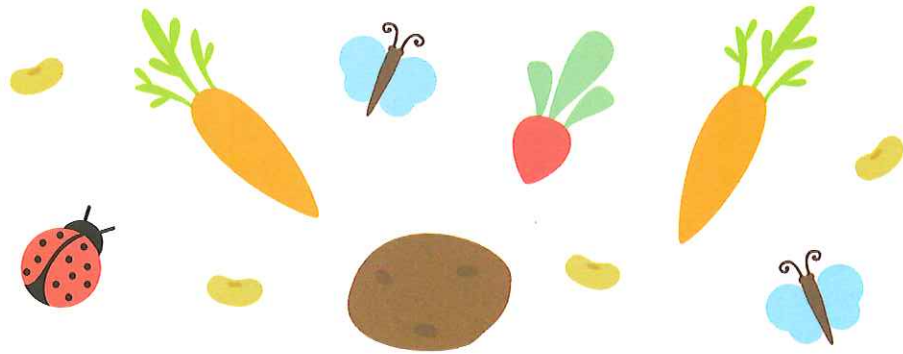
### MATERIALS NEEDED

- Potting soil
- Dried beans
- Twigs and rocks
- Radishes, baby carrots, and small potatoes
- Spoons
- Shallow tubs or boxes

### WHAT YOU DO

Ahead of time: Fill several shallow tubs or boxes with potting soil.

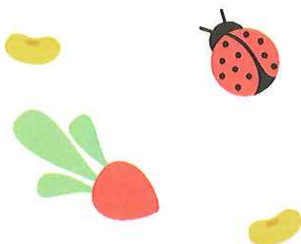
Give the children a variety of dried beans to practice planting. Other fun things to plant are twigs (trees), rocks, radishes, baby carrots, and small potatoes. The children can plant and harvest over and over. Spoons work well for shovels.



## Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What are three things you can do with your fingers? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Finger Play





# Meeting 19

## Fun with Friends



Here are some fun activities that encourage Little Lambs to play and explore while learning about friends. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about Noah.

## STAR COMPLETED

BIBLE FRIENDS



## Lamb Tales

10

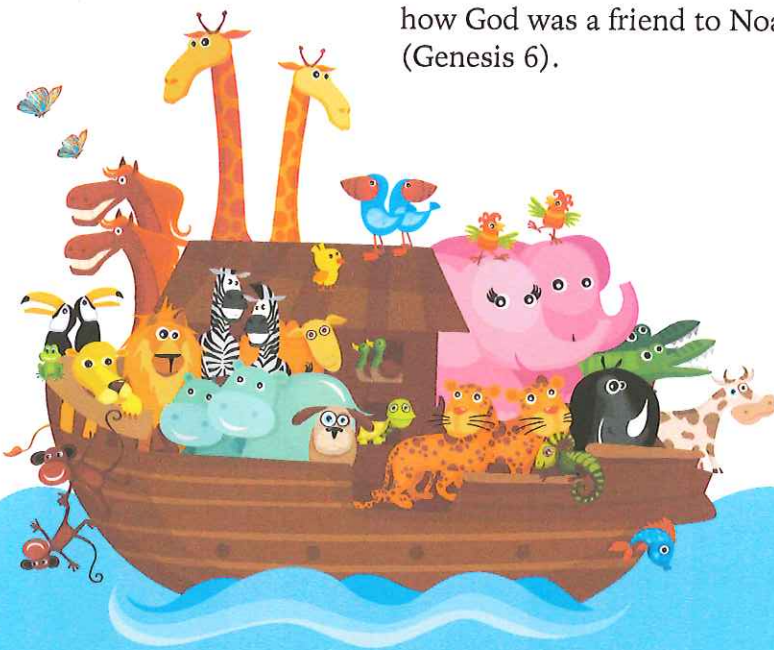
MINUTES

### BIBLE FRIENDS

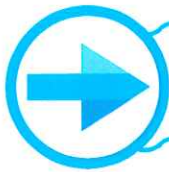
Ask the children what they like to do with their friends. Then explain that during the meeting they will do things with their friends and also learn about friends from the Bible. Read how God was a friend to Noah and how Noah was a friend to the animals (Genesis 6).

### MATERIALS NEEDED

- Children's Bible or storybook about Noah







The following activities fulfill the requirements for the Bible Friends star.

# Rainbow Hand Prints

10  
MINUTES

1 ACTIVITY

## WHAT YOU DO

Ahead of time: With a pencil draw an outline of a rainbow on sheets of construction paper. It should be wide enough for a child's hand to fit between the lines. Fill shallow containers with red, yellow, green, orange, and purple finger or tempera paint. Spread newspaper on the table.

Before the children begin, remind them that God put a rainbow in the sky to remind Noah of their friendship. Then have each child select a color of paint to press one of their hands into. Then have them make a hand print on another child's rainbow with their color. This way friends help each other make a rainbow.

## MATERIALS NEEDED

- Pencil
- Large sheets of construction paper
- Containers
- Red, yellow, green, orange, and purple finger or tempera paint
- Newspaper
- Smocks





## ACTIVITY

# 2

# Friends Working Together

10  
MINUTES

### MATERIALS NEEDED

- Yarn or jute cut into 12 in (34.5 cm) strips
- Objects for obstacle course: boxes, chairs, or plastic bottles
- Pictures of Bible friends

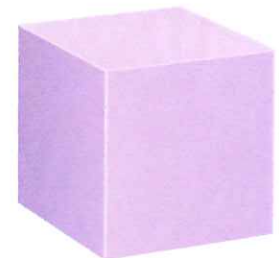
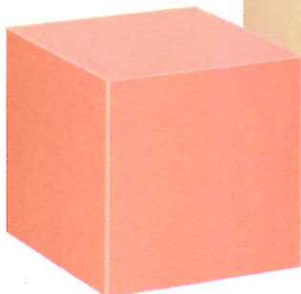
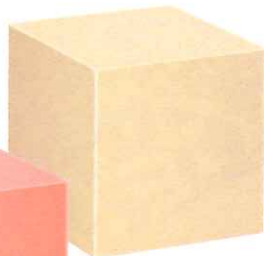
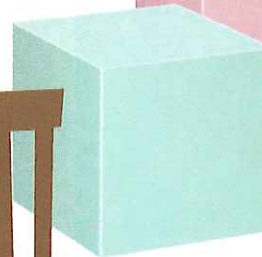
### WHAT YOU DO

You'll need to create a simple obstacle course by using boxes, chairs, or plastic bottles. Place pictures of Bible friends throughout the obstacle course.

### TIP

Go to [coloringpages.net/bible.html](http://coloringpages.net/bible.html) for free printable coloring sheets of Bible friends.

This activity is a new twist on the three-legged race. And it may take more coordination than some preschoolers have. Instead of tying the legs of two children together, try pairing an adult and child together. Remind the adults that this isn't a race. They are just trying to work together with the child to get through the obstacle course and have fun!





# Sing and Shout

10  
MINUTES

3 ACTIVITY

## WHAT YOU DO

Ahead of time: You may want to find an adult to play the piano or guitar for the songs.

Everything is more fun with a friend. Try these action songs and hand clap games.

## MATERIALS NEEDED

- Action songs or hand clap songs

### Clap, Clap, Partner (traditional)

*(Place the children in pairs.)*

Clap, clap, clap my hands,  
*(Clap own hands)*

Clap, clap, clap my neighbor,  
*(Clap hands of neighbor)*

Stamp, stamp, stamp my feet,  
*(Stamp feet)*

Turn myself about.  
*(Turn around)*







## Let's Find a Friend

Sung to the "The Farmer in the Dell"  
You can hear it at [kididdles.com](http://kididdles.com).

Have the children and adults form a circle. Each time you sing the song, call a child's name and have them stand next to you in the middle of the circle. Repeat the song until all of the children are standing in the middle of the circle.

Oh, let's find a friend.

Oh, let's find a friend.

Everyday is much more fun  
when we find a friend.

(Child's name) is our friend,  
Oh, (child's name) is our friend.

Everyday is much more fun  
when (child's name) is our friend.

We all found a friend.

We all found a friend.

Everyday is much more fun  
when we find a friend.







## If You're Friendly and You Know It

Sung to "If You're Happy and You Know It"

You can hear it at the National Institutes of Health's site at [kids.niehs.nih.gov/games/songs/childrens/happyandmp3.htm](http://kids.niehs.nih.gov/games/songs/childrens/happyandmp3.htm).

If you're friendly and you know it,  
wave your hand.

If you're friendly and you know it,  
wave your hand.

If you're friendly and you know it,  
and you really want to show it,  
If you're friendly and you know it,  
wave your hand.

Second verse: Substitute "wave your hand" for "say 'Hi friend.'"



## Jesus Is a Friend of Mine

Sung to "Mary Had a Little Lamb"

You can hear it at the National Institutes of Health's site at [kids.niehs.nih.gov/games/songs/childrens/maryhadmp3.htm](http://kids.niehs.nih.gov/games/songs/childrens/maryhadmp3.htm).

Repeat until you've used each child's name.

Jesus is a friend of mine,  
(point to self)

friend of mine,  
(point to self)

friend of mine.  
(point to self)

Jesus is a friend of mine  
(point to self)

and He is (child's name) friend too.  
(point to self)



## ACTIVITY

# 4

### MATERIALS NEEDED

- Bible friends clothes

## Bible Friends Dress-up

15  
MINUTES

### WHAT YOU DO

Ahead of time: Collect clothes that can be used to dress like Bible friends. Oversized shirts tied with a piece of jute for a belt make good robes; pieces of fabric tied with a yarn headband can be used for head scarves.

### TIP

For additional ideas check out *52 Easy Program Ideas for Kindergarten Sabbath School* by Robert Robinson (AdventSource, 2003).

Let the children dress up as Bible friends and pretend to be the Bible friend of their choice. Let them change costumes and characters. That's part of the fun.



## Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: Can you tell me the name of a Bible friend? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



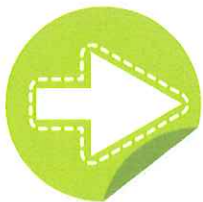
**Star:** Bible Friends





# Meeting 20

Weather or Not



Here are some fun activities that encourage Little Lambs to play and explore while learning about weather. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about weather.

## STAR COMPLETED

WEATHER



## Lamb Tales

10

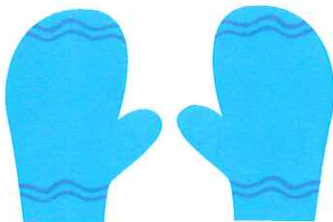
MINUTES

WEATHER

Begin by showing the children an umbrella, mittens, a scarf, and sunglasses. Then ask a child to select what she would need on a rainy day, ask another child what he would need on a snowy day, and a third child what she would need on a sunny day. Then read the book you selected. When the story's over, let the children know they will be learning more about weather.

### MATERIALS NEEDED

- *Oh Say Can You See the Weather Today?: All About Weather* by Tish Rabe (Random House, 2004) or a book of your choice







The following activities fulfill the requirements for the Weather star.

## Clouds and Rain

10  
MINUTES

### WHAT YOU DO

Ahead of time: Set up the activity centers listed below.

**Activity 1:** Place ice cubes in a bowl with a little water. Place a desk lamp near the bowl and have the children observe what happens to the water when the ice cubes melt.

**Activity 2:** Have the children place a cotton ball into water and then squeeze the water out. Then place the cotton ball into a plastic baggie and seal the bag. Place the baggie near a desk lamp (but not so close that the bag melts). Encourage the children to use a magnifying glass to watch for the drops of water that appear.

**Activity 3:** Give each child a 2-liter plastic bottle with the top cut off. Have the children put craft glue on the back of the ruler and then attach the ruler vertically inside the plastic bottle. Now they have their own rain gauge.

## 1 ACTIVITY

### MATERIALS NEEDED

- Ice cubes
- Bowls
- Desk lamps
- Cotton balls
- Plastic baggies
- Magnifying glasses
- 2-liter plastic bottles
- Rulers
- Craft glue
- Pictures of icebergs, clouds, and rain







## ACTIVITY

# 2

# Hot and Cold

# 10

MINUTES

## WHAT YOU DO

### MATERIALS NEEDED

- Yellow, blue, and red cardboard circles, 8 in (20 cm) in diameter
- Pictures of warm and cold weather activities
- Stickers or stamps
- Envelopes

Ahead of time: Create a large game on the floor. Depending on how many Little Lambs are in your club, you may want to make more than one game. You'll need a center row of yellow circles and about 20 red and blue circles. Place all of the red circles on one side of the yellow row of circles in four by five lines and the blue on the other side. At the outside edge of the red circles, place a picture of the sun or children on a hot day. On the blue outside edge, place a picture of a snowman or children playing in the snow. Cut out pictures of weather activities that make the temperature warmer or colder (sun, clouds, wind, rain, snow) and put those pictures in envelopes.

Have the children stand on the yellow dots. One at a time, have each child take a turn pulling out of an envelope a picture of something that makes the temperature warmer or colder. If they pull out something that makes the weather warmer, they get to step toward the warm picture; if colder, they get to take a step toward the cold picture. Whenever a child reaches a picture, give them a sticker or a stamp on the hand.





# Wind Art

10  
MINUTES

## WHAT YOU DO

Ahead of time: Select three colors of tempera paint and thin them with water until they are the consistency of milk. Cover the work area with newspaper.

Give each child a straw and a large sheet of construction paper. Then have an adult place a drop (about the size of a dime) of paint onto the paper. Have the children use the straw to blow on the paint. Repeat this using one or more of the colors until the paper is covered.

## 3 ACTIVITY

### MATERIALS NEEDED

- Tempura paint
- Containers
- Straws
- Water
- Construction paper
- Smocks
- Newspaper





## ACTIVITY

# 4

# Fun in the Sun

# 15

MINUTES

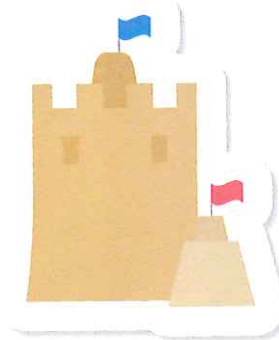
### MATERIALS NEEDED

- Sand
- Tubs
- Beach or pool toys
- Beach towels and umbrellas
- Water
- Pictures of kids playing at the pool or beach

### WHAT YOU DO

Ahead of time: Fill half of the tubs with sand and the other half with water. Set up a beach scene with beach and pool toys and pictures of kids playing at the pool or beach. You can also place beach towels and umbrellas out for the children to play with.

Encourage the children to play in the sand and water.



# Good-baa Little Lambs

# 5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What makes the temperature colder? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.

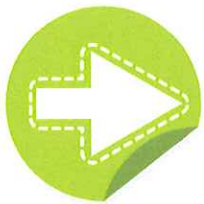


**Star:** Weather





# Meeting 21 Christmas Star



Here are some fun activities that encourage Little Lambs to play while learning about the star that shone at Jesus' birth. Adapt the activities to meet the needs of your Little Lambs or create your own activities.





## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about Christmas.

## Lamb Tales

10

MINUTES

### CHRISTMAS STAR

Read a story to the Little Lambs about the star that shone at baby Jesus' birth. You can choose one of the following stories or select your own: *Christmas in the Manger* by Nola Buck and Felicia Bond (HarperFestival, 1998), *One Shining Star: A Christmas Counting Book* by Anne Vittur Kennedy (Zonderkidz, 2006), or *The Wise Men* by Juliet David and Hannah Wood (Candle, 2009). After the story, let the children know that they will be playing with stars.

### MATERIALS NEEDED

- *Christmas in the Manger* by Nola Buck and Felicia Bond (HarperFestival, 1998), *One Shining Star: A Christmas Counting Book* by Anne Vittur Kennedy (Zonderkidz, 2006), *The Wise Men* by Juliet David and Hannah Wood (Candle, 2009), or a book of your choice







# Star Gift Bags

10  
MINUTES

## WHAT YOU DO

Ahead of time: Find a local non-profit organization that is collecting new gloves, mittens, hats, and scarves to distribute to people who need them. Make a list of what's needed and share it with the Little Lambs and their parents ahead of time. It's a good idea for you as a leader to purchase several extra items for Little Lambs who forgot or are unable to make a donation.

## 1 ACTIVITY

### MATERIALS NEEDED

- Paper lunch bags
- Star stickers
- Donated gifts

As an alternative, the Little Lambs could donate items for several Operation Christmas Child boxes (visit [samaritanspurse.org](http://samaritanspurse.org) for more information) and each make a card to go with their gift.

Tell the children about the wise men bringing gifts to baby Jesus. Then briefly tell the children that people often give gifts at Christmas and discuss the gifts they will be giving. Next, give each child a paper lunch bag to decorate with as many star stickers as they want. Once they've decorated the bag, have them put the gift they brought to donate in the bag.







## ACTIVITY

# 2

# Follow the Star

# 10

MINUTES

## WHAT YOU DO

Have the children form a line behind an adult. The adult holds a star so the children can see it and then the children start following the adult and star. As the children follow the adult, they should imitate the adult's actions. The adult might scrunch down while walking, walk on tip-toes, wave his or her arms, crawl under a table, or make other fun motions. After weaving in and out of rooms and walking down halls or going outside if you live where the weather is warm, the adult with the star should lead the children to a manger. At the manger, say a prayer thanking God for baby Jesus.

### MATERIALS NEEDED

- Star ornament
- Manger





# Star Sensory Soup

10  
MINUTES

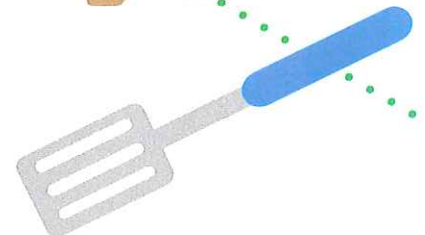
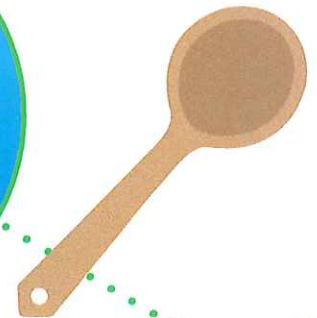
## WHAT YOU DO

Fill several tubs with water. If possible, have one tub per child. Place the stars in the tubs of water. First, have the children sort the stars by scooping them out and putting them in containers of corresponding colors. Next, the children can try scooping the stars out of the water with different types of tools. If you have different sizes of stars, the children can also sort them by size. Additionally, the children can try seeing how many stars they can scoop out at one time.

## 3 ACTIVITY

### MATERIALS NEEDED

- Star-shaped reusable ice cubes, a variety of colors (if you can't find these, you can cut stars out of foam or sponges)
- Containers, the same colors as the stars
- Large tubs filled with water
- A variety of tools to scoop the stars out of the water: sand shovels, fishnets, large spoons, sieves, measuring cups, spatulas
- Towels





## Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What did you learn about the star shone at Jesus' birth? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.







# Meeting 22 Bike Rodeo



Here are instructions for a fun meeting where Little Lambs will learn about bike safety and have a chance to demonstrate their bike skills. Adapt these activities to meet the needs of your Little Lambs or use your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about bikes.

## STAR COMPLETED

TRIKES  
& BIKES



## Lamb Tales

10

MINUTES

### BIKE SAFETY

Read a book to the children about bikes or tricycles. Select one of the following books or choose your own: *My Trike Super Shape Book* (Golden Books, 1990), *Scooter Trouble* by Christy Webster (Random House, 2013), or *Hello, Bicycle!* by Ella Boyd and Daniel Griffo (Two Lions, 2011).

### MATERIALS NEEDED

- *My Trike Super Shape Book* (Golden Books, 1990), *Scooter Trouble* by Christy Webster (Random House, 2013), *Hello, Bicycle!* by Ella Boyd and Daniel Griffo (Two Lions, 2011), or a book of your choice







Make sure all Little Lambs have a way to participate even if they do not ride a bike. They can ride tricycles, big wheels, scooters, or other age-appropriate toys.

## Bike Helmets

One of the most important parts of bike safety is a properly fitted helmet. At this station each Little Lamb will wear his or her helmet and have it checked by an adult for proper fit. Make sure the helmet is sitting level on the head and comes down to just above the eyebrows. The straps should be adjusted so they form a “V” shape under and slightly in front of the child’s ears. Once the straps are adjusted, ask the Little Lamb to open his or her mouth in a big yawn. They should feel their helmet pulling down on their head. Also, teach the children how to put on and how to fasten their helmets. You could also have the children put on knee and elbow pads.

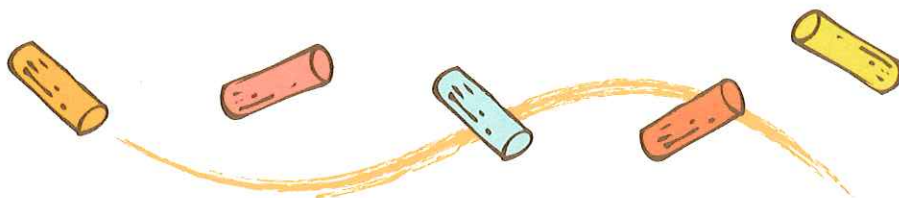
## Obstacle Course

Use safety cones to create a simple obstacle course including points where the kids could practice stopping and turning. They could also practice getting on and off the wheeled toy without falling.



## Skill Practice

Use chalk to draw a pretend street, driveway, and sidewalk. Have the children practice staying out of the street and riding in front of parked cars and not behind them.



## Track

Mark a track and have the children see how many times they can ride around it.



1

STATION

### MATERIALS NEEDED

- Helmets, one per child

2

STATION

### MATERIALS NEEDED

- Safety cones

3

STATION

### MATERIALS NEEDED

- Sidewalk chalk

4

STATION

### MATERIALS NEEDED

- Sidewalk chalk



## STATION

# 5

## Wheel Prints

Place long sheets of paper on the ground and let the children ride through tempera paint and create designs on the paper with their tires. Clean up after the activity with water and paper towels.

### MATERIALS NEEDED

- Large rolls of paper
- Tempera paint
- Water
- Paper towels

## STATION

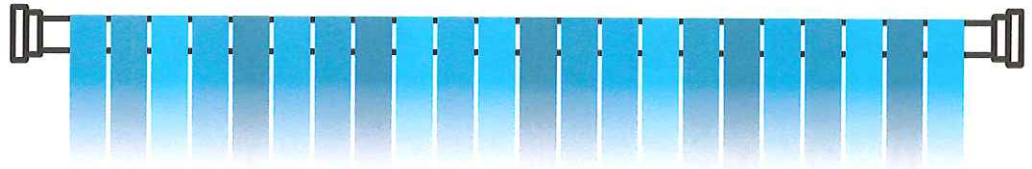
# 6

## Car Wash

Use streamers and plastic pipe to create a car wash and have the children ride through it.

### MATERIALS NEEDED

- Streamers
- Plastic pipe



## STATION

# 7

## Parade

Have the children decorate their wheeled toys and then have a parade.

### MATERIALS NEEDED

- Streamers
- Balloons
- Flags



**Star:** Trikes & Bikes





# Meeting 23

## International Celebrations

Here are some fun activities that encourage Little Lambs to explore how children around the world celebrate holidays and festivals. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about holiday traditions.

## Lamb Tales

10

MINUTES

### LET'S CELEBRATE

Begin by asking the children how they celebrate a specific holiday. Then read sections of *Children Just Like Me: Celebrations!* or a book of your choice.

Note: The following pages include suggestions of international holidays and activities. Select holidays and countries that are of interest to your club. People from your church or community who have knowledge of different countries may be willing to help.

### MATERIALS NEEDED

- A book about celebrating holidays, such as *Children Just Like Me: Celebrations!* by Anabel Kindersley and Barnabas Kindersley (DK Children, 1997) or a book of your choice





## GERMANY

## Gingerbread People

10

MINUTES

## WHAT YOU DO

Gingerbread people are often used to decorate Christmas trees, and gingerbread houses are made and eaten to celebrate the New Year.

Ahead of time: Make enough gingerbread dough so each child can make and decorate a gingerbread person. The dough rolls out easier if it has been refrigerated overnight.

Give each child a ball of gingerbread dough and have them smash it flat between their hands. Then give them a cookie cutter to cut out their person. Next, have them put on eyes and a mouth using raisins. If the children are going to hang the cookies and not eat them, you'll want to poke a hole in the top of the cookie to place yarn or ribbon.

## 1 ACTIVITY

## MATERIALS NEEDED

- Gingerbread cookie dough
- Cookie cutters shaped like gingerbread people
- Raisins
- Ribbon or yarn (optional)



ACTIVITY

2

Lucky Coins

5  
MINUTES

WHAT YOU DO

The Chinese New Year falls between late January and early February, and children are given red and gold packets containing “lucky” money.

Give each child a small red envelope and have them decorate it with a gold pen or crayon. Then give each child some coins to put in the envelope.

MATERIALS NEEDED

- Red envelopes, one per child
- Gold crayons or markers, one per child
- Coins, several per child





## GHANA

## Swing Ball

15

MINUTES

## WHAT YOU DO

Share with the children that in many countries, children play games during celebrations. Ask them what games they play during holidays or vacations. This game comes from Ghana, which is located on the west coast of Africa.

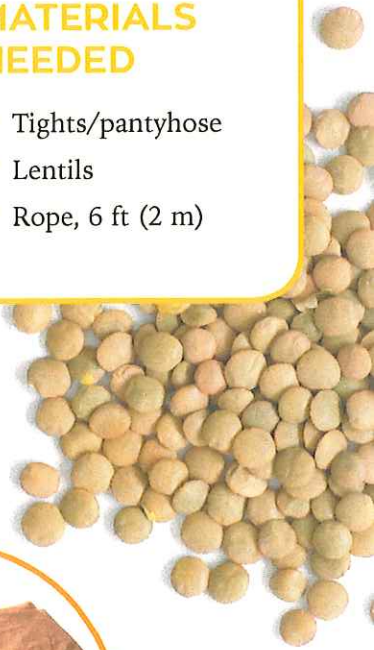
Ahead of time: Cut off tights/pantyhose 5 to 6 in (13 to 15 cm) above the toe and fill with 1 cup of lentils. Then tie a rope to the bag of lentils. If you have a large group, you may want to make several swing balls and divide the children into smaller groups.

Have the children form a circle around an adult. The adult will swing the ball in a circle and the children will jump over the ball. Begin by having the ball on the ground and then slowly increase the height. Traditionally, when children are hit by the rope or ball, they are out. You can play this way or just let them continue jumping.

## 3 ACTIVITY

## MATERIALS NEEDED

- Tights/pantyhose
- Lentils
- Rope, 6 ft (2 m)





## ACTIVITY

2

## MATERIALS NEEDED

- Cardboard wrapping paper tube, one per child
- Flat thumbtacks
- Aluminum foil
- Masking tape
- Rice or beans
- Stickers, markers, or construction paper
- Markers, one per child
- Coins, several per child

## Rainsticks

10  
MINUTES

## WHAT YOU DO

Music is another important part of holidays and celebrations. In Chile, rainsticks are used during celebrations.

Ahead of time: Place thumbtacks along the sides of the cardboard tubes in intervals.

Give each child a large cardboard tube. Have the children cover one end with aluminum foil and tape it securely in place. Pour  $\frac{1}{4}$  cup of rice or beans into the tube and tape aluminum foil to the remaining end. Now have the children decorate the outside of the tube with stickers, markers, or paper. When you turn the stick from end to end, it should sound like rain.



## Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What did you learn about holiday traditions? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.





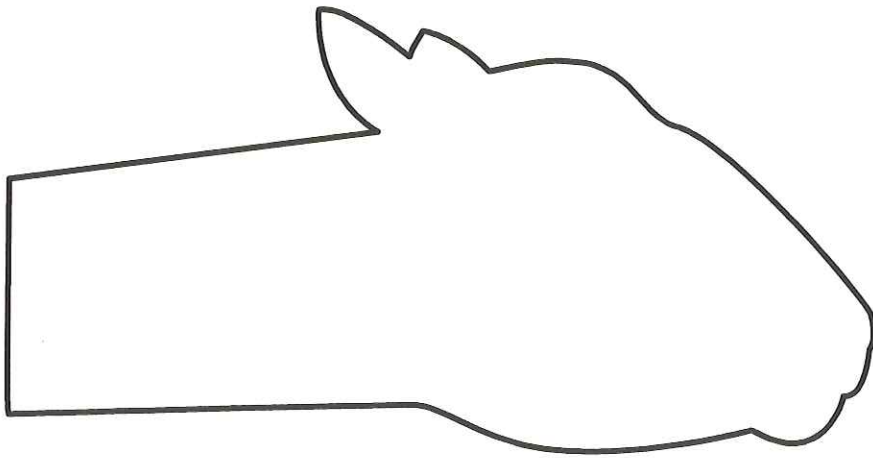
# Section 5

## Resources

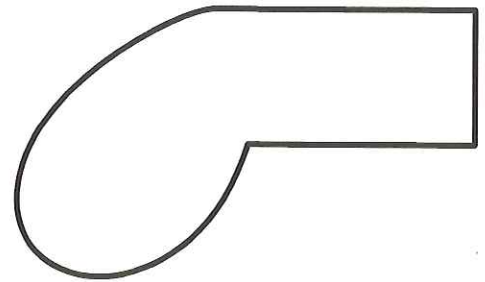
This section includes photocopy masters for some of the Little Lamb activities. Check [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource/) to find more resources.



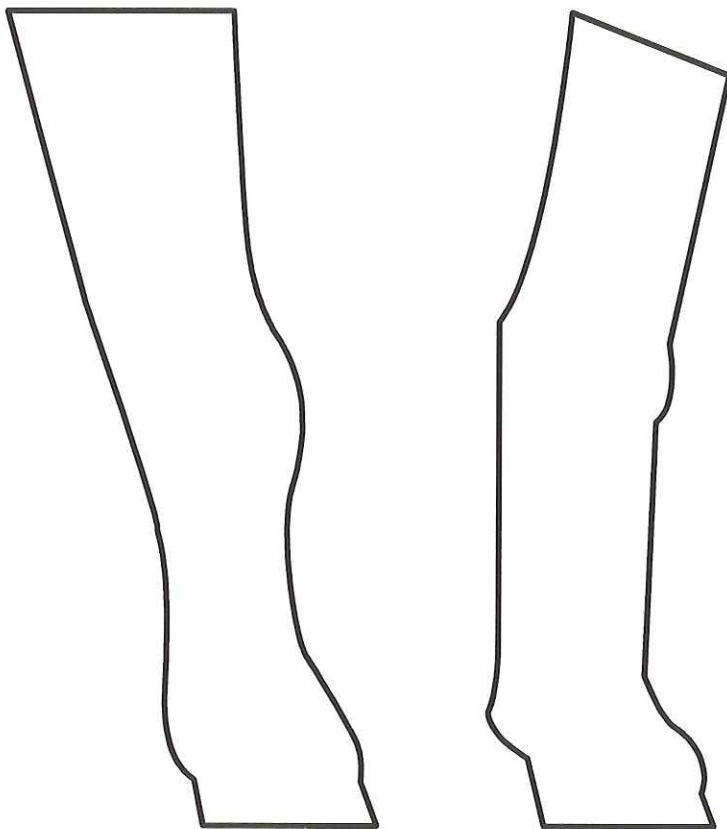
# Paper Plate Sheep Pattern



Sheep's head



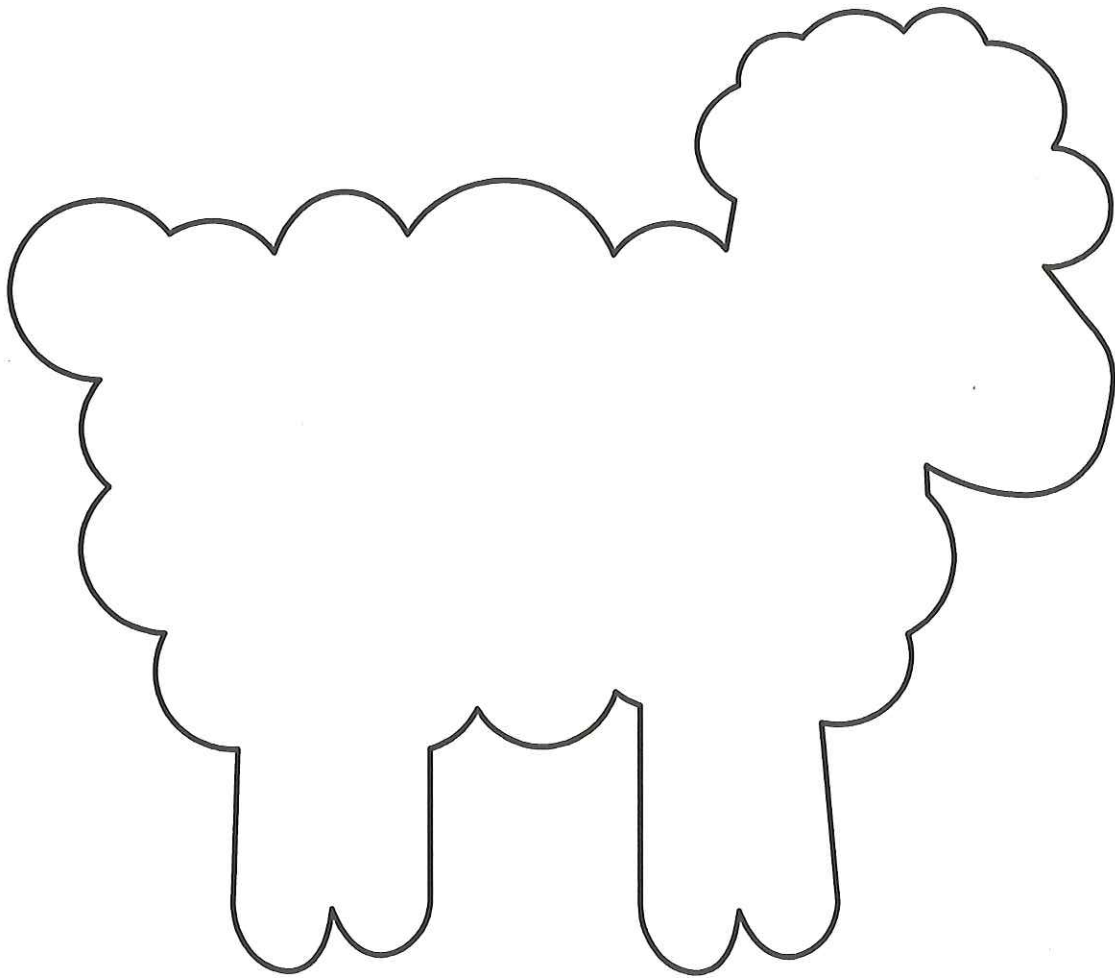
Sheep's tail



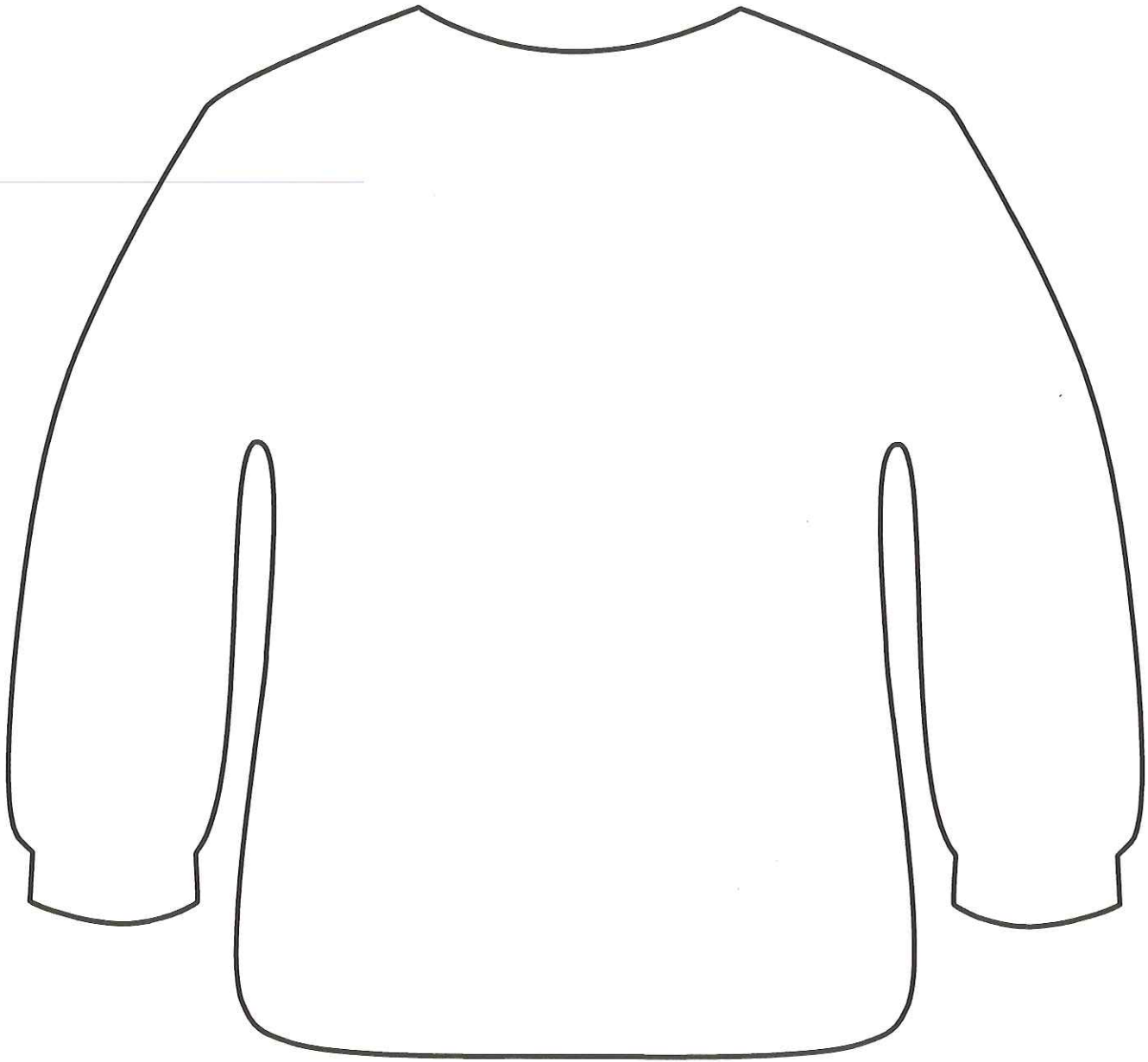
Sheep's legs



# Lamb Pattern

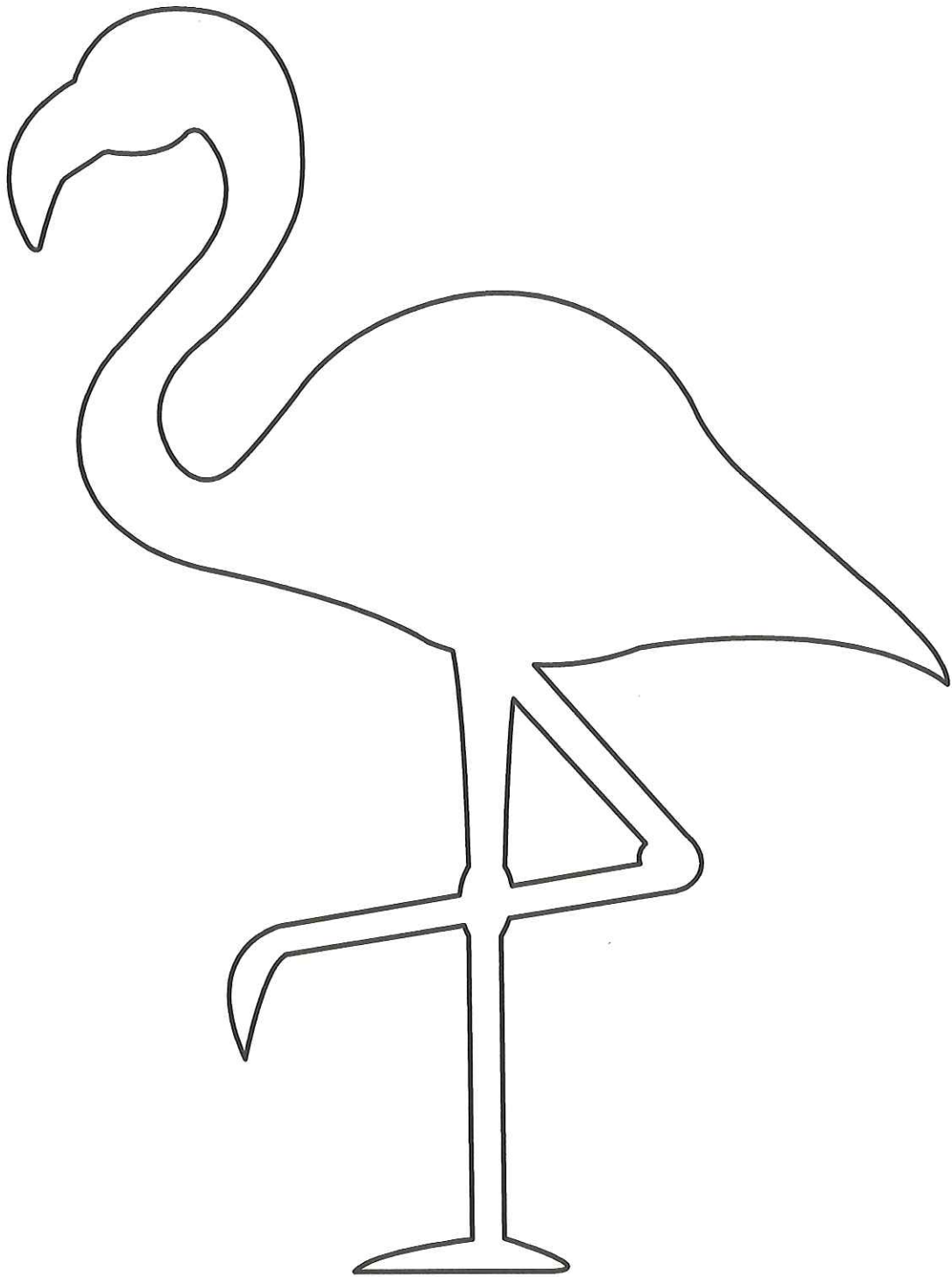


# Sheep to Shirts Pattern

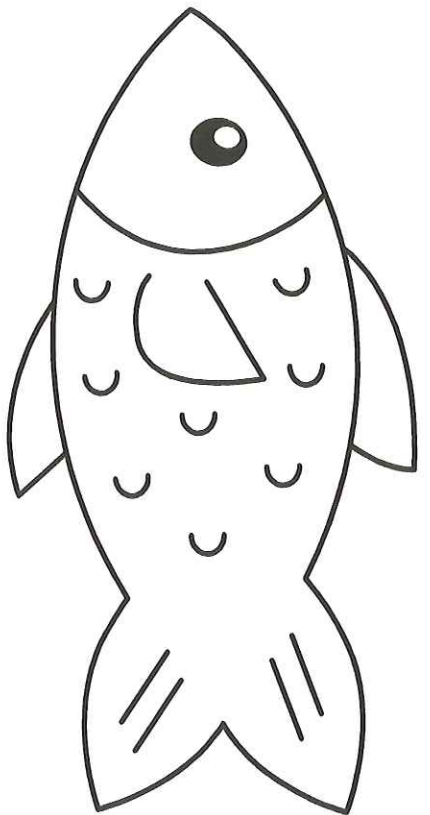
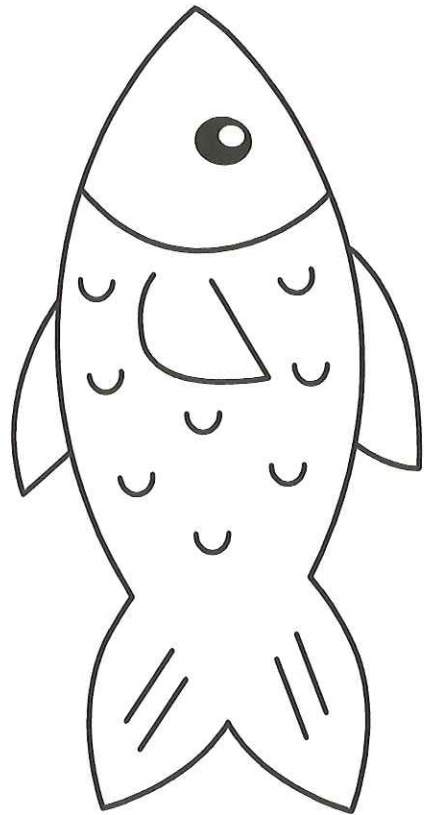
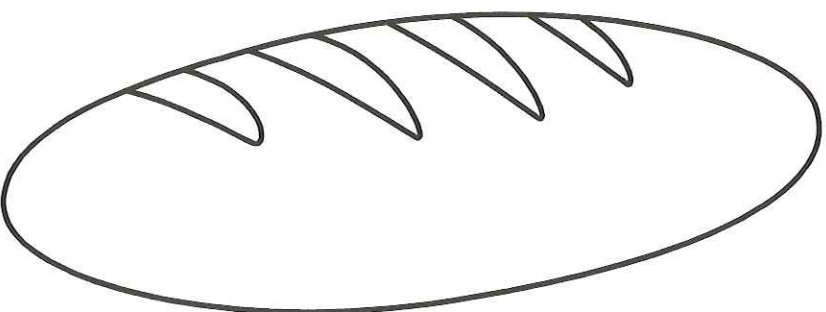
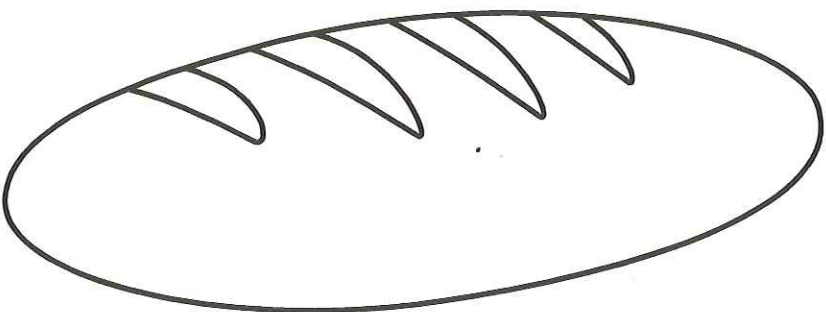
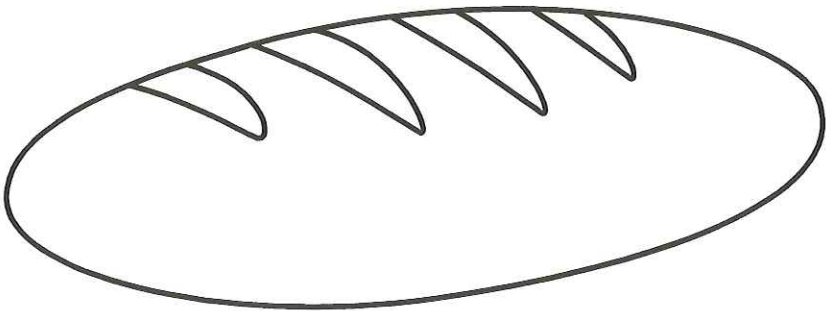
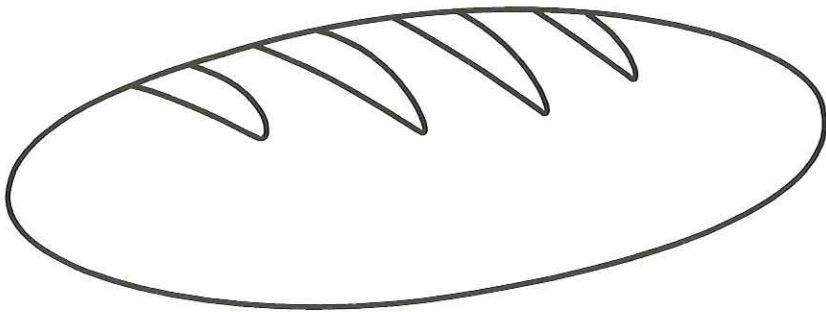
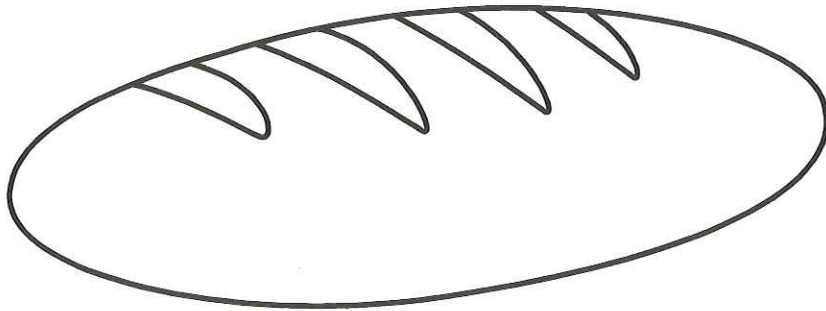




# Flamingo Pattern



# Bread and Fish Pattern





# Jesus Is My Shepherd

Mark Wakefield, Arr. Joann Herrington

Piano

C G7 C

I'm a lit - tle lamb to - day; Je - sus is my Shep-herd -

This system contains the first two lines of music. The first line is the vocal melody in treble clef, and the second line is the piano accompaniment in bass clef. The key signature has one sharp (F#) and the time signature is 3/4. Chords C and G7 are indicated above the staff.

C G7

- - My Shep - herd loves me day to day; Je - sus is my

This system contains the third and fourth lines of music. The vocal melody continues in the treble clef, and the piano accompaniment is in the bass clef. Chords C and G7 are indicated above the staff.

C C7 F C F

Shep-herd - - - I will fol - low where He leads; He gives me

This system contains the fifth and sixth lines of music. The vocal melody continues in the treble clef, and the piano accompaniment is in the bass clef. Chords C, C7, F, and C are indicated above the staff.

D7 G G7 C G7

ev - ery - thing I need; I'm a lit - tle lamb to - day -

This system contains the seventh and eighth lines of music. The vocal melody continues in the treble clef, and the piano accompaniment is in the bass clef. Chords D7, G, G7, C, and G7 are indicated above the staff.

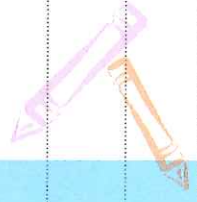
G7 C

Je - - sus is my Shep - herd

This system contains the final two lines of music. The vocal melody continues in the treble clef, and the piano accompaniment is in the bass clef. Chords G7 and C are indicated above the staff.



Name \_\_\_\_\_



**Basic**

- I. Recite the Adventurer Pledge.
- II. Sing "Jesus Is My Shepherd."

**My God**

- I. Complete three or more of the following:
  - A. Sing a song about Jesus.
  - B. Listen to a story about Jesus.
  - C. Say three things you've learned about Jesus.
  - D. Make a craft about Jesus.
  - E. Complete an activity about Jesus.

II. Complete the Wooly Lamb star.

III. Complete the Little Boy Jesus star.

**My Self**

- I. Complete three or more of the following:
  - A. Sing a song about the body.
  - B. Listen to a story about the body.
  - C. Say three things you've learned about bodies.
  - D. Make a craft about bodies.
  - E. Complete an activity about bodies.

II. Complete the Sharing star.

III. Complete the Healthy Foods star.

**My Family**

- I. Complete three or more of the following:
  - A. Sing a song about families.
  - B. Listen to a story about families.
  - C. Say three things you've learned about families.
  - D. Make a craft about families.
  - E. Complete an activity about families.

II. Complete the Special Helper star.

III. Complete the Healthy Me star.

**My World**

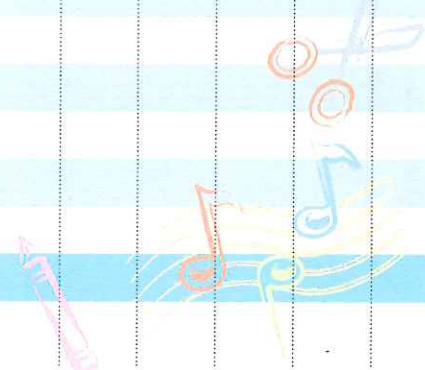
- I. Complete three or more of the following:
  - A. Sing a song about creation.
  - B. Listen to a story about creation.
  - C. Say three things you've learned about creation.
  - D. Make a craft about creation.
  - E. Complete an activity about creation.

II. Complete the My Friend Jesus star.

III. Complete the Community Helpers star.

**Additional Stars Completed**

- ABCs
- Bible Friends
- Bodies of Water
- Colors
- Finger Play
- Insects
- Music
- Numbers
- Stars
- Trains & Trucks
- Trikes & Bikes
- Weather
- Zoo Animals





# Contacts

## **YOUTH MINISTRIES DEPARTMENT NORTH AMERICAN DIVISION OF THE SEVENTH-DAY ADVENTIST CHURCH**

Email: [info@adventistyouthministries.org](mailto:info@adventistyouthministries.org)

Web: [AdventistYouthMinistries.org](http://AdventistYouthMinistries.org)

Local conference contact information can be obtained  
from your pastor or the Adventurer Club director.

### **Adventist Book Center**

(resources for children's ministries)

800.765.6955

Web: [AdventistBookCenter.com](http://AdventistBookCenter.com)

### **AdventSource**

(for additional Adventurer Club resources and uniform supplies)

5120 Prescott Avenue

Lincoln, NE 68506

Toll-free in Canada and United States: 800.328.0525

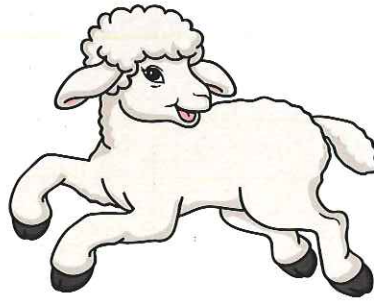
Phone: 402.486.8800

Fax: 402.486.8819

Web: [AdventSource.org](http://AdventSource.org)

## WELCOME TO THE EXCITING WORLD OF LITTLE LAMBS!

The *Little Lamb Leader's Guide* is packed with resources to help you teach pre-kindergarteners Christian principles and life skills while engaging them in fun, creative play. In this step-by-step guide, you'll find helpful answers to the questions:



- Who are Little Lambs?
- Why do Little Lambs act the way they do?
- How should leaders prepare for success and safety?
- How can I include Little Lambs with disabilities?
- What is included in the Little Lambs program?

This leader's guide also includes complete instructions for 23 themed meetings that fulfill Little Lamb program and star requirements. Each meeting includes a list of materials and resources, along with crafts, games, songs, and educational activities that support the theme.



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