



WEEK 1

PRESCHOOL LESSON OUTLINE

THANKS!

BIG IDEA

We can thank God for providing for us.

THE BIBLE

Manna and Quail in the Desert:
Exodus 16:1-36

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | The Gratitude Game
- **ACTIVITY** | Manna Pickup

TEACHING TIME

- **MUSIC** | Worship Time
- **THE BIG IDEA** | We can thank God for providing for us.
- **BIBLE STORY** | Exodus 16:1-36
- **ACTIVITY** | Collect the Manna
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Fill the Basket
- **MEMORY VERSE** | Psalm 56:3

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Gathering Basket Craft
- **ACTIVITY** | Play-Doh Manna and Quails



WEEK 1

PRESCHOOL LESSON GUIDE

THANKS!

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Manna and Quail in the Desert:
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WELCOME TIME

ACTIVITY | The Gratitude Game

- Welcome! We're starting a new series called, *Thanks!* We'll be talking about having thankful hearts! Let's get started by playing a pick-up sticks game!
- **INSTRUCTIONS:** *Spread a handful of sticks across the floor and let them fall in a pile. Let each kid take a turn pulling a stick from the pile while trying not to move any other sticks. When they get a colored stick, have them tell what they are thankful for according to the Gratitude Color Guide printable. For older kids, the game can be a contest to see who can get the most sticks.*
- We all have so much to be thankful for, and this month, we're going to talk about some reasons to thank God!

ACTIVITY | Manna Pickup

- Let's play a fun game to help us discover what we're going to learn about today. The first team to fill up their cup with "manna" wins. Here is the fun twist — you can't touch the "manna" with your hands. You can only pick it up with a spoon.
- **INSTRUCTIONS:** *Split the kids into teams of two. Give each team a cup and a spoon. Throw the pom-poms ("manna") in the air or spread them across the floor. Have the kids fill their cups with "manna" using only a spoon. The first team to fill their cup wins. If your kids are struggling to use the spoon or if they're too young to use the spoon, they can use their hands.*
- Food is one of the things we can thank God for. Today, we're going to hear about how God provided food called manna for the Israelites.

TEACHING TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can sing any songs you'd like, but for this lesson we like, "Thank You Lord" by Spring Harvest and "When I Am Afraid (Psalm 56:3)" by Lantern Music.

THE BIG IDEA | We can thank God for providing for us.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
 - Ask the kids to give you a drumroll by stomping their feet or patting their laps.
 - Shout the Big Idea, then point to the kids and have them shout it back (Change it up by using funny voices, different volumes, or inflections).
 - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
 - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, read it to the kids.
- This week's Big Idea: **We can thank God for providing for us.**

BIBLE STORY | Exodus 16:1-36

- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- **How did the Israelites feel as they were walking through the desert?** They were tired and hungry.
- **Did they feel like they were better off back in Egypt?** Yes, they remembered the food they had to eat and questioned why Moses led them out of Egypt.
- **Did God hear the Israelites complaining?** Yes.
- **How did God provide for the Israelites?** God sent manna in the morning and quail in the evening for them to eat.
- **How do you think the Israelites felt the first morning they woke up and found manna on the ground?** They might have been excited, thankful, happy, relieved, or not worried anymore.
- **Did God provide what the Israelites needed?** God did! God gave them exactly what they needed for each day, and not too little and not too much. **Have you ever left food out too long? Did you see what happened to it?** It might have gotten moldy and gross. That's kind of what God said would happen to the food if they tried to take too much.
- **What are the ways God has provided for you?** God gives us everything we need! It might not be exactly what we *want*, but God knows exactly what we *need*.
- **When God freed the Israelites from Egypt, did they have a good attitude and thankful hearts?** No! They grumbled and complained because they were hungry and tired and hot. After all God did for them by setting them free from Egypt, they had a bad attitude. **Do you ever grumble and complain?** The next time you complain about not having something you want, stop and think about all the good things God has given you and thank God. We can have a thankful heart and a good attitude.
- We can thank God for providing for us.

ACTIVITY | Collect the Manna

- God heard the complaints of the Israelites and He provided for them. Let's play a game and pretend we are the Israelites waking up to collect our daily manna.
- **INSTRUCTIONS:** Roll out a long strip of brown craft paper on the floor to represent the desert. Sprinkle Rice Krispies or corn flake cereal on the paper. Assign each kid a small area around the room to be their "tent house." Turn off the lights and have the kids pretend to sleep. Turn the lights back on and pass out a snack-sized Ziploc bag to be their baskets to collect manna. Remind the kids God provided the perfect amount for the day, and not to gather too much. Have the kids collect the manna from the desert ground. *If there are no allergies to the cereal, using this "manna" for snack would be a great option to bring the story to life for your kids.

PRAYER

- Let's spend time talking with God in prayer.
- Dear God, thank you for providing everything we need! Help us to always remember You are here for us and provide just what we need and to always be thankful for You. Amen.

DISCUSSION TIME

DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!
- **Why were the Israelites complaining?** (They were hungry and remembered their full bellies in Egypt.)
- **Did God hear their complaining?** (Yes.)
- **How did God provide for the Israelites?** (God sent manna and quail.)
- **Why did the Israelites call the bread "manna?"** (Manna means "what is it.")
- **What would happen to the manna if they collected too much manna?** (It would have worms on it and become stinky.)

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have the kids join you in a circle on the floor. Fill a bag with things we need that God provides, such as food, clothing, people (family/friends), a small house, etc. The items need to be something tangible the kids can feel and guess. Pass the bag around the circle and allow each child to feel and guess one item.
- God provides just what we need! God takes great care of us and we can thank God for providing!

ACTIVITY | Fill the Basket

- **INSTRUCTIONS:** Print the Fill the Basket printables (in your Week 1 folder) onto cardstock and give them white copy paper. Show them how to tear the white paper into pieces to look like small pieces of manna. Have them tear their paper and glue the manna in the basket on their page.
- God provided just what the Israelites needed for each day and we can remember that and believe the same for our lives. We can thank God for providing for us.
- Take your picture home to remind you of God providing manna in the desert for the Israelites.

MEMORY VERSE | Psalm 56:3

- **INSTRUCTIONS:** Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .

WHEN I AM AFRAID (cover mouth with hands, eyes wide open)

I WILL PUT MY TRUST (bring both arms, palms up, from above your head to your sides)

IN YOU (point up).

PLAY TIME

While you're waiting for parents to pick up their kids..

ACTIVITY | Coloring Page of the Week

- **INSTRUCTIONS:** Give every kid a coloring page, plus markers or crayons. As they color, remind them about how God provided for the Israelites.

ACTIVITY | Gathering Basket Craft

- God provided manna each day for the Israelites. He instructed them to only gather what they needed each day. Let's create a basket to remember how God provided.
- **INSTRUCTIONS:** Give the kids small brown paper bags. Cut off two inches at the top of the bag, like a handle. Roll the bag down two times, then staple or glue the handle at the top of the basket. Write on each bag: We can thank God for providing for us.

ACTIVITY | Play-Doh Manna and Quails

- **INSTRUCTIONS:** Give the kids Play-Doh and encourage them to create their own manna and quails, or make up a new food they would like to have fall from the sky.

Encourage your preschoolers to help clean up the room while they wait for their parents.