



WEEK 2

PRESCHOOL LESSON OUTLINE



BIG IDEA

God helps us become heroes.

THE BIBLE

Joseph and the Colorful Coat: Genesis 37:2-11

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Superhero Shields
- **ACTIVITY** | Superhero Cape

TEACHING TIME

- **THE BIG IDEA** | God helps us become heroes.
- **BIBLE STORY** | Genesis 37:2-11
- **ACTIVITY** | Dream Cards
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Joseph's Coat
- **MEMORY VERSE** | Isaiah 40:31

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Superhero Costume Relay
- **ACTIVITY** | Wheat Painting



WEEK 2

PRESCHOOL LESSON GUIDE



BIG IDEA

God helps us become heroes.

THE BIBLE

Joseph and the Colorful Coat: Genesis 37:2-11

WELCOME TIME

WHAT? What are we talking about today?

ACTIVITY | Superhero Shields

- Welcome back! We're on week two of our series, Heart of a Hero! Today, we're going to learn about an ordinary person who became a hero with God's help.
- **INSTRUCTIONS:** Give the kids paper plates, crayons, markers, or paint and have them design their own superhero shield, like Captain America's. Then, divide the kids into two teams and have one team stand on one side of the room with their shields and the other team stand on the other side with paper wads. The kids with paper wads will throw the wads and try and hit the other kids, who will use their shields to protect themselves. Then, switch and let the other group throw the paper wads. You could also have a shield throwing contest and see who can throw their shield the farthest like a frisbee.
- Captain America's shield is made of Vibranium, the strongest substance in the Marvel universe. He not only shields himself with it, he can throw the shield to knock out bad guys.
- When we follow Jesus, we have shields, too, but ours aren't made of Vibranium. Our shields are shields of faith, which the Bible says we can use to "extinguish all the flaming arrows of the evil one" (Ephesians 6:16). How cool is that?

ACTIVITY | Superhero Cape

- Every superhero has their own name and logo that makes them different from others.
- Superman can fly and has a big "S" on his suit, Batman also flies and wears a black bat on his

chest. Wonder Woman has a W on her outfit. Jesus is the Good Shepherd and has a staff

- We're going to make capes to wear.
- **INSTRUCTIONS:** *There are several ways you can make your capes: you can buy capes, you can make simple capes out of felt or fabric, or even use plastic table cloths. Before church, prepare a cape for each kid. Provide markers and stickers for them to decorate their capes and personalize them. Then, let them wear their capes.*
- **Would you like to be a real superhero? Why or why not?**
- **What kinds of things do superheroes do?**
- Jesus is our ultimate superhero!

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, "Superhero" by Hillsong Kids and, "Strong in the Lord" by Yancy.*

THE BIG IDEA | God helps us become heroes.

- **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: **God helps us become heroes.**

BIBLE STORY | Genesis 37:2-11

- **What does the word 'jealous' mean?** If your friend got something you really wanted, like a really cool toy, or a fun vacation, you might feel jealous of your friend. You might feel like it isn't fair your friend got that cool thing and you didn't. That's called being jealous. We're going to hear a story from the Bible about some brothers who got jealous when one brother got a special gift from their dad. Let's read the Bible and see what happened.
- **INSTRUCTIONS:** *Look up the story in your Bible and read it to your preschoolers.*
- **Why were Joseph's brothers jealous of him?** They were jealous of him because his father gave him a colorful coat. Joseph's father probably had given the other sons gifts at other times, but they were only focused on Joseph's gift. **How would you have felt if you were one of Joseph's brothers?**
- This coat showed how special Joseph was to his father.
- God gave Joseph the ability to tell people what their dreams meant. God let Joseph be able to do this so he could help people.
- In this story, Joseph had two dreams that he would rule over his brothers, and that they would all bow to him someday. Joseph's dreams were hints of God's plan, but this plan would take a long

time to come true.

- **Have you ever had to wait for something? Not just for a few minutes or hours, but days? Weeks? Months? Did you have the patience to wait?**
- Some of the superheroes from the movies had to wait, too. Iron Man had to wait and learn how to use his suit so he could fly. Spider-Man had to learn how to sling webs. Learning is an important part of how we grow.
- God can take us, just ordinary people, and give us His power and strength and make us heroes who help others, too!

ACTIVITY | Dream Cards

- In our story from the Bible, Joseph had two dreams. They were dreams that told of what was going to happen in the future. Joseph would have to wait to really understand exactly what they meant.
- **INSTRUCTIONS:** *Print the Sun, Moon, and Stars printable (in your Week 2 folder) onto cardstock and cut the cards apart. Tape the 13 cards to the wall backwards, so the kids can't see the pictures on them. Let the kids take turns choosing a card and taking it off the wall to see what's on the other side. You can designate one child to be Joseph and tell the kids to make their cards bow down to that person.*
- **What did you find on the cards?** A sun, moon, and 11 stars.
- **What did this dream mean?** Joseph's mother, father, and brothers would one day bow down to him.

PRAYER

- Let's spend time talking with God in prayer.
- Dear God, thank You for loving us. Thank you for giving us strength and helping us become heroes. 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 Joseph's brothers jealous of him?** *(Their father gave him a special gift.)*
- **What was special about Joseph's coat that his father gave him?** *(It was colorful and fancy.)*
- **What was the special ability Joseph had?** *(He could tell what dreams meant.)*
- **What was Joseph's first dream?** *(His brothers' wheat bowed down to him.)*
- **What did that first dream mean?** *(Joseph would one day rule over his brothers.)*
- **What was Joseph's second dream?** *(The sun, moon, and 11 stars were bowing down to Joseph.)*

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Have the kids join you in a circle on the floor. Call out superhero poses and tell them to do those poses as quickly as they can, then freeze. They have to stay frozen until you call out the next pose. Use the following poses:*
- **Superman:** Stand with arms straight up, like you're flying.

- **Batman:** Put their hands over their eyes to make a Batman mask
- **Wonder Woman:** Stand with hands on your hips.
- **Hulk:** Flex your muscles.
- **Cat Woman:** Put two fingers up on either side of your head like cat ears.
- All these heroes help people. We can be heroes, too, when we help people. **Who do you know that needs help? How can you help those people?**

ACTIVITY | Joseph's Coat

- **INSTRUCTIONS:** Print the Joseph's Coat printable (in your Week 2 folder) onto card stock. Cut small strips of multicolored construction paper (1/2 inch by 3 inch strips). Have the kids glue the colorful strips of paper on Joseph's coat.
- Joseph was special to his father and his father gave him a beautiful coat. Joseph's brothers were jealous of how his father treated him, but Joseph was a superhero!
- Take your picture home to remind you of our Bible story today.

MEMORY VERSE | Isaiah 40:31

- **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 . . .

BUT THOSE WHO TRUST (make a T with your arms)
IN THE LORD (point up)
WILL RENEW THEIR STRENGTH (flex both arms).

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 how Joseph was a hero.

ACTIVITY | Superhero Costume Relay

- **INSTRUCTIONS:** Have two sets of superhero costumes. Divide the kids into two teams. Have them relay one kid at a time to dress up as a superhero, pose, then remove the costume and run back. Then, the next kid goes. The team to have all their team complete the relay wins.

ACTIVITY | Wheat Painting

- **INSTRUCTIONS:** Provide the kids with card stock, wheat stalks (found at your local craft store) and paint. Encourage them to paint a superhero picture using their wheat stalks dipped in paint.

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