

**MADE TO MOVE**

an activity that increases the oxygen in the brain and taps into the energy in the body


**GREEN PASTURES RELAY**  
 [EARLY ARRIVAL ACTIVITY]
**WHAT YOU NEED:**

- 3 White balloons

**WHAT YOU DO:**

- Have your group sit in a circle.
- Have one child be the shepherd, give them a white balloon (the sheep), and have them guide their sheep around the circle, back to their spot, and into the center of the circle.
- Inform the kids that the goal is for each “kid shepherd” to guide their “balloon sheep” to the “green pastures.” which is the center of the circle.
  - For a few rounds, have kids guide their sheep only using their elbows. In another round, have them only use their knee. In another round, have them only use their knees.
  - Please have two more balloons ready in case a sheep balloon pops.
- Have everyone stay seated around the circle - forming the “green pasture” into which they’ll each guide their sheep.
- Let everyone have a turn. If your group is feeling competitive, feel free to time their turn.
- For older kids, feel free to make their journey more of an obstacle course that involves challenges.

**WHAT YOU SAY:**

“According to our Bible Story, who is our Good Shepherd? (pause for responses) That’s right! Jesus is our Good Shepherd. Who are the sheep? (pause for responses) That’s right, we are! Some of you guided the sheep gently, while some of you hit the sheep hard expecting the balloon to move faster. Which method do you think got you to the green pastures sooner and safely? When you whacked or pushed the sheep too hard, you lost control, which put the sheep in danger of going astray. It was easier and safer to get to the green pastures when you gently guided the sheep.

“In the same way, Jesus, our Good Shepherd, wants to guide you with gentle nudges and keep you safe from danger. One way He can do that is when you learn to hear His voice. Since He knows everything about you, He knows what’s good and what’s bad for you. When you learn to hear His voice, He can help you make good choices and stay away from bad ones. Can you think of some ways you can learn to hear God’s voice? (pause for responses) Those are some great ideas to practice! God knows you completely and He loves you, and He wants to guide you to the best ways and keep you safe from danger. That means that you can be bold and brave because He will lead you in the right way. [Bottom Line] I can have confidence because I am known.

**TODAY’S BIBLE STORY**

Who is Jesus?

John 10:14 and John 14:6

**TODAY’S BOTTOM LINE**

I can have confidence because I am known.

**MEMORY VERSE**

“My command is this: Love each other as I have loved you.”

John 15:12, NIV

**LIFE APP**

Confidence—Learning to see yourself as God sees you.

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**3. GATHER THE FLOCK**

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**WHAT YOU NEED:**

- Bibles
- hula hoops
- "Memory Verse Sheep" Activity Page,
- craft sticks

**WHAT YOU DO:**

- Help kids look up and "read" the Memory Verse using the Bible navigation tips below.

*Finding verses with kindergartners: Guide kids to open the Bibles to the marked page. Point to the word John at the top of the page as you say "John" aloud. Then guide kids to find the big number 15 (1-5) on the page. Explain that this is the chapter number. Finally, guide them to look under the big 15 for the little 12—this is the verse number. Tell them to leave their finger on the verse as you read the verse aloud. Then lead everyone to say the verse together.*

*Finding verses with 1st graders: Guide kids to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When they find the table of contents, lead them to find John in the list under "New Testament." You can help by telling them that John starts with the letters J-O. When the kids find John, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find John. Help the kids find the page. When they find John, explain that the big numbers on the page are the chapter numbers. Help them find chapter 15. Explain that the small numbers are verse numbers. Help them find verse 12 in chapter 15. Read the verse aloud together.*

- Emphasize the truth that Jesus loves us more than we can imagine.
- Lead kids to get into teams of 2 to 3 and gather at one end of your environment.
- Set a hula hoop "sheep pen" by each team and assign each team one of the sheep's colors.
- Scatter the "Memory Verse Sheep" around the environment.
- At your signal, instruct kids to take turns heel walking to one of their team's sheep, gathering it with their "staff," carefully walking it back to their team, and gently placing it in the "pen."
- When a team gathers all its sheep, direct the kids to work together to put them in order.
- When every team finishes, lead kids to "read" the verse aloud with you.

**WHAT YOU SAY:**

"Jesus knows EACH and EVERY ONE of you just like a shepherd knows his sheep. He knows what you like and what you don't like. He knows the things you're good at and the things that are hard for you. He knows the things that make you sad and the things that make you happy. Jesus knows EVERYTHING about you—He loves you! And because Jesus loves you, He wants you to love and serve others so that the world will look a little bit more like the world God wants for us. So remember: **[Bottom Line] I can have confidence because I am known.**"

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**4. PRAYER**

[PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:**

- Today's index cards
- Thin markers in various colors

**WHAT YOU DO:**

- Give each kid an index card.
- Set out the markers and invite kids to draw something to represent one of their favorite activities. (i.e., a soccer ball, a piano, a game controller, a bike)
- If time permits, could you invite kids to share their drawings?
- You can use the conversation below to guide kids in a responsive prayer.

**WHAT YOU SAY:**

"Jesus knows YOU! He knows [kid's name] and [kid's name] and *(repeat with each child's name)*. Not only does Jesus know you, but He also loves you MORE THAN YOU COULD EVER IMAGINE! Let's pray."

*(Pray, thanking God for sending Jesus to be our Good Shepherd. Be sure to mention each child by name.)*

*(Kids can keep their index cards.)*

**TRAVEL TIME:**

As you travel to the next track, use the following questions to keep the conversation going, and to keep kids thinking about what they're learning.

**WHAT YOU SAY:**

- When do you feel confident? Do you feel confident riding your bike? Playing a sport? Playing an instrument? Drawing or painting a picture? Being with a friend?
- Show me with your body what confidence looks like. (Pause.)
- What does it look like when you're NOT confident? (Pause.) (Alternately call out "confident" and "not confident," leading kids to pose accordingly. Linger on each "confident" pose, but don't spend a lot of time posing in the "not confident" stance.)
- [Bottom Line] I can have \_\_\_\_\_ (lead kids to say, "confidence") because I am known!

**TODAY'S BIBLE STORY**

Who is Jesus?

John 10:14 and John 14:6

**TODAY'S BOTTOM LINE**

I can have confidence because I am known.

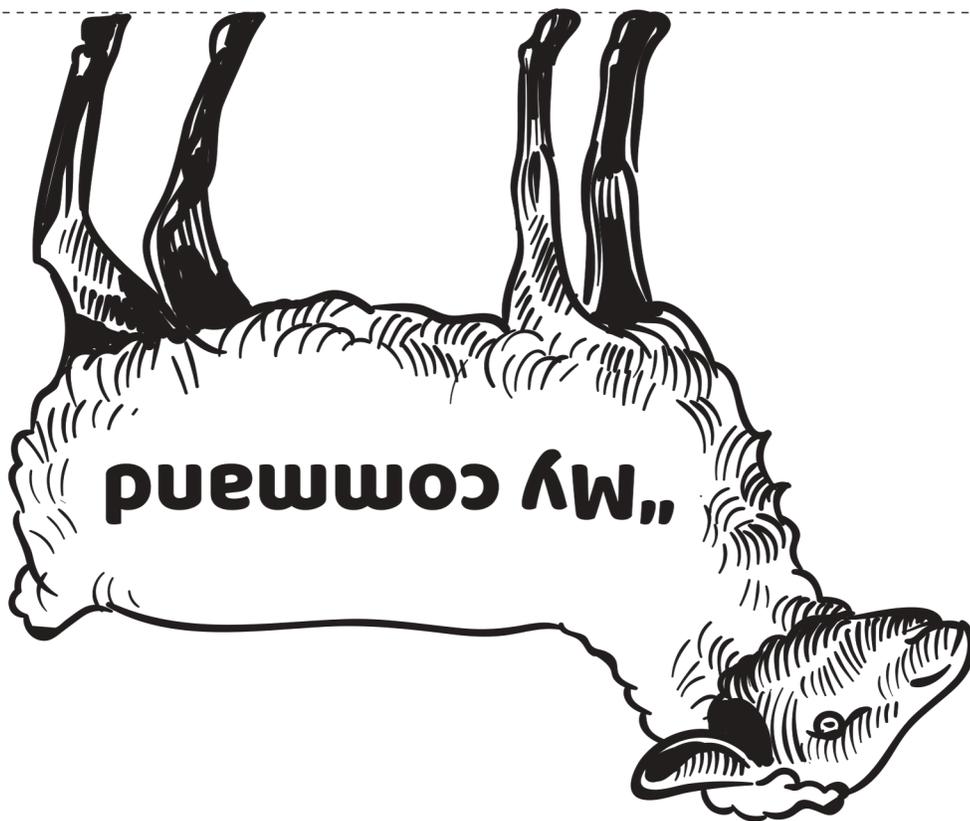
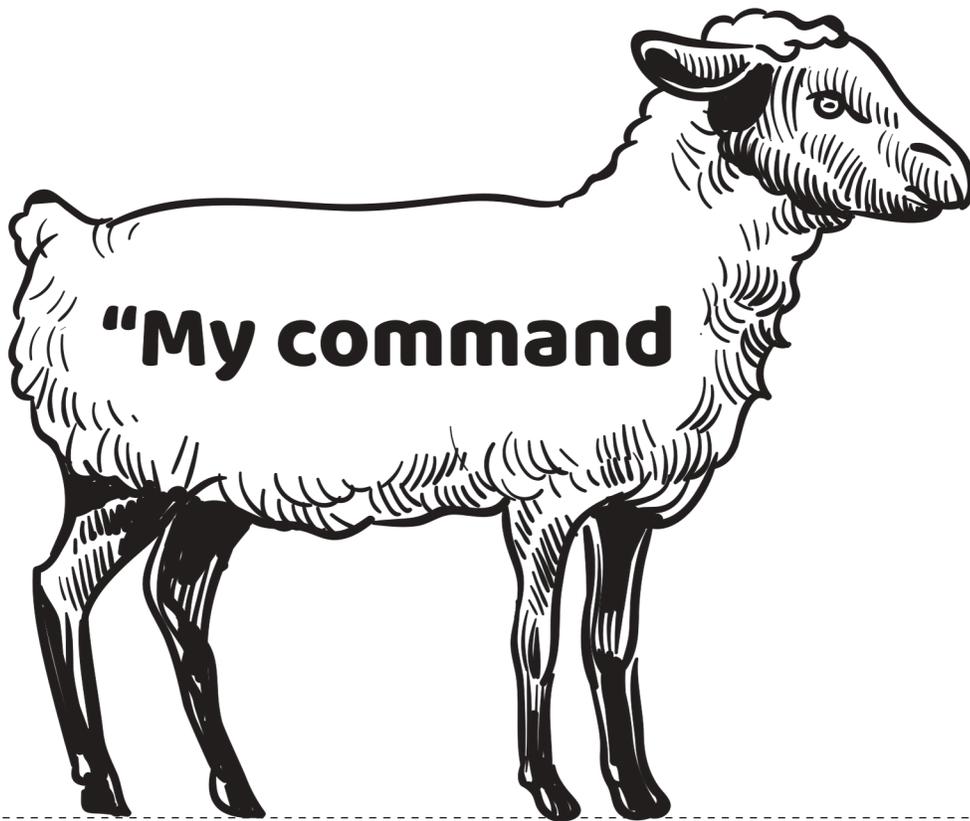
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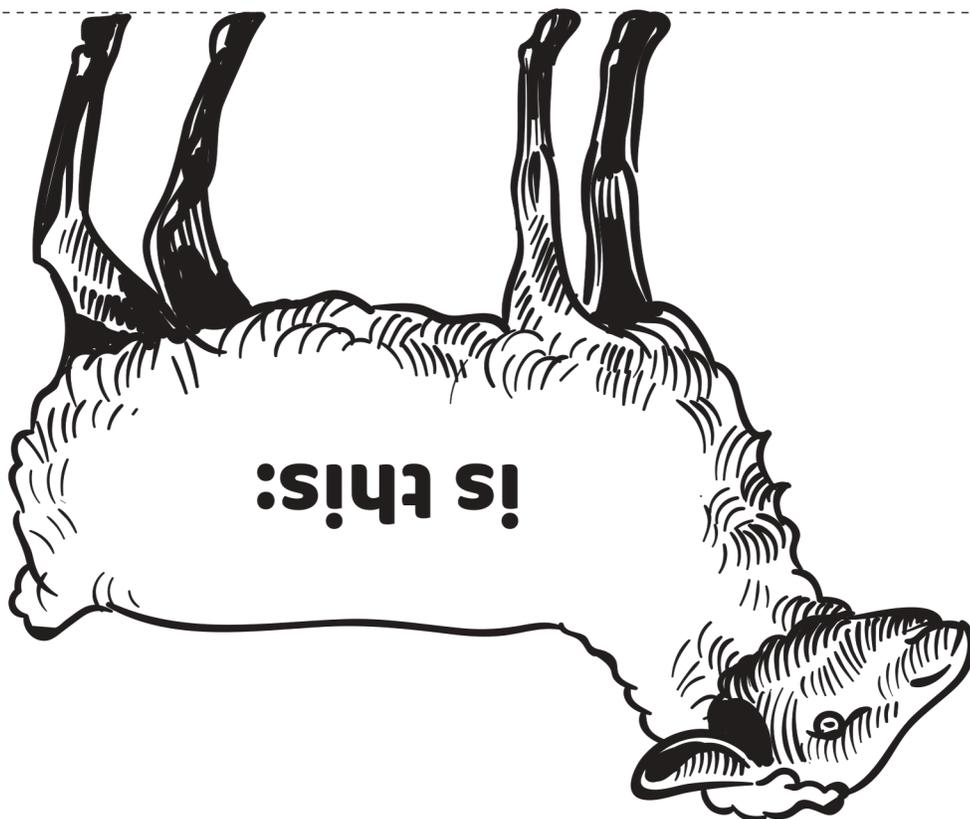
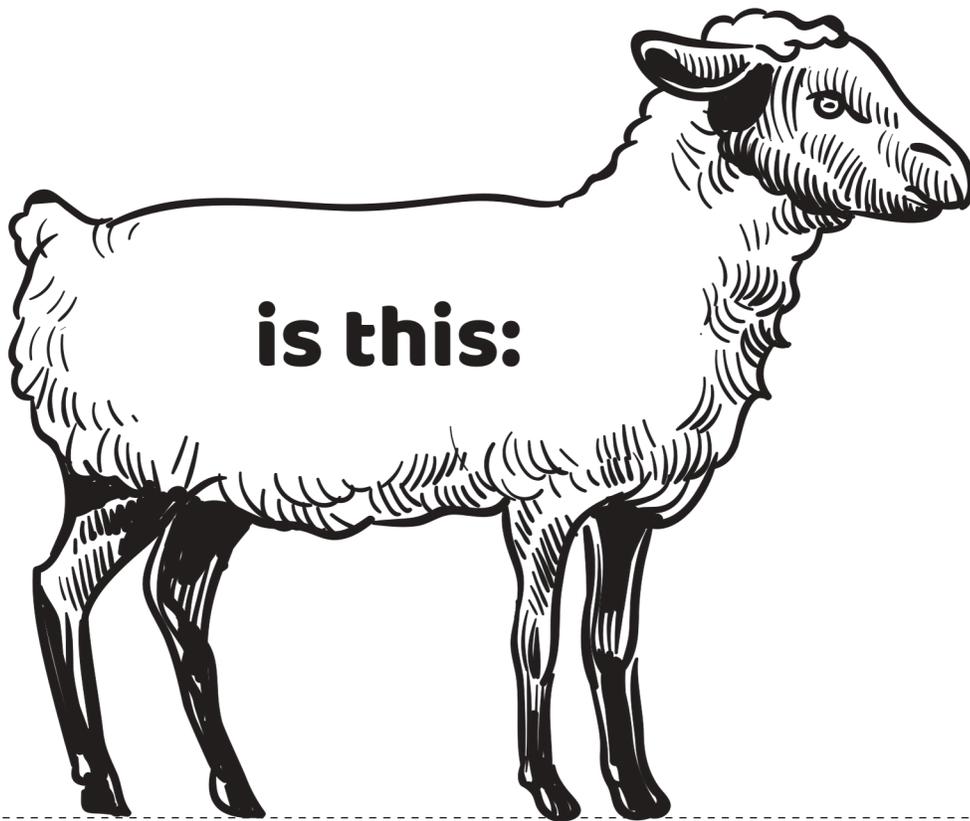


**What to Do:**

Print on cardstock and cut apart—1 set for every 2 to 3 kids. Fold each card back along the lines. For each set of sheep, use one color of dot sticker to secure the tops of the cards together.

**Memory Verse Sheep (NIV)**

VBS, DAY 1, Small Group K-1  
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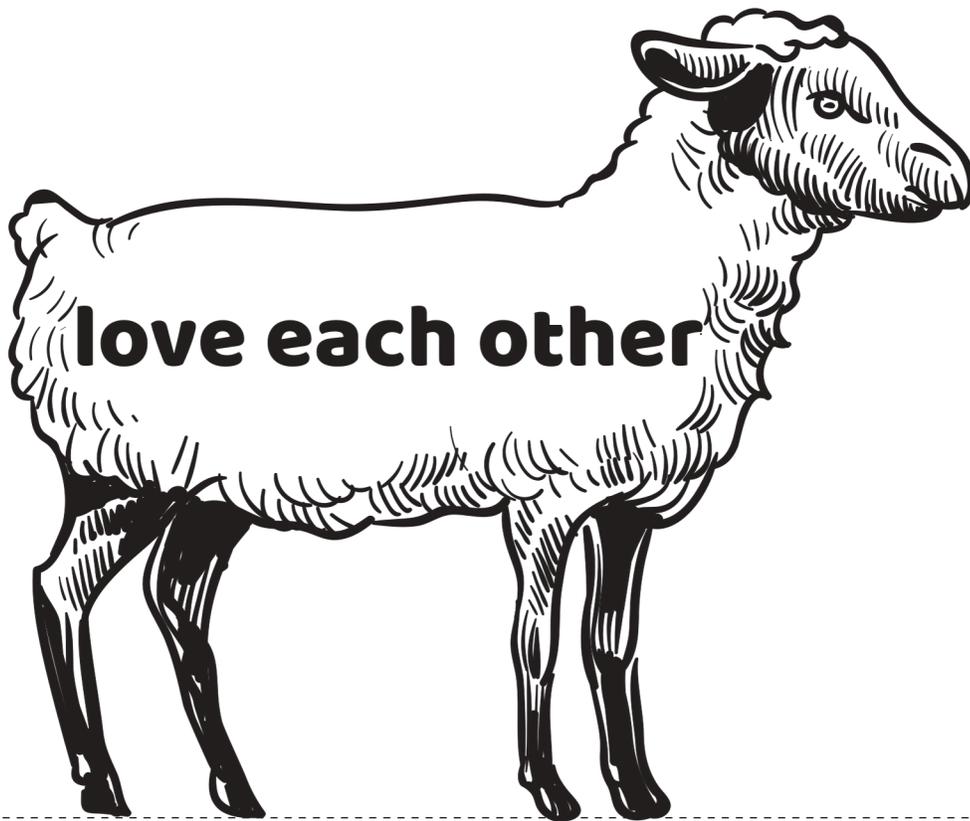


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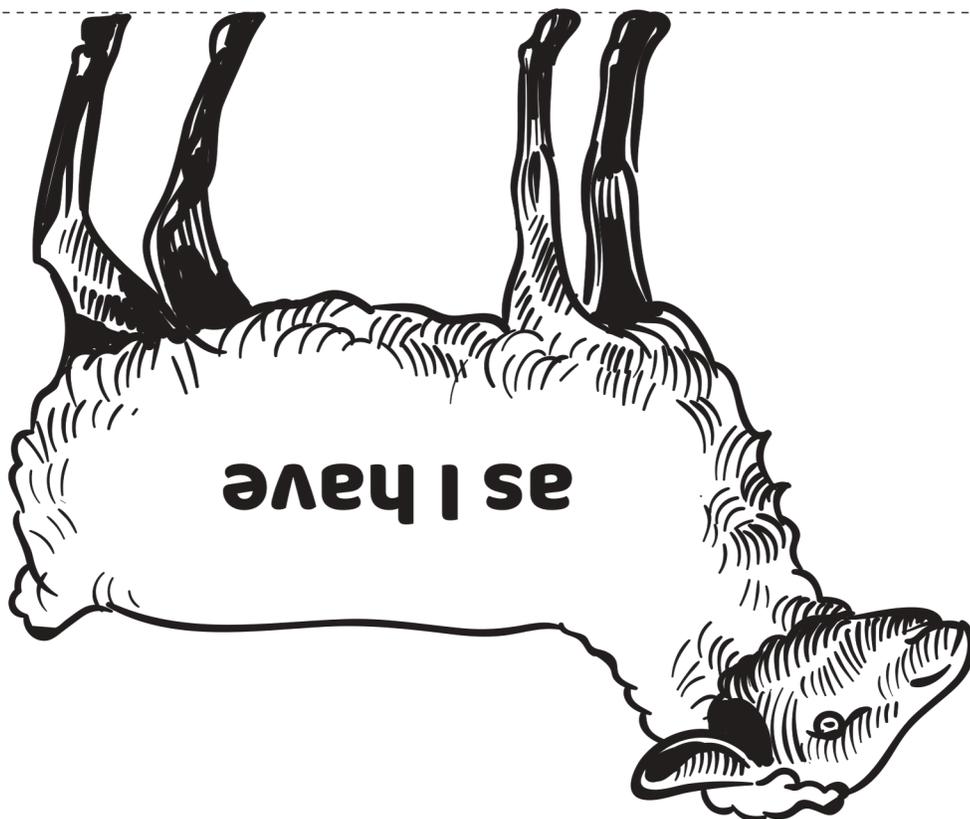


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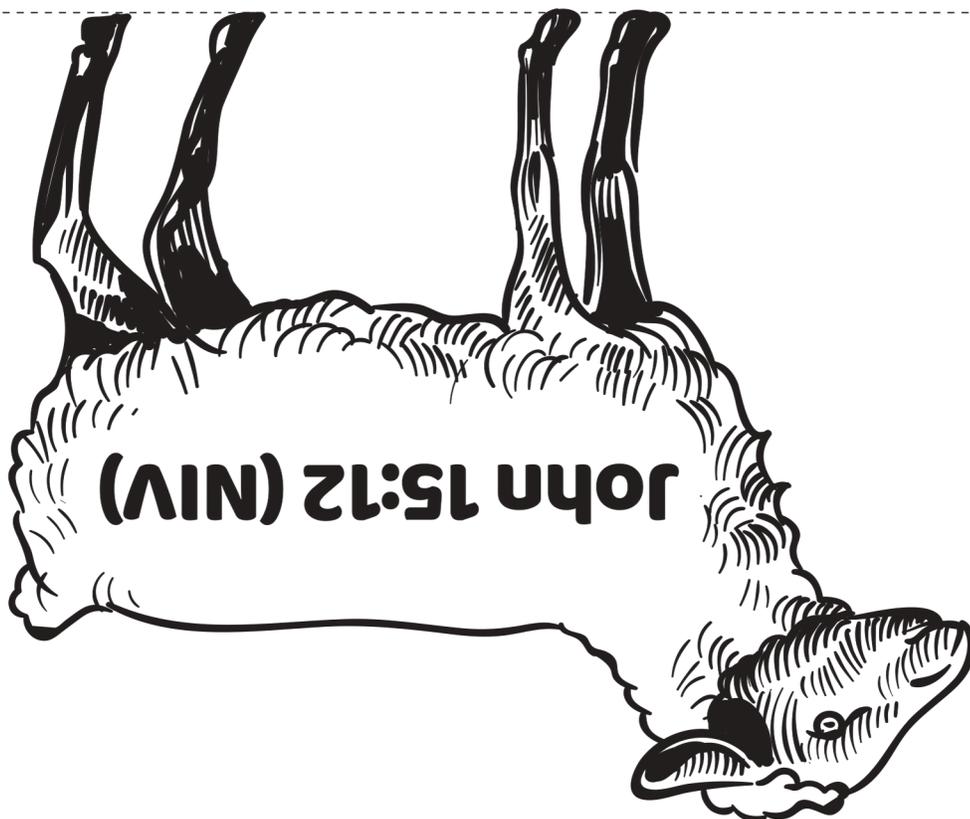
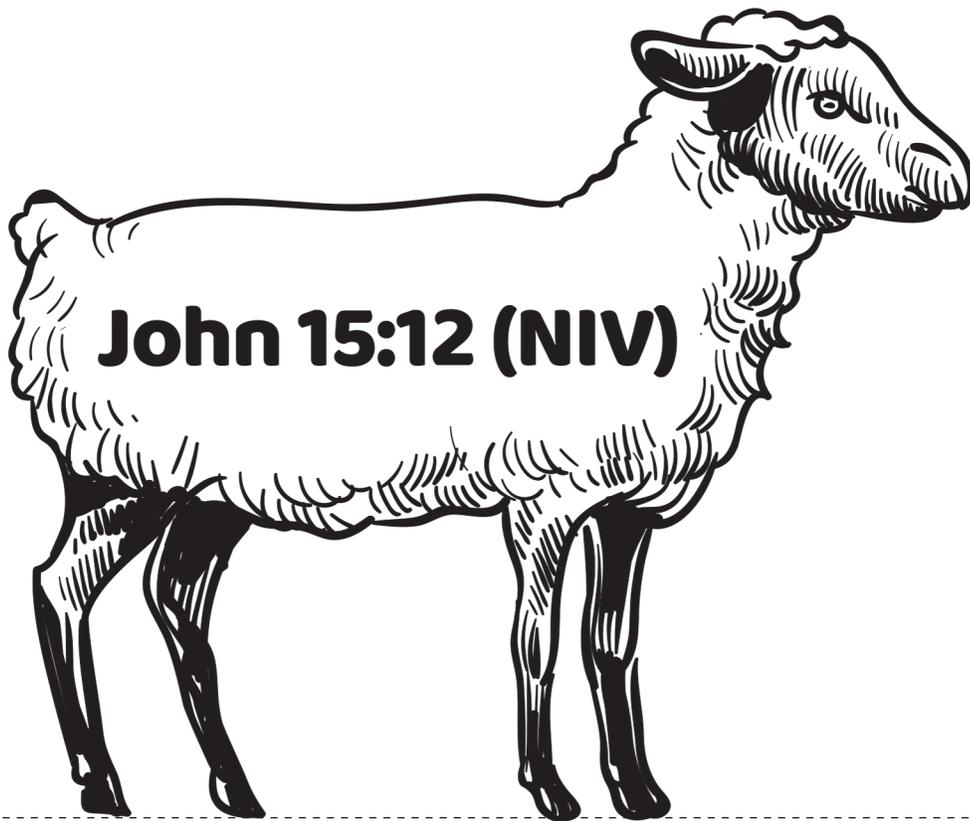


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