



LOW-ENERGY GAME

[10 min]

Carry Me

Supplies

- stuffed animals or dolls (1 for every 2 kids)
- chairs, tables, jump-ropes, pool noodles, hula hoops, and other classroom objects to create an obstacle course
- upbeat music (optional)
- music player (optional)

Easy Prep

- Prepare an identical obstacle course for every 10 kids. Include at least 5 obstacles per course, such as the following:
 - climbing over chairs
 - crawling under a table
 - walking along a rope
 - jumping over a pool noodle
 - crawling through a hula hoop

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Talk About Hard Things

Say: **Sometimes in life, we have hard things to do.**

Share an example of something hard *you've* had to do, such as find a new job, learn a sport, or move to a new city.

Ask: • **Tell me about something hard *you've* had to do.** Kids may say they've had to learn to ride their two-wheel bike, say goodbye to a friend who moved away, or start a new school.

Run the Course

Say: **It would be hard for our special friends here** (show kids one of the stuffed animals) **to make it over and around these hard things alone. Let's help them get past all these hard things to the other side of the room.**

- Form groups of 10. Have each group line up at the start of an obstacle course.
- Show kids how to get through the obstacle course.
- Ask an adult or teen helper to stand at the start of each course to help kids get started. The helper will hand kids a stuffed animal or doll to carry with them as they go through the course. Encourage the helper to start a new child in the course as each child finishes the first obstacle.
- When kids reach the end of the course, have them run their stuffed animals back to the beginning and give them to the helper. Kids can then get back in line to run again.
- Allow kids to continue running the course as time allows.
- If you'd like, play upbeat music while kids play.

Say: **When our special toys went over and around these hard things today, they didn't have to do it alone. They had us there to help them through. When you go through hard things, you don't have to do it alone either. The Holy Spirit is God with us. He can live in us, so God is *a*lways there to help us.**



Supplies

- “In My Heart” handout printed on colorful card stock (1 per child) (download [here](#))
- hole punch
- fun stampers
- washable ink pads
- glue sticks
- small craft sticks (12-14 per child)
- 12-inch pieces of curling ribbon (1 per child)

Easy Prep

- Make a sample craft to show kids.
- Cut the “In My Heart” handout along the cut lines, and punch holes at the top.



Talk About God’s Love

Say: **Today we’re learning that the Holy Spirit is God with us. He reminds us how much God loves us. The Holy Spirit can live in us, helping us see God’s love all around us.**

Share something that reminds *you* of God’s love. It may be a beautiful sunset, a good friend, or a tall mountain.

Ask: • **What reminds *you* of God’s love for you?** Kids may say their dad’s hugs, cuddling with their puppy, or running around in the warm sunshine.

Make the Heart

Say: **God loves us so much. God’s Spirit is with us, helping us see God’s love. Let’s make something to remind us that the Holy Spirit can live in us.**

- Give each child the heart section of the “In My Heart” handout.
- Encourage kids to use stampers to decorate their hearts.
- As kids finish decorating the hearts, give them the two door sections of the handout. Help them glue craft sticks vertically over the doors.
- After kids finish gluing, lay the doors over the heart, and tie a piece of curling ribbon through each set of holes to hang the doors.

Sing a Song

Say: **Let's sing our special song to help us remember the Holy Spirit lives in us. We can use the doors in our craft to peek into our hearts as we sing.** Lead kids in singing the following song from Core Bible Discovery to the tune of "The Farmer in the Dell." Have kids open and close the doors of the craft as they sing each line.

God's Spirit lives in us. (Open doors, then close them.)

God's Spirit lives in us. (Open doors, then close them.)

He guides us and he gives us gifts to love everyone! (Open doors, then close them.)

Repeat as time allows.

Say: **God loves us so much. He wants to be with us all the time. We can hang our crafts on our doors at home to remind us that the Holy Spirit is God with us all the time.**

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