



WEEK 2

PRESCHOOL LESSON OUTLINE

BLAST



BIG IDEA

People can help our faith grow.

THE BIBLE

Jesus Heals a Paralyzed Man: Mark 2:1-12

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Planet Hopping
- **ACTIVITY** | Balloon Bop

TEACHING TIME

- **MUSIC** | Worship Time
- **THE BIG IDEA** | People can help our faith grow.
- **VIDEO** | Blast Off, Episode 2
- **BIBLE STORY** | Mark 2:1-12
- **ACTIVITY** | Kid on a Blanket
- **PRAYER**

DISCUSSION TIME

- **SNACK** | Sweet Friends
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Help Your Friend
- **MEMORY VERSE** | Psalm 119:105 (NIV)

PLAY TIME

- **ACTIVITY** | Coloring Page
- **ACTIVITY** | Man on a Mat
- **ACTIVITY** | Friendship Building



BY LINDA MOON

HOW TO HACK THIS SERIES FOR TODDLERS

In children’s ministry, you’ve got a wide range of ages you need to engage every week, but toddlers tend to get overlooked. But you know your toddlers need more than just babysitting, so here are a few adjustments you can make to this week in order to keep your toddlers more engaged.

ACTIVITY | Planet Hopping

This activity involves kids hopping from plate to plate, which might be challenging for younger children. Consider arranging the plates out on the floor and have them pretend to fly to each plate to pick them all up.

ACTIVITY | Balloon Bop

While preschoolers will enjoy bopping balloons on a towel or blanket, toddlers might not be able to bop them for very long. An alternative option is to have your toddlers each hold a corner of the towel or blanket, then place a balloon in the middle of their “mat.” Have them transport the balloon from one side of the room to the other without the balloon falling off.

ACTIVITY | Kid on a Blanket

Preschoolers are reenacting today’s story here by being carried or slid across the room on a blanket. For toddlers, have them lay down on the blanket without moving. When you say, “Your sins are forgiven,” have them stand up as fast as they can.

SNACK | Sweet Friends

We are making deconstructed s’mores with graham crackers, marshmallows, and Hershey’s™ Kisses! Toddlers should be able to do this activity, but you might want to choose a piece of chocolate that doesn’t need to be unwrapped (like M&Ms®). Or if you think this ensemble might be too sweet




for younger kids, you can swap out the ingredients with saltine crackers, cubes of cheese, and a piece of fruit.

ACTIVITY | Man on a Mat

Kids will be coloring and cutting out drawings of a man and a mat to reinforce today's Bible story. Prepare all the parts above beforehand so that the only thing toddlers need to do is color. Tie the loose end of the yarn on to two popsicle sticks so they can lower the man using the sticks instead of having to hold the yarn.

ABOUT THE AUTHOR

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Linda is the Lead Editor of Children's Ministry Resources for Stuff You Can Use and also the Director of Education at her church in La Cañada, California. She has been a children's pastor for over 12 years, but has served in kidmin ever since the 7th grade! As such, she has experience in nearly everything from leading Bible Study to volunteer training to even worship song choreography!

Her passion is teaching and developing next gen leaders. She adamantly believes in lifelong learning and fostering meaningful relationships at all levels. She has led workshops for conferences and organizations, such as the National Worship Leaders' Conference and Child Evangelism Fellowship. She

holds two masters degrees in theology and cross-cultural studies from Fuller Theological Seminary, and a doctorate degree in education from the University of Southern California.

Linda and her husband, James, have two sons—Elijah and Enoch. A few of her favorite things are rainy weather, coffee, Hello Kitty, purple, books, musicals, and singing along to Steven Curtis Chapman and Disney soundtracks.

If you'd like to connect with Linda about any of the above (or anything at all!), you can reach out to her via email, social media, and the Stuff You can Use Facebook group!

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WEEK 2

PRESCHOOL LESSON GUIDE

BLAST



BIG IDEA

People can help our faith grow.

THE BIBLE

Jesus Heals a Paralyzed Man: Mark 2:1-12

WELCOME TIME

ACTIVITY | Planet Hopping

- Hi everyone! We are continuing our “Blast Off” series! Let’s pretend we are astronauts in space and visiting all the planets.
- **INSTRUCTIONS:** *Collect some paper plates and a yellow construction paper circle. Lay the paper plates on the floor around the yellow construction paper sun. Tell your preschoolers they have to hop to all the planets, without touching the sun or touching the floor. Tell them their friends can help them.*
 - ✂ **TODDLER HACK:** *For younger children, consider arranging the plates out on the floor and have them pretend to fly to each plate to pick them all up.*

ACTIVITY | Balloon Bop

- Last time, we found out that we can spend time with God. Today, we will hear about a man who really, really wanted to spend time with God, but he couldn’t because he was paralyzed. (Paralyzed means he couldn’t walk!)
- Let’s pretend this balloon is the paralyzed man in today’s story.
- **INSTRUCTIONS:** *Before your program, blow up a balloon, then use a permanent marker to draw a face on it. Have your preschoolers take hold of a corner of a towel or blanket and wave it up and down to bop the balloon. If you have a larger group, use multiple blankets and balloons and let them see who can keep the balloon bopping the longest.*
- Wow you are all very good friends! The paralyzed man in today’s Bible Story needed friends to help him meet Jesus. And we will soon see that he had four very good friends. . . just like you!
 - ✂ **TODDLER HACK:** *Have your toddlers each hold a corner of the towel or blanket, then*

place a balloon in the middle of their “mat.” Have them transport the balloon from one side of the room to the other without the balloon falling off.

TEACHING TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can select any songs you'd like, but for this lesson we like:
 - [“A Friend Loves at All Times”](#) by Summit Kids
 - [“Love One Another”](#) by Yancy

THE BIG IDEA | People can help our faith grow.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea. This week, shout the Big Idea, then point to the kids and have them shout it back (you can change it up by using funny voices and different volumes or inflections).
- This week's Big Idea is: **People can help our faith grow!**

VIDEO | Blast Off, Episode 2

- **INSTRUCTIONS:** Play this week's preschool [teaching video](#).

BIBLE STORY | Mark 2:1-12

- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- In this Bible story, the paralyzed man needed to get to Jesus, but he couldn't get there on his own. He needed his friends to help him get there.
- The man's friends carried him to Jesus, but the place was so busy that they couldn't get inside. So they took him up to the roof! **Can you point to where the roof is?**
- The friends lowered the man down in front of Jesus. And Jesus healed him! The man could walk now!
- Just like the man in this story, we have people we know that help us get closer to Jesus. They can pray for us and show us God's love.
- Just like the four friends, you can help your friends get closer to Jesus by praying for them and showing them God's love.

ACTIVITY | Kid on a Blanket

- Jesus healed the paralyzed man and he could walk again! But he also forgave the man of the things he did wrong in the past. Things you do that God doesn't want us to do are called “sins.”
- **INSTRUCTIONS:** Gather your preschoolers together around a blanket or towel. Practice saying: “Your sins are forgiven,” like Jesus said in the Bible story. Let the kids take turns sitting on the blanket or towel while the others pull them across the room (with an adult's help). If you have enough adults, you can lift each child up and carry them across the room on the blanket. When they get to the other side, have the rest of the kids say, “Your sins are forgiven” and have the kid

walk back to the group.

- Isn't God amazing? God can heal us when we are sick, and forgive us when we sin! And we can get to know God more through other people who love God!

✂ **TODDLER HACK:** *Have them lay down on the blanket without moving. When you say, "Your sins are forgiven," have them stand up as fast as they can.*

PRAYER

- Dear God, thank you for our family, our friends, all the people in our lives who help us know you. Help us to notice the people who need our help, too!

DISCUSSION TIME

SNACK | Sweet Friends

- **INSTRUCTIONS:** We are making deconstructed s'mores! Give each child a graham cracker and four marshmallows. Have them position the marshmallows in a way the graham cracker can sit on the four marshmallows. Then put a small piece of chocolate (like a Hershey's™ kiss) on top of the graham cracker.
- **Why couldn't the man get to Jesus on his own?**
- **How did the man get to Jesus?**
- **What did Jesus say to the man?**
- **What happened to the man after he met Jesus?**

✂ **TODDLER HACK:** *Toddlers should be able to do this activity, but you might want to choose a piece of chocolate that doesn't need to be unwrapped (like M&Ms®). Or if you think this ensemble might be too sweet for younger kids, you can swap out the ingredients with saltine crackers, cubes of cheese, and a piece of fruit.*

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Gather the kids together in a circle and play this simple game while you continue to discuss. You'll need the balloon man from your earlier activity. Have the kids sit or stand in a circle and tell them to keep the balloon man off the ground by bopping him with their hands, but they can't bop him twice in a row – everyone has to have a turn before they can bop the balloon again. If anyone lets the balloon fall, stop and ask a question about the Bible story.*
 - **Tell us about one of your good friends. What do you like to do with them?**
 - **Tell us about a time when you needed help from a friend. What did your friend do to help you?**
 - **If you were the man on the mat, how would you have felt when your friends brought you to Jesus?**
 - **How can you help your friends this week?**

ACTIVITY | Help Your Friend

- **INSTRUCTIONS:** *Have three kids hold hands or link arms together. The kid in the middle has to*

close their eyes. The objective is for the group of three to successfully get from one side of the room to the other (or circle the room).

- **Was it hard or scary to trust your friends to help you?**
- **What did it feel like to be the one helping?**
- **Do you enjoy helping others?**
- **How can you help people know that God loves them?**

MEMORY VERSE | Psalm 119:105

- **INSTRUCTIONS:** Have kids echo you one or a few words at a time. To make it more interesting, try using funny voices! If you have time, you can repeat the [sign language](#) instructions from last week.

PLAY TIME

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

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Give every kid a Coloring Page, plus crayons, markers, and/or colored pencils. As they color, remind them of today's story and today's Big Idea.

ACTIVITY | Man on a Mat

- **INSTRUCTIONS:** Distribute the printable of the paralyzed man that kids can color then cut out. Then give each kid a half-sheet of construction paper or use the image of the mat provided. Punch a hole in each corner of the mat, then help kids tie a piece of yarn on to each corner. Then they can put the man on his mat, and use the yarn to lower him to the ground.
- Since your paper man cannot move, we had to move him around on the mat! That's what the man in today's Bible Story needed, too! Why don't you take turns helping your friend carry their paper man on the mat?
 - ✂ **TODDLER HACK:** Prepare all the parts above beforehand so that the only thing toddlers need to do is color. Tie the loose end of the yarn on to two popsicle sticks so they can lower the man using the sticks instead of having to hold the yarn.

ACTIVITY | Friendship Building

- **INSTRUCTIONS:** Let your preschoolers play with blocks or LEGO bricks. Encourage them to build towers, but tell them they have to do it while helping their friends. Each person can only lay one block down at a time, so they have to work together to build a tower. You could also tell them to build towers with their eyes closed, while their friends help them.
- It's a great feeling to be able to help people out! When we show God's love by caring for others like that, we show that **people can help our faith grow!**

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