

Teaching Aids

SESSION 1

Letter to Families



Welcome to the Fall 2023 quarter of Shine! For the next 13 weeks, we will explore Old Testament stories from Genesis and Exodus, stories that were told orally for generations before they were ever written down. They are the stories that reflect the journey of our faith from its beginnings. These family activity suggestions are to help you continue sharing the story at home.

Pray Together!

Pray using Psalm 121. Read Psalm 121 together as a family or find a musical arrangement of Psalm 121 to listen to together. Set aside a few times each week to pray together.

Play together!

Fall is a wonderful season to spend time outside together. Go on a bingo hike. Make a bingo card with objects for children to look for as you go through your neighborhood, based on items you can find near your home, such as a rock, cloud, blade of grass, or pretty leaf. See who can find bingo first!

Eat Together!

Food is mentioned several times in the stories this quarter: the yogurt and bread Abraham and Sarah offered their visitors, the lentil stew Jacob gave Esau, and the flatbread made by the Israelites as they fled Egypt.

Try making this simple flatbread that only takes minutes to prepare and cook.

Ingredients:

- 2 cups / 300 g flour
- ½ tsp / 2 ml salt
- 4 T / 60 ml butter
- ¾ cup / 185 ml milk
- 1 T / 15 ml oil

Instructions:

1. Combine flour and salt in a large mixing bowl. Heat milk and butter until the butter is melted. Pour into flour mixture and stir until blended.
2. Sprinkle work surface with flour and knead dough for about 2 minutes. If dough is sticky, add more flour. Wrap in plastic wrap and let rest at room temperature for 30 minutes.
3. Cut dough into 4 pieces. Roll pieces into balls and roll flat.

Heat oil in a nonstick pan over medium heat. Cook flatbread on both sides for about 1 minute on each side.



SESSION 1

"Four Corners" Game Instructions

Follow these instructions to play the "Four Corners" Game in Explore (Move).

1. On four sheets of paper write the names of four places Abram and his family visited: Haran, Shechem, Bethel, and the Southern Desert. Place one sign in each corner of your meeting space.
2. Choose one person to be the counter. Blindfold this person and place him or her in the center of the room.
3. While the counter counts aloud to 10, the rest of the children will move around to the different corners of the room.
4. When the counter gets to 10, children must choose a corner and stop moving. Without looking, the counter will call out the name of one place: Haran, Shechem, Bethel, or the Southern Desert. Any children who are in the corner named by the counter must sit down for the rest of the round.
5. Continue playing by repeating steps 2–4 until only one person remains. This person then becomes the new counter.

SESSION 2

Aryan

Aryan is a yogurt drink served in many places in the Middle East. Imagine drinking a cool glass of Aryan after a long journey through the hot desert.

You will need:

- 2 cups / 500 ml plain yogurt
 - 2 cups / 500 ml cold water
 - 1 tsp / 5 ml sea salt
 - chopped mint or cucumber (optional)
 - blender (or a large bowl and a whisk)
1. Mix together the yogurt, water, and salt in a blender or in a bowl with a whisk.
 2. Pour into glasses. Top with mint or cucumber (optional).
 3. Enjoy!

Recipe makes 4 servings.

SESSION 3

A Blessing Blows

Use suggestions as directed in Connect to Each Other.

A blessing blows . . .

- . . . for everyone who has an older sister
- . . . for everyone with brown eyes
- . . . for everyone who likes French fries
- . . . for everyone who ate cereal for breakfast
- . . . for everyone who has a cat/dog
- . . . for everyone who has a little brother
- . . . for everyone that likes to eat salad
- . . . for everyone who helped with the dishes last week
- . . . for everyone who is wearing socks
- . . . for everyone who is (5, 6, 7, 8) years old
- . . . for everyone who has traveled out of the state/province
- . . . for everyone who likes bananas
- . . . for everyone wearing green

SESSION 2

"Making a Class Covenant" Instructions

Follow these instructions to create a class covenant.

Before the session: At the top of a piece of posterboard, write "We will create space to worship God." Halfway down the poster, write "We will welcome and respect each other."

1. Ask children to imagine a space where they can worship God with their hearts, minds, spirits, and bodies. What might that sound like, feel like, and look like? Have children write their suggestions on sticky notes and place them on the top section of the poster.
2. Ask children to think about what is needed to create a space where everyone feels welcome and respected. Have children write their suggestions on sticky notes and place the notes on the bottom section of the poster.
3. Read the sticky notes out loud and notice which ideas are repeated. Talk about which agreements seem the most important for your group. Write two or three in each section of the poster and display in the classroom.

For smaller groups: ask each person to write down two or three ideas on sticky notes and offer your own suggestions as well.

SESSION 3

Kintsugi Bowl

Background Information

How can something that is broken be beautiful? For more than 500 years, Japanese artists have been creating beauty out of broken pottery. Using a process called Kintsugi, artists use glue and gold dust to put broken pottery pieces back together. Instead of trying to hide the damage when they fix pots, the artists use gold to repair the places where the pot was broken. The repaired places come to be viewed as the most beautiful parts.

Jacob broke his brother's trust by stealing Esau's blessing. Jacob was afraid he would never be able to fix the hurt and pain he had caused. He thought Esau would always be angry with him, and their relationship would be broken forever. But to his surprise, his brother hugged him. Esau and Jacob made peace and their relationship was restored. Just like the gold Kintsugi pottery line, the brothers' healed relationship is the most beautiful part of their story.

Paper Kintsugi Bowl Directions

Follow the directions to make a Kintsugi bowl with paper during Explore (Create).

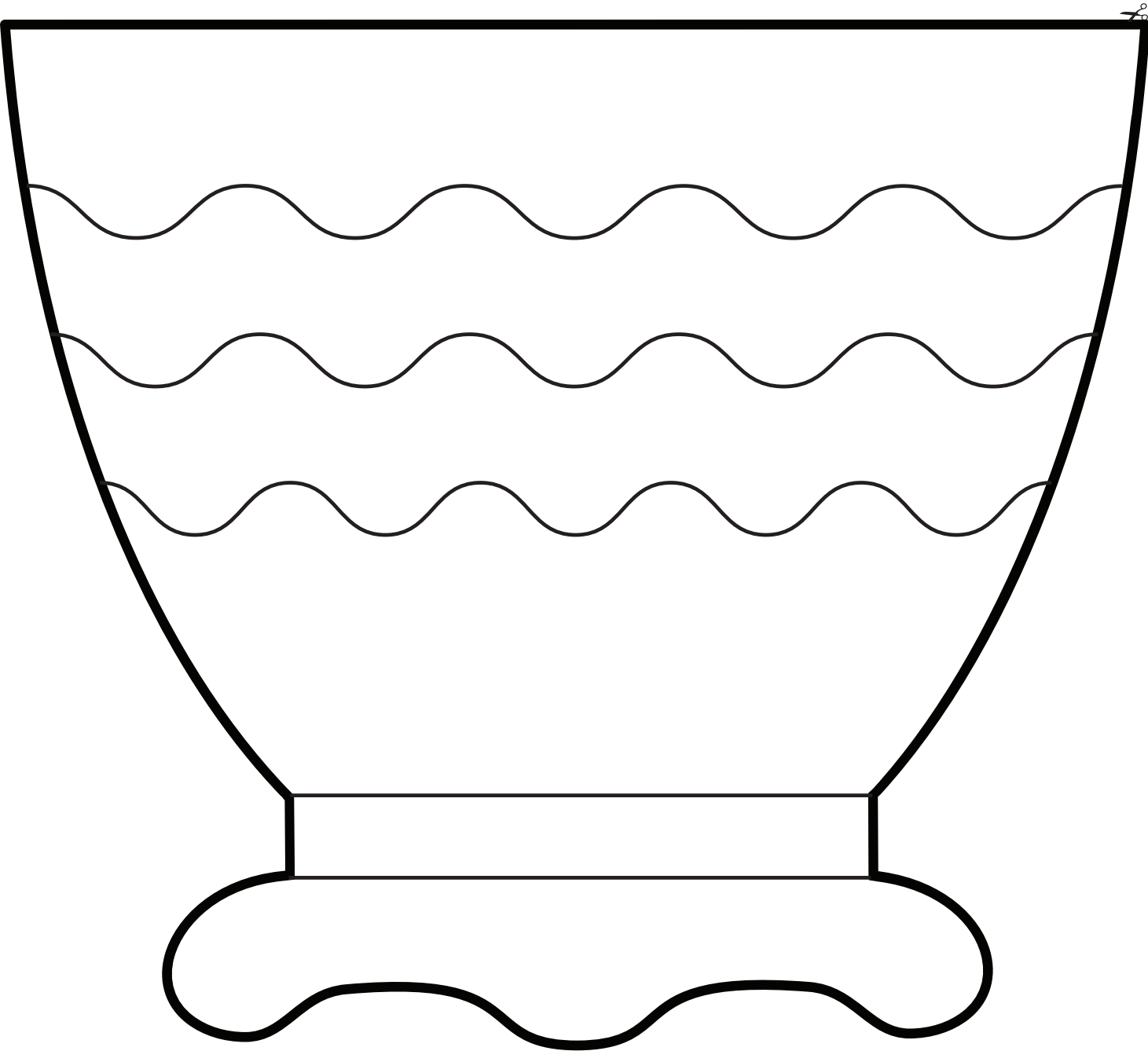
Make copies of the bowl template (on the next page) onto white paper and cut out one for each child. Give a cut-out bowl and a piece of colored construction paper to each child. Have each child decorate his or her bowl, then tear the bowl into four pieces.

Lay the torn pieces on the construction paper to re-form the bowl, such as puzzle pieces. Separate the pieces slightly, leaving spaces between them while keeping the shape of a bowl. Glue the pieces to the construction paper. Use colored glitter markers or tubes of glitter glue to draw on the line between the pieces and let dry.



SESSION 3
Kintsugi Bowl Template

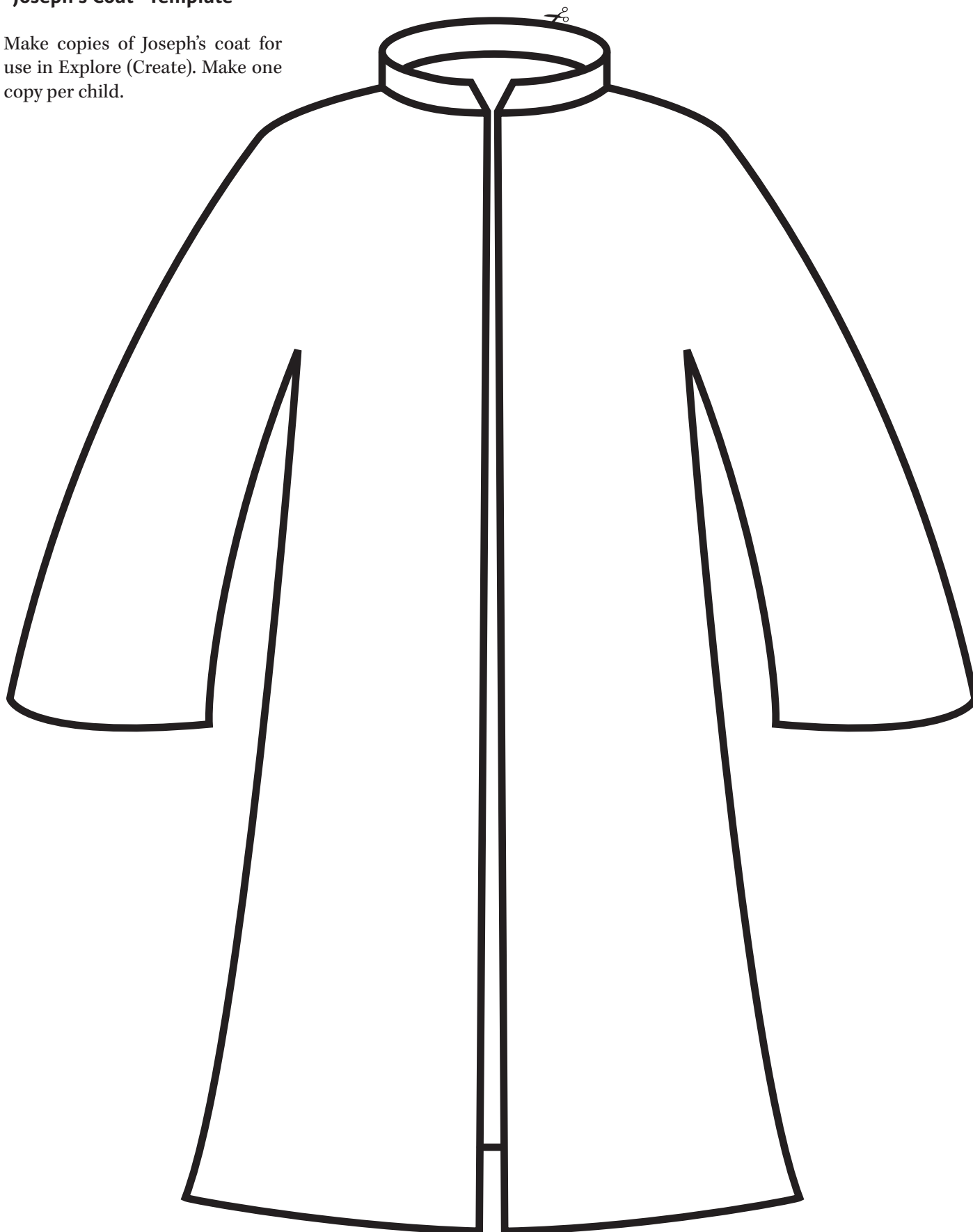
Copy this template for use in Explore (Create).



SESSION 4

"Joseph's Coat" Template

Make copies of Joseph's coat for use in Explore (Create). Make one copy per child.



SESSION 4

Good and Bad Choices

Use these choices with Explore (Move).

1. You help your teacher put away supplies after an activity.
2. You decide to watch TV instead of finishing your homework.
3. You decide not to wear a coat when you go outside to play in the snow.
4. You do your math homework before you do your reading homework.
5. You laugh when a friend falls down during soccer practice.
6. You decide to let your little sister have the last cookie.
7. You spill toothpaste in the bathroom and tell your parents your brother did it.
8. You clean up your room without being asked.
9. You eat cake for dessert instead of cookies.
10. You practice piano before going outside to play.
11. You stay up late playing a video game on a school night.
12. You invite a new student to join a game with you and your friends.
13. You say nothing when someone makes fun of your friend on the playground.
14. You decide to wear red socks.

SESSION 5

Snack Recipe

Ingredients

- Family size bag of mini pretzels
- Large bag of candy-coated chocolates
- Large bag of mini marshmallows
- Two boxes of graham cracker bears
- Large bag of dried cranberries or raisins
- Two boxes of goldfish crackers
- Large bag of sunflower or pumpkin seeds

Instructions

Gather ingredients and choose an option below for assembling the snack mix. Have children wash hands before handling food and remind them not to sample or lick their fingers as they fill their bags.

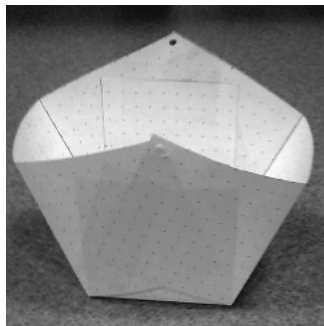
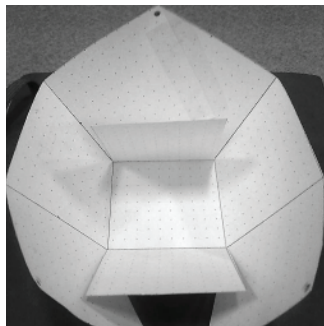
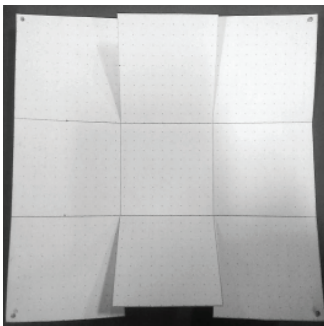
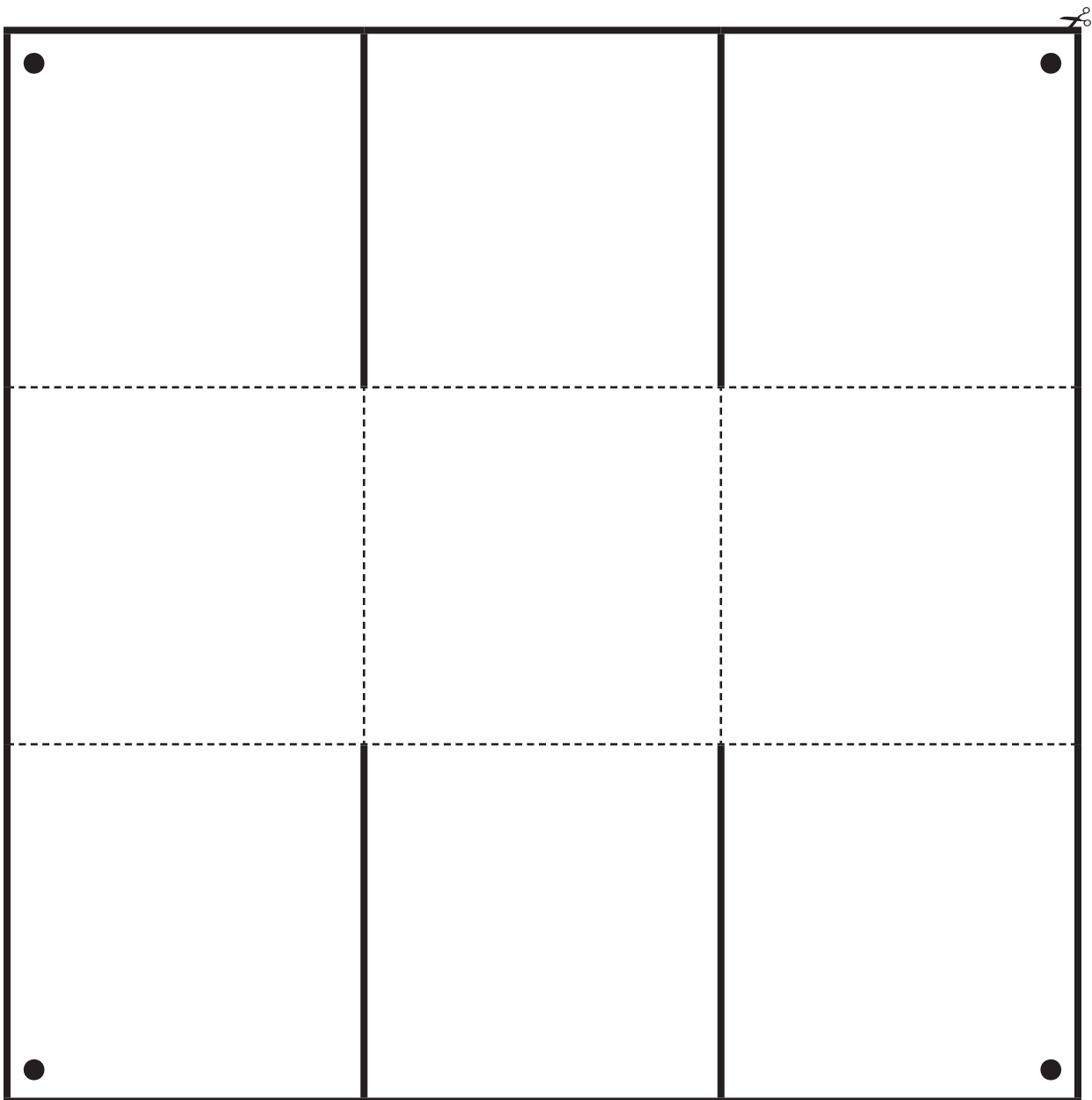
Option 1: Place ingredients in seven separate bowls with spoons or small measuring cups at each bowl. Talk about how important the number 7 was in the story. Have children fill two zippered resealable bags with ingredients from each of the bowls, counting each ingredient up to seven as they add it to their bags: one for them to eat and one for them to share.

Option 2: Have children measure 1 cup / 128 g of each ingredient into a large bowl and mix ingredients together with a large spoon. Count each ingredient as it goes into the bowl (seven) and talk about how the number seven was important in today's story. Have children measure 1 cup / 128 g of the mix into two zippered resealable bags: one to eat and one to share.

SESSION 7








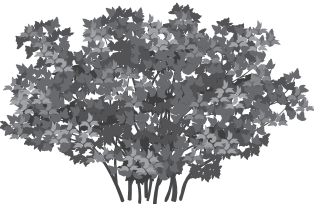




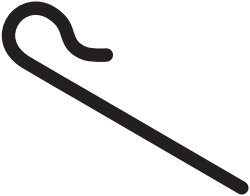
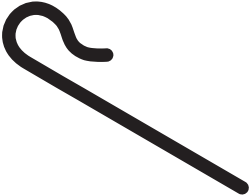
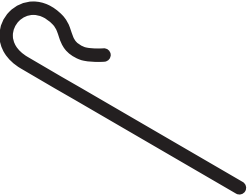
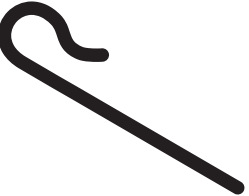




"Paper Basket" Template

Copy on white copy paper (one per child) and cut the outside line of the square prior to the session. Have children color both sides of the paper; fold on the dotted lines and cut on the four solid lines, making sure not to cut through the folded lines that form the bottom of the basket. See pictures and follow instructions in Explore (Create) for assembly.



SESSION 8
"Desert Action" Cards

Copy and cut out cards. Shuffle and place in a stack. Use during Explore (Move).

 Giant step to orange	 Giant step to orange	 Giant step to orange	 Giant step to orange
 Wiggle dance to green	 Wiggle dance to green	 Wiggle dance to green	 Wiggle dance to green
 Hop on one foot to brown	 Hop on one foot to brown	 Hop on one foot to brown	 Hop on one foot to brown
 Tiptoe to blue	 Tiptoe to blue	 Tiptoe to blue	 Tiptoe to blue
 Slither walk to yellow	 Slither walk to yellow	 Slither walk to yellow	 Slither walk to yellow

SESSION 7

Baby Moses

Copy and cut one baby per child. Use as instructed in Explore (Create).



SESSION 10

"Cross Over If . . ." Statements

Read these statements during Connect to Each Other. Pick statements that apply to your group or make up some of your own.

Cross over if . . .

- you have a brother or a sister.
- you have been on an airplane.
- you like to sing.
- you like summer more than winter.
- you play an instrument (tell someone what instrument you play).
- you like to help in the kitchen.
- you have a pet (tell someone what kind of pet you have).
- you have your own bedroom.
- you like grapes more than bananas.
- you play a sport (tell someone what sport you play).
- you have helped plant or care for a garden.

SESSIONS 8, 10, 12, 13

Game Questions

Use these questions to play the “Remembering God’s Faithfulness” Game found in the Resource Pack.

Abraham (Abram)

- Name two things God promised to give to Abraham. (Chapter 1) *a large family, the land at Shechem*
- What did Abram build at the great tree of Moreh? (Chapter 1) *an altar*
- What did Abraham do when three visitors came from God? (Chapter 2) *ate a meal with them*

Sarah (Sarai)

- Who traveled with Sarai and Abram? (Chapter 1) *Lot*
- Why did Sarai laugh when a visitor from God told her she would have a son? (Chapter 2) *she was too old to have a baby*
- What was the name of Sarah and Abraham’s son? (Chapter 2) *Isaac*

Jacob

- God kept Jacob safe as he traveled away from his home and back again. In 20 seconds, list as many things as you can that keep you safe when you travel. (Chapter 3) *various answers*
- What did Jacob take from Esau? (Chapter 3) *his birthright or his blessing*
- What did Jacob give Esau when they saw each other after many years? (Chapter 3) *gifts*

Joseph’s Brothers

- Why were Joseph’s brothers angry and jealous of Joseph? (Chapter 4) *he had a coat, or he was his father’s favorite*
- What did Reuben do to help Joseph? (Chapter 4) *convinced Joseph’s brothers not to kill Joseph*
- Which brother stayed behind when his brothers went to Egypt? (Chapter 6) *Benjamin*

Shiphrah and Puah

- How did Shiphrah and Puah help people? (Chapter 7) *did not follow Pharaoh’s orders and let baby boys live*
- Tell something you did that was brave. (Chapter 7) *various answers*
- Which babies did Shiphrah and Puah save? (Chapter 7) *baby boys of the Israelites*

Wild

- Name two of the people who helped keep Moses safe when he was a baby. (Chapter 7) *his mother, his sister, Pharaoh’s daughter*
- Miriam sang a song praising God. Sing a song you know about God’s love. (Chapter 10) *various answers*
- Name two of the Ten Commandments. (Chapter 12) *Do not worship other gods. Do not make idols. Do not misuse God’s name. Keep the Sabbath day holy. Honor your parents. Do not murder. Be faithful in marriage. Do not steal. Do not tell lies. Do not desire other people’s things.*

Esau

- What did Esau sell his birthright for? (Chapter 3) *a bowl of stew*
- How many people did Esau bring with him when he came to meet Jacob? (Chapter 3) *400 men*
- What did Esau like to do? (Chapter 3) *go hunting*

Joseph

- What did Joseph dream about? (Chapter 4) *bundles of wheat; sun, moon, and stars bowing down to him*
- How did Joseph get to Egypt? (Chapter 4) *with some travelers*
- What job did Pharaoh give Joseph? (Chapter 5) *governor*

SESSIONS 8, 10, 12, 13

Game Questions (continued)

Use these questions to play the “Remembering God’s Faithfulness” Game found in the Resource Pack.

The Israelites

- The Israelites grew from the children of Jacob into thousands of people. How did that happen? Choose a number between 1 and 10. Double it. Double it 10 more times. How big does it get? (Chapter 6) *various answers*
- What did the Israelites complain to Moses about? (Chapter 11) *water, food*
- God gave the Israelites food in the wilderness. Name your favorite food. (Chapter 11) *various answers*

Joshua

- What happened when the priests who were with Joshua stepped into the river with the sacred chest? (Chapter 13) *the river stopped flowing*
- How many stones did Joshua tell the people to gather? (Chapter 13) *12*
- Why did Joshua make the pile of stones? (Chapter 13) *to help people remember what God had done*

Pharaoh

- What did Pharaoh order Shiphrah and Puah to do? (Chapter 7) *kill baby boys*
- Which plague convinced Pharaoh to let the Israelites go? (Chapter 9) *death of firstborn son*
- Pharaoh refused to let the people go. Talk about a time when you refused to do something. (Chapter 9) *various answers*

Moses

- Who named Moses? (Chapter 7) *Pharaoh’s daughter*
- What did God tell Moses to do from the burning bush? (Chapter 8) *take off his sandals, lead the people out of slavery*
- Where did Moses go to talk to God? (Chapter 12) *up on a mountain*

Places

- Where did Abram build an altar to worship God? (Chapter 1) *great tree of Moreh in Shechem or mountains near Bethel*
- What was the name of the land God promised to Abram? (Chapter 2) *Canaan*
- Where did Shiphrah and Puah live? (Chapter 7) *Egypt*
- Where did God give Moses the Ten Commandments? (Chapter 12) *Mount Sinai*

Move!

- Use something in your classroom to build an altar. (Chapter 1) *various answers*
- Show what the sun, moon, and stars did in Joseph’s dreams. (Chapter 4) *bowing*
- Act out one of the amazing signs God showed to Moses. (Chapter 8) *God speaking from burning bush; turning staff into a snake; or having Moses put his hand in coat to give him a skin disease and then healing him*

SESSION 12

Question Cards for the "Ten Commandments" Game

Copy these questions onto card stock. Cut apart and use with the "Ten Commandments" Game on page 12B of the Older Elementary Booklets.

Fill in the blank: You must not create _____ to worship.	What do the Ten Commandments say about other gods?	Fill in the blank: Do not make idols and bow down and _____ them.
What is an idol?	Fill in the blank: Do not misuse the _____ of the Lord your God.	Fill in the blank: Remember to have a Sabbath day of _____.
What should we do on the Sabbath?	Fill in the blank: Honor your _____.	How should we treat our parents?
Fill in the blank: Be faithful in _____.	Fill in the blank: Do not tell _____ about others.	Why should we not tell lies about others?

SESSION 12

Question Cards for the "Ten Commandments" Game (continued)

Copy these questions onto card stock. Cut apart and use with the "Ten Commandments" Game on page 12B of the Older Elementary Booklets.

Fill in the blank: Do not desire things that do not _____ to you.	Why do you think God does not want us to desire other people's things?	What commandment do you think is the easiest to follow?
What commandment do you think is the hardest to follow?	What do you think this commandment means? Honor your parents.	What is one way we can keep the Sabbath holy?
What do you think this commandment means? Do not misuse the name of the Lord your God.	What do you think this commandment means? Do not worship other gods.	Name one commandment.
Name one commandment.	Name one commandment.	Name one commandment.