

God Made My Arms

Lesson 5



Scripture: Genesis 1:27; Psalm 139:13-16

Focus: ♥ God made my arms.












Bible Words: “God made me” (based on Genesis 1:27).

Heart to Heart Teacher Devotion

It’s fascinating to watch little children as they try to do new things with their arms. It takes time and practice to learn how to toss, swing, and stir.

It also takes time and practice to learn how to guide, mold, and shape. That’s your role as a teacher. You’re guiding children to want to follow Jesus. You’re helping to mold and shape their hearts to love Jesus. Tossing, swinging, and stirring are fun. But guiding, molding, and shaping—they’re not just fun; they have eternal rewards.

Lesson 5 at a Glance

<p>ACTIVITY TIME</p> <p>Use one or more of these activities to help children <i>explore the theme, God made my arms.</i></p> <p>Note: You can find the CD, visual sheets, and board books in the <i>Toddlers & 2s Teacher’s Convenience Kit.</i></p>	<p>First Hour Unit 2 Activities</p> <p>poster, books and puzzles, song</p> <p> Fall Leaves</p> <p> Fun with Blocks</p>	<p>Materials</p> <ul style="list-style-type: none"> • sheet 1 unit 2 poster, sheet 4 unit 2 song poster, <i>God Made My Body</i> board book, CD, books and puzzles, CD player • sheet 4 unit 2 mobile pictures, hole punch, yarn • blocks 	<p> Extra Hour Unit 2 Activity “Can You Sing?”</p> <p> “My Arms”</p>	<p>Materials</p> <ul style="list-style-type: none"> • CD, CD player • CD <i>Family Together Time</i> issue 5
<p>BIBLE TIME</p> <p>Help children <i>know that God made their bodies, especially their arms.</i></p>	<p>Bible Time can be done several ways and whenever best fits your schedule. If you do the longer story on the unit pages, you will need more items.</p>	<ul style="list-style-type: none"> • Teddy the bear puppet, hand mirror, Bible, piece of soft fabric, baby doll, CD, CD player 	<p>Bible Time can be done several ways. If you do one of the other story options, you will need different items.</p>	<ul style="list-style-type: none"> • Teddy the bear puppet, Bible, mirror, CD, <i>God Made My Body</i> board book, CD player
<p>DISCOVERY TIME</p> <p>Use one or more of these activities to help children <i>continue exploring the theme, God made my arms.</i></p>	<p> God Made My Body</p> <p> Taking Care of Babies</p> <p> Bottle Shakers</p> <p>Saying Good-bye or Transition to Extra Hour</p>	<ul style="list-style-type: none"> • CD, CD player • baby dolls and accessories • plastic bottles, dried beans, heavy-duty tape, address labels, permanent marker, CD, CD player • bubble solution, wet wipes, CD <i>Family Together Time</i> issue 5 	<p> Puppet Fun Teddy’s Arms</p> <p> Tearing Paper Fun</p> <p> It’s in the Bag</p> <p> Shaking Fun</p> <p>Saying Good-bye</p>	<ul style="list-style-type: none"> • Teddy the bear puppet • different types of easy-to-tear paper, 2 boxes • paper lunch bags • construction paper, permanent marker, glue sticks, shaker bottles of cookie and cake decorations, plastic tub • CD <i>Family Together Time</i> issue 5

Activity Time (25–30 minutes)

Do these activities with individual children or a few children at a time to help children **explore the theme, God made my arms.**

Focus

♥ God made my arms.

Welcome

- Welcome each child by name.
- Follow check-in procedures (name and security tags, etc.).
- Play quiet music in the background (tracks 9 and 10).
- Lead each child to an activity.

Unit 2 Activities

Use these activities anytime during your session. Children will enjoy doing them each week.

Poster: Before class, display the unit 2 poster in your room. Ask children to point to the girl's arms. SAY: **♥ God made our arms. Where are your arms? What can you do with your arms? Can you toss a ball?**

Books and puzzles: Use the *God Made My Body* board book and other books and puzzles that show pictures of children. Look at books with interested children, and help children do puzzles. Talk about how God made us.

"God Made Me" song: Before class, display the unit 2 song poster in your room. Play "God Made Me" (for unit 2) from the CD. Sing with individual children or small groups. Encourage children to point to their arms, hands, legs, and feet.

Fall Leaves

Before class, press out the leaves. Punch holes in the tops of leaves, tie with yarn, and hang from the ceiling in your room. Or hang them from a dowel rod to hold above the children's heads.

While you say this rhyme several times, encourage the children to stretch their arms towards the leaves: SAY: **The leaves are in the trees, way up high. Reach your hands to touch one. Stretch up high.** Older children may enjoy jumping. Or you can lift the children so they can touch the leaves. Ask verbal children to name colors they see.

SAY: **♥ God made your arms. Look how high you can reach with your arms. God made you and God made me!**

1s will enjoy reaching for the leaves.

2s will do the above and enjoy jumping and naming colors.

Fun with Blocks

Set out blocks and let children have fun with them. While children stack blocks, sing the following to the tune of "The Farmer in the Dell":

___ is using his arms. ___ is using his arms.

Thank You, God, for ___'s arms. ___ is using his arms.

Make sure you sing for each of the children who build with blocks.

SAY: **Your arms can do many things. ♥ God made your arms. Your arms can carry and stack blocks. And your arms can knock blocks over! God made you. And God made me.** Encourage verbal children to say the Bible Words with you.

1s will have fun with blocks and enjoy hearing their names.

2s will do the above and say the Bible Words.

Bible Words

"God made me" (based on Genesis 1:27).

Materials

sheet 1 unit 2 poster, sheet 4 unit 2 song poster, *God Made My Body* board book, CD track 3, books and puzzles, CD player

Teaching Tip

Cover the poster with clear adhesive covering.



Language-rich lessons combined with simple music nourish non-verbal children in ways that many therapists endorse as the best medicine!

Materials

sheet 4 unit 2 mobile pictures, hole punch, yarn (optional: dowel rod)



Teaching Tip

Keep the mobile so you can use it through unit 2.

Materials

blocks



Transition to Bible Time

- Use a cleanup song or signal to transition to Bible Time.

Focus

♥ God made my arms.

Bible Time (shorter version: 5-10 minutes)

Use this Bible Time or the longer version found on the unit pages to help each child **know that God made my arms**.

Materials

Teddy the bear puppet,
hand mirror, Bible, piece
of soft fabric, baby doll, CD
tracks 1 and 3, CD player



Tips About Bible Time

The songs "Oh, I Love to Pat the Bible" and "God Made Me" are recorded on the CD.

Call Teddy by name. Children will love to hear the name of their furry friend!



Read Special Needs Tips in the CD Special Needs Helps folder for how to use Bible Time with children who have special needs.

After children have gathered for Bible Time, sing this song several times as each child pets or hugs Teddy the bear puppet:

(tune: "The Farmer in the Dell")

I like to go to church. I like to go to church.

With all the other boys and girls, I like to go to church.

At the end of the song, clap and ask everyone to clap. SAY: **We're glad to be at church! We're glad you're at church today! Hold the mirror in front of a child. We're so glad ____ is at church today. And we're so glad ____ is at church today.** Do this with each child, using each child's name.

Show your Bible. ASK: **What is this?** Children should say "Bible." **We love our Bible. It tells us about God. Let's pat our Bible.** Hold the Bible in front of each child. Let each pat the Bible while singing "Oh, I Love to Pat the Bible" (track 1) several times:

(tune: "Did You Ever See a Lassie?")

Oh, I love to pat the Bible, the Bible, the Bible.

Oh, I love to pat the Bible, for it is God's Word.

SAY: **Our Bible tells us that God made you** (point to children) **and God made me** (point to self). Sing "God Made Me" (track 3) and encourage children to point to their arms, hands, legs, and feet:

(tune: "This Old Man")

God made me. God made me.

Thank You, God, for making me

With my arms and hands and legs and feet.

Thank You, God, for making me.

SAY: **God made our arms. Ask children to touch their arms. Rub a piece of soft fabric on each child's arms while singing this song:**

(tune: "The Farmer in the Dell")

God made my little arms.

God made my little arms.

Thank You, God, for my arms.

God made my little arms.

SAY: **God made our arms. Our arms can hold a baby doll.** Let each child have the opportunity hold and hug the baby doll while singing:

(tune: "The Farmer in the Dell")

My arms can hold the doll.

My arms can hold the doll.

Thank You, God, for my arms.

My arms can hold the doll.

SAY: **The Bible tells us that God made me.** Encourage verbal children to say the Bible Words with you while pointing to themselves. Hold the mirror in front of each child. SAY: **God made you, ____.** ♥ **God made your arms.** PRAY: **Thank You, God, for making our arms. In Jesus' name, amen.** Encourage children to say the prayer with you. Have Teddy say good-bye as each child pets or hugs the puppet.

Discovery Time (15–20 minutes)

Do these activities with individual children or a few children at a time to help children **continue exploring the theme, God made my arms.**

Focus

♥ God made my arms.

God Made My Body



Play the “God Made My Body” activity from the CD. Start doing the motions, and encourage a child close to you to do the motions also. Repeat some of the instructions to give them emphasis. As other children become interested, repeat the activity. SAY: **I’m glad God made our bodies.** Point to or touch the children’s heads. SAY: **God made ____ and God made ____.** Use the children’s names. **God made me!** Ask verbal children to say the Bible Words with you.

Some children with special needs may need hand-over-hand assistance in pointing or gesturing to their heads, arms, legs, and so on.

1s will enjoy listening to the instructions and imitating some motions.

2s will do the above and say the Bible Words.

Taking Care of Babies

Encourage the children to take care of the baby dolls. With younger children, model ways they can care for the babies, such as feeding, rocking, or pushing the stroller. With older children, you can make verbal suggestions. As the children play, talk about how they are using their arms. SAY: **You’re holding the baby doll with your arms. You’re using your arms to push the stroller.** ♥ **God made your arms.**

1s will imitate some actions in caring for the dolls.

2s will do the above and follow your verbal suggestions.

Bottle Shakers

Before class, fill the bottles with dried beans. Then securely attach the caps with heavy-duty tape. Print “God made my arms” on address labels.

Give each child a bottle. Show children how to press the address labels onto their bottles. Let them decorate their bottles with other stickers, if desired. Play some active music from the CD. Invite the children to use their arms to shake the bottles. SAY: **You’re using your arms to shake the bottles.** ♥ **God made your arms.** Say several times in a rhythmic tone, “God made me,” while children continue shaking their bottles. Encourage verbal children to say the Bible Words with you.

1s will enjoy decorating and shaking the bottles to the music.

2s will do the above and say the Bible Words.

Saying Good-bye

- For children who are leaving, give parents craft activities and copies of *Family Together Time* issue 5 from the CD. Note: *Family Together Time* is also available online for families to download. See www.heartshaper.com.
- Tell parents something their children enjoyed. Tell each child good-bye.

Materials

CD track 12, CD player



Materials

baby dolls and accessories (Examples: strollers, high chairs, cradles, blankets, empty powder and lotion containers, baby bottles, toy food)



Materials

plastic bottles with caps (soda, juice, water), dried beans (or noodles), heavy-duty tape (or glue), address labels, permanent marker, CD tracks 7 and 8, CD player (optional: stickers)



Transition to Extra Hour

- Greet new children and have another adult engage children in activities away from the door.
- Continue Discovery Time choices.
- Blow bubbles and encourage children to stretch their arms up high to catch the bubbles.
- Give children some wet wipes. Show children how to use their arms to wipe the tables and chairs in the room.

Focus

♥ God made my arms.

Extra Hour Activity and Bible Time

(25–35 minutes)

Do these activities with individual children or a few children at a time to help children **explore the theme, God made my arms.**

Bible Words

“God made me” (based on Genesis 1:27).

Materials

CD track 4, CD player



Materials

CD *Family Together Time* issue 5



Materials

Teddy the bear puppet,
Bible, mirror, CD tracks
1 and 3, *God Made My Body*
board book, CD player



Tip About Bible Time

The songs “Oh, I Love to Pat the Bible” and “God Made Me” (unit 2) are recorded on the CD.

Welcome

- Welcome new children by name.
- Follow check-in procedures (name and security tags, etc.).
- Check and change diapers and/or have restroom time.

Unit 2 Activity “Can You Sing?”

Play “Can You Sing?” from the CD. Encourage children to sing and do the motions with you. After the song, point to or touch children’s heads. SAY: **God made you, ____**. Use each child’s name.

“My Arms”

Do the rhyme from *Family Together Time*. Invite children to do the actions with you. Use a cleanup song or signal to transition to Bible Time.

Bible Time

Use this Bible Time, the one from first hour, or the longer version found on the unit pages.

Sing this song several times as each child pets or hugs Teddy.
(tune: “The Farmer in the Dell”)

I like to go to church. I like to go to church.

With all the other boys and girls, I like to go to church.

At the end of the song, clap and ask everyone to clap. SAY: **We’re glad to be at church! We’re glad you’re at church today!** Hold the mirror in front of a child. **We’re so glad ____ is at church today. And we’re so glad ____ is at church today.** Do this with each child, using each child’s name.

Show your Bible. ASK: **What is this?** Children should say “Bible.” SAY: **We love our Bible. It tells us about God. Let’s pat our Bible.** Hold the Bible in front of each child. Let each pat the Bible while singing “Oh, I Love to Pat the Bible” (track 1) several times:

(tune: “Did You Ever See a Lassie?”)

Oh, I love to pat the Bible, the Bible, the Bible.

Oh, I love to pat the Bible, for it is God’s Word.

Read the *God Made My Body* board book, showing the pictures. Emphasize that God made arms. Sing “God Made Me” (track 3) and encourage children to point to their arms, hands, legs, and feet:
(tune: “This Old Man”)

God made me. God made me.

Thank You, God, for making me

With my arms and hands and legs and feet.

Thank You, God, for making me.

SAY: **The Bible says that God made me. God made you. God made your arms.** PRAY: **Thank You, God, for making us. In Jesus’ name, amen.** Have Teddy say good-bye as each child pets or hugs the puppet.

Extra Hour Discovery Time (20–25 minutes)

Do these activities with individual children or a few children at a time to help children **continue exploring the theme, God made my arms.**

Focus

♥ God made my arms.

Puppet Fun Teddy's Arms

Have Teddy SAY: **Hi, girls and boys! I'm glad God made my arms. My arms can stretch up high. Have Teddy stretch. Can you stretch your arms up high? I like to give hugs with my arms. Can I give you a hug?** Ask a child if it's OK if Teddy hugs him. **Can you give me a hug with your arms?** Encourage children to hug Teddy. **I'm so glad God made my arms. And I'm glad ♥ God made your arms too!**

Tearing Paper Fun

Before class, tear paper into manageable-size pieces for children to handle.

Show the children how to tear the paper into smaller pieces and put the pieces into the boxes. SAY: **You're using your arms to tear the paper.**

♥ **God made your arms. Thank You, God, for making our arms.** You can also make paper balls. Show children how to toss the balls into the boxes. Encourage verbal children to say "Thank You, God."

1s will enjoy tearing paper and putting it or tossing it into the boxes.

2s will do the above and say "Thank You, God."

It's in the Bag

Give each child a bag. Ask each child to find something in the room (such as blocks, toy animal, dish, book) and put it in his bag. You may need to help younger children find the items. Children should bring their bags to you. Let children dump out what's in their bags. SAY: **You used your arms to fill the bags and carry the bags to me. ♥ God made your arms. Who made your arms?** Encourage verbal children to respond with "God." Keep playing until children tire of the activity.

1s will put objects in their bags and dump the objects out.

2s will do the above and say "God."

Shaking Fun

Before class, write at the top of a sheet of construction paper for each child, "God Made My Arms."

Give each child a paper. Put some glue on each paper. You may want to let older children put on the glue. Show the children how to shake the decorations onto their papers. While they're having fun shaking, SAY: **You're using your arms to shake. ♥ God made your arms. Your arms can do so many things! I'm glad God made your arms.** When children are finished, shake the pictures over a tub to clear off any excess.

1s will enjoy using their arms to shake the containers.

2s will do the above and apply the glue.

Saying Good-bye

- Give parents copies of *Family Together Time* issue 5 from the CD and craft activities their children may have done. Tell each child good-bye.

Materials

Teddy the bear puppet



Materials

different types of easy-to-tear paper
(Examples: magazine pages, colored newspaper ads, tissue paper), 2 boxes (or containers)



Be prepared to modify this activity to allow children to toss the paper while sitting or leaning against a volunteer.

Materials

paper lunch bags



Something More!

Tell older children to find something that is a certain color and put it in their bags. Repeat with other colors as long as children are interested.

Materials

construction paper, permanent marker, glue sticks, shaker bottles of cookie and cake decorations (Examples: nonpareils, sprinkles, or colored sugar), plastic tub



Note: *Family Together Time* is also available online for families to download. See www.heartshaper.com.