

God Made My Legs

Lesson 7



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

Focus: ♥ God made my legs.












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

Heart to Heart Teacher Devotion

Have you heard of restless legs syndrome (RLS)? It’s an overwhelming urge to move the legs. It’s usually caused by uncomfortable or unpleasant sensations in the legs. Even if you don’t have RLS, you probably have restless legs. Most of us do. Most of us love to be on the go. We urge our legs to take us to work, to church, to movies, to sports functions, to _____. You fill in the blank!

God made our legs, and we’re glad He did. He wants us to work and worship. He wants us to enjoy family and friends. But don’t forget that God also made rest. Give those legs of yours a rest from time to time. Enjoy God’s rest.

Lesson 7 at a Glance

ACTIVITY TIME Use one or more of these activities to help children <i>explore the theme, God made my legs.</i> Note: You can find the CD, visual sheets, and board books in the <i>Toddlers & 2s Teacher’s Convenience Kit</i> .	First Hour Unit 2 Activities <div>  Jump Up </div> <div>  Legs to Walk and Jump </div>	Materials <ul style="list-style-type: none"> • sheet 1 unit 2 poster, poster, books and puzzles, song • medium-size boxes, blankets • carpet squares 	Extra Hour Unit 2 Activity <div>  “Can You Sing?” </div> <div>  “God Made Legs” </div>	Materials <ul style="list-style-type: none"> • CD, CD player • CD <i>Family Together Time</i> issue 7
BIBLE TIME Help children <i>know that God made their bodies, especially their legs.</i>	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.	<ul style="list-style-type: none"> • Teddy the bear puppet, hand mirror, Bible, baby doll, CD, CD player 	Bible Time can be done several ways. If you do one of the other story options, you will need different items.	<ul style="list-style-type: none"> • Teddy the bear puppet, Bible, mirror, CD, <i>God Made My Body</i> board book, CD player
DISCOVERY TIME Use one or more of these activities to help children <i>continue exploring the theme, God made my legs.</i>	<div>  Marching Band </div> <div>  God Made My Body </div> <div>  Boo-Boo Boy </div> <div> Saying Good-bye or Transition to Extra Hour </div>	<ul style="list-style-type: none"> • simple rhythm instruments, CD, CD player • CD, CD player • CD Boy Running printable file, large crayons, adhesive bandages • CD <i>Family Together Time</i> issue 7 	<div>  Puppet Fun God Made My Legs! </div> <div>  Kickball </div> <div>  Over the Mountain </div> <div>  My Legs </div> <div> Saying Good-bye </div>	<ul style="list-style-type: none"> • Teddy the bear puppet • box; soft, medium-size ball • large pillows • CD Child Outline printable file, large crayons, stickers of children • CD <i>Family Together Time</i> issue 7

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 legs.**

Focus

♥ God made my legs.

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 legs. SAY: ♥ **God made our legs. Where are your legs? What can you do with your legs? Can you walk fast?**

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.

Jump Up

Set out the boxes. SAY: **You can use your legs and climb inside.** Help children as needed to get in and out of the boxes. If a child is willing, have him crouch down in the box, and place a blanket over the top. **is hiding in the box. Won't somebody open the lid?** Remove the blanket, and ask the child to jump up. **You're using your legs to jump up! ♥ God made your legs.**

1s and 2s will enjoy exploring the boxes, hiding, and jumping up.

Legs to Walk and Jump

Place the carpet squares on a carpeted floor a few inches from each other. SAY: **You can use your legs to walk from one square to another.** Show the children how to do this and encourage children to follow you. Then show children how to jump from one square to another. You may need to hold the hands of younger children as they try to jump. ♥ **God made my legs. My legs can walk and jump! God made me.** Ask verbal children to point to themselves and say the Bible Words with you.

1s will enjoy walking from one square to another and will try to jump.

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



Materials

medium-size boxes (or laundry baskets with low sides), blankets (or towels)



Materials

carpet squares (or small rugs or tape paper plates to the carpet)



For children who require additional assistance with balance, place the rugs against a wall. Allow the children to simply walk from one rug to another and hold on to the wall for stabilization.

Transition to Bible Time

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

Focus

♥ God made my legs.

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 legs**.

Materials

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



Tip About Bible Time

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



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. SAY: **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 legs.** Ask children to touch their legs. Touch each child’s leg while saying, **God made your legs, ____.** Use each child’s name. Ask children to kick their legs while singing this song:

(tune: “The Farmer in the Dell”)

God made my legs to kick. God made my legs to kick.

Thank you, God, for my legs. God made my legs to kick.

SAY: **God made our legs to walk.** Show the baby doll. **The baby doll has legs. She can walk with her legs like we do.** Help each child walk the doll while singing (or have children walk in place):

(tune: “The Farmer in the Dell”)

God made my legs to walk. God made my legs to walk.

Thank You, God, for my legs. God made my legs to walk.

SAY: **The Bible tells us that God made me.** Encourage verbal children to say the Bible Words with you. Hold the mirror in front of each child. **God made you, ____.** ♥ **God made your legs.** PRAY: **Thank You, God, for making our legs. 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 legs.**

Focus

♥ God made my legs.

Marching Band

Give each child an instrument. Encourage the children to shake and play their instruments while the music plays. Then start walking around the room and invite the children to walk with you while playing their instruments. Stop. SAY: **I'm glad ♥ God made your legs so you can walk and play your instruments.** Continue until children tire of the activity.

1s will walk around the room and may play instruments while walking.

2s will walk around the room and play instruments.

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. **God made ____ and God made ____.** Use the children's names. **God made me!** Ask verbal children to say the Bible Words with you.

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

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

Boo-Boo Boy

Before class, print copies of the coloring page from the CD.

Give each child a copy of the coloring page and some crayons. ASK: **Can you point to the boy's legs? What do you think he's doing?** Encourage verbal children to respond. **He looks like he's using his legs to run fast.** Let children scribble-color the picture. **Let's pretend this little boy has a boo-boo on his leg.** Give each child an adhesive bandage and show children how to press the bandages on the boy's leg. **You have legs too. ♥ God made your legs. Can you run fast with your legs? Have you ever gotten boo-boos on your legs?** Encourage verbal children to respond. **I'm glad that ♥ God made my legs!**


1s will enjoy scribble-coloring and sticking on the bandages.

2s will do the above and respond to questions.

Saying Good-bye

- For children who are leaving, give parents craft activities and copies of *Family Together Time* issue 7 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

simple rhythm instruments 
(Examples: shakers, maracas, drums, tambourines, wrist bells),
CD tracks 7 and 8, CD player



Offer behind-the-head
earmuffs or noise-
canceling headphones to
children who experience noise
sensitivity.

Materials

CD track 12, CD player



Materials

CD Boy Running
printable file, large
crayons, adhesive bandages



Transition to Extra Hour

- Greet new children and have another adult engage children in activities away from the door.
- Continue Discovery Time choices children are enjoying.
- Form a parade by walking around the room, singing to the tune of “This Is the Way”: **This is the way we walk around, walk around, walk around. This is the way we walk around. ♥ God made our legs.** Also sing “jump” and “hop.”

Focus

♥ God made my legs.

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 legs.**

Bible Words

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

Materials

CD track 4, CD player



Materials

CD *Family Together Time* issue 7



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” (for 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.

“God Made Legs”

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 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.” 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. Emphasize that God made legs. 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 legs.** 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 legs.**

Focus

♥ God made my legs.

Puppet Fun God Made My Legs!

Use Teddy to talk to children. SAY: **Hi, boys and girls. My legs can do a lot of things. Can you walk with your legs?** Encourage children to walk. **I can too. Can you jump with your legs?** Encourage children to jump. **Your legs can do a lot of things too. Do you know who made your legs?** Encourage children to respond. **God made your legs! I'm glad ♥ God made my legs.**

Kickball

Turn a box on its side. Let the children stand as close to the box as they want, and encourage them to kick a ball into the box. You can help younger children maintain balance by holding their hands. SAY: **You kicked the ball into the box! ♥ God made your legs so you can kick the ball.**

1s will enjoy trying to kick the ball while you hold their hands.

2s will do the above and kick the ball into the box without help.

Over the Mountain

Stack some pillows into a mountain shape. Invite children to use their legs to crawl over the “mountain.” Sing this song to the tune of “The Bear Went over the Mountain.” If you don’t know the tune, say the words as a child climbs.

___ **crawled over the mountain.** ___ **crawled over the mountain.**

___ **crawled over the mountain to see what he could see.**

SAY: ♥ **God made your legs so you can crawl. God made you** (point to a child) **and God made me** (point to self). Encourage verbal children to say the Bible Words with you.

1s will enjoy crawling and hearing the song.

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

My Legs

Before class, print copies of the coloring page, one for each child. Write at the top of the papers “God made my legs.”

Give the papers to the children and allow them to scribble-color. ASK: **Can you point to the child’s legs? Where are your legs?** Then give children stickers of children to press on their papers. SAY: **Look. There’s a girl. Where are her legs? What is she doing with her legs? I’m glad that ♥ God made our legs.** ASK: **Can you run with your legs? Can you walk fast with your legs?**

1s will scribble-color the pictures and press on stickers.

2s will do the above and respond to questions.

Saying Good-bye

• Give parents copies of *Family Together Time* issue 7 from the CD and craft activities their children may have done. Tell each child good-bye.

Materials

Teddy the bear puppet



Materials

box (or laundry basket);
soft, medium-size ball



Materials

large pillows (or large,
soft blocks)



For children with large-motor restrictions, reduce the size of the mountain if necessary. If they need extra support, hold children securely at the waist as they climb.

Materials

Child Outline printable
file, large crayons,
stickers of children



Note: *Family Together*

Time is also available online for families to download. See www.heartshaper.com.