

God Made My Feet

Lesson 8



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

Focus: ♥ God made my feet.












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

Heart to Heart Teacher Devotion

Your feet can tell a lot about your physical body. If you lose hair on your toes, it could mean you have poor circulation. If you have swollen feet, it could mean you have a kidney or heart problem. If you have green toenails, it probably means you have a bacterial infection.

Your feet can tell a lot about your heart too. If your feet take you to shovel snow for a neighbor or buy groceries for a family in need, your heart is probably in pretty good shape. Thank God for the feet He made for you. And remember to take a “heart checkup” by watching where your feet take you.

Lesson 8 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 feet</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> <div>  Kickball </div> <div>  Follow the Path </div>	<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 • box; soft, medium-size ball • masking tape 	<p> Extra Hour Unit 2 Activity</p> <p>“Can You Sing?”</p> <p> “This Is the Way”</p>	<p>Materials</p> <ul style="list-style-type: none"> • CD, CD player • CD <i>Family Together Time</i> issue 8
<p>BIBLE TIME</p> <p>Help children <i>know that God made their bodies, especially their feet</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, 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 feet</i>.</p>	<div>  Texture Walk </div> <div>  Pick a Pair </div> <div>  Tracing Feet </div> <p>Saying Good-bye or Transition to Extra Hour</p>	<ul style="list-style-type: none"> • textured items, masking tape • 4 or 5 pairs of shoes and shoe boxes • construction paper, large crayons, address labels, permanent marker • bubble solution, CD <i>Family Together Time</i> issue 8 	<div>  Puppet Fun </div> <p>Two Feet</p> <div>  Feet to Walk and Jump </div> <div>  Shoe Store </div> <div>  My Feet </div> <p>Saying Good-bye</p>	<ul style="list-style-type: none"> • Teddy the bear puppet • carpet squares • flat-heeled shoes, shoe boxes • CD Girl Toes printable file, large crayons, glue, small pieces of fabric • CD <i>Family Together Time</i> issue 8

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 feet.**

Focus

♥ God made my feet.

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 feet. SAY: ♥ **God made our feet. Where are your feet? What can you do with your feet? Can you kick 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 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.

Kickball

Turn a box on its side. ASK: **Can you touch your feet? Can you kick a ball with your feet?** Let the children stand as close as they want to the box, and encourage them to kick a ball into the box. Help younger children maintain balance by holding their hands. **You kicked the ball into the box! ♥ God made your feet so you can kick a ball. God made you** (point to child) **and God made me** (point to self). Encourage verbal children to say the Bible Words with you while pointing to themselves.

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

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

Follow the Path

Before class, make a simple path on your classroom floor, using masking tape. Or place a few smooth boards on the floor to make a balance beam.

Encourage the children to walk on the masking tape path or to walk on the boards. Help younger children maintain balance by holding their hands. SAY: **Look what your feet can do. Your feet are walking on the path. ♥ God made your feet.**

1s will walk on the path or boards with help but will likely wander off the path.

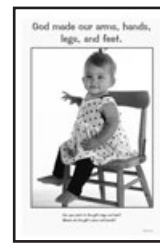
2s will do the above but with more consistency.

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

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



Materials

masking tape (or smooth boards 6"-10" wide)



Use carpet squares to widen and define the path for children with special needs.

Transition to Bible Time

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

Focus

♥ God made my feet.

Bible Time (shorter version: 5-10 minutes)

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

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 so 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.

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 feet.** Ask children to touch their feet. **Now wiggle your toes.** Help children wiggle their toes while singing:

(tune: “The Farmer in the Dell”)

God made my feet and toes. God made my feet and toes.

Thank you, God, for my feet. God made my feet and toes.

SAY: **God made our feet to walk.** Show the baby doll. **The baby doll has feet. She can walk with her feet 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 feet to walk. God made my feet to walk.

Thank You, God, for my feet. God made my feet 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 feet.** PRAY: **Thank You, God, for making our feet. 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 feet.**

Focus

♥ God made my feet.

Texture Walk



Before class, gather several items that have different textures. Place them on the floor and tape down any items that might be slippery.

Help children take off their shoes, and encourage them to walk on the different items with their feet. SAY: ♥ **God made your feet so you can walk. What do you feel with your feet?** Talk about how the different items feel. If some of the children seem reluctant, you may need to take off your shoes and walk on the items first. Offering to do the activity with the child can be helpful for the child who has sensory issues or difficulty with motor planning.

1s and 2s will enjoy walking and feeling items with their feet.

Pick a Pair

Set out four or five pairs of shoes. Mix up the shoes, and then show the children how to put the matching pairs into shoes boxes. With younger children, offer only two or three pairs. Children may also enjoy putting on flat-heeled shoes and walking in them. You may need to hold children's hands so they don't fall. SAY: **We wear shoes to protect our feet and to keep them warm and dry. I'm glad ♥ God made our feet. God made you** (point to a child) **and God made me** (point to self). Encourage verbal children to say the Bible Words while pointing to themselves.

1s will match a few pairs of shoes and may enjoy walking in shoes.

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

Tracing Feet

Before class, write at the top of a sheet of construction paper for each child, "God made my feet." Write on address labels "God made me."

Ask a child to stand on his paper. Trace around his feet with a dark-colored crayon. Repeat for all children. You may have to gently hold the feet of younger children in place. Then let children scribble-color their feet pictures. SAY: ♥ **God made your feet. You use your feet to walk and run and kick a ball. God made you and God made me.** Invite verbal children to say the Bible Words with you. Then help them press on the Bible Words labels.

1s will enjoy scribble-coloring and pressing on labels.

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 8 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

textured items

(Examples: bubble wrap, foam, corrugated cardboard, felt, carpet, burlap, aluminum foil), masking tape



Materials

4 or 5 pairs of shoes and shoe boxes



Something More!

Play the "God Made My Body" activity from track 12 of the CD. Encourage the children to do the motions with you.

Materials

construction paper in light colors, large crayons, address labels, permanent marker



Transition to Extra Hour

- Greet new children and have another adult engage children in activities away from the door.
- Continue Discovery Time choices.
- Play the "God Made My Body" activity from the CD track 12. Encourage children to do the actions suggested.
- Blow bubbles. Invite children to stand up tall on their toes to catch the bubbles. SAY to each child: ♥ **God made your feet.**

Focus

♥ God made my feet.

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 feet.**

Bible Words

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

Materials

CD track 4, CD player



Materials

CD *Family Together Time* issue 8



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.

“This Is the Way”

Sing the song 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 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 glad ____ is at church today. And we’re 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.

Read the *God Made My Body* board book, showing the pictures. Emphasize that God made feet. 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 God made me. God made you. God made your feet.** 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 feet.**

Focus

♥ God made my feet.

Puppet Fun Two Feet

Use Teddy to talk to the children. SAY: **Hi, boys and girls! I want to show you something. Look! I have two feet! Two feet, two feet, they are mine. Two feet, two feet, they are fine. Do you have feet? What can they do? Can your feet walk? Then walk and follow me.** Encourage children to follow Teddy. **Can your feet stomp?** Show children how to stomp their feet. **Feet are great! I'm glad ♥ God made my feet.**

Feet to Walk and Jump

Place the carpet squares on a carpeted floor a few inches from each other. SAY: **You can use your feet 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 feet. My feet 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.

Shoe Store

Put out the shoes and shoe boxes. Put them in the family living center if you have one. Invite the children to try on different shoes and try to walk in them. You may need to hold children's hands so they don't fall. Also encourage the children to place pairs of shoes in the boxes. SAY: **We wear shoes to protect our feet and to keep them warm and dry. I'm glad ♥ God made our feet. God made you** (point to a child) **and God made me** (point to self). Encourage verbal children to say the Bible Words while pointing to themselves.

1s will try on shoes and may enjoy walking in them and putting them in shoe boxes.

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

My Feet

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

Give each child a coloring page to color. SAY: **Can you point to the girl's feet? Let's count her toes.** Count slowly to 10. **God gave her 10 toes on her feet. ♥ God made your feet. You have 10 toes on your feet.** Put some glue on the girl's shirt and shorts. Show children how to press on some small pieces of fabric. **Can you walk with your feet? Can you run with your feet? I'm glad ♥ God made our feet.**

1s will enjoy scribble-coloring and pressing on the fabric pieces.

2s will do the above and respond to questions.

Saying Good-bye

- Give parents copies of *Family Together Time* issue 8 from the CD and craft activities their children may have done. Tell each child good-bye.

Materials

Teddy the bear puppet



Materials

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



Materials

different kinds of flat-heeled shoes, shoe boxes



Materials

CD Girl Toes printable
file, large crayons, glue,
small pieces of fabric



See the Special Needs Tips article on the *Convenience Kit* CD for ways to communicate with parents about the successes and challenges their child is experiencing in class.