



First, watch
this week's
video!



Have fun learning and playing
with your preschooler!

Activity

Musical Freeze

What You Need:

Plastic or metal bowl and wooden spoon

What You Do:

Invite your kid to play a game with you. Say, "We are going to review our memory verse in a fun way! Let's say it now and do the motions. 'Be strong and courageous. *(Hold fists in front of body.)* Do not be afraid. . . *(cross and uncross hands)* for the Lord your God *(flat hand with thumb to forehead, pull down)* goes with you,' *(march in place)* Deuteronomy 31:6. *(Open hands like a book.)* You are getting so good at saying our memory verse."

"Now I'm going to play some music with bowl and spoon. While I'm playing, you may show me your awesome dance moves and Super Kid poses. When I stop playing, you must FREEZE! While you are frozen, we can say our memory verse together! You can only move your mouth! Are you ready?"

Tap the bottom of an upside-down pot to a beat of your choosing. Stop intermittently and say, "Freeze!" While your child is frozen, say the memory verse with them. Then, they can unfreeze. Start playing the beat again. Repeat as desired.



Bible Story

Miriam
(Exodus 2:4-10, 15:20-21;
Micah 6:4)

Remember This

"Be strong and courageous.
Do not be afraid . . . for the Lord
your God goes with you."
Deuteronomy 31:6, NIV

Say This

Who can help you
be brave?
God can help me
be brave.

Prayer

"Dear God, You make us strong and courageous. We can do anything because You are with us. We love You! Amen."