

When I Am Sad

Lesson Objectives

- The children will say "Jesus," when asked, "Who made the sick man well?"
- The children will role play emotions and learn that Jesus cares about their feelings.
- The children will pray to Jesus to help their sick friends.

Bible Story Text

Mark 2:1-12

Bible Truth

Jesus cares for me.
(1 Peter 5:7)

Lesson Plan

Greeting and Registration

Preclass Activity: Preclass Centers

Welcome and Singing

Centers:

Bible Story: Ask Jesus

Life Application: Feelings

Craft: Making Faces

NOTE: Be sure to allow sufficient time for a snack.



When I Am Sad

Preclass Centers

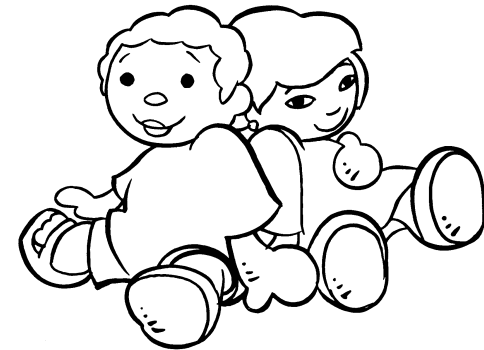
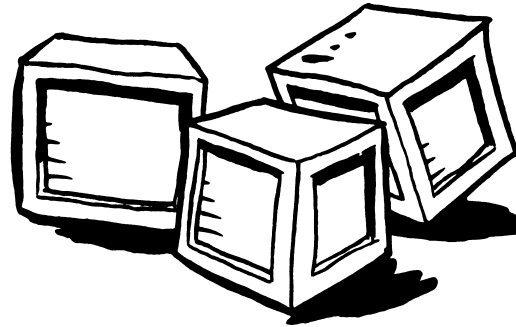
As the children arrive, guide them to a preclass center. Have no more than six children at each center.

Materials

Use the materials previously selected for this unit's preclass centers.

Preparation

1. Be sure to check the condition of the materials selected for this unit's preclass centers prior to set up. Replace any broken toys, or puzzles with missing pieces as necessary.
2. Set up the centers before the children come into the classroom.
3. Assign a teacher to each center and have the teachers stay in those centers until the singing begins.



Instructions

Guide the play in each center reinforcing the unit theme.

Teacher Tips

- **IMPORTANT:** Do not allow any small toys in the classroom. First check all toys for size. You can obtain a "safety cylinder" from a pediatrician. Any object that can fit into the cylinder is too small and could cause a child to choke.
- Be involved in the group play and offer guidance as needed.
- Wear comfortable clothes suitable for sitting on the floor.
- Smile! Be childlike in heart and alert in mind.

When I Am Sad

Ask Jesus

The children will learn that Jesus made a sick man walk. They will understand that Jesus has great power and he cares about them and their feelings.

Bible Story Text

Mark 2:1-12

Materials

For the teacher:

- Bible
- figures, mat and house from the Unit 20 Lesson 3, Bible Story

Preparation

Practice telling the story using the props.

Help

Open the Bible. *Have you ever been in a crowded room so full of people that you were all sitting really close together? Tape Jesus inside the house. The Bible says that one day Jesus went to a house for a Bible study. So many people gathered in and around the house to hear Jesus, that no one else could get in the door! That is a lot of people, isn't it? A lot of people wanted to know about God. Do your daddies and mommies have Bible studies with people? That is just like Jesus!*

There was a man who was sick, his legs didn't work. He wanted to see Jesus. He wanted Jesus to make him well, but he could not walk to get there. Show the children the man on the mat. Let them touch him. He is lying on the mat because he cannot walk. That is sad, isn't it? His friends felt sad for him. They wanted him to be able to walk. They knew Jesus could help him. Show the children the friends. They had an idea. They would carry him on his mat to see Jesus.

When they got to the house they tried to get in the door, but there were too many people! They could not get in! Well they didn't give up. Guess what they did? Place the friends and the paralytic on the mat on top of the house. They had a great idea! They made a hole in the roof and lowered their friend down on his mat so Jesus could make him well! Lower the mat by the strings through the flap until the man is on the "floor" next to Jesus.

What do you think Jesus did when he saw the man? He told the man to get up and walk! So the man stood up and walked! Jesus made his legs get well! Remove the mat and show the children the paralytic standing. How do you think the man felt? Make the man dance and jump around and say "thank you" to Jesus. How do you think his friends felt? Have the friends hug him, dance around and say "thank you" to Jesus.

Sing "Jesus, Jesus, I Am Sick" from the Unit 20 Song Sheet. Let each child have a turn lowering the sick man down to Jesus, then make him stand up, dance and jump and say "thank you" to Jesus.

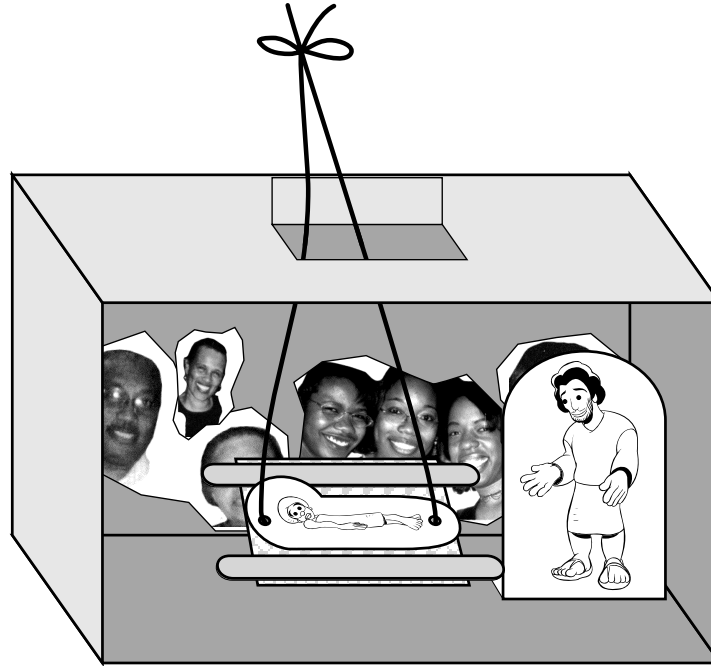
Conclusion

Have the children sit down and answer the following questions to review the story:

- Who was having a Bible study? (Jesus)
- What was wrong with the sick man? (his legs didn't work)
- How did the sick man get to Jesus? (his friends carried him on his mat and lowered him through the roof)
- Should we help our sick friends? (yes)
- Does Jesus care for you? (Yes!)



When I Am Sad



Life

Application

When I Am Sad

Feelings

The children will learn that Jesus cares about their feelings.

Bible Truth

Jesus cares for me.
(1 Peter 5:7)

Materials

For the teacher:

- Bible
- pictures from the Unit 20 Lesson 3, Life Application
- hand mirror

Preparation

Familiarize yourself with the activity.

Instructions

We are going to talk and sing about our feelings. Can anyone tell me what feelings are? Our feelings are what our hearts feel; how our eyes look; and the expression on our face. What does it mean if you are feeling happy? How does your face look? What does it mean if you are feeling sad? How does your face look?

Sing the first three verses of "If You're Happy, and You Know It" from the Unit 20 Song Sheet. Be very enthusiastic as you sing. *How does your face look when you are happy? Show each child their happy face in the mirror.*

Sing the last five verses of "If You're Happy, and You Know It." After you sing each verse, have the children make that expression and show them their expression in the mirror.

Show the children the magazine pictures of people with different expressions. Talk about how each person is feeling. Give each child a picture to hold after you have talked about it.

Sing the song again. As you sing about each emotion have the children with the picture reflecting that emotion hold up the picture. Sing until all the children are holding up their pictures.

Bible Truth Activity

Open the Bible. *The Bible says, "Jesus cares for me." Let's say that together: "Jesus cares for me." (Child's name) _____, does Jesus care for you? Yes, He does! Repeat this for each child.*

Hold up each magazine picture as you speak. *Jesus cares about you when you are happy. He cares about you when you are sad. He cares about you when you are scared. He cares about you when you feel mad. Jesus cares about you all the time.*

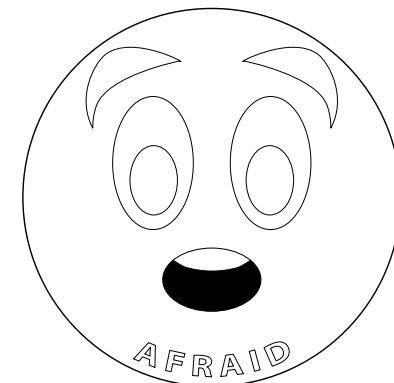
Conclusion

Let's talk to God. Dear God, thank you for loving us and caring for us all the time. We love you! In Jesus' name we pray. Amen.

Who are you going to tell about Bible class today? What are you going to tell them?

Teacher Tips

- You may have a very sensitive child who gets sad from a picture of someone who is crying. If so, put the picture away, and go on to a happy picture.
- Keep your voice light, even when showing a sad picture or making a sad face. You may frighten the children if you act out intense emotions.



Jesus cares for me.



Craft

When I Am Sad

Making Faces

This craft will help the children remember that Jesus cares about their feelings.

Materials

For each child:

- 1½ pieces of bright-colored construction paper
- ½ pipe cleaner
- crayons

For the teacher:

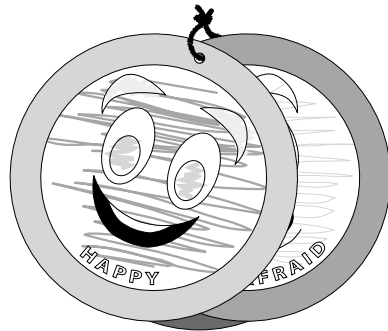
- hand mirror
- markers
- scissors
- hole punch

Reproducible Pages:

- Page A, 1 copy for each child
- Page B, 1 copy for each child
- Page C, 1 copy for each child
- Page D, 1 copy for the teacher

Preparation

1. Cut out the faces from the copies of Reproducible Pages A, B and C.
2. Cut out the circle stencil from the copies of Reproducible Page D.
3. Trace and cut out three circles for each child from bright colored construction paper.
4. Cut ½ pipe cleaner for each child.
5. Make a model of the craft following the instructions.



Instructions

1. Show the children the model of the craft. Remind them that Jesus healed the man who was sick. *Jesus cares about us and he cares about how we are feeling. When we are happy, it makes Jesus happy.* Show the children the happy face and ask them to make a happy face in the mirror. Do the same for the other two expressions.
2. Give each child the three faces and three construction paper circles. Have the children glue a face onto each circle.
3. Have the children color the faces.
4. As the children are coloring, punch a hole in the top of each of the faces.
5. Give each child half of a pipe cleaner and help them to thread it through the hole in the top of each face and twist the ends together. See Figure A.

Conclusion

Sing "If You're Happy and You Know It" from the Unit 20 Song Sheet and have the children hold up the correct face for the correct verse as you sing.

Teacher Tips

- Use Reproducible Pages A, B and C as stencils and cut out eyes, mouths and eyebrows for each child from bright colored construction paper. Then help the children glue them onto the construction paper circles to make the faces.
- Copy Reproducible Pages A, B and C onto bright-colored paper.

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When I Am Sad

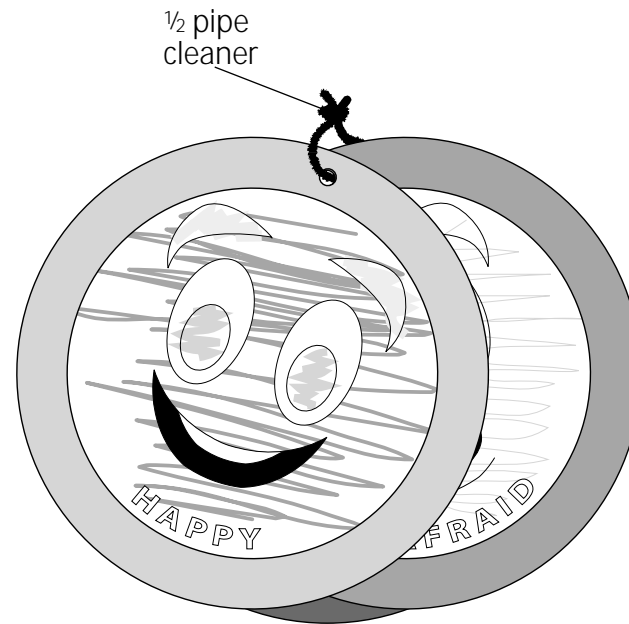


Figure A





Lesson Objectives

- The children will say "Jesus," when asked, "Who made the sick man well?"
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Bible Story Text

Mark 2:1-12

Bible Truth

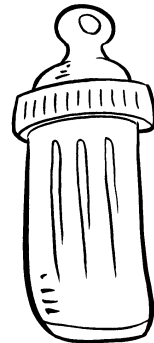
Jesus cares for me.
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Preclass Centers

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Lesson Plan

Greeting and Registration

Preclass Activity: Preclass Centers

Welcome and Singing

Centers:

Life Application: Caring for Sick Friends

Bible Story: Ask Jesus

Craft: Heal Our Friend

NOTE: Be sure to allow sufficient time for a snack.

Teacher Tips

- **IMPORTANT:** Do not allow any small toys in the classroom. First check all toys for size. You can obtain a "safety cylinder" from a pediatrician. Any object that can fit into the cylinder is too small and could cause a child to choke.
- Be involved in the group play and offer guidance as needed.
- Wear comfortable clothes suitable for sitting on the floor.
- Smile! Be childlike in heart and alert in mind.

Caring for Sick Friends

The children will role play caring for sick friends.

Bible Truth

Jesus cares for me.
(1 Peter 5:7)

Materials

For each child:

- 1 stuffed animal
- 1 small bandage for the animal
- 1 small blanket, dishtowel or washcloth

For the teacher:

- Bible
- pillow case

Preparation

1. Learn "Jesus, Jesus, I Am Sick" and "I Thank You for My Legs" from the Unit 20 Song Sheet.
2. Familiarize yourself with the activity.

Instructions

Open the Bible. *The Bible says that there was a man who was sick. He could not walk. His friends tried to bring the man to Jesus so Jesus could make him well. But there were so many people that they could not get into the house to see Jesus! The Bible says that they made a hole in the roof, and they lowered their friend on his mat down to Jesus. And do you think Jesus made their friend well? Yes, he did! His friend got up off that mat, and walked and jumped around. He was so happy he could walk!*

Give each child a stuffed animal. *Today we are going to pretend that these stuffed animals are our sick friends. They all have hurt their legs and they cannot walk.* Ask the children what they can do to help their sick animals (hug them, give medicine, etc.).

Give each child a bandage. *Would you like to bandage his leg?*

Give each child a small blanket. *Would you like to cover your sick friend with a blanket?*

Let's pretend that Jesus is here preaching, but we can't get to him because the room is too crowded. Let's lower our friends down to Jesus, so he can make them well.

When I Am Sad

Jesus Cares Lesson 4

Choose a child to be Jesus. Place an animal on the pillow case and lower it down next to Jesus. Have "Jesus" touch the animal and pretend to heal it.

Have the children take turns lowering their animal down to Jesus. Sing "Jesus, Jesus, I Am Sick" from the Unit 20 Song Sheet. Act out the song using the animals as props.

If time allows, let each child demonstrate one thing we can do with our legs, e.g.: jump, dance, skate, run, hop, swim, etc. As each child takes a turn, sing an appropriate verse of the song "I Thank You for My Legs" from the Unit 20 Song Sheet.

Bible Truth Activity

Open the Bible. *The Bible says, "Jesus cares for me." Let's say that together: "Jesus cares for me." (Child's name) _____, does Jesus care for you? Yes, He does! Repeat this for each child. Jesus cares for you when you are sick.*

Conclusion

Let's talk to God. Dear God, thank you for loving us and caring for us when we are well and when we are sick. Help us to love and take care of other people when they are sick. Thank you for giving us strong legs! In Jesus' name we pray. Amen.

Who are you going to tell about Bible class today? What are you going to tell them?

Teacher Tips

- Be very sensitive if you have a child or close family member of a child who is in a wheelchair. Be sure that you acknowledge that Jesus loves them, and he has given them family and friends to help care for their needs.

Ask Jesus

The children will learn that Jesus made a sick man walk. They will understand that Jesus has great power and he cares about them and their feelings.

Bible Story Text

Mark 2:1-12

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For the teacher:

- Bible
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Preparation

Practice telling the story using the props.

Help

Open the Bible. *Have you ever been in a crowded room so full of people that you were all sitting very close together? Tape Jesus inside the house. The Bible says that one day Jesus went to a house for a Bible study. So many people gathered in and around the house to hear Jesus that no one else could get in the door! That is a lot of people, isn't it? A lot of people wanted to know about God. Do your daddies and mommies have Bible studies with people? That is just like Jesus!*

There was a man who was sick, his legs didn't work. He wanted to see Jesus. He wanted Jesus to make him well, but he could not walk to get there. Show the children the man on the mat. Let them touch him. He is lying on the mat because he cannot walk. That is sad, isn't it? His friends felt sad for him. They wanted him to be able to walk. They knew Jesus could help him. Show the children the friends. They had an idea. They would carry him on his mat to see Jesus.

When they got to the house they tried to get in the door, but there were too many people! They could not get in! But they didn't give up. Guess what they did? Place the friends and the paralytic on the mat on top of the house. They had a great idea! They made a hole in the roof and lowered their friend down on his mat so Jesus could make him well! Lower the mat by the strings through the flap until the man is on the "floor" next to Jesus.

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Jesus Cares Lesson 4

What do you think Jesus did when he saw the man? He told the man to get up and walk! So the man stood up and walked! Jesus made his legs get well! Remove the mat and show the children the paralytic standing. How do you think the man felt? Make the man dance and jump around and say "thank you" to Jesus. How do you think his friends felt? Have the friends hug him, dance around and say "thank you" to Jesus.

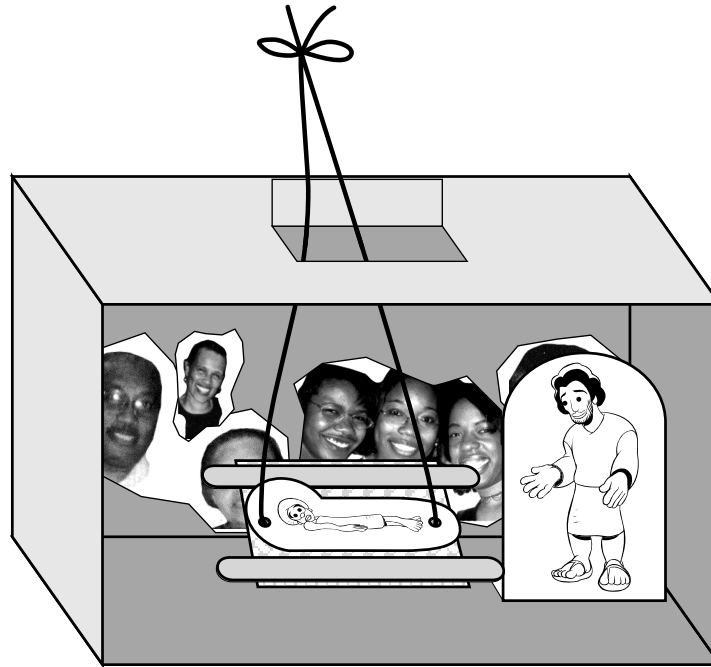
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Conclusion

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- How did the sick man get to Jesus? (his friends carried him on his mat and lowered him through the roof)
- Should we help our sick friends? (yes)
- Does Jesus care for you? (Yes!)





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Heal Our Friend

The children will be reminded of the man who was lowered through the roof to have Jesus heal him.

Materials

For each child:

- 1 piece of brown construction paper
- 8 squares of black construction paper, 2" x 2"
- 1 large craft stick
- glue stick
- crayons

For the teacher:

- scissors
- tacky or white glue
- black marker
- tape

Reproducible Pages:

- Page E, 1 copy for each child
- Page F, 1 copy for each child

Preparation

1. Cut out the figures from the copies of Reproducible Pages E and F.
2. Prepare a "house" for each child from brown construction paper as follows:
 - A. Fold the top 4" of each piece of paper as a "roof." See Figure A.
 - B. Unfold the roof and cut a 1" slit in the middle of the fold. See Figure B.
 - C. Write "Jesus made a sick man well." across the bottom of each piece of paper.
3. Cut eight, 2" squares from black construction paper for each child.
4. Make a model of the craft following the instructions.

Instructions

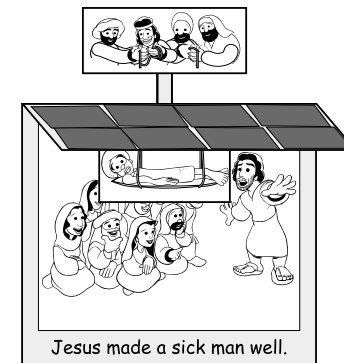
1. Show the children the model of the craft. *Why are these friends on the roof of this house?* Have the children help you tell the story of the sick man whose friends lowered him through the roof so that Jesus would heal him.
2. Give each child a piece of brown construction paper and a copy of Jesus teaching the people. As the children are coloring, help them to glue their pictures on the house below the folded roof. See Figure C.
3. Give each child eight construction paper squares to glue onto the top of the roof. See Figure D.
4. Give each child a copy of the four friends to color. Help them to glue the friends onto one end of the craft stick. Count the friends with the children.
5. Give each child a copy of the sick man to color. Help them to insert the craft stick through the slit at the top of the roof and glue the man onto the bottom of the craft stick. See Figure E.

Conclusion

Sing "Jesus, Jesus, I Am Sick" and "I Thank You for My Legs" from the Unit 20 Song Sheet. Use the craft as a prop to act out the song as you sing.

Teacher Tips

- Use tape instead of glue when attaching the friends and the paralytic to the craft stick.



Craft

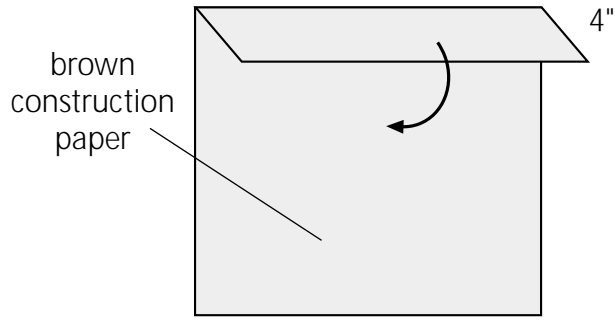


Figure A

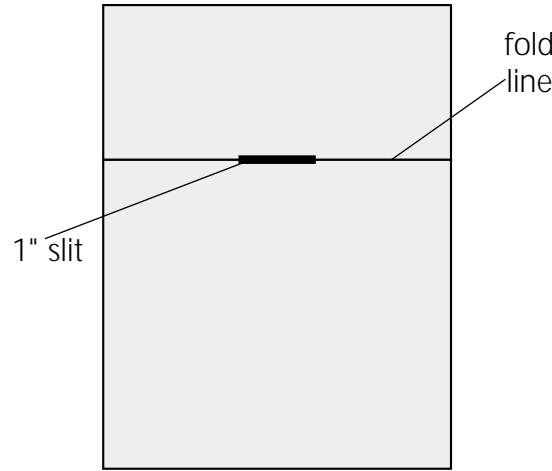


Figure B

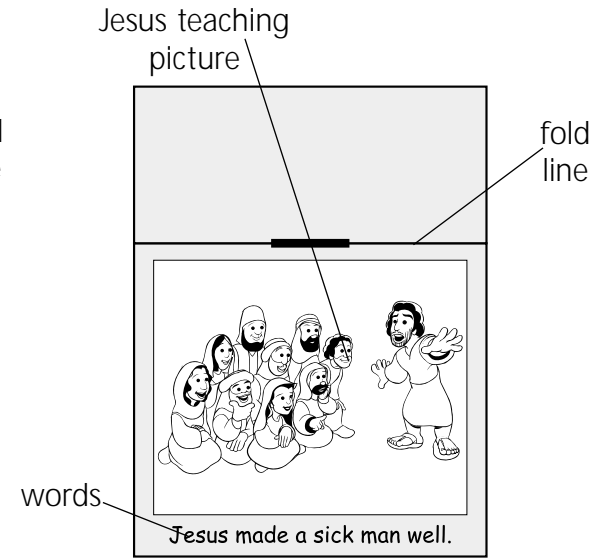


Figure C

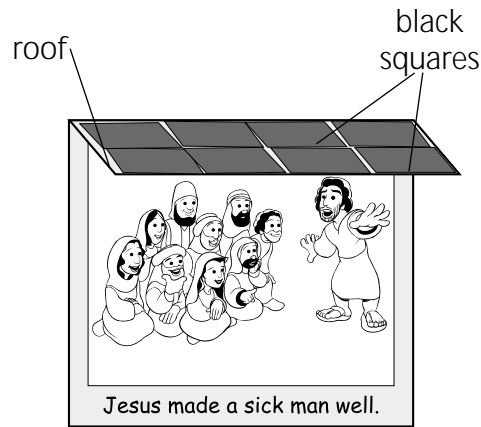


Figure D

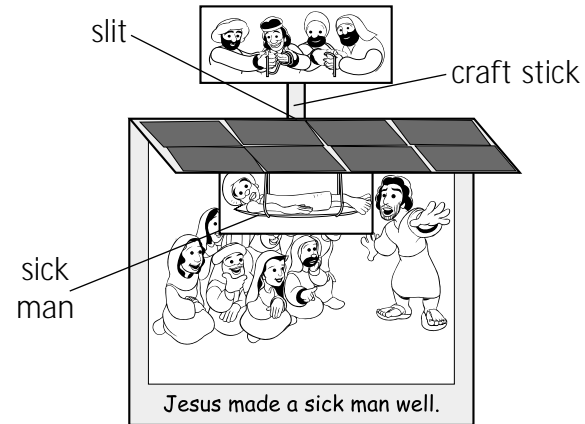


Figure E





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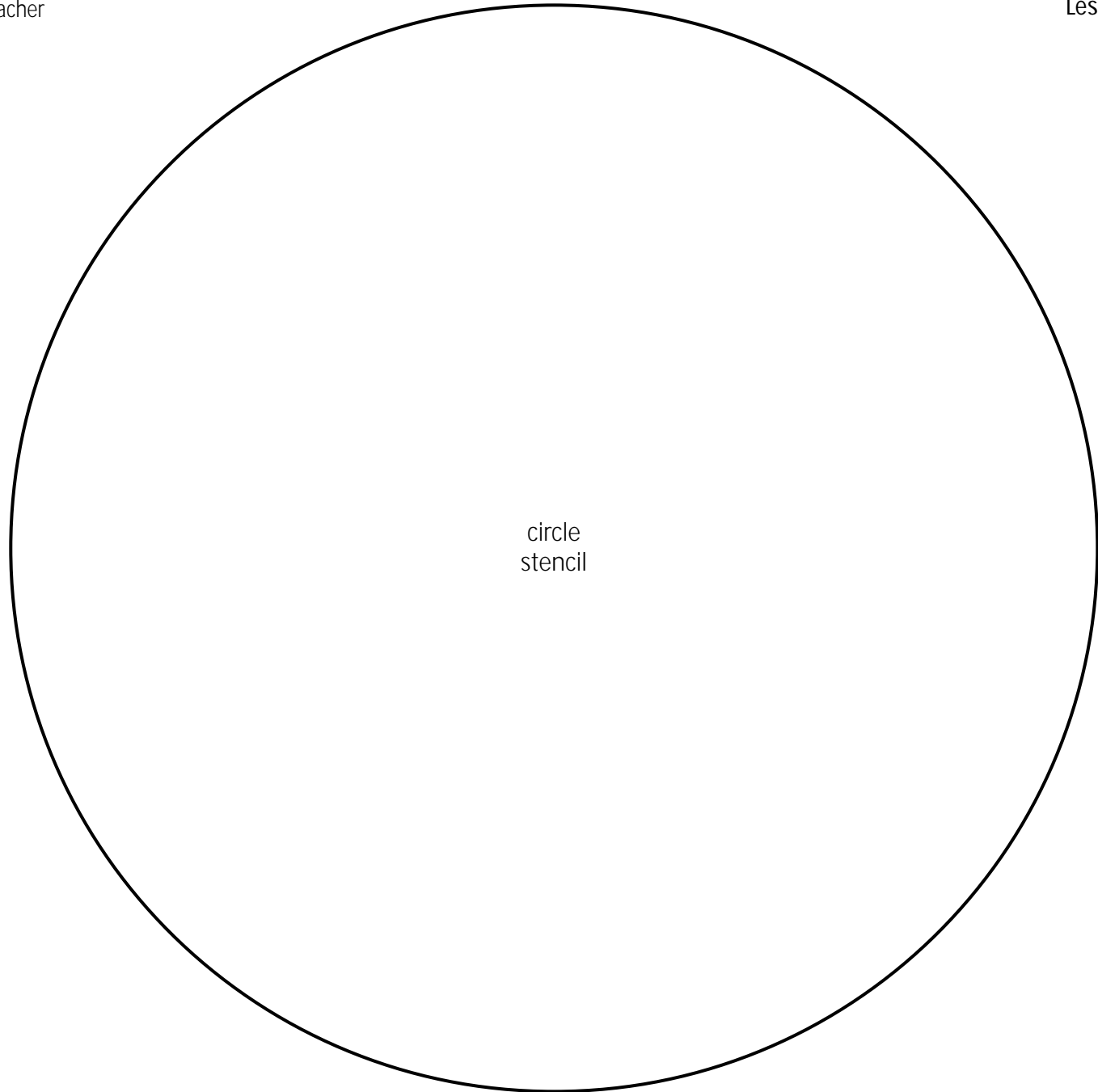


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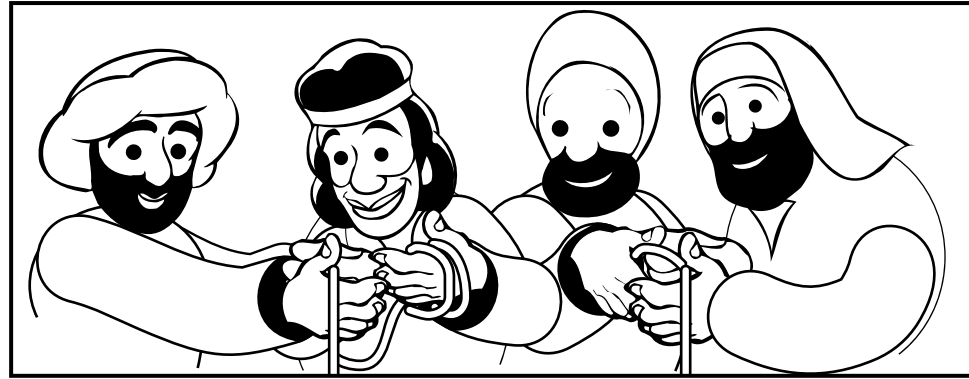


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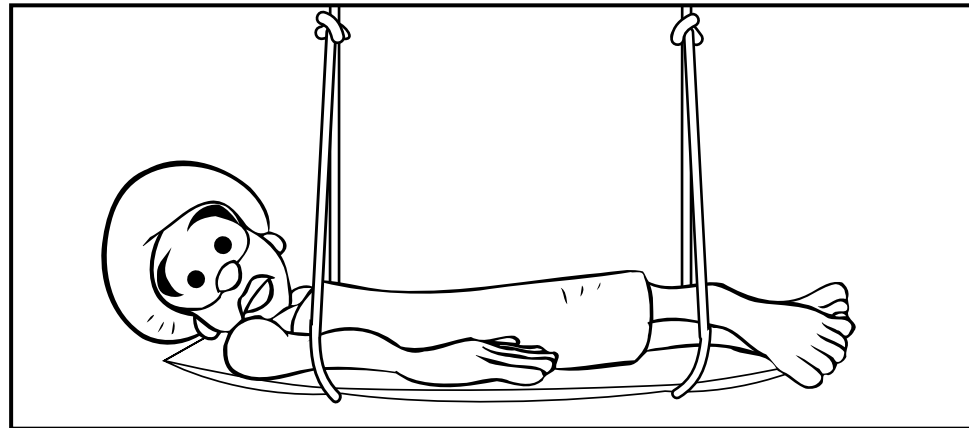




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