

First, watch the video at:
www.hillsideonline.com/kids

Then, have fun with the
activity below!



MEMORY VERSE

"I am
(point thumbs to chest)

fearfully
(right arm muscle)

and wonderfully
(left arm muscle)

made."
(clap hands together)

Psalms 139:14
*(hold hands open like
a book)*

ACTIVITY: LET'S MOVE!

WHAT YOU DO:

BEFORE THE ACTIVITY: Have your child/children stand in front of you.

DURING THE ACTIVITY: Ask the children to do several movements as you say to do them. Movements and counts are:

- Spin one time
- Pat head two times
- Jump three times
- Clap four times
- Frog jump five times

Repeat as desired.

WHAT YOU SAY:

DURING THE ACTIVITY: "We're going to do some really fun movements today! Listen very carefully, and I will tell you how many times to move. Let's jump **THREE** times! (Demonstrate.) Great job! Now, let's spin **ONE** time." (Demonstrate and continue the activity.)

AFTER THE ACTIVITY: "Way to go! That was so much fun! You did a great job counting. Today, we heard a Bible Story about how God made us and knows us so well that He counts every hair on our heads!"

PRAYER

"Dear God, thank You for making (your child/children's name). You made us, and that is so special! You know just how many hairs are on our heads! You know us so well because we are that important to You. Thank You for loving us like You do. We love You too! In Jesus' name, amen."