

Little Lambs Stars



Little Lambs

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BIBLE FRIENDS



1. Listen to a book about Bible friends.
2. Sing a song about Bible friends.
3. Play a game about Bible friends.
4. Make a Bible friend craft.

TEACHING SUGGESTIONS

STORY

Tell a story about Bible friends. Try to pick a story where there is friendship between the individual and God, and the individual and other people (or for example in the case of Noah between him and the animals, Moses and God, Paul and God, little servant girl and God, etc).

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one song, one game and one craft, all about their Bible friends.

- A suggestion that would suit the story of Noah would be to have each child chose a colour of paint to place on their hand. Then each child places their colour on their own and everyone else in their group's piece of paper, to make rainbows.
- Three legged obstacle course. Beware some small children will not have enough co-ordination to work with another child and will need to be paired with an adult. Lay out a route around obstacles in the room and have them co-operate as friends to get around the course.

- Song - The Farmer in the Dell. See <http://kids.niehs.nih.gov/lyrics/farmer.htm> for the words and music (there is a lot of other useful material on the kids section of this site).

- Everyone forms a circle with one adult in the middle, each time the song is sung the last person to go to the middle calls another person by name to join them until all the children are in the middle.

- Song - If you're happy and you know it. Adapt the words of the song at <http://kids.niehs.nih.gov/lyrics/happand.htm>, use the word "friendly" instead of happy, and some of the actions can be modified to types of greetings.

Song - Jesus is a Friend of Mine (action point to self) and for the last line sing "And He is -----'s friend too using the name of another child.

Use the music for Mary had a little lamb - <http://Kids.niehs.nih.gov/lyrics/mary.htm>

- Bible Friends dress up. Dress up in Bible style clothing.

In the Good-baa Little Lambs time, have each child name a Bible friend.

COMMUNITY HELPER



1. Listen to a story about community helpers.
2. Pretend to be community helpers
3. Play an action game using community helpers' skills. (i.e., climbing, running).
4. Complete an art project about community helpers.

TEACHING SUGGESTIONS

STORY

First show the children pictures of Community Helpers such as policemen, firemen, teacher, librarians, grocers, Meals on Wheels, animal helpers etc. Then tell a story involving one or more of these types of people and what they do to make the society a nice place to live.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one activity involving pretending to be Community Helpers, one art project and one game.

- Buildings - have blocks (lego or just wood) with vehicles and small people. Show pictures of places where Community Helpers work. Allow the children to build these places and role play people working there.
- Action heroes. Explain that firemen, ambulance rescue officers, and policemen sometimes have to run, crawl or jump to help people. Make an obstacle course with tunnels (big boxes end to end). A place to jump down etc. Show them how to move through the course and encourage them to go through. If possible have an adult at each obstacle to supervise for safety. No pushing is allowed.

- Dress up & serve - Postal worker, wait staff or fast food server, doctor, plumber, etc. Provide dress up clothes and tools or equipment of trade to pretend to be Community helpers.

- More stories - read another story, or show a short DVD on the subject.

Art project. This could be colouring, or gluing pictures to make a collage of helpers.

FINGER PLAY



1. Listen to a story about hands.
2. Say three things you learned about hands. (i.e., thumbs help pick up things.)
3. Say a poem and use your hand to act it out.
4. Make a craft that uses your hands as part of the project. (i.e., fingerpaint, trace hands)
5. Complete an activity using your fingers. (i.e., build something with blocks, knead bread.)

TEACHING SUGGESTIONS

STORY

First have the children wave, clap and scratch. Ask them what else they can do with their hands. Find a story about hands (the one about a mother's ugly hands that became ugly rescuing her child from fire would be a good one if you know it). Tell or read it.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one activity involving the children's hands, one craft and a poem.

- Finger Mouse. Using a rubber stamp ink pad have the children make a finger print on their paper. Show them how to turn it into a mouse. Probably each child will need adult help, though some may prefer to do their own.

- If they enjoy it. let them make a second and a third and so on.

- Finger plays. See <http://www.nncc.org/literacy/fingplus.html> and <http://w3.gorge.net/cannon/songs22.html> for finger plays. Or use some you know, Try to pick ones suitable for Sabbath. Use several, and do each one a few times so they learn and enjoy it.

- Finger Food. Prepare bread dough in advance, let the children knead and shape it, then either bake it or send it home to be baked. Bring small cup-cakes or muffins for the children to decorate. Beware of food allergies. Let the children eat their cupcake.

- Digging and planting. Using plastic tubs and potting mix, (major supervision and good gloves. Wash hands thoroughly afterwards) let the children plant some seeds to take home to watch grow. You could have twigs for pretend trees, small potatoes or carrots for the children to both plant and harvest instantly.

- In the Good-baa Little Lambs time, have each child tell something you can do with your fingers and collect at least three different ideas in the group.

HEALTHY FOOD



1. Listen to a book being read about healthy foods.
2. Tell three things you learnt about healthy foods. (i.e., fruits have vitamins).
3. Play a game about healthy foods.
4. Make a healthy foods craft.

TEACHING SUGGESTIONS

STORY

Ask the children what their favourite food is. For the story you and the Pre-Adventurers could go through the alphabet and find a food for each letter, let the children try to tell you also. A few examples would also help. eg. Z for Zucchini.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one craft and one game.

- Taste, Smell & Touch. Set up in advance taste centres with small dishes in each. The centres could be salty (nuts or popcorn), sweet (honey, sugar), sour (lemon), bitter (broccoli, celery). Then have extra bowls with vanilla, vinegar, orange juice, cinnamon and ginger. In another area have foods with various textures (spaghetti, jelly, dry oatmeal, peeled grapes). Explain that senses help us to find things we like or do not like. Let them visit the various centres (tables) and experience the differences of each food. Have adult supervision at each table.
- Fruit and Veggie stamped place mats. Before class cut fruit and vegetables in halves and make "stamps". Apples have a star design in the middle, green peppers make a fun shamrock shape.

Prepare paint containers. Protect work area with newspapers or plastic. Tell the children they are going to make place mats to remind them to eat fruit and vegetables, make sure they understand what place mats are. Use different stamps to put designs all over each place mat.

After the paint has dried the mats may be laminated.

- Fun with Foods. Divide the children into teams, with a starting line and a chair some distance from the line. The children are to be creative in taking the food to the chair. This is not a race, but a display of creativity, encourage teams to cheer each other. An orange can be pushed along the floor with the nose, an (hard boiled) egg can go on a spoon, a round fruit can be carried on a flat board etc, etc.

- Fruit Kebabs. You will need sticks and lots of bright fruit pieces, especially those with a good scent. Let the children make up kebab sticks then eat from them. (Watch the point of the stick and direct the Pre-Adventurers).

In the Good-baa Little Lambs time, let the children tell you what they have learnt about healthy food to eat.

HEALTHY ME



1. Listen to a story about being healthy.
2. Say three things you learnt about being healthy.
3. Play an action game about being healthy.
4. Complete an art project about being healthy.

TEACHING SUGGESTIONS

STORY

Begin with a few amazing facts about children's bodies, then find a story about healthy body/bodies.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one activity art project and one action game about health.

A) Heart check. Have the children run hard on the spot, then listen to each others heart beats. Borrow a stethoscope if possible or use tubes from paper towels etc.

B) Lung check. Have a two litre bottle full of water, invert it into a bowl of water so the top is under water. Now with a bendy straw let the child blow as much air as possible into the bottle after taking a deep breath. This can measure their lung capacity.

C) Body parts.

1. Sit the children in a circle with each holding onto a long rope with both hands. Call out a body part and they must touch the rope to that body part.
2. Keep a balloon in the air using only hands, or heads or other body parts.
3. Jump in and out of hoops on the floor, or crawl through hoops etc.

D) I've got the beat. Arrange for an adult to beat a drum. The children move around the room in time to the beat as it becomes faster, slower or stops (then they freeze) etc.

E) People at play. Bring pictures of people in sports or at play. Have the children make one big poster or individual posters showing healthy activity. (this would be for requirement 4).

In the Good-baa Little Lambs time, get each child to say three things they have learned about being healthy (requirement 2).

INSECTS

1. Listen to a book about insects.
2. Say three things you learnt about insects.
3. Play an action game about insects.
4. Make an insect craft.



TEACHING SUGGESTIONS

STORY

First show the children a plastic insect (real size or enlarged). Read a story about an insect.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one craft and an insect game.

- Bugs in a bottle. Put some soil, some leaves, and some water or sugar water in a bottle and capture a few insects for the children to study. With a magnifying glass. Discuss their food and life style. At the end go outside and release the insects.
- Caterpillar wiggles. Bring in a caterpillar. If unable to, bring some pictures of caterpillars. Have the children lie on one side of the room on their stomachs with their arms at their sides and their legs out straight. Ask them to wiggle their way across the room.
- Bug art. Get some smooth rocks from a river bed, or store. Have the children paint them as bugs. Some stick-on eyes would be useful.

- Ants on a log. (This does not fit the requirements but is fun). Check for food allergies first. Cut celery sticks, with wooden craft sticks spread peanut butter, cream cheese etc in the celery stick (the log). Place raisins on the log (the ants). Eat it all up!

In the *Good-baa Little Lambs* time, ask each child to share the three things they have learnt about insects during the meeting.

MUSIC

1. Listen to a book about musicians or musical instruments. (There are CD's for children on orchestral instruments).
2. Make a musical craft.
3. Play a hand clap (rhythm) game.
4. Play an action game to music. (i.e., bounce a ball to the beat of a song).



TEACHING SUGGESTIONS

STORY

First have an adult play an instrument for the children. Find a story about music, or musical instruments, then after explaining that there are many ways to make music ask the children if they are ready to make some.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one activity involving clapping, one craft and a musical action game.

- Movement to rhythm. Have an adult play a drum or other percussion instrument. Start with the children hopping in time to the beat. As they get the idea speed it up, then vary the beat. Try other movements, such as throwing something light up, tossing bean bags, or clapping paper plates together etc.
- Making Instruments. Options 1. Rhythm sticks. Piece of dowel which can be decorated. 2. Maracas, small plastic bottles with beans, rice or small stones which rattle when shaken. 3. Stamping sticks, using mailing tubes or similar up to 1 metre long. Tape one end closed. That end is hit against the floor. Decorate the tubes.

- Sounds around. Using a tape recorder, record sounds, wind, rain, water running, animal noises, even the children arriving, chimes, car horns, footsteps. If you have head phones allow the children to take turns in identify the sounds. Alternately play each sound separately for the group and have individuals take turns at guessing what the sound is.

- Hand clapping. Have the children play hand clapping games, either by themselves or with a partner. If you know any suitable chants that go with clapping games use them.

In the *Good-baa Little Lambs* time, you can ask what are some different ways the children now know to make music.

SPECIAL HELPER



1. Listen to a book about being helpful.
2. Sing a song about being helpful.
3. Play a game about being helpful.
4. Make a craft about being helpful.
5. Help a family member with a special chore for one week. (i.e. feed a pet)

TEACHING SUGGESTIONS

STORY

Begin by showing various things that are used to clean in the house. Ask what is cleaned with each item. Find a story about cleaning in the house, perhaps one about a child keeping (or not keeping) their own room tidy.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one song activity, one craft and a game.

- This is the way we . . . Have a box of props for each child, then sing to the tune of Here we go round the mulberry bush (see <http://kids.niehs.nih.gov/lyrics/mulberry.htm>) Not all the verses there are suitable but sweep the floor, pick up toys, dust the house, wash the car and you can invent others.
- Ways I can Help. Collect stickers or pictures of ways children can help with cleaning activities. Stick the pictures on a page or poster (combined work with several children) and let the children complete the work with crayons etc.

- Watch Me Help. Break the children into very small groups to do some or all of the following activities. A) Washing and drying dishes with a tub of water. B) Sweeping - make a spill of beans, macaroni or popcorn to be swept up. C) Gardening, plant some sunflowers or other big seeds in some semi-prepared soil. D) Cooking using mixing bowls and wooden spoons to mix beans, dried pasta, oats and raisins. (OH&S be aware of prepared pot-mix).

- Sewing Fun. Using very stiff card or thin plywood, outline the edge of a picture with holes. The children can thread thick wool (or coloured string) through. You may be able to avoid a needle by waxing the end of the string or wool to make its own point. Roll sticky tape tightly around the end of the wool/string also makes it easy to thread.

Remember that the fifth requirement has to be done at home for a week.

In the Good-baa Little Lambs time, discuss helping at home.

STARS



1. Listen to a book about stars.
2. Say three things you learnt about stars.
3. Play an action game about stars.
4. Make a star craft.

TEACHING SUGGESTIONS

STORY

Discuss how people used to use stars to guide them on their journeys. Read a story of the early Polynesians and how they used stars to cross the Pacific or tell the story of the Wise Men who found Jesus by following a special star.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one craft and an action game.

- Follow the star. Have a big cardboard star that you can hold up. Have the children follow you around the hall or around an "obstacle" course, copying the way you skip, hop, walk, crawl etc.
- Make a lot of stars of different materials and sizes. Have a series of boxes with a star of each size marked on each box. Have the children sort the stars by size into the boxes.
- Sparkling stars. Have enough star shaped stencils (purchase or make your own) one for each child. Let them fill the area in the stencil shape with glitter glue, then sprinkle on the glitter.

Repeat all over the paper provided to each child, so they have lots of glitter stars of different colours.

- Night Sky. You will need Styrofoam cups, torches, and ball point pens to make holes in the base of the cups. Let each child make a couple of holes in the base of their cup. Make the room dark, then let the children make a night sky on the ceiling by using the torches inside the cups. A low ceiling would be best, some spare cups will be needed for the children who make holes that are too big.

In the Good-baa Little Lambs time, discuss what they have learned about stars.

TRAINS & TRUCKS



1. Listen to a book about trains or trucks.
2. Say three things you learnt about trains or trucks.
3. Play an action game about trains or trucks.
4. Pretend to drive or ride in trains or trucks.

TEACHING SUGGESTIONS

The idea is to choose either trains or trucks as the theme

STORY

Find a story about trains (or trucks) and tell or read it.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one activity, a game and a pretend time.

- Red Light. Green Light. Have a starting line and a finishing line on the other side of the hall. Have two large circles, one red and one green, or they can be back to back like a road worker's sign. The children line up and start to move when you hold up the green and say green light. They stop on red light. This can be repeated with different modes of travel, crawl, roll, baby steps, giant steps etc.
- Construction site. Using a sand pit or sand table and toy dump trucks, scoops, bulldozers etc, allow the Adventurers to make roads, etc.

- Take a Ride. This is a pretend travel time. Put chairs in bus arrangement, or make vehicles from very big boxes. Add props like tickets, maps, uniforms etc. Show pictures of various modes of travel and discuss what is good or bad about each one.

- Honk, honk, beep beep. You will need transportation sounds recorded. This web site is a possible source - <http://stonewashed.net/2.html>. Have the children sit in a circle. Let them hear a sound, and identify it. If you can find a picture to match you can show it when they are correct. Variation - have an activity that the Adventurer's do for each sound, eg. honk - stand up and jump, beep - hop on one leg, etc.

In the Good-baa Little Lambs time, you will need to complete requirement no. 2.

WEATHER



1. Listen to a book about weather.
2. Say three things you learnt about weather.
3. Play an action game about weather.
4. Make a weather craft.

TEACHING SUGGESTIONS

STORY

First show the children an umbrella, a woolly jumper, sunglasses etc, and have them to identify the type of weather you would wear each item for. Find a story about weather. Jonah's storm or Noah's flood would be suitable Bible stories.

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one activity, one craft, and an action game.

- Clouds and Rain. Collect enough plastic bottles one for each child.

1. Put some ice cubes in a bowl with very little water, place a heater (or even a bright light near the bowl so the ice will melt. Observe what happens.
2. Place a cotton ball in water, squeeze most of the water out and put it in a sealable plastic bag, place it near a warm lamp (not close enough for the bag to melt) and look for drops of water with a magnifying glass.
3. Make a rain gauge by cutting off the top of the bottle to a point where it has straight sides, then glue a cheap ruler inside to measure the water collected. Let the children take the rain gauges home and place them in their gardens where there's an open space. Read the raingauge after some rain.

- Hot and cold. Make 20 red circles (20 cm diameter) and 20 blue circles and 5 yellow ones. Have a picture of a hot day and one of a cold day. Place the circles in rows of five with the yellows in the middle and the reds to one side and blues to the other, Place the picture of the hot day on the red side and the cold day on the blue side. In a tray or envelope have weather pictures (sun, clouds, rain etc). Let five children start, one standing on each of the yellow circles. In turn they take a picture at random, or from the top of a stack. If it is a weather picture that makes people warmer they move one row in the red direction, if colder they move one row to the blue side. As each child reaches either the hot or cold picture another child can go to the yellow row and start.

- Wind Art. Mix three paint colours to a milky consistency. Each child needs a piece of paper and a straw. An adult puts a drop of paint on the paper for the child, and the child blows through the straw to spread the paint. Extra drops of colour are added as the child works.

- Sand & Water. On a hot day put out a sand tray and a paddling pool. Let the children enjoy themselves.

In the Good-baa Little Lambs time ask the Pre-Adventurer. "What are 3 things you learnt about weather?"

WOOLLY LAMB



1. Listen to a book about lambs.
2. Say three things you learnt about lambs. (i.e. baby sheep are called lambs). .
3. Play a game about lambs.
4. Make a lamb craft.

TEACHING SUGGESTIONS

STORY

Discuss baby animals as an introduction to baby sheep as lambs. Find a story about lambs (in the Bible stories of David, the shepherds of Bethlehem, or the good shepherd would fit).

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one craft and a game.

- Have two sizes of paper plates, some pompoms (or cotton wool balls), craft

glue, and black wool. You are going to make parent and baby sheep, by dipping the balls in the glue and covering the sheep with wool. Try to let everyone make at least one large and one small sheep.

- Lamb puppets. The simplest puppet would be to stick the outline on the left on a craft stick, though fancier ones can be made, or the plate lambs might be used. Let the puppets act out a play. The NAD manual suggest the story Mary had a Little Lamb, but the story of the lost sheep, or a story about David and his lambs would be more appropriate. Adults will need to guide with this.

- Sheep to Shirts. Enlarge the picture onto the next page and give one copy to each child. Discuss how sheep are sheared and how the fleece is made into wool. Use pictures, DVD or such on shearing and wool spinning.

- Have many short pieces of wool in many colours. Let the children glue the wool onto the shirt pattern to make a woolly shirt.

- Baby Animal charades. Have some toy animals in a bag. Let each child takes a turn to secretly take a toy from the bag, then come back and act as that baby animal until the others guess what they are. Alternatively if a child is too shy let the whole group act out the animal.

In the Good-baa Little Lambs time, complete the second requirement of this star through a discussion time.

ZOO ANIMALS

1. Listen to a book about zoo animals.
2. Say three things you learnt about zoo animals.
3. Play a game about zoo animals. .
4. Make a zoo animal craft.



TEACHING SUGGESTIONS

STORY

Ask the children who has been to a zoo. Talk about the animals they saw there. Find a story about a zoo, or if you cannot then tell or read a wild animal story from another country.

Afterward sing the song Going to the Zoo which can be found at

<http://www.oldielyrics.com/lyrics/peterpaulandmary/goingtothetoo.html>

ACTIVITIES

Do four of the following (or your own) activities in the Lamb Frolic time, including at least one activity, one craft, and a game.

- Flamingo Prints. The instructions are to cut out this outline in the middle of a paper plate and use it as a stencil (use small sponges to transfer the paint). Several flamingos can go on each piece of paper. Tell the children about flamingos and how they eat and where they live.

- Animal Actions. Collect pictures of as many animals as you can. Show them to the children one at a time and have the children imitate them.

- Snake: slither on floor

- Humming bird ; flap arms very fast
- Penguins : arms at side, waddle
- Eagle : spread arms and soar
- Kangaroo: hop
- Elephant: walk swaying with their trunk going from side to side

• Zoo environments. Build different environments such as: a tub of water with plastic fish, starfish, shells etc for an ocean environment; a sandy tray with toy camels, snakes, meerkats, rabbits for a desert; tunnels of big boxes that the children can crawl through for wombats, foxes, ants etc.

• Big Cats. Buy or make lion masks (to make a mask take a paper plate, colour it yellow, draw on a cat face with cut out eyes, glue yarn round the edges for a mane. Fix a string via holes on each side to hold it to the face). Find pictures of the dens of big cats, and make with boxes, trees and imagination. Let the children pretend they are big cats at home.

In the *Good-baa Little Lambs* time, discuss requirement 2 (you should have done part of this in the story time).