



WEEK 3

RIVER KIDS LESSONS & ACTIVITIES

LEVEL UP

BIG IDEA

Jesus helps me believe.

THE BIBLE

Doubting Thomas: John 20:19-20, 24-29

SUNDAY MORNING - WELCOME TIME

GATHER YOUR KIDS AROUND YOU IN THE LIVING ROOM, OR IN A PLACE WITH A TV AND ACCESS TO THE INTERNET. OPEN YOUR TIME IN PRAYER.

MUSIC | Worship Time

- **INSTRUCTIONS:** Ask the kids to sing along to a few songs. We have posted some suggested song on the C3KidsWheeling.com website.
 - *EVERYONE PRAISE THE LORD*, by Saddleback Kids
 - *I am the Resurrection*
 - *One Two Three*
 - *I believe in Jesus*, Saddleback Kids

ACTIVITY | Mystery Box

- **INSTRUCTIONS:** Before the kids arrive, prepare a "mystery box" — a box with a space that a child can reach into but cannot see what is inside. A tissue box is an example. Place an item inside that might be identified by feel. Let each kid reach inside the box and try to identify the item.



TEACHING TIME

THE BIG IDEA | Jesus helps me believe.

- **INSTRUCTIONS:** *Divide the kids into four groups. Give each group one word of the Big Idea to say when you point to them. Ask the kids to shout it out as loud as they can! Point to each group one at a time. (Options: Ask them to whisper it, sing it, or do a motion with each word.)*
- *Print out the Big Idea printout by [clicking here](#).*

PLAY THE VIDEO FIRST.

VIDEO | Level Up, Episode 3

- **INSTRUCTIONS:** *Play this week's preschool [teaching video](#).*

YOU CAN FOLLOW UP WITH THIS CONVERSATION STARTED AND QUESTIONS.

BIBLE STORY | John 20:19-20, 24-29

- Last week, we learned about the women going to the tomb and learning Jesus beat death! Jesus was no longer in the tomb because Jesus was alive. Let's look at the Bible and I'll read what happened next.
- **INSTRUCTIONS:** *Read John 20:19-20.*
- The disciples were so excited to see Jesus! But not everyone was there. One of the disciples was missing — Thomas. Let's keep reading.
- **INSTRUCTIONS:** *Read John 20:24-29.*
- Thomas didn't believe what his friends were saying. He didn't believe Jesus beat death. So, Jesus helped Thomas. Jesus appeared to all the disciples in the same room a second time! And this time, Thomas was with them. And when Thomas saw the marks where Jesus had been nailed to the cross, and when he touched them, he believed. Jesus helped Thomas believe!
- Jesus loves us so much, Jesus will help us believe!

ACTIVITY | How Many Animals Do You See?

- **INSTRUCTIONS:** *Print this [image](#) and ask the kids to try to find all the hidden animals in the picture.*
- Here's the answer: 16 animals!
 - **Fish:** Eye of elephant
 - **Beaver:** Elephant head
 - **Tortoise:** Elephant ear
 - **Elephant:** Largest animal in black



LEVEL UP | WEEK 3 PRESCHOOL LESSON

- **Donkey:** Largest white space below elephant
- **Mosquito:** White space above donkey's bottom
- **Dog:** Black space below donkey
- **Snake:** Elephant's tail
- **Swordfish:** White space between elephant's rear legs
- **Cat:** White space below dog
- **Mouse:** Black space below cat
- **Shrimp:** White space between elephant's front legs
- **Hen:** Ear on donkey's head
- **Crocodile:** Elephant's tusk
- **Dolphin:** Elephant's trunk
- **Bird head:** White space between elephant's trunk and head
- **Who helped you find all the animals in this picture? Guess who else helps us?** Jesus! And Jesus can help us believe in God!
 - **TODDLER HACK:** Ask the toddlers to find only five animals: the elephant, the donkey, the dog, the cat, and the mouse.

ACTIVITY | Using Our Senses

- **INSTRUCTIONS:** Print out this week's printable with images of eyes, ears, a mouth, a nose, and a hand. Hold up each image as you talk about it. You can have kids point to each body part, too.
- Print out the Using Our Senses printout by [clicking here](#).
- We learn about the world around us using our senses. Our sense are what our eyes, ears, mouth, nose, and hands do!
- **What do we use our eyes for? Can you name some things you can see?**
- **What do we use our ears for? Can you name some things you can hear?**
- **What do we use our mouth for? Can you name some things can you taste?**
- **What do we use our nose for? Can you name some things you can smell?**
- **What do we use our hands for? Can you name some things can you touch?**
- The disciples were able to use their eyes, ears, mouth, nose, and hands to know Jesus was there. But Thomas was not there.
- When Thomas saw Jesus and was able to use his senses to know Jesus was there, he believed! And then Thomas went and told as many people as he could about Jesus! Jesus helped Thomas believe!

MEMORY VERSE | Hebrews 12:2

- **INSTRUCTIONS:** Say the memory verse together a couple of times. Then, tell the kids you are going to try to fool them. If you are saying the verse correctly, they jump up and cheer. If you make a mistake, they stay seated and shake their heads. Repeat the verse a few times, sometimes saying it correctly, and other times leaving out words or mixing the words up.
- Print out the memory verse and the motion directions by [clicking here](#).



PRAYER

- **INSTRUCTIONS:** *Teach the kids how to spell the word 'believe.'*
- Jesus, thank You for loving me. Help me to B-E-L-I-E-V-E.

***WE KNOW LIFE CAN BE BUSY.
THIS WEEK, INSTEAD OF GIVING YOU A WEEK FULL OF ACTIVITIES,
WE'RE PROVIDING JUST A FEW EXTRA ACTIVITIES THAT YOU CAN CHOOSE
TO DO ALONG WITH YOUR SUNDAY LESSON, OR LATER THIS WEEK!***

***HELP US CREATE A PHOTO GALLERY!
PRINT OUT THIS WEEKS COLORING PAGE, HAVE YOUR KIDS/FAMILY
COLOR, THEN SHARE PICTURES TO OUR [C3 KIDS FACEBOOK PAGE!](#)***

HAVE A GREAT WEEK!

SCROLL DOWN TO SEE EXTRA ACTIVITIES!



ACTIVITIES FOR THE WEEK

SNACK | Hamburger...Cookies?

- **INSTRUCTIONS:** *Before group time, prepare "hamburger cookies." Place a peppermint patty or chocolate covered cookie between two vanilla wafers. For added effect, add green dyed coconut (be aware of tree nut allergies) to resemble lettuce and/or red and yellow frosting to resemble ketchup and mustard. Arrange on a tray and cover with a napkin or cloth so the cookies are not visible.*
- We are having a different kind of snack today! Hamburgers! **Do you believe me?**
- Look! These look like hamburgers, but they are really cookies! Let's eat our "hamburgers" while we remember Thomas needed to see Jesus with his own eyes before he believed, too.

ACTIVITY | Question Poster

- **INSTRUCTIONS:** *Before the kids arrive, draw a huge question mark in the center of a poster board. As the kids answer the questions, write their answers on the poster.*
- **What are some questions you have?**
- **Who can tell me the name of someone they can go to when they have a question?**
- When we don't know something, or when we are not sure about something, we should always ask for help. Jesus helps us to believe by giving us people we can turn to. Always remember: **Jesus helps me believe.**

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Use this time while they color to remind the kids of today's Bible story, the Big Idea, and the memory verse.*

ACTIVITY | Sensory Bins

- **INSTRUCTIONS:** *Provide two or more plastic bins with sensory materials for the kids to interact with using their senses. For example, one bin might hold colored rice or sand in which scented oil has been added. In another bin, place various bells, rattles, and noise makers. A third bin could hold shaving cream or water beads.*
 - **TODDLER HACK:** *Make a sensory walk by lining up mats of different textures: carpet squares, foam mats, soft towels, rough mats. Let toddlers remove their shoes and walk on the path as you describe the textures they are experiencing with their feet.*

ACTIVITY | Eye Spy Bottles



LEVEL UP | WEEK 3 PRESCHOOL LESSON

- **INSTRUCTIONS:** *Before the kids arrive, make Eye Spy Bottles by filling empty water bottles with uncooked rice and various small items. Instruct kids to shake up the bottles to try to find the items. (Optional: Freezer zipper bags can be used instead of the bottles. Be sure to tape them closed to prevent messes.)*
 - **TODDLER HACK:** *In addition to or instead of the above activity, play "Peek-a-Boo" with your toddlers. They love discovering that you are there when they thought you were gone. It displays the sense of today's story in a toddler way!*

ACTIVITY | Thomas, Thomas, Jesus!

- **INSTRUCTIONS:** *Play a game based on the classic, Duck, Duck, Goose. Ask the kids to sit in a circle and choose one kid to be "it." "It" walks around the outside of the circle tapping each kid gently on the head or shoulder while saying, "Thomas" for each kid. When ready, "it" chooses one kid and says, "Jesus!" The chosen kid chases "it" around the circle, trying to tag "it" until they get back to their seat. If "it" is tagged, that kid sits in the center of the circle until someone else is tagged. If not, "it" takes the place of Jesus in the circle and the chosen kid becomes "it." Continue to play until everyone has had a turn.*