

Activity 1

Shoe Lacing Craft

Help the kids lace the yarn through the holes. Tie a knot, then a bow (so that it can be untied and retied without coming undone). Have them put a magnet on the back so they can stick it on something at home and they can use it to help them learn to tie their own shoes.

Go over the verse with them while they are working. Ask them questions about what they learned at circle time.

Supplies: shoe cutout with verse (1 per child), yarn, magnet
Armor – Shoes of Peace

Activity 2

Balance Beam

Have the kids walk across a 2x4. Then have them walk across the board with a heavy jug of water in only one hand. Tell them that this is like holding on to sin (even things that may feel good but are wrong). We are off-balance. We need to believe in the Good News that Jesus is the way, the truth, and the life and we need Him. When we give our sin to Him we can be more stable (with our shoes of peace) because we are not holding onto our sins. Have them try walking across the board again without the water jug.

Supplies: 2x4, gallon jug of water
Armor – Shoes of Peace

Extra Activity

Design By The Foot

Have the children color a picture using their feet with a crayon between their toes.

Supplies: paper, crayons
Armor – Shoes of Peace

Activity 3

Protect Your Feet

Have the kids take off their shoes and encourage them to walk on different types of surfaces and tell you what it feels like. Some suggestions: the carpet, Legos, smooth pebbles, marbles, and cotton balls. Have them try to pick things up with their toes (just for fun.) Talk to them about how our feet need to be protected and how putting on shoes helps protect and provide stability. (If weather permits, you could take the kids outside and let them feel the different textures under their feet, instead.)

Supplies: cotton balls, rocks, marbles, sand paper, Legos
Armor – Shoes of Peace

Activity 4

Shoe Relay

You will need two teams and a pair of very large shoes for each team. The two teams will race against one another to put on the shoes, run across the room and back, and give the shoes to the next runner. The first team to have all of its members complete the race wins. You can set up an obstacle course to make it more challenging.

Supplies: 2 large pair of shoes
Armor – Shoes of Peace