

# Activity 1

## Fruit Book Craft

Have the kids color the verse cards as you go over the verses. Then have them put a fruit sticker on each card (a different fruit for each card). Write their names on the back.

Supplies: 10 verse cards held together with binder ring, fruit stickers, crayons  
Fruit Review

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# Activity 2

## The Great Fruit Race

This is a partner race, so you'll hook arms with your partner. We partner with the Holy Spirit. We can't grow the fruit in our lives without the Holy Spirit, and He can't grow fruit in our lives without our obedience. We must choose to let Him help us. (Hold up an apple.) At my signal, each pair will take an apple and place it on your arms where your elbows are linked. Then, you'll go as fast as you can one time around the room. If you drop the apple, stop and pick it up. When it's back in place, you can keep going. If you try to race without being linked at the elbows or without your fruit in place, you'll be out of the game. Ready, GO!

Supplies: 3 apples (toy or fresh)  
Fruit Review

# Activity 3

## Good In/Good Out

This is a fun water activity. In the children's cups pour a small amount of clean water while you say, "If you pour good things into your life like God's word, truth, love, and Bible teaching, then when you are under pressure (meaning you may be frustrated or angry or upset about something) then those things will come out of you. Let's see. Take your sponge and dip it into the water and squeeze it back into your cup. What comes out? Good clean water! (As you say the next part, use a paintbrush to stir black watercolor paint into each child's cup so that their water turns black and yucky as you list the bad things they could put in their lives.) But if we put bad things into our lives like listening to others say mean words, watching bad shows on TV, or playing violent video games, then when we are under pressure those bad things will come out of us. We might want to say something mean or hit instead of walking away or using kind words. Let's see, take your sponge again and see what comes out. YUCK! Who can make our water clean? Jesus can!

Supplies: small cups (1 per child), water, one watercolor tray, one paintbrush for the leader, 1/4 sponge per child, paper towels, wipes

Fruit Review

# Activity 4

## Fruit Squeeze

Have an adult cut the fruit in half or quarters before hand so that each child can try squeezing the different fruits. Talk about what comes out when it is squeezed, similar to being under pressure. When they squeeze the fruit what is inside the fruit comes out of it. The same is true for us if we have God's word inside of us and the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in us, then that's what will come out of us when we are under pressure or feeling frustrated.

Ask them questions about what they are doing: what is coming out when you squeeze the fruit? What comes out when you get mad? What should you do when you get angry or frustrated? Talk about situations they struggle with and remind them that we need to be connected to Jesus and have His word in us so that when we get frustrated then good things like love and joy come out instead of yelling and tantrums.

Supplies: knife for adult to use to cut the fruit before class, squeezable fruits (orange, lime, lemon, tomato), 2 roasting pans for squeezing the fruit into, wipes

Fruit Review