

Activity 1

Mirror Me

This game is similar to Simon Says but instead of “Simon” telling others what to do, a leader will do movements and have the kids mirror the movements. This can be done in pairs as well. Tell them to be creative with it.

The point: Jesus is our example and we want to live like He lived. We want to behave like He did and treat others with gentleness. In order to do what He does we have to know Him. We have to read about Him and pray to Him and He will show us how to behave like He did. If we go to Jesus, learn from Jesus, and trust in Jesus we can have gentleness in the way we treat others just like He did.

Supplies: none
Gentleness LI

Activity 2

Three-Legged Race

Pair each child with another child close to the same height. Tie one of each kid's ankles together with the other, using a bandana. You will be tying a right leg to a left leg so that the pair is facing the same direction. Make sure there isn't anything hanging down to trip the team and don't tie it too tight. Set up everyone at the starting line. Tell the racers that they must stay tied and all "three" legs must be used. Give the signal to start the race. Have them race down around a chair and back.

The point: They need to stay together in rhythm with their partner. Point out what happens if they are one partner is ahead of the other, trying to go faster than the other. It makes things much harder. Connect the race to how the yoke worked like that. Having Jesus' yoke on us if we stay with him it is easy, but if we try to go out ahead on our own or fall behind him it is hard and our burden is heavy or we feel weighed down.

Supplies: bandanas
Gentleness LI

Activity 3

Gentle vs Harsh

In the bigger bag are some items that are gentle to the touch and some that are harsh or rough. Have the kids touch and feel the objects and rub them against their arm or leg to really feel the difference.

The point: Make the connection to how we treat others. We should be soft and caring. Not just in our touch but in our words and actions. From our loving hearts we want to treat others with the same kindness and gentleness that Jesus cares for us with.

Weather and campus permitting you can take the kids outside and let them collect their own items in their own bag that they can take home with their findings.

Supplies: 1 brown paper bag or gift bag with various items both soft and hard/harsh/rough - cotton balls, rocks, feathers, sticks, sandpaper; brown paper bags (1 per child)

Gentleness LI

Activity 4

Memory Verse Cards

Give each child a verse card to decorate. Go over the memory verse a few times with the children.

Supplies: magnetic sleeves, verse cards, stickers, crayons

Gentleness LI