

# Activity 1

## Helping Hands Craft

Give each child a piece of colored paper. Have student helpers and teachers trace each child's hands on the colored paper (both hands) and cut them out. Help the children glue the colored hands to the worksheet (on the side with the verse). Show them how they can fold the paper in half to make the hands meet together, like "prayer hands" to remind them that they can pray to God for instruction and ways to do good to others. They can then color the other side, drawing pictures of ways they help other people, including things they can pray about.

Supplies: worksheet, colored construction paper or printer paper, pencils, scissors, glue, crayon  
Goodness L4

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# Activity 2

## The "How Can I Help?" Game

Have a series of faces with different unhappy expressions – sad, angry, scared, sick (at least one for every child in the game). Put the faces in a basket and ask kids to take turns choosing a face then acting out the feeling shown.

For example, a "sad" child might pretend to cry. It's the job of the other players to help her feel better. First, they should ask questions to find out what's wrong ("Why are you sad?" "How can I help?" Etc.). After the "upset" child gives his/her explanation ("My friend was mean to me," "I ate too much candy," "Someone stole from me," etc) the other kids will role-play solutions to help the child feel better. They may give hugs, say "I'm sorry," offer to fix a snack, or give money.

Supplies: set of faces, basket, things that could make someone feel better  
Goodness L4

# Activity 3

## A Good Sacrifice

Form a circle. One child will pass an apple to the right around the circle. Another child will pass an orange to the left around the circle. The key to this game is that kids can't pass the fruit with their hands. Kids can use their feet, elbows, or knees to pass the fruit. If someone drops the fruit or it touches the ground, the child must close his eyes to continue playing. Play continues until only one person with his or her eyes open remains.

Ask kids to talk about what was easy or difficult about the game. Ask kids what it was like to play with their eyes closed and how that affected the game. Explain that serving others and taking action to do good deeds takes sacrifice. We have to give up time, money, or our own comfort or pleasures to help others see Jesus, and it is worth it!

Supplies: apple, orange  
Goodness L4

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# Activity 4

## Serve Others Relay

Divide the kids up into two teams. Give each child a foam tray. Place a cup, bowl, plate, and spoon on the trays and hand them to the kids that are first in line. The kids must carry the trays with all the things on them to one end of the room and back without dropping anything. If they drop something, they must go back and pick it up. Then they place all the items from their tray onto the next child's tray. Keep playing this way until one team wins. Remind the children that the verse in Titus says, *"if we commit to doing what is good, then we will be able to provide for the daily needs of others. And our lives won't turn out to be useless."* (Titus 3:14)

Supplies: foam tray, cups, plastic bowl, plastic or paper plates, spoons  
Goodness L4