

ELEMENTARY ACTIVITY GUIDE

CHARACTER TRAIT: Gentleness

SCRIPTURE: Psalm 23

FINISH LINE: God responds to us with gentleness

ACTIVITY 1: MEMORY VERSE GAME

SUPPLIES: 10-15 index cards or pieces of paper, a pen or marker

SET UP: Write 2-3 words from this month's memory verse, Ephesians 4:2, on each index card. Hide the cards around the room before starting the game.

DIRECTIONS: Tell your kids that the words to this month's memory verse are hidden all around the room, like hidden treasure. Challenge them to see how quickly they can find the cards. Once they have found them, bring them together and unscramble them. After you have laid them out in order, read the verse all together. You can keep practicing by scrambling the words a few times and see if they can put the verse in order faster each time! Save these cards and use them to practice all month long.

MEMORY VERSE: "Always be humble and gentle. Be patient with each other, making allowances for each other's faults because of your love." **EPHESIANS 4:2**

ACTIVITY 2: LESSON REVIEW

SUPPLIES: Dry spaghetti noodles, a bowl filled with round objects to collect such as Cheerios, Fruit Loops, rubber bands, etc.

DIRECTIONS: We are going to play a game that will help us understand more about gentleness. Each person will have one spaghetti noodle. These are very breakable, so you will have to be very gentle! The first person will take their noodle and carry it over to the bowl of Cheerios or other object of choice. Using only the noodle, gently scoop up one item. Then, take the noodle back to the starting line without letting it fall off. If there are three or fewer people playing, you can time them to see who is fastest or you can set a timer and see who can collect the most objects in that time. If there are more people, you can divide into teams and make it a relay race. If someone drops their item or breaks the noodle, they will have to start over.

WRAP UP: Was it hard for you to respond in a kind and careful way if you had to start over because you dropped the item or broke your noodle? Why? (i.e., frustrated, wanted to win) You had to be really gentle to keep the noodle from breaking, but there is a lot more to gentleness than just learning not to break things. What is our definition of gentleness? (Responding in a kind and careful way.) God responds to us in a kind and careful way and over the next three weeks we will learn how He can help us respond gently to others, too.