



Aloha - Keeping Cool When Things Get Hot

“Think only about the things in heaven, not the things on earth.”

Colossians 3:2 (ICB)

LESSON - PEOPLE MATTER!

Welcome to our island adventure, Aloha: Keeping Cool When Things Get Hot In this series, we are going to learn how to stay calm, trust God, and make the right choices when big feelings come. One way God helps us do that is by giving His people special rules called commandments. A commandment is a rule from God that helps us know the right way to live.

Today, we are learning about Commandment Six, and it teaches us something very important: People matter to God!

SAY IT: Commandment Six... we should not hurt people!

DO IT: Let's clap six times..1,2,3,4,5,6.

God teaches us how to treat people the right way. One command teaches us that we should not hurt people. This shows us something important: People are important to God. That means everyone matters

SAY IT: Everyone matters!

DO IT: Point to a friend.

Sometimes we have feelings that don't always feel good.

Maybe someone takes your toy...

Maybe someone doesn't share...

Maybe someone hurts your feelings...

You might feel upset.

But God wants to help us when we feel that way.

SAY IT: God helps me!

DO IT: Take a deep breath in... and out.

When we feel upset, we can stop, take a breath, and ask God to help us calm down, and make a better choice!

SAY IT: I can stay calm!

DO IT: Put your hands on your heart.

God wants us to use kind words and kind hands. We don't hurt others with our words or actions. We help, we share, and we are kind!

SAY IT: We use kind hands!

DO IT: Show gentle hands (rub hands softly together or pat your arms)

When we choose kindness, we are showing others that they matter to God!

Commandment Six...We should not hurt people!

SAY IT: Commandment Six... We should not hurt people!

DO IT: Let's count to six, hold up your fingers...One...Two...Three...Four...Five...Six

PRAYER: Dear Jesus, Thank You for loving me. Thank You for making everyone special. Help me stay calm when I feel upset. Help me use kind words and actions every day. In Jesus' name, Amen.

LESSON QUESTIONS - 10 MINS

2 & 3YR OLDS

1. Do people matter to God? **(Yes)**
2. Can we be kind? **(Yes)**
3. Should we treat people mean, when we get upset? **(No)**
4. Should we use kind words and kind hands? **(Yes)**

4YRS - 1ST GRADE

1. What does Commandment Six teach us? **We should not hurt people, or People matter**
2. Who made people? **God**
3. What can we do when we feel upset? **Stop, breathe, ask God for help**
4. How can we treat others? **With kindness**



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ACTIVITY 1: GENTLE/KIND HANDS

Items Needed: A soft stuffed animal (or baby doll)

Connection: We use gentle/kind hands because people are important

Step 1: Show the stuffed animal. Say: “This is our friend! We use gentle hands with our friends.”

Step 2: Model both ways. Gently pat the stuffed animal. “Is this gentle?” (*Yes!*) Now pat the stuffed animal not so gently and ask again. Is this gentle? (*No*)

Step 3: Let kids try. Let each child come up and show kind hands. (*Guide them if needed*)

Step 4: Repeat together. Have everyone say: “kind hands!” (*while softly patting their arms or knees*)

Step 5: After a few rounds, say: “God made people, and people are special. We don’t hurt people, we use gentle hands.”

ACTIVITY 2: COMMANDMENT 2: PEOPLE MATTER (PASS THE KINDNESS BALL)

Items Needed: Beach Ball, music

Connection: Practicing kind responses

Step 1: Kids sit in a circle

Step 2: Pass the ball around the circle

Step 3: When music stops, child holding it answers: “What is something kind you can do?” (*Examples you can prompt if needed: help, share, hug, say nice words*)

Step 4: Continue until several kids participate

ACTIVITY 3: BUBBLE PARTY OR STORY TIME

Items Needed: Bubbles and music OR book basket

We’ve got some extra time today, so let’s spend it worshipping and dancing with bubbles or reading a book to the class (please show the pictures on each page).

CRAFT OR COLORING SHEET (USE 1 OR 2 OPTIONS DEPENDING ON CLASS AGE & TIME)

CRAFT 1: THE COMMANDMENT CAMERA

Items Needed: Precut Commandment camera and commandment template, crayons/markers, glue

Connection: Let’s take a snapshot look at the commandments

Step 1: Distribute the precut Commandment camera template with slits for the commandment film.

Step 2: Allow time to color

Step 3: Help the kids put the commandment film through the camera slits

CRAFT 2: HAPPY HEART COLORING SHEET

Items Needed: Coloring sheet and crayons.

Connection: The Sixth Commandment reminds us that every person matters to God.

Step 1: Distribute the coloring sheets and allow time to color.

People Matter!

Commandment 6

God made every person special and important!

You shall not murder.
Exodus 20:13

