



Aloha - Keeping Cool When Things Get Hot

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

Colossians 3:2 (ICB)

LESSON - Let's review COMMANDMENTS 5, 6, & 7!

Welcome to our island adventure, Aloha: Keeping Cool When Things Get Hot! This month, we have been learning how to stay calm, trust God, and make the right choices when big feelings come. God gave His people commandments, rules to help us live His way.

Today, we are going to remember what we learned!

Commandment Five – Honor Your Father and Mother

God tells us to honor our parents. That means we listen, obey, and show respect. When we listen the first time and have a good attitude, we are honoring!

SAY IT: Commandment Five – Honor Your Father and Mother!

DO IT: Pretend to listen carefully

Commandment Six – We should not hurt people

God teaches us that people are important. When we feel upset, we don't hurt others—we choose kindness.

SAY IT: People matter!

DO IT: Give a gentle high-five.

Commandment Seven – Be Someone Others Can Trust

God wants us to be people others can trust. We tell the truth, keep our promises, and do what is right.

SAY IT: I can be trusted!

DO IT: Give a thumbs up

God's commandments help us:

- Listen and obey
- Be kind to others
- Tell the truth and do what is right

God helps us make good choices every day!

SAY IT: God helps me choose right!

DO IT: Point up

PRAYER: Dear Jesus, Thank You for teaching me the right way to live. Help me listen, be kind, and tell the truth. Help me make good choices every day. In Jesus' name, Amen.

LESSON QUESTIONS - 10 MINS

2 & 3YR OLDS

1. Can we listen to our parents? **(Yes)**
2. Do people matter? **(Yes)**
3. Can we be kind? **(Yes)**
4. Can we tell the truth? **(Yes)**

4YRS - 1ST GRADE

1. What does Commandment Five teach us? **(Honor your parents)**
2. What does Commandment Six teach us? **(People matter)**
3. What does Commandment Seven teach us? **(Be trustworthy)**
4. Who helps us make good choices? **(God)**



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ACTIVITY 1: COMMANDMENT SCAVENGER HUNT

Items Needed: Ten Commandment Cards and baskets

Connection: Look to do what is right with the Ten Commandments

Step 1: Pre-hide Ten Commandment Cards around the room

Step 2: Have the kids look for the 12 Ten Commandment cards and place in the basket

ACTIVITY 2: FREEZE & CHOOSE

Items Needed: Music

Connection: Quick decision-making

Situations to Call Out: “Your mom says, ‘Come here!’” Listening ears; “Your friend drops their toy and feels sad.” Kind hands; “You spilled something, and someone asks what happened.” Tell the truth; “Your teacher is giving directions.” Listening ears; “Someone wants to play with you.” Kind hands; “You broke something by accident.” Tell the truth; “Your parent says it’s time to clean up.” Listening ears; “Someone is sitting alone.” Kind hands; “You did something wrong and someone asks about it.” Tell the truth; “An adult is talking to you.” Listening ears; “A friend needs help picking something up.” Kind hands; “You said you would do something, but didn’t yet.” Tell the truth.

Step 1: Play music and have the kids move around (dance, wiggle, or pretend to surf)

Step 2: Stop the music.

Step 3: Call out a situation.

Step 4: Kids respond with the correct action:

- Listening ears (hands cupped around ears)
- Kind hands (gentle hands out in front)
- Tell the truth (finger gently near mouth)

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: COMMANDMENT STICKER SCENE

Items Needed: Fun Express Giant Ten Commandments Sticker Scene, or Sabary 24 Sets Ten Commandment Cards with Stickers Craft

Connection: We are reviewing the Commandments

Step 1: Distribute the stickers and background scenes

Step 2: Allow kids time to place stickers on the background scene

Craft 2: TEN COMMANDMENT COLORING SHEET

Items Needed: Coloring sheet and crayons.

Connection: Highlighting Commandments 5 through 7

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

GOD GIVES US COMMANDMENTS

TO HELP US LIVE THE RIGHT WAY!

COMMANDMENT

5

HONOR
YOUR FATHER
AND MOTHER.



EXODUS 20:12

COMMANDMENT

6

YOU SHALL
NOT MURDER.



EXODUS 20:13

COMMANDMENT

7

YOU SHALL NOT
COMMIT ADULTERY.



EXODUS 20:14

HELP ME, JESUS, TO LISTEN,
BE KIND, AND TELL THE TRUTH
EVERY DAY!