



Teaching Guide - PRESCHOOL & VSN

Aloha - Keeping Cool When Things Get Hot

"Love the Lord your God with all your heart, soul and strength."

Deuteronomy 6:5 (ICB)

LESSON - GOD'S COMMANDS HELP ME!

Welcome back, island explorers! We have had such an amazing time in our Aloha: Keeping Cool When Things Get Hot series! Over the last few months, we learned all about God's commandments and how they help us make good choices every day. Today, we are going to review all 10 Commandments together!

SAY IT: God's commands help me! **DO IT:** Give two big thumbs up.

God gave His people the Ten Commandments to teach them how to live His way. God's commandments help us love Him, love others, and make wise choices.

Commandment One teaches us to put God first

SAY IT: God comes first! **DO IT:** Hold up 1 finger.

Commandment Two teaches us to worship only God.

SAY IT: Worship God only! **DO IT:** Raise both hands in the air.

Commandment Three teaches us that God's name is special.

SAY IT: God's name is special! **DO IT:** Place your hand over your mouth gently.

Commandment Four teaches us that God gives us rest.

SAY IT: God gives me rest! **DO IT:** Pretend to sleep with your hands by your cheek.

Commandment Five teaches us to honor our father and mother.

SAY IT: Honor your parents! **DO IT:** Give yourself a hug.

Commandment Six teaches us that people matter to God.

SAY IT: People matter! **DO IT:** Point to a friend.

Commandment Seven teaches us to be someone others can trust.

SAY IT: Be trustworthy! **DO IT:** Place your hand over your heart.

Commandment Eight teaches us not to steal.

SAY IT: Do not steal! **DO IT:** Shake your finger "no."

Commandment Nine teaches us to tell the truth.

SAY IT: Tell the truth! **DO IT:** Nod your head yes.

Commandment Ten teaches us to be thankful.

SAY IT: Be thankful! **DO IT:** Place both hands over your heart and smile.

God's commandments help us live His way every day. When we follow God, He helps us make good choices, use kind words, tell the truth, and love others well.

Today, we reviewed all 10 Commandments together!

SAY IT: God's way is best! **DO IT:** Clap your hands loudly together.

PRAYER: Dear Jesus, Thank You for teaching us Your commandments. Help us love You, love others, and make good choices every day. Thank You for helping us follow Your way. In Jesus' name, Amen.

LESSON QUESTIONS - 10 MINS

2 & 3YR OLDS

1. Does God help us make good choices? **(Yes)**
2. Should we tell the truth? **(Yes)**
3. Should we honor our parents? **(Yes)**
4. Should we be thankful? **(Yes)**

4YRS - 1ST GRADE

1. Who gave us commandments? **God**
2. What commandment teaches us to tell the truth? **Commandment Nine**
3. What commandment teaches us not to steal? **Commandment Eight**
4. What commandment teaches us to be thankful? **Commandment Ten**



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ACTIVITY 1: ALOHA PIN THE TAIL ON THE SHARK

Items Needed: Pin the tail on the shark

Connection: Aloha fun

Step 1: Hang the shark poster on the wall at the children's height.

Step 2: Give each child a paper shark tail with tape on the back.

Step 3: One child at a time puts on the blindfold.

Step 4: Gently spin the child around one or two times.

Step 5: Point them toward the shark and let them try to place the tail in the right spot.

Step 6: Write the child's name on their tail or mark where they placed it.

Step 7: Continue until every child has a turn.

ACTIVITY 2: COMMANDMENT BEANBAG TOSS!

Items Needed: 10 beanbags and 10 buckets

Connection: Review Ten Commandments

Step 1: Sit out labeled Commandment Buckets

Step 2: Have the kids take turns to throw a beanbag in a bucket

Step 3: After a beanbag goes into the bucket say the commandment number and what the commandment is. Commandment 1 – God Comes First; Commandment 2 – Worship God Only!; Commandment 3 – God's Name is Special; Commandment 4 – God Gives Me Rest; Commandment 5 – Honor Your Father and Mother; Commandment 6 – People Matter; Commandment 7 – Be Someone Others Can Trust; Commandment 8 – Do Not Steal; Commandment 9 – Tell The Truth; Commandment 10 - Be Thankful

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: TEN COMMANDMENT COLOR TREE CRAFT

Items Needed: Ceiba tree Ten Commandments Crafts Kit

Connection: Review the Ten Commandments

Step 1: Distribute the Ten Commandments tree kits

Step 2: Help kids tie commandments to the base

CRAFT 2: TEN COMMANDMENT COLORING SHEET

Items Needed: Coloring sheet and crayons.

Connection: Countdown to the ten commandments

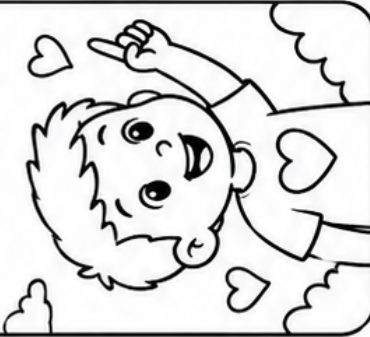
Step 1: Distribute the coloring sheets and allow time to color.

THE 10 COMMANDMENTS

God's way is best!

1

God Comes First!



2

Worship God Only!



3

God's Name is Special!



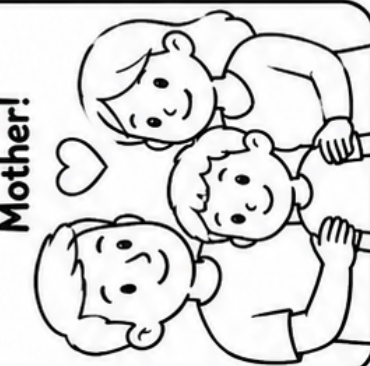
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God Gives Me Rest!



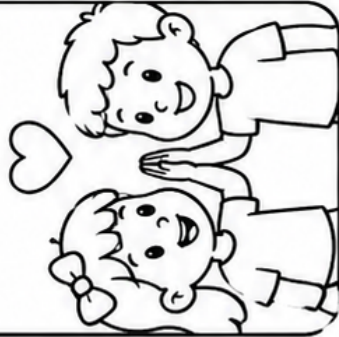
5

Honor Your Father and Mother!



6

People Matter!



7

Be Someone Others Can Trust!



8

Do Not Steal!



9

Tell The Truth!



10

Be Thankful!



Thank You, God!

