

WEEK 2

LESSON GUIDE

ANIMATED

BIG IDEA

God loves me even when
I feel ashamed.

BIBLE

Jonah Swallowed by a Fish:
Jonah 1:17-2:10

WELCOME TIME

MUSIC | Animated Praise!

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Abound in Hope" (Seeds Family Worship)
 - "No Matter How I Feel" (Lifetree Kids)
 - "Even When" (Yancy & Little Praise Party)
 - "God Loves You and You and You" (New Wine)

ACTIVITY | Dory/Nemo

- **Has anyone seen the movie, Finding Nemo?** Awesome! Let's watch this clip together from that movie.
- **INSTRUCTIONS:** Show [this](#) clip from "Finding Nemo." After the video clip, invite the kids to play a variation of the game, Marco Polo, called Dory/Nemo. Choose one kid to be Nemo, blindfold them, and tell them to call out, "Nemo!" Instruct everyone else to call back, "Dory!" The goal is for Dory to find a Nemo and tag them, just by following their voice. Take turns giving several kids the chance to be Dory. Once Dory is blindfolded, have all the other kids choose a spot they can't move from during the game. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
 - ✂ **TODDLER HACK:** Toddlers can play this game as a game of tag with no blindfold, with the kid who is "it" being Dory and the kids being tagged are the Nemos.
- In this part of the movie, Nemo and his dad found each other by calling their names. They couldn't see each other, but they could hear each other!
- Let's play a game I like to call Dory/Nemo!

ACTIVITY | Frozen Fish

- **INSTRUCTIONS:** In this variation of the game, Freeze Dance, kids will dance to music until it stops. When the music stops, call out the name of a sea creature and kids will have to animate themselves like the sea creature you called out (octopus, shark, dolphin, jellyfish, starfish, sea turtle, whale.)

✂ **TODDLER HACK:** *Some toddlers will not yet know what some of these sea creatures look like or how they act, so you might have videos or pictures ready to show them. You can also show them by doing the animations with them.*

- Today's Bible story features a sea creature like the ones we just acted out. Let's hear about it together!

STORY TIME

SCRIPTURE | Jonah 1:17–2:10 (Jonah Swallowed by a Fish)

- **Do you have a favorite cartoon you can watch over and over again? Why do you love it so much?**
- Cartoons and animations are really cool because we can see feelings and emotions in an exaggerated way in a story. **Do you know what the word "exaggerated" means?** It's what happens when you take something and make it bigger, larger, or worse than it actually is.
- Let's look at how much easier it was for Olaf to act out the words because he could exaggerate all the actions!
- **INSTRUCTIONS:** Show [this clip](#) from "Frozen 2" before you tell the Bible story. For the Scripture readings, feel free to use an easy-to-understand Bible translation of your choice. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
- **Would you like to exaggerate a few feelings with me?**
 - Let's be sad.
 - Let's be happy.
 - Now, let's be grumpy.
- **Okay, how about this one: What do you think an ashamed face looks like?**
- Ashamed is when you know you did something you weren't supposed to do and you're embarrassed about it. It makes us want to hide, cover our faces, or even cry.
- When we know we did something wrong, it's normal to feel ashamed. But the good news is, we don't have to hide or stay ashamed . . . because God doesn't want us to!
- That reminds me of a story from the Bible about a guy named Jonah.
- God told Jonah to go to a place called Nineveh and tell them to stop doing bad stuff. God wanted the people of Nineveh to say they were sorry and start listening to God.
- But Jonah didn't want to do it, so he ran the other way. He got on a boat hoping to get away from God!
- Then, the boat Jonah was on ran into a huge storm.
- Everyone on the boat wondered why this was happening, but Jonah knew. He knew trying to run from God was wrong.
- Jonah felt ashamed for disobeying God. So, he told everyone on the boat what he did and that the storm was his fault. Then, he told the people on the boat to throw him off the boat and into the water.
- The people didn't want to do it, but the storm kept getting worse and worse. So, they threw Jonah off of the boat.
- Splash! The moment they threw Jonah into the water, the storm stopped!
- But God didn't leave Jonah out in the big sea. God sent a big fish to swallow Jonah. Jonah was inside the fish for three days and three nights. Jonah prayed. And this is what he said . . .
- *[Read Jonah 1:17–2:09.]*
- In his prayer, Jonah thanked God for saving him and promised he would tell others about how good God was.
- Jonah wanted another chance and he got one. The big fish spat Jonah out onto the beach. He was on land again!

- And this time, Jonah did what God told him to do. Jonah got up and went to Nineveh where he told the people about their mistakes. He told them they could fix them by praying to God and not doing those bad things anymore. Jonah knew better than anyone that God gave second chances!
- So, the people in Nineveh did just that. They all changed because of what Jonah told them!

BIG IDEA | God loves me even when I feel ashamed.

- **INSTRUCTIONS:** Create two speech bubbles (or get [these](#)) out of poster board and write “God loves me” on one and “even when I feel ashamed” on the other. Invite volunteers to hold up each speech bubble and freeze in a funny, cartoon pose. Have the volunteers unfreeze and say what’s in their respective balloons when the kids yell, “Animate!”
- Let’s all say the Big Idea together: **God loves me even when I feel ashamed.**

VIDEO | Animated, Episode 2

- **INSTRUCTIONS:** Play this week’s episode of [Cali’s World](#).

ACTIVITY | Run, Jonah, Run!

- Just like in our Bible story we read today, where Jonah ran from God and was swallowed by a big fish, we’re going to play a game where we’ll run and try not to get caught by a big fish!
- **INSTRUCTIONS:** To play this game, you will need enough space for the kids to move around easily. Pick one kid to be the big fish. The big fish will stand in the center of the playing area. Line up all the other kids on one side of the room. They will all be Jonah. When you say, “Storm,” tell the kids to run from one side of the room to the other without getting tagged by the big fish. Whoever gets tagged will remain in the middle and become another big fish. Play until there is only one Jonah left and everyone else has now become a big fish.
 - ✂ **TODDLER HACK:** Toddlers can use blue streamers and ribbons to twirl and play with, pretending they are fish swimming in the ocean.

PRAYER

- **INSTRUCTIONS:** Before prayer time each week, play this emoji music video, [“Jesus Loves Me,”](#) and have kids sing along.
- God, remind me that you love me even when I feel ashamed. Thank you for taking away my shame and giving me another chance. Help me to be brave and tell others about how good you are. Amen.

SHARING TIME

SNACK | Fish Food

- **INSTRUCTIONS:** Kids will enjoy eating fish crackers as they remember and discuss the story of Jonah being swallowed by a big fish. To be more on theme, serve the crackers in [ocean-themed](#) or blue-colored cups or plates.

ACTIVITY | Circle Time

- **INSTRUCTIONS:** As you ask questions and review the story, mix up with your hands the ingredients to make homemade slime (using a recipe like [this one](#)). Then, pass the slime around the circle, allowing each kid to squish it, imagining it’s the slimy, gooey fish guts Jonah must’ve had all over him when the big fish spit him out.
- **What mistake did Jonah make?**

- What did Jonah do after the fish spit him out on the beach?
- Who can you go to when you feel ashamed?
- I'm so glad **God loves me even when I feel ashamed** and gives me new chances to try again all the time!

ACTIVITY | Big Fish Craft

- **INSTRUCTIONS:** Kids will make a craft of a fish opening its mouth, using a clothespin. Cut out all the pieces from the printable ahead of time and give them to the kids to color. After the kids have colored their little Jonah man, glue Jonah on the reverse side so he peeks out when you open the clothespin. Use this [image](#) as an inspiration and have an example already made to show the kids.
 - ✂ **TODDLER HACK:** Some toddlers will need help holding a crayon and will need direction about how to color.
- When you pinch and squeeze the clothespin, it looks like the fish's mouth is opening up. **Who's inside?** It's Jonah!

MEMORY VERSE | Romans 15:13a (NIV)

- "May the God of hope fill you with all joy and peace as you trust in him."
- **INSTRUCTIONS:** Kids will practice and learn the memory verse this week by listening to [this song](#) multiple times until they're able to sing along. Consider adding simple hand motions to go along with the song to help with learning.

PLAY TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

ACTIVITY | Water Play

- **INSTRUCTIONS:** Set up a water play station for kids to play in the water with their hands. This can be in a water table, a large plastic bin, or a small kiddie pool. Kids can wear plastic art smocks or aprons to prevent water from being splashed on their clothes. Add some fun ocean animal toys, seashells, squirt toys, and shovels to make it a full ocean sensory experience.

ACTIVITY | Sand Play

- **INSTRUCTIONS:** Set up a sand play station for kids to play in the sand with their hands. This can be in a water table, a large plastic bin, or a small kiddie pool. Kids can wear plastic art smocks or aprons to prevent getting their clothes dirty. Add some fun ocean animal toys, seashells, and shovels.