JUNE 2023 VOL. 1

# EVERGREEN BUDS



# GOD MADE ME

THE SALVATION ARMY
USA EASTERN TERRITORY
—
ARTS MINISTRIES BUREAU
—

# OVERVIEW

## THE "GOD MADE ME" SERIES

*Psalm 139, Genesis 126, Ephesians 2:10*

This series invites our smallest creatives into a world of imaginative play by exploring the human body. Little Buds will learn how to celebrate and praise God for making each of us physically beautiful and unique.

**AGE**

3-4 years old
*(Pre-K)*

**LESSONS**

8 in this series

**TIME**

30 min
per lesson

**SUPPLIES**

Clean and age-appropriate music on your favorite streaming service

**PREPARATION**

Read over the lesson plan and have it printed or available on your phone/tablet

## SERIES BREAKDOWN

| | | | |
|---|---|---|---|
| **LESSON 1**<br>God Made My Ears | **LESSON 2**<br>God Made My Face | **LESSON 3**<br>God Made My Fingers | **LESSON 4**<br>God Made My Feet |
| **LESSON 5**<br>God Made My Arms | **LESSON 6**<br>God Made My Legs | **LESSON 7**<br>God Made My Voice | **LESSON 8**<br>God Made My Whole Body |

Evergreen Volume 01
**GOD MADE ME**

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# LESSON 1

# GOD MADE MY EARS

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.
2. As the little Buds enter, ask them to make a "*shhhhh*" sound with a finger over their lips.
3. Have them all sit in a circle.

# CIRCLE CHECK-IN

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**
What is something you heard this week?

**SAY**
Let us all put our ears to the floor and see if we can hear anything below us.

**SAY**
If we're all really quiet, what sounds can you hear in the building?

**SAY**
Who can wiggle their ears?

# REPEAT AFTER ME: GOD MADE ME

*Stand up and follow the prompts below:*

**LEADER**

"God"



**Action**: Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action**: Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action**: Buds repeat, "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together:
God made me!"

**ACTION**

Buds repeat "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY EARS

*Follow the prompts below:*

**LEADER**

"God"



**Action**: Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with two thumbs pointing towards their chest.

**LEADER**

"Ears!"



**Action:** Buds repeat "Ears!" while pointing to both ears.

| LEADER | ACTION |
| --- | --- |
| "Let's put it all together: God made my ears!" | Buds repeat, "God made my ears!" |

# CIRCLE ACTIVITY: SOUNDS

*Stand into a circle and encourage lively responses.*

**SAY**
What's the loudest sound you can make?

**SAY**
What's the quietest sound you can make?

**SAY**
What's the silliest sound you can make?

# CIRCLE ACTIVITY: BROKEN TELEPHONE

**How to Play:** Instruct your Buds to remain in a circle from the previous activity and tell them they're going to play a fun round of Broken Telephone. To play, whisper a mystery phrase from the prompts provided on the following page to one Bud. Then, instruct the Bud to whisper the same phrase to the Bud next to them. Buds will continue whispering the phrase around the circle until it reaches the final Bud. The last Bud announces the mystery phrase out loud.

**Play three rounds with the prompts below and prepare for some silly responses!**

**Round 1**

Be quiet and listen.

**Round 2**

I can be a good listener.

**Round 3**

God made my listening ears.

# AROUND THE ROOM

**SAY** "Walk around and ask another Bud their name, then repeat it as a shout."

**SAY** "Walk around and ask another Bud their favorite color, then repeat it as a whisper."

**SAY** "Walk around and ask another Bud their favorite food, then repeat it in a silly voice."

# CIRCLE DISCUSSION

*Sit in a circle with your Buds and encourage participation.*

**SAY**

Why do you think God made your listening ears?

**SAY**

Why does God want us to listen carefully?

# CIRCLE ACTIVITY: WHAT IS THIS SOUND?

*Follow the prompts below for a call and response activity:*

**Leader**
Knock! Knock! Knock!

**Buds**
Who's there?
Someone's at the door!

**Leader**
Chomp! Chomp!
Crunch!
Smacking Lips

**Buds**
Yummy!
Eating
Chewing

**Leader**
Woof! Woof!

**Buds**
Dog

**Leader**
Splash!

**Buds**
Water
Bath
Swim

**Leader**
Ring! Ring!

**Buds**
Hello?
Someone's calling!
Phone

**Leader**
Mooooo!

**Buds**
Cow

**Leader**
Vroom!

**Buds**
Car

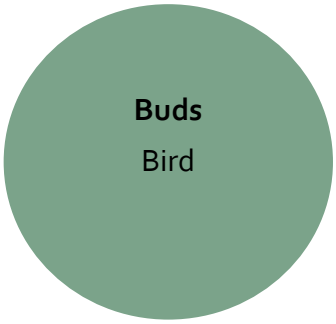
**Leader**
Oink! Oink!

**Buds**
Pig

**Leader**
Choo-Choo!

**Buds**
Train
All aboard!




# AROUND THE ROOM: LET'S MAKE A SOUND

**How to Play:** Invite Buds to fill the space/room as inspired by each new prompt. Feel free to elaborate and embark on an imaginative journey as you go along. Encourage your Buds to play and be silly. Don't forget to add some fun music to ignite their creativity!

**SAY** "Now we're going to use our imaginations to make all sorts of sounds while using our whole bodies! Let's pretend together!"

| LEADER | BUDS |
|---|---|
| Oh, look! A scary, grumpy giant! | Stomping<br>Fee-Fi-Fo-Fum!<br>Growling |
| **LEADER** | **BUDS** |
| Woah! A fast police car! | Zoom!<br>Wee-Woo! |

**LEADER**

Look up! There's a bunch of planes!

**BUDS**

Zoom!
Grrrr!
Woosh!

**LEADER**

Oh, my! It's so windy outside!

**BUDS**

Woosh!
Shhhhh!

**LEADER**

Such a lovely day in the park, but this swing is squeaky!

**BUDS**

Eeeeeek
Squeak

**LEADER**

Yikes!
A slithering snake!

**BUDS**

Sssssssss

**LEADER**

What a funny girl!
Everyone is laughing at her jokes!

**BUDS**

Ha Ha Ha!

**LEADER**

Uh-oh! Sounds like
we woke up the baby.
Now they're crying!

**BUDS**

Wahhh!

**LEADER**

I see a beautiful horse
running around
the farm.

**BUDS**

Neigh
Clop! Clop! Clop!

**LEADER**

Look at those silly
ducks playing in
the pond!

**BUDS**

Quack
Splash

**LEADER**

Who made your ears?

**BUDS**

"God made my ears!"

*(with actions from the beginning of class.)*

# CIRCLE CHECK-OUT

**REPEAT**
"God Made Me"

*(with actions)*

**REPEAT**
"God Made My Ears"

*(with actions)*

# CLOSING PRAYER

*Sit with crossed legs and clasp hands together in a prayer position.*

Dear God, thank you for giving us such wonderful ears to hear all of the beauty you created in this world! Amen.

# EXIT

**SAY** "When you exit the room, whisper a silly sound in my ear, and I'll whisper it back."

# LESSON 2
# GOD MADE MY FACE

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.
2. As the little Buds enter, ask them to sit in the circle with big smiles.

# CIRCLE CHECK-IN

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**
I'm going to ask how each of you is feeling, but I'd like you to respond with a big expression on your face instead of words.

# REPEAT AFTER ME: GOD MADE ME

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action:** Buds repeat "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together:
God made me!"

**ACTION**

Buds repeat, "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY FACE

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with two thumbs pointing towards their chest.

**LEADER**

"Face!"



**Action**: Buds repeat "Face!" cupping their face underneath their chin with both palms.

**LEADER**

"Now, let's put it all together: God made my face!"

**ACTION**

Buds repeat, "God made my face!" with motions.

# CIRCLE ACTIVITY

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**
What's the silliest face you can make?

**SAY**
Can you all make the same expression as *(insert name?)*

**DO**

Around the circle, ask each Bud to make an expression and have the group copy it.

# CIRCLE ACTIVITY: EXPRESSIONS

*Sit in a circle with your Buds and encourage lively and expressive responses.*

**Leader**

What happens to your face when you're happy?

**Buds**

Smiles

**Leader**

What happens to your face when you see something funny?

**Buds**

Laughter

Smiles

**Leader**

What happens to your face when you're sad?

**Buds**

Frowns

Cries

**Leader**

What happens to your face when you're angry?

**Buds**

Brows furrow

Scrunched faces

Puckered Lips

Scowls

**Leader**

What happens to your face when you're confused?

**Buds**

Fingers touch chins

Eyebrows furrow

**Leader**

What does your face do when you're surprised?

**Buds**

Hands to cheeks

Wide eyes

Mouths open

Big smiles

**Leader**

What does your face do when you're tired?

**Buds**

Yawning

Eyes heavy

Eyes close

**SAY**

Who can wiggle their eyebrows the most?

**SAY**

Who can show the most teeth when they smile?

**SAY**

Can you count how many teeth your friends have?

| LEADER | ACTION |
| --- | --- |
| "Who made your face?" | Buds repeat "God made my face!" with motions. |

# AROUND THE ROOM: LET'S PRETEND

**How to Play:** Invite Buds to fill the space/room as inspired by each new prompt. Feel free to elaborate and embark on an imaginative journey as you go along. Encourage your Buds to play and be silly. Don't forget to add some fun music to ignite their creativity!

**SAY** "Now, we're going to allow our expressions to take over our faces and our whole bodies! Let's pretend together!"

| LEADER | BUDS |
| --- | --- |
| Surprise! It's a birthday party for you! | Excited<br>Surprised |

**LEADER**

AH! A monster is coming! It's so scary!

**BUDS**

Fear
Terror
Running around

**LEADER**

Oh, wow. What a beautiful sunset.

**BUDS**

Awe
Wonder
Sigh
Relaxed faces

**LEADER**

Yikes, we're running late for school!

**BUDS**

Rushing
Frantic
Fast movements

**LEADER**

Shhh... the baby is sleeping. We can't make a sound.

**BUDS**

Shushing
Tip-toeing
Exaggerated movements
*(that are quiet)*

**LEADER**

Bam! Thunder and lightning! Quick, let's huddle up so we can feel safe!

**BUDS**

Concerned
Fearful
Nervous
Huddled together

**LEADER**

Brrrr! It's cold!

**BUDS**

Shivering
Chattering teeth

**LEADER**

Woah, it suddenly got really hot! The sun is blazing!

**BUDS**

Panting
Wiping brows
Fanning themselves
Tongues out

**LEADER**

Wow! You made it to the top of the mountain! You must be so exhausted from climbing.

**BUDS**

Slow movements
Hunched over
Crawling

**LEADER**

Oh my, it's getting really late. You all look so tired. It's time for a nap!

**BUDS**

Yawning
Stretching
Laying down
Eyes heavy

# CIRCLE DISCUSSION

*Bring your Buds back into a circle and encourage lively dialogue.*

**SAY**

Why did God give us such expressive faces?

# CIRCLE CHECK-OUT

**REPEAT**
"God Made Me"

*(with actions)*

**REPEAT**
"God Made My Face"

*(with actions)*

# CLOSING PRAYER

*Sit with crossed legs and clasp hands together in a prayer position.*

God, thank you for giving us wonderful faces so we can express all of the amazing feelings you've gifted us with. Amen.

# EXIT

**SAY** "As you exit, I'm going to ask how you're feeling now that class is done. When you respond, instead of using words, show me with a big expression on your face."

# LESSON 3
# GOD MADE MY FINGERS

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.
2. As the little Buds enter, give each a high five or shake their hand.
3. Then ask them to high five or shake hands with other Buds as they enter and sit in a circle.

## CIRCLE CHECK-IN

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**
What are some things you can do with your fingers?

**SAY**
Should you pick your nose with your fingers?

# REPEAT AFTER ME: GOD MADE ME

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action:** Buds repeat "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together:
God made me!"

**ACTION**

Buds repeat "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY FINGERS

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with two thumbs pointing towards their chest.

**LEADER**

"Fingers!"



**Action:** Buds repeat "Fingers!" as they wiggle their wild and crawly fingers like they're spiders.

| LEADER | ACTION |
| --- | --- |
| "Let's put it all together: God made my fingers!" | Buds repeat "God made my fingers!" with motions. |

# CIRCLE ACTIVITY: COUNTING

*Gather your Buds together and sit in a circle.*

## DO

Hold one hand out with all five fingers spread apart.
Use your other hand to point to or pinch each finger as you count each one.

**SAY**

1, 2, 3, 4, 5!
Five fingers on this hand!

**SAY**

*(switch hands)*
1, 2, 3, 4, 5!
Five fingers on the this hand!

# AROUND THE ROOM: COUNTING

**SAY** "Go around the room and count your neighbors' fingers."

# CIRCLE DISCUSSION

*Bring your Buds back into a circle and encourage lively dialogue.*

**SAY**

What can our fingers do?

# CIRCLE ACTIVITY

**SAY** "Let's learn about how all of our fingers are different but awesome!"

**Leader**

Who has the longest fingers?

**Buds**

Let them measure their hands with each other, palm to palm

**Leader**

Who has the shortest fingers?

**Buds**

Let them measure their hands with each other, palms on the floor.

**Leader**

Who can make a heart with their fingers?

**Buds**

Allow them to give you all variations of heart shapes.

**Leader**

Who can tap all of their fingers on the floor?

**Buds**

Allow them to mime playing the piano or creepy crawly bugs.

**Leader**

Whose fingers are as long as mine?

**Buds**

Let them measure their fingers with the Leader.

**Leader**

Who has rings or has nail polish on?

**Buds**

Let them compare and share.

# AROUND THE ROOM: LET'S PRETEND

**How to Play:** Invite Buds to fill the space/room as inspired by each new prompt. Feel free to elaborate and embark on an imaginative journey as you go along. Encourage your Buds to play and be silly. Don't forget to add some fun music to ignite their creativity!

**SAY** "Now we're going to see what else we can do with our fingers! Let's pretend together!"

---

**LEADER**

What do your fingers do when you're mad?

**BUDS**

Balled-up fists
Pointing
Fingers in hair

**LEADER**

What do your fingers do when you're happy?

**BUDS**

Clap
Wave
Hands clasped at their chest

**LEADER**

What do your fingers do when you're thinking really hard?

**BUDS**

Scratching heads
Scratching chins
Fingers cradling chin
Fingers at the mouth
Fingers cradling heads

**LEADER**

What do your fingers do when you're saying "Hi" to someone?

**BUDS**

Waving
Shaking Hands

**LEADER**

What do your fingers do when you're crying?

**BUDS**

Wiping tears

**LEADER**

Who can lay on their tummies and push their bodies up only using their fingers? *(keep a careful eye to prevent injury!)*

**BUDS**

Attempted planks

**LEADER**

What do your fingers do when you're tired?

**BUDS**

Rubbing eyes
Covering mouths to yawn
Cupping chin to rest head

**LEADER**

What does it look like when you're petting a cat?

**BUDS**

Stroking

**LEADER**

What do your fingers do when you're itchy?

**BUDS**

Scratching body

**LEADER**

Who can make bear claws with their fingers and roar like a bear?

**BUDS**

Roaring, clawing bears

**LEADER**

Who made your fingers?

**BUDS**

Repeat, "God made my fingers!" with actions from the beginning of class.

# CIRCLE CHECK-OUT

**REPEAT**
"God Made Me"

*(with actions)*

**REPEAT**
"God Made My Fingers"

*(with actions)*

# CLOSING PRAYER

*sit with crossed legs and clasp hands together in a prayer position*

God, thank you for giving us so many fingers to explore your creation with!

# EXIT

**SAY** "As you exit, give me a high five!"

# LESSON 4
# GOD MADE MY FEET

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.

2. As the little Buds enter, ask them to walk in the room on their tippy-toes and sit in a circle and take their shoes off *(if they are comfortable with that).*

## CIRCLE CHECK-IN

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**

Where have your feet taken you this week?

# REPEAT AFTER ME: GOD MADE ME

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action:** Buds repeat "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together: God made me!"

**ACTION**

Buds repeat "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY FEET

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with 2 thumbs pointing towards their chest.

**LEADER**

"Feet!"



**Action:** Buds repeat "Feet!" as they rise onto their tippy toes.

| LEADER | ACTION |
| --- | --- |
| "Let's put it all together: God made my feet!" | Buds repeat "God made my feet!" with motions. |

# CIRCLE ACTIVITY

**DO**

Ask all Buds to sit nicely in a circle and straighten their legs into the middle.

**SAY**
Everyone wiggle their toes.

**SAY**
Everyone point your toes down to the floor.

**SAY**
Everyone flex your feet way up to the ceiling.

**SAY**
Who can spread their toes the widest?

**SAY**
Who can clap with their feet instead of their hands?

**SAY**
Who can touch their toes to their heads?

**SAY**
Who here has smelly feet?

# CIRCLE ACTIVITY: COUNTING

**DO**

Hold one foot out with all five toes spread apart.
Use the other hand to point to or pinch each toe as you count.

**SAY**
1, 2, 3, 4, 5!
Five toes on this foot!

**SAY**
*(switch feet)*
1, 2, 3, 4, 5!
Five toes on the this foot!

# AROUND THE ROOM: COUNTING

**SAY** "Go around the room and count your neighbors' toes."

# CIRCLE ACTIVITY

*Stand in a circle and encourage lively responses.*

**SAY** "Let's learn about how all of our toes are different but awesome!"

**SAY**
Who can stand on their tippy-toes the longest?

**SAY**
Who can stand on their heels only?

**SAY**
Who can stand without letting their feet touch the ground?

# AROUND THE ROOM: FOOT SHAKE

**SAY**
Let's go around the circle and shake feet instead of hands.

# CIRCLE DISCUSSION

*Bring your Buds back into a circle and encourage lively dialogue.*

**SAY**
Was that easy?

**SAY**
What are feet used for?

# AROUND THE ROOM: DRAWING WITH FEET

**SAY** "Let's stand up and use our toes to draw things on the floor using our imagination!"

- Circles
- Smiley faces
- Write their names
- Straight lines
- Wiggly lines
- Triangles
- Hearts

**SAY** "Now find a buddy and draw an imaginary picture with them on the floor with your feet."

# AROUND THE ROOM: LET'S PRETEND

**How to Play:** Invite Buds to fill the space/room as inspired by each new prompt. Feel free to elaborate and embark on an imaginative journey as you go along. Encourage your Buds to play and be silly. Don't forget to add some fun music to ignite their creativity!

**SAY** "Now we're going to use our imaginations to explore all kinds of ways to use our feet! Let's pretend together!"

---

| LEADER | BUDS |
|---|---|
| We have to tiptoe and be very quiet with our feet so we don't wake the sleeping giant! | Tiptoe<br>Shushing |
| Oh, wow! Look at all of those pretty ballerinas dancing in front of me! | Jumping<br>Twirling<br>Pointed toes |
| Oh, my, these are the loudest feet I've ever heard! | Stomping<br>Marching |

**LEADER**

These ice skaters glide so smoothly across the ice. Whoosh!

**BUDS**

Sliding
Gliding

**LEADER**

These monkeys walk around on both their hands and feet!

**BUDS**

Walking on hands and feet
Monkey sounds

**LEADER**

Look at those ducks waddle around, slapping their wide feet against the floor.

**BUDS**

Quacking
Slapping

**LEADER**

Yikes! There's a bunch of alligators crawling on their bellies towards us!

**BUDS**

Squirming

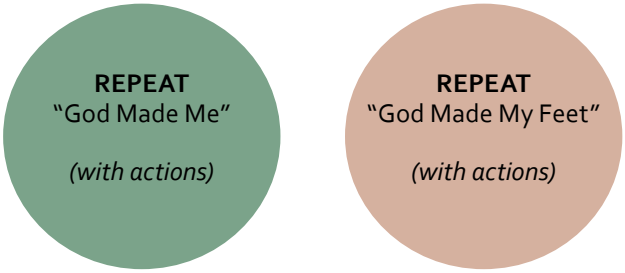
**LEADER**

Who made your feet?

**BUDS**

Repeat, "God Made My Feet!" with actions from the beginning of class.

# CIRCLE CHECK-OUT




## CLOSING PRAYER

*sit with crossed legs and clasp hands together in a prayer position*

God, thank you for giving us such wriggly little feet to help us get around!

# EXIT

**SAY** As you exit the room, let's compare our feet! Are yours smaller or bigger than mine?

# LESSON 5
# GOD MADE MY ARMS

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.
2. As the little Buds enter, ask them to make a secret handshake with everyone, then sit in a circle.

# CIRCLE CHECK-IN

*sit in a circle with your Buds and encourage lively responses*

**SAY**
What is something you can do with your hands?

**SAY**
Who likes to do crafts?

**SAY**
Who likes to clap to music?

# REPEAT AFTER ME: GOD MADE ME

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action:** Buds repeat "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together: God made me!"

**ACTION**

Buds repeat "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY ARMS

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat, "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with two thumbs pointing towards their chest.

**LEADER**

"Arms!"



**Action:** Buds repeat "Arms!" as they raise their arms up with their elbows out and fingertips touching their heads. Then straighten their arms outwards to form the shape of a T with their bodies.

| LEADER | ACTION |
| --- | --- |
| "Let's put it all together: God made my arms!" | Buds repeat "God made my arms!" with motions. |

# CIRCLE ACTIVITY: RIGHTS & LEFTS

*Stand in a circle with your Buds.*

**ACTION**
Wave your right arm in the air.

**SAY**
Right arm!

**ACTION**
Wave your left arm in the air.

**SAY**
Left arm!

# AROUND THE ROOM: RIGHTS & LEFTS

**SAY** "Go around the room and count your neighbors' arms."

**SAY** "Walk around the room and call out "right, left" as your arms swing forward."

# CIRCLE DISCUSSION

*Sit in a circle with your Buds and encourage participation.*

**SAY**
Why did God give us arms?

**SAY**
How can we be helpful to others with our arms?

**ASK**
How does God want us to use our arms?

# CIRCLE ACTIVITY

**Leader**
Whose arms can reach the highest?

**Buds**
Reaching up on their tippy-toes

**Leader**
Whose hands can touch their toes?

**Buds**
Reaching down to touch their toes

**Leader**
Whose arms can open the widest?

**Buds**
Reaching out wide

**Leader**

What do our arms do when we have a question?

**Buds**

Raising arms

Hands rise

**Leader**

What do our arms do when we're cheering?

**Buds**

Clapping

Waving

# AROUND THE ROOM: LET'S PRETEND

**How to Play:** Invite Buds to fill the space/room as inspired by each new prompt. Feel free to elaborate and embark on an imaginative journey as you go along. Encourage your Buds to play and be silly. Don't forget to add some fun music to ignite their creativity!

**SAY** "Now we're going to use our arms in all kinds of fun ways! Let's pretend together!"

| LEADER | BUDS |
| --- | --- |
| Oh, hello, neighbor! | Wave to each other |

**LEADER**

Stop right there!
Don't move.

**BUDS**

Freeze
*Stop* hand with
palm forward

**LEADER**

Uh-oh! Look at all of
these big alligators!

**BUDS**

Straight arms with palms
touching, opening
and closing like
they're chomping

**LEADER**

Wow! Look at these
beautiful fairies fluttering
around the garden!

**BUDS**

Fluttering
Flying
Imaginary wings

**LEADER**

It looks like someone
could use a hug!

**BUDS**

Hugs all around

**LEADER**

Look at all these
soldiers marching with
straight arms!

**BUDS**

Marching
Straight arms swinging

**LEADER**

All of these carpenters are doing such a great job hammering and sawing to make this house!

**BUDS**

Hammering
Sawing

**LEADER**

These musicians sound so great together! Look at all of the instruments they're playing!

**BUDS**

Pretend instruments

**LEADER**

Let's stir the pot of stew! Mmm! Dinner smells yummy!

**BUDS**

Stirring

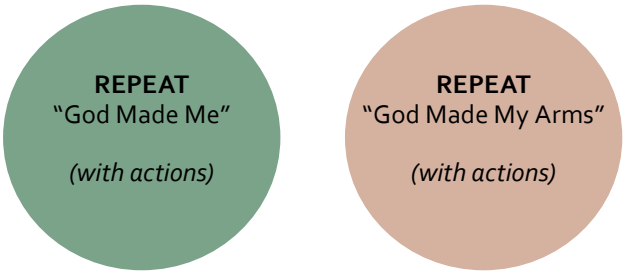
**LEADER**

Who made your arms?

**BUDS**

Repeat, "God made my arms!" with actions from the beginning of class.

# CIRCLE CHECK-OUT




## CLOSING PRAYER

*Sit with crossed legs and clasp hands together in a prayer position.*

God, thank you for giving us arms so we can give each other warm hugs!

# EXIT

**SAY** "As you exit the room, see if you can reach up and touch the top of the door frame!"

# LESSON 6
# GOD MADE MY LEGS

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.

2. As the little Buds enter, ask them to take their shoes off *(if they are comfortable with that)* and sit in a circle facing the mirrors.

# CIRCLE CHECK-IN

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**
Let's all lean back and kick our feet in the air.

**SAY**
Whose legs reach the highest?

**SAY**
Now, let's sit up again.

**SAY**
Who has been on a really long walk before?

# REPEAT AFTER ME: GOD MADE ME

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action:** Buds repeat "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together: God made me!"

**ACTION**

Buds repeat "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY LEGS

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat, "Made" with their fists on top of each ther, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with two thumbs pointing towards their chest.

**LEADER**

"Legs!"



**Action:** Buds repeat "Legs!" as they lift one leg and point towards it.

| LEADER | ACTION |
| --- | --- |
| "Let's put it all together: God made my legs!" | Buds repeat "God made my legs!"with motions. |

# CIRCLE ACTIVITY: RIGHTS & LEFTS

*Stand in a circle with your Buds.*

**ACTION**
Hold your right leg off the ground.

**SAY**
Right leg!

**ACTION**
Hold your left leg off the ground.

**SAY**
Left leg!

# AROUND THE ROOM: RIGHTS & LEFTS

**SAY** "Go around the room and count your neighbors legs."

**SAY** "Go around the room and call out, "right, left" with each step."

# CIRCLE DISCUSSION

*Sit in a circle with your Buds and encourage participation.*

**SAY**

What can you do with your legs?

# AROUND THE ROOM: LET'S PRETEND

**How to Play:** Invite Buds to fill the space/room as inspired by each new prompt. Feel free to elaborate and embark on an imaginative journey as you go along. Encourage your Buds to play and be silly. Don't forget to add some fun music to ignite their creativity!

**SAY** "Now we're going to explore all the cool things we can do with our legs! Let's pretend together!"

| LEADER | BUDS |
| --- | --- |
| How high can you kick your legs? *(spread Buds out so they don't kick each other)* | High kicks |

**LEADER**

How fast can you walk?

**BUDS**

Speed walking

**LEADER**

Can you walk using only one leg?

**BUDS**

Hops

**LEADER**

How do you walk when you're mad?

**BUDS**

Stomping

**LEADER**

How do you walk when you're happy?

**BUDS**

Skipping
Hop in their step
Gliding
Bobbing

**LEADER**

How do you walk when you're trying to be really quiet?

**BUDS**

Tippy-toes
Slow, exaggerated steps

**LEADER**

How do elephants walk?

**BUDS**

Stomping
Heavy
Slow

**LEADER**

How does a soldier walk?

**BUDS**

Marching

**LEADER**

How does a turtle walk?

**BUDS**

Slow motion
Quiet
Low to the floor

**LEADER**

How does an old person walk?

**BUDS**

Slow
Small half steps
Hunched over

**LEADER**

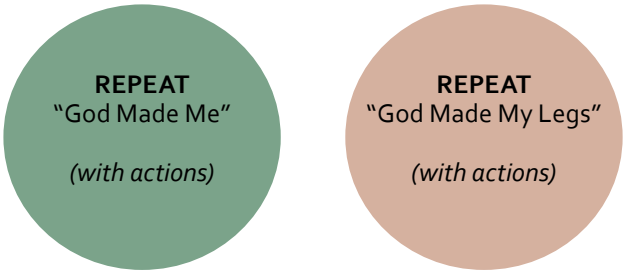
Can you make yourself bounce like a ball?

**BUDS**

Jumps on two feet

| LEADER | BUDS |
| --- | --- |
| Oh, look at all the muddy puddles in this room! Can you jump over them? | Jumps<br>Leaps from one foot to the other |
| **LEADER** | **BUDS** |
| Who made your legs? | Repeat, "God made my legs!" with actions from the beginning of class |

# CIRCLE CHECK-OUT




# CLOSING PRAYER

*Sit with crossed legs and clasp hands together in a prayer position.*

God, thank you for giving us amazing legs to walk around this world you created!

# EXIT

**SAY** "As you exit the room, let's see your biggest stomp at the door."

# LESSON 7
# GOD MADE MY VOICE

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.

2. As the little Buds enter, ask them to sing their name and then sit in a circle or face the mirrors.

## CIRCLE CHECK-IN

*sit in a circle with your Buds and encourage lively responses*

**SAY**
What do you think God's voice sounds like?

**SAY**
What are some kind words you think God would want us to say to each other?

**SAY**
Do you know anyone who has a lovely voice?

# REPEAT AFTER ME: GOD MADE ME

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat, "God" and point up with both arms

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action:** Buds repeat "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together: God made me!"

**ACTION**

Buds repeat "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY VOICE

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with two thumbs pointing towards their chest.

**LEADER**

"Voice!"



**Action:** Buds repeat "Voice!" as they place one palm below their chin and then push their palm forward to mimic singing.

| LEADER | ACTION |
| --- | --- |
| "Let's put it all together: God made my voice!" | Buds repeat "God made my voice!" with motions. |

# CIRCLE ACTIVITY: SOUNDS

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**
Who can sing the highest?

**SAY**
Who can sing the lowest?

**SAY**
Who can whisper the softest?

# CIRCLE CHECK-IN

**SAY**
Let's go around the circle and use our voices to give a compliment to our neighbors.

# AROUND THE ROOM: COMPLIMENTS

**SAY** "Go around the room and say, "Hi! Good morning/afternoon" to everyone."

**SAY** "Go around the room and say, "I like your smile" to everyone."

**SAY** "Go around the room and say, "God made you" to everyone."

# CIRCLE DISCUSSION

*Sit in a circle with your Buds and encourage participation.*

**SAY**

How does it feel
to get a compliment?

# AROUND THE ROOM: LET'S PRETEND

**How to Play:** Invite Buds to fill the space/room as inspired by each new prompt. Feel free to elaborate and embark on an imaginative journey as you go along. Encourage your Buds to play and be silly. Don't forget to add some fun music to ignite their creativity!

**SAY** Now we're going to explore all the ways we can use our voice. Let's pretend together!

**LEADER**

Uh-oh! That person is about to slip on a banana peel. Quick! Tell them to watch out!

**BUDS**

Shouting
Yelling
Pointing

**LEADER**

Oh no! The puppy seems scared of the thunder and lightning. Let's go calm him down.

**BUDS**

Hushed and calm voices
Kind and reassuring words
Petting and stroking

**LEADER**

Is it dinner time yet? I'm starting to hear some grumbling, hungry tummies.

**BUDS**

Groaning
Grumbling
Gurgling
Low rumbles

**LEADER**

Mmm! Mac n' cheese for dinner! Yummy!

**BUDS**

Slurping
Chewing
Eating

**LEADER**

Look at that crazy roller coaster zoom by!

**BUDS**

Screaming
Cheering
Laughing
Rumbling
Running

**LEADER**

What's the magic word when you're asking for something?

**BUDS**

Please

**LEADER**

Oops! Looks like you accidentally bumped into someone. What should you say?

**BUDS**

I'm sorry
Excuse me

**LEADER**

Wow. A beautiful chorus of angels singing all at once.

**BUDS**

Singing

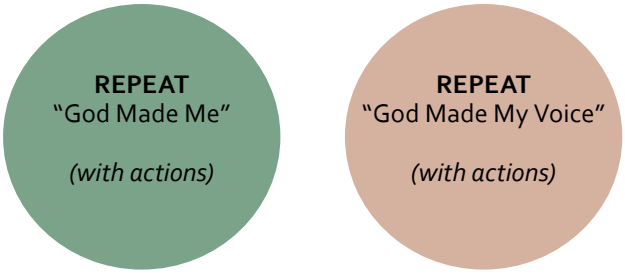
**LEADER**

Who made your voice?

**BUDS**

Repeat, "God made my voice!" with actions from the beginning of class.

# CIRCLE CHECK-OUT




# CLOSING PRAYER

*sit with crossed legs and clasp hands together in a prayer position*

God, thank you for giving us voices that we can speak kind words with!

# EXIT

**SAY** "Give each Bud a compliment on their way out the door."

# LESSON 8
# GOD MADE MY WHOLE BODY

## ENTRANCE

1. Before Buds enter the room, have some fun music playing in the background.
2. As the little Buds enter, ask them to lay down in a circle and make snow angels on the floor.

# CIRCLE CHECK-IN

*Sit in a circle with your Buds and encourage lively responses.*

**SAY**
Why is your whole body awesome?

**SAY**
Can you show me a silly thing your body can do?

# REPEAT AFTER ME: GOD MADE ME

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"Me!"



**Action:** Buds repeat "Me!" with two thumbs pointing towards their chest.

**LEADER**

"Now, all together: God made me!"

**ACTION**

Buds repeat "God made me!" with motions.

# REPEAT AFTER ME: GOD MADE MY WHOLE BODY

*Follow the prompts below:*

**LEADER**

"God"



**Action:** Buds repeat "God" and point up with both arms.

**LEADER**

"Made"



**Action:** Buds repeat "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

**LEADER**

"My"



**Action:** Buds repeat "My" with two thumbs pointing towards their chest.

**LEADER**

"Whole body!"



**Action:** Buds repeat "Whole body!" as they draw an outline of their body from their toes to the top of their head. Then they end in a big jump.

| LEADER | ACTION |
| --- | --- |
| "Let's put it all together: God made mywhole body!" | Buds repeat "God made my whole body!" with motions. |

# FREEZE DANCE

**SAY** Let's play a round of Freeze Dance! When I play the music, you dance. When I pause it, you freeze.

**The last person to freeze gets a Silly Dance Penalty!**

## DO

Play Freeze Dance by using the prompts below along with the Silly Dance Challenge suggestions. Get creative and make up your own!

Tips:
1. Avoid elimination to keep activities inclusive.
2. If they are nervous to do the Silly Dance Penalty in front of others, do it with them or invite the whole group to do it together.

| DANCE PROMPT | SILLY DANCE PENALTY |
| --- | --- |
| Dance with your fingers | Show us your silliest moves |

**DANCE PROMPT**

Dance on your tippy-toes

**SILLY DANCE PENALTY**

Show us a high kick

**DANCE PROMPT**

Dance rolling on the ground

**SILLY DANCE PENALTY**

Show us a dance like a puddle

**DANCE PROMPT**

Dance with your arms

**SILLY DANCE PENALTY**

Show us a silly penguin

**DANCE PROMPT**

Dance with wiggly knees

**SILLY DANCE PENALTY**

Show us a nervous elephant dance

**DANCE PROMPT**

Dance with straight knees

**SILLY DANCE PENALTY**

Show us a dancing Grandma

**DANCE PROMPT**

Dance with claps

**SILLY DANCE PENALTY**

Show us how fast you can clap

**DANCE PROMPT**

Dance with your tummy

**SILLY DANCE PENALTY**

Show us how fast you can shake your hips

**DANCE PROMPT**

Dance with your whole body

**SILLY DANCE PENALTY**

Show us how long you can stand on one foot

**DANCE PROMPT**

Who made your whole body?

**SILLY DANCE PENALTY**

Repeat, "God made my whole body!" with actions from th beginning of class.

# CIRCLE DISCUSSION

*Sit in a circle with your Buds and encourage participation.*

**SAY**

What's your favorite part of your body?

**SAY**

Who remembers the actions from every week? (God made my ears, face, fingers, feet, arms, legs, voice, and whole body)

# CIRCLE CHECK-OUT

**REPEAT**
"God Made Me"

*(with actions)*

**REPEAT**
"God Made My Whole Body"

*(with actions)*

# CLOSING PRAYER

*Sit with crossed legs and clasp hands together in a prayer position*

.

God, thank you for the gift of my body! Thank you for my strong arms, my healthy heart, and my legs that help me run and play. Thank you for my eyes that see the world, my ears that hear the songs of life, and for my hands that help me serve. I am so grateful for this body you have given me and I will care for it every day! Amen.

# EXIT

**SAY** "As you exit, show me how much you can wiggle your whole body!"

# EVERGREEN

GROWING SPIRITUAL, PERSONAL AND COMMUNITY ROOTS THROUGH THE ARTS

Produced by the Arts Ministries Bureau, Evergreen is a compilation of series designed for specific age groups, each with a unique biblical and artistic focus. Developed to equip and empower officers/volunteers to produce quality arts programming at their corps, this series will require no special training and minimal preparation from Evergreen instructors. Lessons range from 45 minutes to one hour each, and are free to use throughout the territory. Arts Ministries hopes that Evergreen will create a positive crossover between corps Sunday attendance and after-school programs, preparing young artists for divisional dance/drama teams, Star Search and beyond! With a new series added every year, Evergreen will continue to grow and branch out to reflect the needs and interests of budding creatives throughout the territory.

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