

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

30min
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

God Made
My Ears

LESSON 2

God Made
My Face

LESSON 3

God Made
My Fingers

LESSON 4

God Made
My Feet

LESSON 5

God Made
My Arms

LESSON 6

God Made
My Legs

LESSON 7

God Made
My Voice

LESSON 8

God Made
My Whole Body

TABLE OF CONTENTS

P. 2
THE "GOD MADE ME" SERIES OVERVIEW

P. 3
TABLE OF CONTENTS

P. 4-15
LESSON 1: GOD MADE MY EARS

P. 16-26
LESSON 2: GOD MADE MY FACE

P. 27-37
LESSON 3: GOD MADE MY FINGERS

P. 38-48
LESSON 4: GOD MADE MY FEET

P. 49-58
LESSON 5: GOD MADE MY ARMS

P. 59-68
LESSON 6: GOD MADE MY LEGS

P. 69-77
LESSON 7: GOD MADE MY VOICE

P. 78-86
LESSON 8: GOD MADE MY WHOLE BODY

P. 87
THE STORY OF EVERGREEN

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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 “shhhh” 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 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 2 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 wrist.

LEADER
"MY!"



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

LEADER
"EARS!"



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

LEADER

"Let's put it all together!
GOD MADE MY EARS"

ACTION

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 3 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!

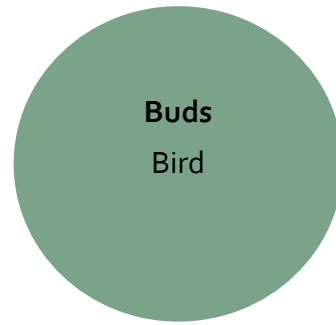
Buds
Car

Leader
Oink, Oink!

Buds
Pig

Leader
Choo, Choo!

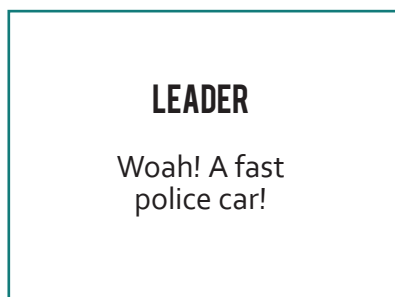
Buds
Train
All aboard!



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

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

Ssssssss

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
Clap, Clap, Clap

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 are 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"



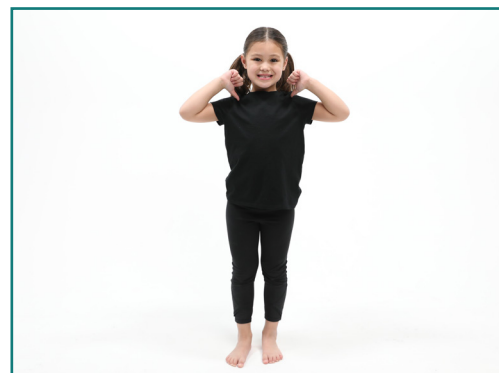
Action: Buds repeat, "God" and point up with both arms.

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 2 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 2 thumbs pointing towards their chest.

LEADER
"FACE!"



Action: Buds repeat, "FACE!" cupping their face underneath their chin with both palms.

LEADER

"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
Scowl

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

"Who made your face?"

ACTION

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

Surprise! It's a birthday party for you!

BUDS

Excited
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 2 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"



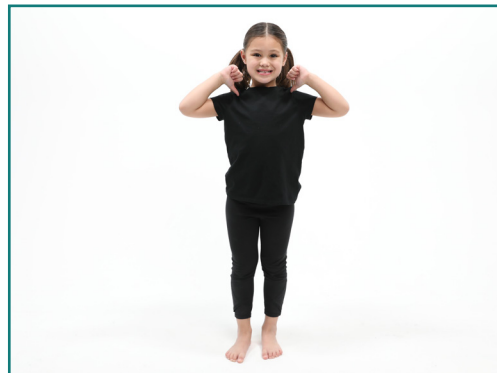
Action: Buds repeat, "God" and point up with both arms.

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 2 thumbs pointing towards their chest.

LEADER
"FINGERS!"



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

LEADER

"Let's put it all together!
GOD MADE MY FINGERS!"

ACTION

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!"

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 2 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"



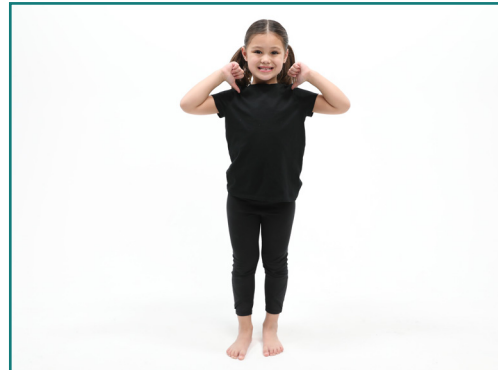
Action: Buds repeat, "God" and point up with both arms.

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

"Let's put it all together!
GOD MADE MY FEET!"

ACTION

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, as you count each one.

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.

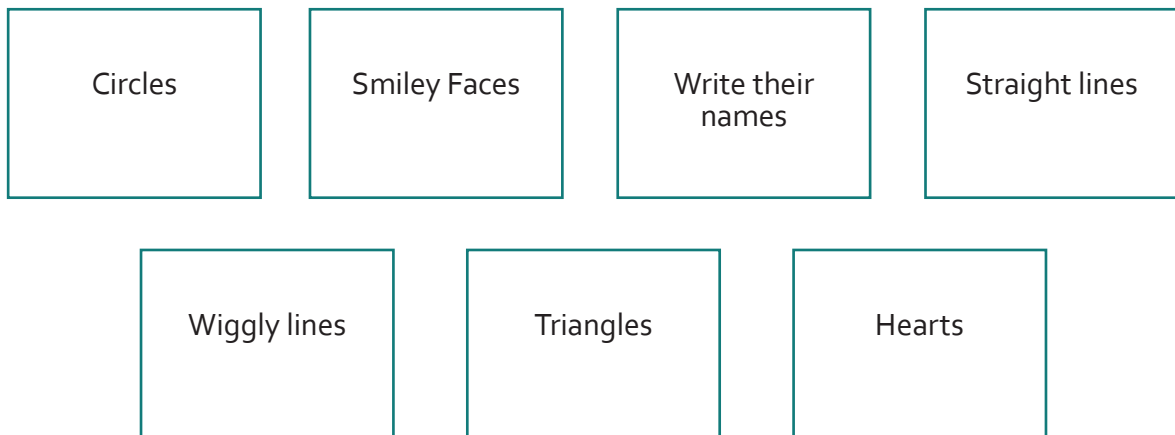
CIRCLE DISCUSSION

bring your Buds back into a circle and encourage lively dialogue



AROUND THE ROOM: DRAWING WITH FEET

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



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

We have to tiptoe and be very quiet with our feet so we don't wake the sleeping giant!

BUDS

Tip toe
Shushing

LEADER

Oh wow! Look at all of those pretty ballerinas dancing in front of me!

BUDS

Jumping
Twirling
Pointed toes

LEADER

Oh my, these are the loudest feet I've ever heard!

BUDS

Stomping
Marching

LEADER

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

BUDS

Sliding
Gliding

LEADER

These monkeys walk around with 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!" actions from the beginning of class

CIRCLE CHECK-OUT

REPEAT
"God Made Me"
(with actions)

REPEAT
"God Made My Feet"
(with actions)

CLOSING PRAYER

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

God, thank you for giving us such wiggly 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 2 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 2 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
"Let's put it all together!
GOD MADE MY ARMS!"

ACTION
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

Oh, hello neighbor!

BUDS

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!" actions from the beginning of class

CIRCLE CHECK-OUT

REPEAT
"God Made Me"
(with actions)

REPEAT
"God Made My Arms"
(with actions)

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

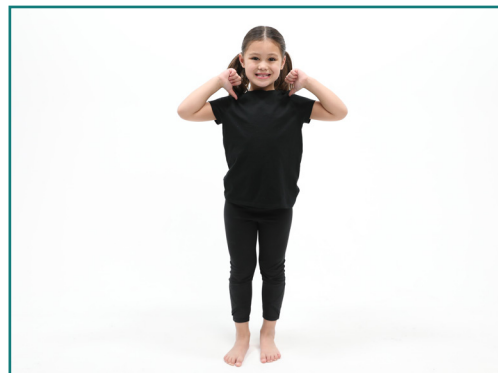
"MADE"



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 2 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 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
"LEGS!"



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

LEADER
"Let's put it all together!
GOD MADE MY LEGS!"

ACTION
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

How high can you kick
your legs?
*(spread Buds out so they
don't kick each other)*

BUDS

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

Oh, look at all the muddy puddles in this room! Can you jump over them?

BUDS

Jumps
Leaps from one foot to the other

LEADER

Who made your legs?

BUDS

Repeat, "God Made My Legs!" actions from the beginning of class

CIRCLE CHECK-OUT

REPEAT
"God Made Me"
(with actions)

REPEAT
"God Made My Legs"
(with actions)

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 2 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"



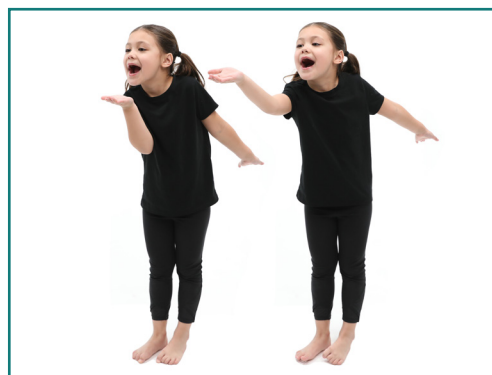
Action: Buds repeat, "Made" with their fists on top of each other, making a twisting motion in opposite directions with both wrists.

LEADER
"MY!"



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

LEADER
"VOICE!"



Action: Buds repeat, "VOICE!" as they place one palm below their chin and then push their palm forwards to mimic singing.

LEADER

"Let's put it all together!
GOD MADE MY VOICE!"

ACTION

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!" actions from the
beginning of class

CIRCLE CHECK-OUT

REPEAT
"God Made Me"
(with actions)

REPEAT
"God Made My Voice"
(with actions)

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

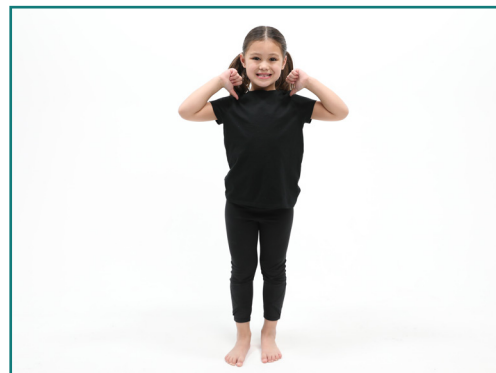
"MADE"



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 2 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 2 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

"Let's put it all together!
GOD MADE MY WHOLE
BODY!"

ACTION

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

Dance with your fingers

SILLY DANCE PENALTY

Show us your silliest

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!" actions
from the 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 giving us voices so we can speak kind words with!

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 arts focus. Developed to equip and empower officers/volunteers to produce quality arts programming at their corps, Evergreen instructors require no special training and minimal preparation time. Lessons range from 45min-1hr 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, and prepare young artists for divisional dance/drama teams, Star Search and beyond! With a new series added every year, Evergreen will grow and branch out to reflect the needs and interests of budding creatives throughout the territory.

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God Made Me
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