

**May  
Week 3**



## **Overview Card**



**Basic Truth: God loves me.**

**Key Question: What does God want you to do?**

**Bottom Line: God wants me to do the right thing.**

**Memory Verse: "Learn to do what is right." Isaiah 1:17**

**Bible Story: I can do the right thing.**

**Daniel's Diet • Daniel 1:1-16**

God Made Me

God Loves Me

Jesus Wants To  
Be My Friend Forever

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## ARRIVAL ACTIVITY

### Teacher Pick



#### 1. Good for You

**What You Need:** A grocery bag and a variety of healthy and unhealthy snacks. The snacks could include carrot sticks, snack cakes, candy, cucumber slices, an apple, water, soda, etc. These can either be toy food items or the real thing. *(Optional: Instead of real or toy food items, you could use the pictures from the “Good Food” and “Bad Food” Activity Pages found on the Web site.)*

**What You Do:** Place all the food items in a grocery bag. Tell the children that each time you pull a food item out of the bag, they should run in place if the food is good for them or pretend to sleep if it is not good for them. Sort the food items into two piles as you identify them.

#### What You Say:

*At the start of the activity:* “My grocery bag has lots of yummy food in it. Some of it is good for you, and some of it is not good for you. Will you help me decide which foods are good for you? *(Pause.)* Great! If I pull out a food that is good for you, I want you to run in place, like this *(demonstrating)*. Foods that are good for you give you lots of energy! If I pull out a food that is NOT good for you, I want you to pretend to go to sleep, like this *(demonstrating)*. Foods that are not good for you make you tired and make you have no energy. Let’s see what our first food is.”

*At the end of the activity:* “We need to learn what foods are good for us so we can grow to be healthy and strong, just like Daniel in our Bible story today.”

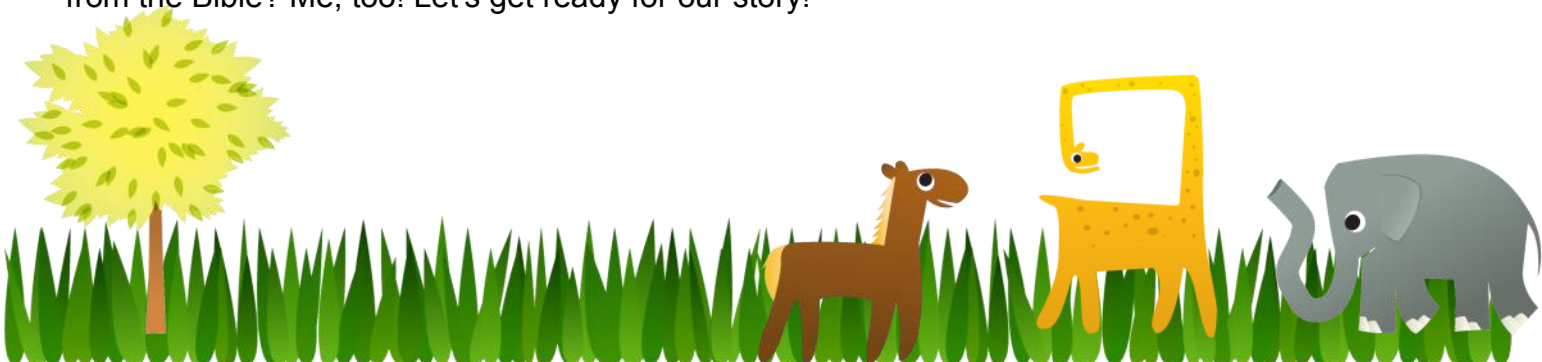
#### 2. Fruit Basketball

**What You Need:** A medium-size basket and plastic fruit, such as oranges, apples, and bananas.

**What You Do:** Set the basket about 3 to 4 feet away from a child. Allow the child to toss the fruit into the basket to see how many “baskets” he can make.

#### What You Say:

*At the end of the activity:* “You are so good at playing ‘Fruit Basketball!’ I think we are supposed to do something else with fruit, though, besides play basketball with it. Hmm ... let me see ... what are we supposed to do with fruit? Does anyone know? *(Pause.)* Oh, yes! We are supposed to eat fruit to make our bodies healthy. Today in our story we are going to talk about a man named Daniel who chose to eat fruit and vegetables. Are you ready to hear our true story from the Bible? Me, too! Let’s get ready for our story!”



# May Week 3



## Running the Bases



**What You Need:** Masking tape. (Make bases out of foam squares and write memory verse on them)

**What You Do:** Using masking tape, mark out four bases on the floor like in a baseball diamond. Teach the children to say phrases of the memory verse as they run to each base.

**What You Say:**

**At the start of the activity:** “Our memory verse this month tells us that God wants us to learn to do what is right. God is happy when we make good choices. Let's say our verse as we run the bases. When we get to the first base, say, ‘Learn.’ Then, when you get to the second base, say, ‘to do.’ At the third base, say, ‘what is right.’ Then you can run to home base and say, ‘Isaiah 1:17.’ (Lead children in running the bases and saying the phrases of the memory verse several times.)

**At the end of the activity:** “Great job, everyone! That was so much fun! What does God want you to do? [Bottom Line] God wants me to do the right thing.”



# May Week 3



## Fruit Basket Craft



**What You Need:** “Basket” (from the Activity Pages on the Web site), markers, and foam fruit stickers. **(Use plate from activity pages instead)**

**What You Do:**

**During the activity:** Give each child a copy of “Basket” and the fruit stickers. Allow them to “fill” the basket with fruit and color the page if desired.

**What You Say:** “Your fruit baskets are beautiful! These pictures can remind us to make good choices when we choose what to eat. Unhealthy snacks can be very yummy, but we can be like Daniel in our story today and choose to eat yummy fruit and vegetables. What does God want you to do? [Bottom Line] God wants me to do the right thing!”





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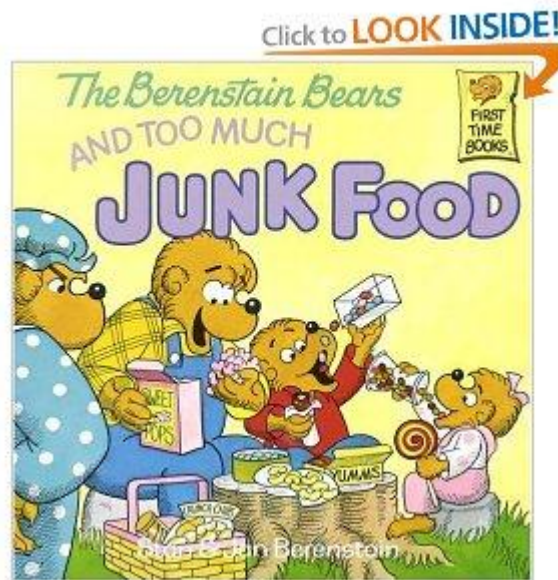


Dismissal Activity

Read to Me



**“Berenstain Bears and Too Much Junk Food”**



# May Week 3

## Daniel's Diet I Can Do the Right Thing Daniel 1:1-16

"There once was a young man named Daniel. He had three very good friends. Can you hold up three fingers for me? Good job! Let's say 'Daniel had 3 friends' together. Ready? (With the kids) Daniel had three friends! Yes, He did!

"Daniel and his friends lived in the city of Jerusalem. They studied hard to learn everything God had said. Because Daniel knew what God said, he knew how to do the right thing!

"One day, a mean king came with his army and attacked Daniel's city! He took Daniel and his friends to a new city that was far away. Daniel could have been SO mad about it.

"What do you think Daniel did? Did he cry? (Stomp one foot.) Did he whine? (Stomp the other foot.) Did he say (crossing your arms), 'No, no, no'? (Emphatic transition) Or, did he say, 'One (left forefinger to head), two (right forefinger to head), what should I do (both hands out to the side)?'

"Say that with me. Ready? Did he cry? (Stomp one foot.) Did he whine? (Stomp the other foot.) Did he say (crossing your arms), 'No, no, no'? (Emphatic transition) Or, did he say, 'One (left forefinger to head), two (right forefinger to head), what should I do (both hands out to the side)?'

"Good job! Daniel knew what to do. He didn't whine or cry. He wanted to do the right thing. He knew that God would want him to work hard and make friends in the new place.

(Make your way over to the table with the plastic unhealthy food choices on it.) "The king was nice to Daniel and his friends. He wanted them to be good helpers, so he gave them all of his favorite foods to eat. What are your favorite foods? (Holding up different food options from the table) Maybe ice cream sundaes? How about pizza? I bet some of you really like warm chocolate chip cookies! The table was filled with the king's favorite foods. It looked good. It smelled so good! There was just one problem. Daniel knew that God did not want him to eat the king's food. If you eat too much of that kind of food, what happens? (Rub your tummy.) You get a super-duper achy tummy! But Daniel was so hungry!

"So what do you think Daniel did? Did he cry? (Stomp one foot.) Did he whine? (Stomp the other foot.) Did he say (crossing your arms), 'No, no, no'? (Emphatic transition) Or, did he say, 'One (left forefinger to head), two (right forefinger to head), what should I do (both hands out to the side)?'

"Do you think Daniel ate all the king's favorite food? No! He wanted to do the right thing, so Daniel asked for the food that God wanted him to eat. (Hold up the paper sack containing the plastic fruits and vegetables and the bottled water. Begin removing the contents of the bag and putting them on one end of the table so the children can see them.) Daniel and his friends ate some yummy fruits and vegetables, just like these. (Pull out some of the items and pretend to eat them.) Crunch. Crunch. Crunch. Can you eat the fruits and vegetables with me? Crunch. Crunch. Crunch. That's right!

"Daniel and his friends also drank ice cold water. (Pretend to drink the water.) Slurp. Slurp. Slurp. Can you drink some water with me? Slurp. Slurp. Slurp. For a long time, Daniel and his friends only ate the food God wanted them to eat. God wanted them to be strong and healthy. So do you think they looked like this? (Slump your shoulders forward, hang your head, close your eyes, and let out a big sigh.)

"Or, do you think they looked like this? (Make muscles with your arms, hold your shoulders back, tilt your head up and shout, 'I feel good!') Yes, Daniel and his friends were super strong and super healthy! Can you make your biggest muscles with me and shout, 'I feel good'? Ready? One, two, three—go! I feel good! Great job!

"Daniel felt so good because he did the right thing, and God kept Daniel and his friends healthy and strong! We can do the right thing too! What does God want you to do?"

CHILDREN and STORYTELLER: [Bottom Line] "God wants me to do the right thing!" That's right! God always wants us to do the right thing! Let's pray together and thank God for helping us to do the right thing even when it's hard.

"Dear God, thank You for helping us do the right thing, even when it's hard. Help us to be like Daniel and to always follow what You say to do. We love You, God! Amen.