

PRETEEN

START
HERE!

FLIP THIS PAGE OVER
TO GET STARTED!

HOW DOES ALL OF THIS WORK?

Easy. Every box includes a challenge card and activity pack for each kid and a lesson pack for each age group. The challenge card "drives" all the content. Three activities to complete each week, three activities to complete each month. Check out all the activities below!



WATCH IT - WEEKLY VIDEO CONTENT

Every week, we have new video content for you to watch online. Go to the link we provide in your box to Watch It!



DO IT - WEEKLY ACTIVITY

Every week, we provide a "Do It" activity in your lesson pack. Detailed Instructions and most of the materials needed are included in the activity pack.



TALK ABOUT IT - WEEKLY DISCUSSION

Every week, we provide 1-2 questions to ask a grownup. Once they give their answer, they'll ask you the same questions. It's a fun and easy conversation!



MEMORY VERSE

Every month, we introduce a new verse to memorize. It's the anchor passage for the month's content and is worth committing to memory!



MAKE IT ACTIVITY

Every month, we provide a fun and crafty (sometimes edible) activity to do as a family. This activity will include clear directions, easy to find supplies, and a simple connection to what your kids are learning.



FAMILY ACTIVITY

Every month, we provide a parent-led family activity, usually a fun activity or conversation that can happen during a meal or at bedtime.

COMPLETE YOUR CHALLENGE CARD

Three activities every week and three activities every month. Complete every activity and you'll win a special prize. How fun is that?



SHOUT
OUT



LET EM
KNOW YOU'RE
THANKFUL

WEEK
ONE

PRETEEN

WATCH IT

Follow the link in your box to watch this week's service video

DO IT - WEEKLY ACTIVITY

Below is a quick activity to do with someone in your family




GRATITUDE STICKS

WHAT YOU NEED: Pick-Up Sticks

WHAT YOU DO:

- Give the set of Pick-Up Sticks to someone and have them grip the entire bundle of sticks upright in one hand just above the floor or table
- Release the sticks and let them fall randomly
- Take turns carefully removing one stick without moving any of the other sticks
- Follow the color chart below in thanking God for the things matching the color stick picked up:
 - Black: Thank God for someone who helps you
 - Green: Thank God for a way He has taken care of you
 - Yellow: Thank God for something you love about Jesus
 - Blue: Thank God for something you're going through right now that He is helping you with
 - Pink: Thank God for something you learned in Small Group today
- If sticks move while playing the game, start over
- Play until all sticks are picked up and then play again
- ***Save Pick-Up Sticks for game in week 5

THINK ABOUT IT:

Gratitude doesn't come easy to us, especially when we're having a bad day. We need God's help to remember that His plans are always good. Instead of complaining about what's bad, choose to be grateful for all that is good. Take time and pray for God to help you with this throughout the week.



WEEK
ONE

PRETEEN



TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

1. Describe what makes a person ungrateful. Now describe a grateful person.
2. What are you grateful for?

DON'T FORGET YOUR MONTHLY CHALLENGES



MEMORY
VERSE



MAKE IT
ACTIVITY



FAMILY
ACTIVITY

MEMORY VERSE:

"Give thanks to the Lord, because He is good.
His faithful love continues forever."

Psalm 136:1



WEEK
TWO

PRETEEN

WATCH IT

Follow the link in your box to watch this week's service video

DO IT - WEEKLY ACTIVITY

Below is a quick activity to do with someone in your family

★ ★ GRATITUDE PARTY PLANNING

WHAT YOU NEED: "Gratitude Party Planner" Card and clicker pen

WHAT YOU DO:

- Read Psalm 9:1
 - "Lord, I will give thanks to you with all my heart. I will tell about all the wonderful things you have done."
- Ask each other:
 - If you were to grade David for how closely he lived out the kind of gratitude expressed in Psalm 9:1, what grade would you give him? Why?
 - Based on the story today, what grade would you give his wife, Michal? Why?
 - Based on how you live your life, what grade would you give yourself? Why?
- We can always improve our gratitude grade. One way is to get creative in the way we show our thanks to God and to others.
- Activity:
 - Work together with another family member to plan a party that will celebrate what God has done
 - Use the Gratitude Party Planner Card to organize your party
 - Imagine you have no limits on how much you can spend, who you can invite, or where the party will take place
 - Share your ideas with others in your family
 - Stretch your gratitude muscles this week and look for creative ways to celebrate what God has done
 - ***For extra fun: plan a party similar to the one you imagined, invite people, and give thanks to God together



WEEK
TWO

PRETEEN

THINK ABOUT IT:

Why do we plan parties? Of course, we do this to celebrate. Why do we celebrate? Because we are grateful for an event or a person. When you are truly grateful for something, you celebrate it! The next time you are grateful for something, go above and beyond to show that gratitude to someone. Invite others to celebrate the things you are grateful for. When you see others celebrating good things, celebrate with them!

TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions



1. If someone said to you, "I don't have anything to be grateful for," what would you say to help them realize that they do?
2. Why does God deserve to be celebrated every day?
3. What are creative ways to show gratitude?

DON'T FORGET YOUR MONTHLY CHALLENGES



**MEMORY
VERSE**



**MAKE IT
ACTIVITY**



**FAMILY
ACTIVITY**

MEMORY VERSE:

"Give thanks to the Lord, because He is good.
His faithful love continues forever."

Psalm 136:1



SHOUT
OUT



LET 'EM
KNOW YOU'RE
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WEEK
THREE

PRETEEN



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DO IT - WEEKLY ACTIVITY

Below is a quick activity to do with someone in your family

THUMBS

WHAT YOU NEED: Rubber Bands and items needed for the tasks below (not included)

WHAT YOU DO:

- Hold your thumbs tightly to the side/palm of your hands Have someone help you wrap the Rubber Band around both of your palms. Make sure the thumb cannot move easily
- Challenge yourself to do some simple tasks such as the ones suggested below:
 - Write the alphabet
 - Pick up a coin
 - Shake someone's hand
 - Put a paper clip onto a sheet of paper
 - Click a pen five times
 - Wad up a sheet of paper
 - Fold a sheet of paper three times
 - ***Come up with your own and challenge others to try as well

THINK ABOUT IT:

No thumbs is NO FUN! It probably felt good to finally take the rubber bands off and use your hands again. Imagine what it would be like if you didn't have full use of your hands—ever—and then DID. When we are going through things in life that are difficult, it can be hard to have an attitude of gratitude. People face far worse things than having no thumbs every day. The thing that can help you when you face a situation that is out of your control is to trust in God. When you focus your attention back on the good things He has done, it becomes easier to face difficult situations. No matter what, God is with you and will help you through it all. That is something to be grateful for!

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"SHOUT
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LET 'EM
KNOW YOU'RE
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WEEK
THREE

PRETEEN



TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

1. Why do people forget to say thank you?
2. If someone says thank you, but they don't really mean it, is it truly gratitude? Why or why not?

DON'T FORGET YOUR MONTHLY CHALLENGES



**MEMORY
VERSE**



**MAKE IT
ACTIVITY**



**FAMILY
ACTIVITY**

MEMORY VERSE:

"Give thanks to the Lord, because He is good.
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Psalm 136:1



WEEK
FOUR

PRETEEN



WATCH IT

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DO IT - WEEKLY ACTIVITY

Below is a quick activity to do with someone in your family

YOUR CUP OVERFLOWS

WHAT YOU NEED: Cotton balls, towel (not included), small cup of water

WHAT YOU DO:

- Set the cup on the floor or table with a towel underneath it; then fill it to the brim with water
- Observe the cup and agree with your family that the cup is FULL
- Take turns gently adding a cotton ball to the top of the water as you share answers to the questions below
- Add another cotton ball when the previous one begins to sink
- Continue until the cup starts to spill over
- NOTE: the water will hold a surprising amount of cotton balls

- Questions:
 - What word best describes someone who is full of gratitude?
 - Even on your worst day, what can you still be thankful for?
 - Last spring, when the pandemic began, what could you still be grateful for even though so many things were different?
 - What are you grateful for today?
 - What is one attitude that can get in the way of gratitude?
 - What should we focus on when we feel ungrateful or when life feels unfair?
 - How does your response to a disappointing or unfair situation show how grateful you are?
- Point out how the cup continued to hold more cotton balls; it's a great illustration of how there's really no limit to the amount of gratitude we can have

THINK ABOUT IT:

Gratitude is something that does not naturally flow out of people; especially ungrateful people. This comes from a lack of understanding how much you have to be thankful for. When you recognize and talk about the things you are grateful for, that gratitude spills over into other areas of your life. There is no limit to the amount of gratitude we can show to God and to others. Challenge yourself this week to answer the questions above each day as a constant reminder of why it's important to have an attitude of gratitude.

TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions



- 1. What is keeping you from being grateful?**
- 2. Why is it dangerous to compare what you have with what others have? How does that feed an attitude of ingratitude?**
- 3. How might taking time to adjust your attitude actually make your life better?**

DON'T FORGET YOUR MONTHLY CHALLENGES**MEMORY
VERSE****MAKE IT
ACTIVITY****FAMILY
ACTIVITY****MEMORY VERSE:**

**"Give thanks to the Lord, because He is good.
His faithful love continues forever."**

Psalm 136:1



WEEK
FIVE

PRETEEN



WATCH IT

Follow the link in your box to watch this week's service video



DO IT - WEEKLY ACTIVITY

Below is a quick activity to do with someone in your family

GRATITUDE STICKS (REPLAY)

WHAT YOU NEED: Pick-Up Sticks (from Week 1 Activity)

WHAT YOU DO:

- Use the Pick-up sticks from Week 1 Activity
- Replay the same game as a reminder to continue an attitude of gratitude
 - Give the set of Pick-Up Sticks to someone and have them grip the entire bundle of sticks upright in one hand just above the floor or table
 - Release the sticks and let them fall randomly
 - Take turns carefully removing one stick without moving any of the other sticks
 - Follow the color chart below in thanking God for the things matching the color stick picked up:
 - Black: Thank God for someone who helps you
 - Green: Thank God for a way He has taken care of you
 - Yellow: Thank God for something you love about Jesus
 - Blue: Thank God for something you're going through right now that He is helping you with
 - Pink: Thank God for something you learned in Small Group today
 - If sticks move while playing the game, start over
 - Play until all sticks are picked up and then play again

THINK ABOUT IT:

You replayed this game this week because gratitude doesn't come easy to us, especially when we're having a bad day. We need God's help to remember that His plans are always good. Instead of complaining about what's bad, choose to be grateful for all that is good. Thanking God every day for multiple things in your life, helps to maintain an attitude of gratitude. Take time again and pray for God to help you do this every day.



WEEK
FIVE

PRETEEN

TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

1. What helps you remember to be grateful?
2. What are some things you can do when you don't feel like celebrating what God has done?
3. Why do you think there are times we don't show gratitude?



DON'T FORGET YOUR MONTHLY CHALLENGES



**MEMORY
VERSE**



**MAKE IT
ACTIVITY**



**FAMILY
ACTIVITY**

MEMORY VERSE:

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