



AT HOME ACTIVITY GUIDE

WEEK OF NOVEMBER 29

BIG IDEA

God helps us help others.

THE BIBLE

God Provides Food and Water (Exodus 15:22-25, 16:1-16, 17:1-7)

MEMORY VERSE

Psalm 121:2 (NIV)

FAMILY TABLE TALK

Use [this guide](#) sometime this week as your family gathers for a meal. This is intended to be super easy to implement and the goal is simply to connect your family to one another and provide opportunities for meaningful conversations.

ADDITIONAL ACTIVITIES

Visit www.loopkids.org/help to find this week's videos, coloring pages and this week's Toddler Bible Story. Also, feel free to check out additional activities below!

YOUNGER & OLDER KIDS ACTIVITY | Band-Aid Buddy

INSTRUCTIONS: Give each kid a piece of cardstock paper, a Band-Aid, a pair of googly eyes (if you have them), a permanent marker, and other art supplies. Instruct them to fold the cardstock paper in half, then stick the Band-Aid on the front of their card. Tell them to create a character out of the Band-Aid using the googly eyes and permanent marker. Encourage them to decorate the card.



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SAY: Who is someone who could use your help by receiving an encouraging card? Maybe it's a Get Well Soon, Happy Birthday, or even a Just Because card that will make them smile this week! Send this card to that person and encourage them this week!

YOUNGER & OLDER KIDS ACTIVITY | It's Raining Manna!

INSTRUCTIONS: Print this [coloring page](#) of the people collecting manna on white card stock paper if you have it, or regular white paper. Tell the kids to color the picture. When they are done coloring, tell them to glue cornflakes onto the pictures of manna.

SAY: Manna was the special bread God sent down from the sky. It tasted nothing like the people had ever tasted before! And they always had enough to eat. Manna was just one of the many ways God helped the people through Moses. If Moses didn't pray to God, who knows if they would have gotten to try manna? **God helps us help others.**

OLDER KIDS ACTIVITY | Helpful Words

INSTRUCTIONS: Give each child a stack of sticky notes (or have them cut strips of paper) and tell them to write encouraging notes to different family members in secret throughout the next week. They can leave them on someone's pillow, at the bedside, stuck to a mirror or in a backpack.

SAY: One great way we can help others in our family is by encouraging them! This week, encourage different people in your family by leaving them little notes with kind words on them. Leave them in places where they might not expect to find them!

OLDER KIDS ACTIVITY | Remember That?

INSTRUCTIONS: Take a sheet of paper and create two columns on it, with one column titled, "How God helped Moses" and the other with, "How God has helped me." Have your kids write down ways God helped Moses on the first column, and then think through ways that God has helped them and write those down in the second column. When they're done, share your answers with one another.

SNACK | Manna and Quail Nuggets

INSTRUCTIONS: Serve little pieces of bread and a couple chicken strips or nuggets, and pretend it is like the Manna and Quail that God provided for the Israelites. While they're eating their snack (or lunch), ask them the following questions.

ASK:

- Which person helped the Israelites in today's story? *Moses.*
- Who helped Moses help the Israelites? *God.*
- Do you remember what they ate and drank? *They ate meat and bread, and drank water from a rock.*