



HELP!

AT HOME ACTIVITY GUIDE

WEEK OF NOVEMBER 22

BIG IDEA

God helps when we're in trouble.

THE BIBLE

The Plagues and the Passover (Exodus 7:14-10:29, 12:21-30)

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 KIDS ACTIVITY | Create Swarm Pictures

INSTRUCTIONS: Give your child a sheet of paper and markers. Show how to touch the tip of a marker to the paper to make small dots. As they add more and more dots, the picture will begin to look like a swarm of insects. Open the Bible to Exodus 8 and show them the place where this real story is found. Talk about how it would feel to be in the middle of it.

SAY: God sent swarms of insects to the Egyptian people as a punishment because the king would not let the Israelites go. God kept His people safe from the last plague, and God rescued

His people. Many years later, God's Son, Jesus, took the punishment for sin when He died on the cross. Everyone who trusts in Jesus is kept safe from the punishment of sin.

YOUNGER & OLDER KIDS ACTIVITY | Lego My People

INSTRUCTIONS: Using large building blocks (such as LEGO Duplo or Mega Bloks), encourage the kids to make as large of a "door frame" as they can! Ask your kids to tell you why the door frame was important in today's Bible story. (*Hint: go to Exodus 12 if you need a reminder*).

YOUNGER & OLDER KIDS ACTIVITY | Freeze Dance

INSTRUCTIONS: Play fun music. When the music stops, tell your kids to freeze. Then, "unfreeze" one person and tell them to shout out who helps them when they're in trouble – a parent, a sibling, a teacher, a coach, etc. Now, it's this kid's turn to pick someone to unfreeze! Start the music again and when it stops, the last person to unfreeze picks another kid to unfreeze and continue playing until everyone has gone.

YOUNGER & OLDER KIDS ACTIVITY | Mayday!

INSTRUCTIONS: Lead the kids in this follow-the-leader style of prayer and aerobic stretches to ask God for help.

SAY: A "mayday" is a signal of distress . . . people send out this signal when they are in urgent need of help. Let's call out some mayday prayer signals to God together!

- When I say "mayday" and touch my toes, you pray: **God, help me when I'm in trouble!**
- When I say "mayday" and do a jumping jack you pray: **God, help others when they are in trouble!**
- When I say "mayday" and spin around once, you pray: **God, thank you for helping us!**

Great prayer workout, everybody! Whenever you need help, talk to God. Don't forget to ask God for help. God helps us when we are in trouble.

TODDLER HACK: *Make it easy for the younger kids! Tell the kids we all need help. Touch your toes and say "God, I need Your help." Reach up to the sky and say it again, "God, I need Your help." Lie on your belly and say, "Thank You, God."*

OLDER KIDS ACTIVITY | Morse Code

INSTRUCTIONS: Pass out the [Morse Code printable](#). You can complete this activity together as a family, or your older kids can work on it individually. Encourage your kids to use the Morse code guide to write today's Big Idea in Morse code. If you have time, instruct your kids to try and write other things in Morse code, like their name!

SAY: Morse code is used to send messages in a hurry, like when you're in trouble, and you can't send a voice or text message. Each dot or dash represents a signal or a tap that stands for a letter. You don't need to be trained in Morse code to remember this message though – **God helps us when we're in trouble.**

OLDER KIDS ACTIVITY | "Finding the Helpers" Word Search Puzzle

INSTRUCTIONS: Print off this [word search](#) and challenge your kids to find all of the helpers hidden in the puzzle. The answers are on the second page of the printout.

SNACK| Paint the Door

INSTRUCTIONS: Pass out a slice of garlic bread, a little bit of marinara sauce in a small cup, and a small spoon. Encourage kids to "paint" the top and sides of their garlic bread "door" with the sauce before they eat. (You can also do this with graham crackers, regular bread or whatever could work as a door). While your kids are eating their snack, ask the following questions:

ASK:

- What did Moses ask Pharaoh to do? (*To free the Israelites from slavery and let them go*)
- What kinds of plagues happened in Egypt? (*Review the 10 plagues, which you can find in Exodus 7-11*)
- What did God tell people to put on their doors? (*The blood of a lamb with no blemish*)
- How did God protect the people of Israel? (*He passed over the homes with the blood on the doors and spared their firstborns' lives. Then after this, Pharaoh in his grief allowed the Israelites to be set free.*)