










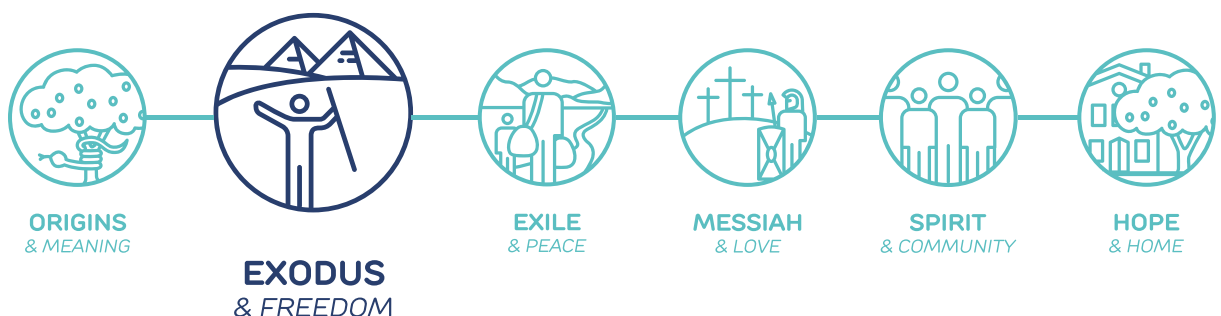


# Week 3 / Pre-School

## Exodus & Freedom

### Session plan **Core value:** When God is with us, we are never stuck.

Resources:				
 <p>Ideally, <i>The Beginner's Bible</i>, but any children's Bible will do</p>	 <p>Paper cloud</p>	 <p>Paper flame</p>	 <p>Toy horses</p>	 <p>Blue fabric</p>
 <p>Or if on Zoom, prepare a PowerPoint of images (cloud, flame, horses, blue fabric) from the story</p>	 <p>Puppet</p>	 <p>Two large items that can squash the puppet (only if using Zoom)</p>	 <p>'Jesus' label (only if doing the game in a physical space)</p>	





## The Story:

There are several ways to explain or watch the story of the Exodus:

- On YouTube, do a search for 'The Israelites Escape Egypt' and many videos will come up – the God Story videos are excellent
- Alternatively, download the 'Superbook' app. This is an online children's Bible with a host of extras such as games and activities
- Read 'The Red Sea' from *The Beginner's Bible* and use basic props to retell the story. Props and ideas to bring the story to life could include:
  - Paper cloud that the children can get in a line behind and follow
  - Paper fire flame
  - A few leaders could pretend to be Egyptians on chariots and chase the children
- Use two pieces of blue fabric that part as 'Moses' raises his staff and have the children walk through

### Zoom Tweaks

*If on Zoom, prepare a PowerPoint using relevant images and read the story*

*OR use props as you read the story to the screen*

### Application:

- Use a soft, cute puppet to illustrate the story below. This script lends itself to a small black mole with a Welsh accent but any puppet or accent can work. Just amend the script so that the puppet ends up stuck in the mud
- Actions for children to follow are in brackets

**Adult:** Hey everyone. Can I introduce you to my friend, Moley? He is really soft and really helpful. He is a mole.

**Moley:** Hello everyone (*allow children to stroke him, gently smooth the cheeks of babies or reticent children*)

**Adult:** Moley, last night I was in bed and I felt really stuck – like this! (*Freeze on spot. Allow children to wriggle and freeze when you say stuck a few times*). I wanted to play with my Paw Patrol toys but Mum said I had to sleep. I felt really stuck and I didn't like it!

**Moley:** Well I am a mole and I am always under the ground in mud! I get stuck LOTS of times (*get children again to wriggle and freeze on your mark*)

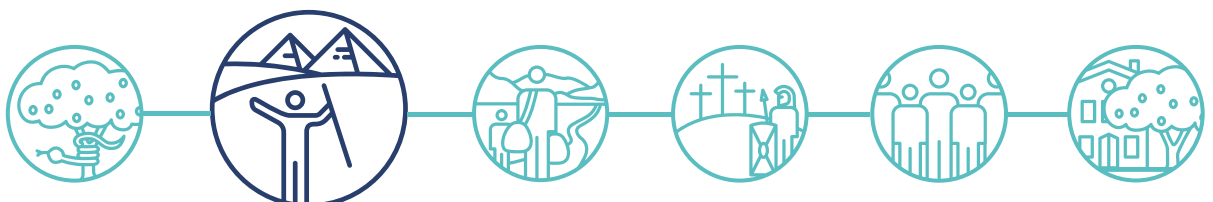
**Adult:** URGH! You live in mud?!

**Moley:** I do!

**Adult:** Did you ever get REALLY stuck?

**Moley:** Oh yes. One day I popped out of the ground but found myself stuck between two stones (*prime two other people to wedge themselves either side of you. Zoom Tweak: wedge your puppet between two objects you have to hand in the house*). I was so stuck. I couldn't go up (*allow children to stand*) and I couldn't go down (*bend*).

**Adult:** How did you get unstuck?





## The Story: (continued)

**Moley:** Well, I remembered that my best friend Jesus is always with me. Then I remembered that with Jesus I am NEVER stuck.

**Adult:** So, what did you do?

**Moley:** I said 'Jesus can you help me? I am never stuck with you.' Next thing I know, Badger came along and bumped one of the rocks with his bottom and it fell out of the way! (*Leader to the left of you falls.*  
**Zoom Tweak:** *discard the object to the left*). I wasn't stuck any more.

**Adult:** Wow! You are never stuck with Jesus.

**Moley:** Never!

**Adult:** Thanks, Moley – I won't forget that. Shall we all say goodbye to Moley?  
(*encourage children to say 'bye'*)

## Game

Encourage the children to run away from you. Once tagged by a leader, they must freeze as if stuck. Another leader wears a sign that says 'Jesus' – when they touch the child, the child is unstuck and free to run again.

**Zoom Tweaks** – *If playing this via Zoom, tweak as follows:*

- Nominate a child or leader who is 'on it'
- Other children can move around very quickly in their space on the screen
- The 'on it' child watches and calls a name and follows it with 'FREEZE' (e.g. 'Sally, freeze')
- Sally must then freeze and stop moving
- The leader facilitating the session can then call 'Sally, Jesus says un-freeze'
- The game can continue for as long as you need

## Prayer

Ask children to do five star jumps. Encourage them to throw their arms and legs as wide as they can. As they star jump, each time say to God ...

*'Thank you Jesus for setting us free. Amen'*

### **A prayer to pray together at the end of this session**

*Dear Jesus, thank you so much that we are never stuck when we are with you. Thank you that even if we are scared or sad, you can do amazing things to make sure we are free. Thank you for even parting a whole sea in two to save your people. You are an amazing God. Amen.*

