


Worldwide Ministries
Great Lakes Region



Passport

**Preschool
Lesson #3**

To Adventure

A Biblical Journey of Self Discovery: Hebrew Scriptures, Vol 1

Passport To Adventure

Age Group: Preschool, 3 to 5 years old

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Welcome

**“There is meaning in every journey that is unknown to the traveler.”
Dietrich Bonhoeffer**

Introduction

- This curriculum is based on the Hebrew Scriptures, beginning with *The Creation Story* and ending with *Moses Parts the Red Sea*.
- It is divided into 12 units of study.
- There are 4 lessons within each of the 12 units, one for each of the groups listed below:
 - ✧ Preschool/Kindergarten, 3 to 5 years
 - ✧ Elementary, 1st to 3rd grade
 - ✧ Tweens, 4th & 5th grade & Uniteens, 6th to 8th grade
 - ✧ Y.O.U., 9th to 12th grade
- The lessons are designed to stand alone or to be offered in a series.
- All lessons are offered as a download only.
- The lessons are available for individual purchase so you can buy only those age groups you are currently serving in your ministry.

Program Overview

Focus of this material:

This material invites our children and teens to step out in faith and to consciously undertake a Spiritual journey. As with an journey, we first have to get, “The Big Divine Idea.” But we cannot stop there. We must know and understand the steps needed to bring an idea into manifestation. We must be willing to leave home or what we are familiar with in order to bring about Spiritual growth. Along the way we meet some interesting characters that invite us to look within and heal what needs to be healed. As with any new undertaking, our faith is sure to be tested. But, if we are willing to move forward with faith, strength and courage, our efforts will be rewarded with renewed Spiritual understanding. And, we just may discover something magnificent about ourselves!

Each week’s lesson include:

- Lesson Objectives
 - ✧ Issue to Explore
 - ✧ Spiritual Principles to Explore
 - ✧ What Students Will Gain From the Lesson
- Complete Supply Lists
- Sacred Circle Connecting Activities
- Story
 - ✧ Bible Story or Storybook That Reflects the Bible Story
 - ✧ Story Focus & Interpretation
 - ✧ Discussion Questions
- 2 Age Appropriate Creative Activities
- Parent Letter: The parent letter is the same for each lesson in the unit.

Managing Our Emotions

Lesson 3 Preschool

The intention of this lesson is to explore tools that help us manage our emotions in positive ways.

Lesson Objectives

Issue to Explore

Sometimes we allow our fears to rule our lives.

Spiritual Principles to Explore

- Spirit is present in every choice we make.
- There is always a consequence of our choices.
- Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

The children will:

- Explore a story that reflects an issue found in the story of Cain & Abel.
- Explore the affect of a choice made.
- Explore ways to manage their emotions and choices.

What You Will Need...

Book

- Mr. Grumpy*, by Roger Hangreaves

Supplies

- Paper people shapes, see page 10 & 11
- Markers
- Stickers with positive words
- Sequins
- Glue sticks

Sacred Circle

Lesson

3

Preschool

Ages
3 to 5

Transition

Invite the children to pretend to be their favorite animal and either hop, crawl, jump to the circle.

Circle Set Up

Invite the children to help set up the circle and turn on the candle.

Items to possibly include:

- Cloth
- Electric Candle
- Love Offering Box
- Safe Keeping Box
- Small Hearts

Greetings

Make eye contact with each child, sharing with them how glad you are that they are here today. Invite them to put their hand on their heart and feel the love that is there.

Safe Keeping

Invite each child to select a heart and hold it in their hand. Let them know that you are here to keep them safe. Invite them to place their heart in the Safe Keeping box where you will watch over it all throughout the class today.

Centering Breath

Choose one of the following:

- Breathe through your heart: imagine that your breath is going in and out through your heart.
- Be a Balloon: pump up like a balloon and then release.
- Be a Drain: tighten all muscles, hold and then release.

Offering & Blessing:

Provide an opportunity for the children to give a love offering. It can be money or anything they would like to see multiplied in the world. Use a short age-appropriate blessing.

Celebrations

Invite the children to share something they would like to celebrate. Use noise makers or pom-poms to cheer after each celebration.

Story

Lesson

3

Preschool

Ages
3 to 5

“Mr. Grumpy” By Roger Hargreaves

This is a story about the experiences of a grumpy man.

Story Focus/Interpretation

When have the power to choose our feelings.

Discussion Questions

Tell the story by showing the pictures and shortening the text. It would be fun to make it a dramatic reading.

- What was Mr. Grumpy doing?
- What made him grumpy?
- What happened to Mr. Happy’s foot?
- How did he respond to this?
- What was the plan to help Mr. Grumpy change his ways?
- What did Mr. Tickle do?
- How does the story end?
- Which person do you want to be like?

Activity #1

Lesson

3

Preschool

Ages
3 to 5

Which Emotion is This?

Supplies

- None

Action

- Invite the children to stay in a circle.
- Tell them that you will yell out a feeling/quality and they are to act it out or make a face that reflects that feeling.
- Some feelings:
 - ✧ Happy
 - ✧ Sad
 - ✧ Mad
 - ✧ Grumpy
 - ✧ Hungry
 - ✧ Brave
 - ✧ Strong

Activity #2

Lesson

3

Preschool

Ages
3 to 5

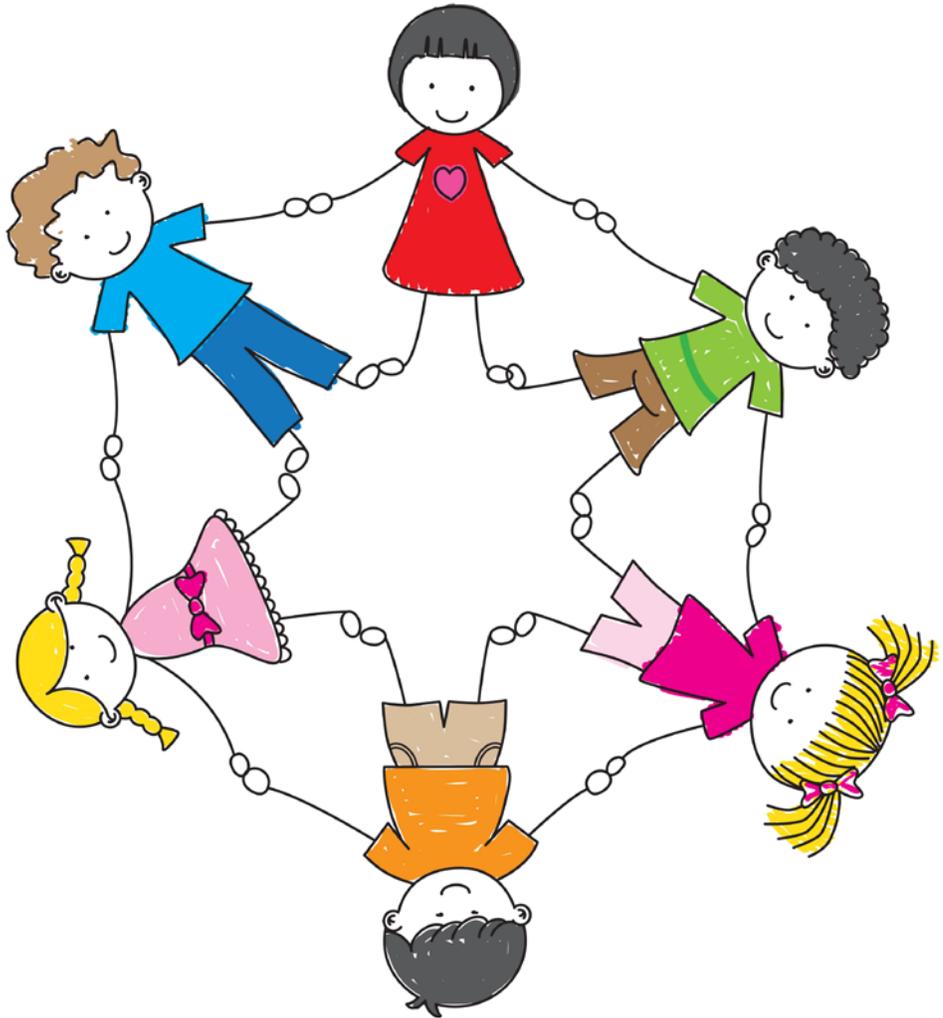
Creating Our World

Supplies

- Paper people shapes
- Markers
- Stickers with positive words
- Sequins
- Glue sticks

Activity

- Invite the children to create an image of them expressing an emotion.





Closing

Lesson 3

Share

Any creations from today.

Share one thing they learned today.

Commit

Say what they might do differently this week as a result of what they learned today.

Affirm

Share the Unity Principle of the day.

Pray

Say the Prayer for Protection or the Prayer of Faith.

Close with prayer of gratitude for something in the day or something in their lives: "I am grateful, God, for _____."

Further Reading and Exploration:

If this subject matter is interesting to you and you would like to explore more, check out the following links and publications:

Mysteries of Genesis by Charles Fillmore

Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.newthoughtlibrary.com/fillmoreCharles/MysteryOfGenesis/>

Metaphysical Bible Dictionary.

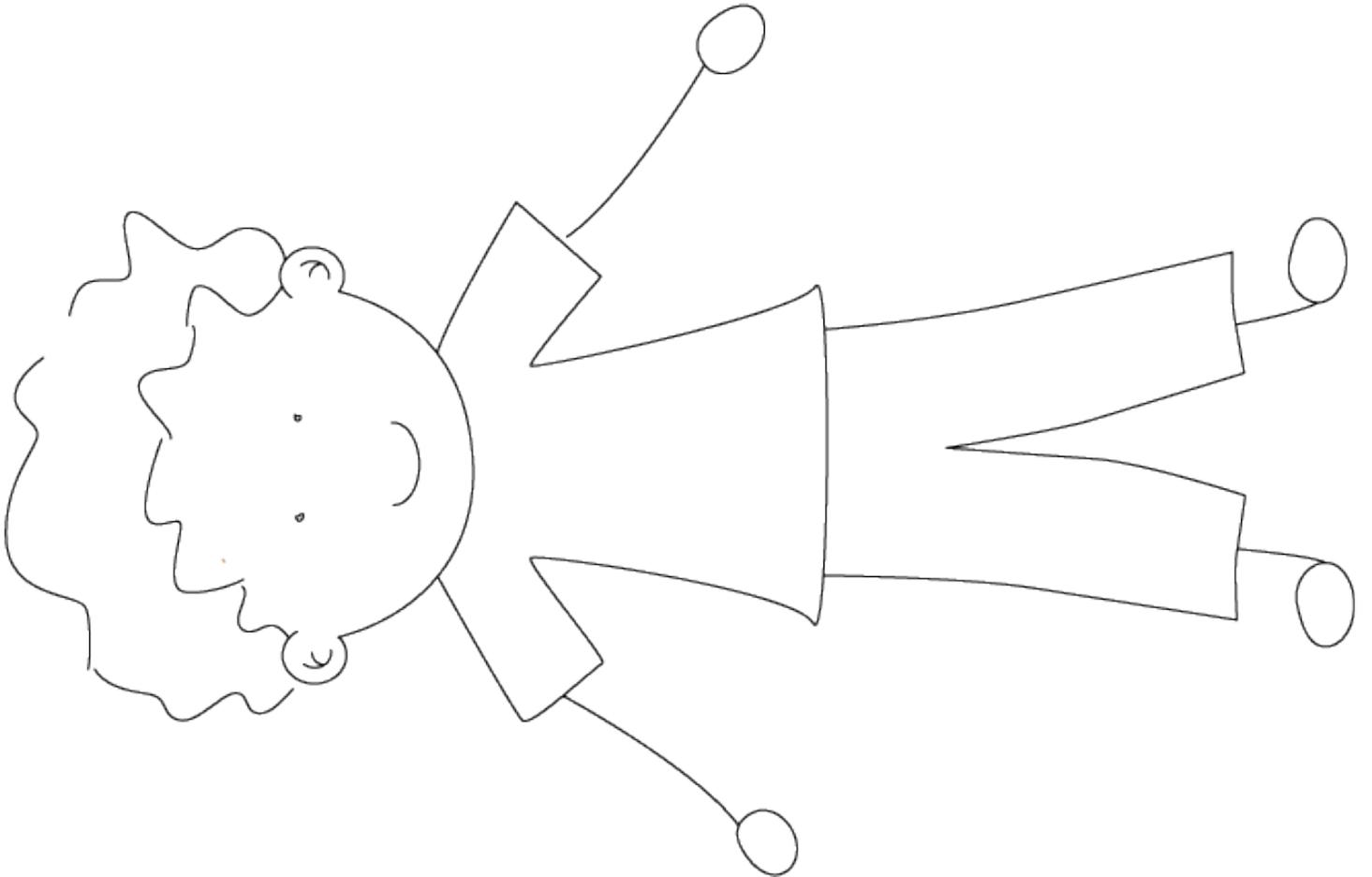
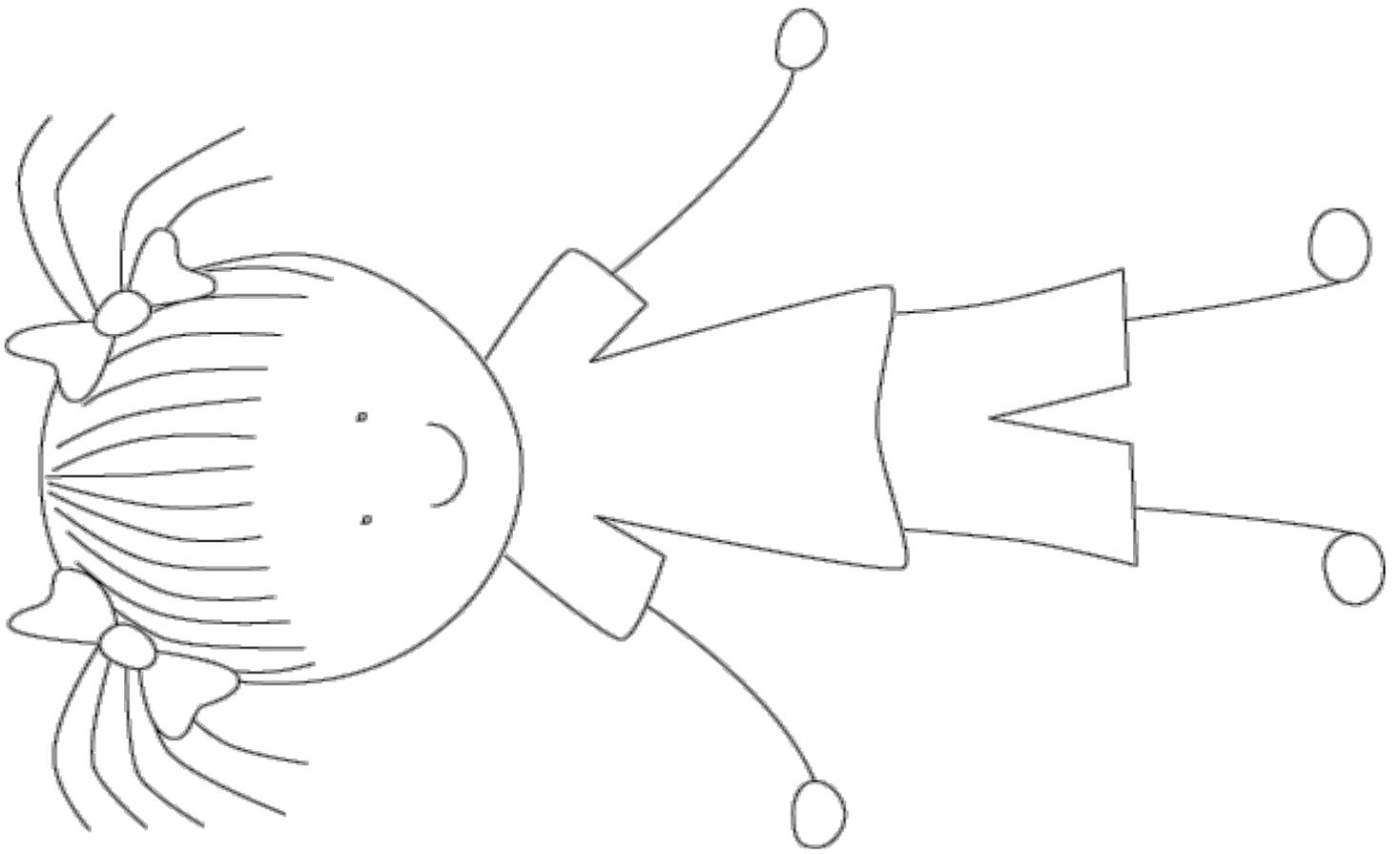
(Charles Fillmore Reference Library) Publisher: Unity Books (Unity School of Christianity)

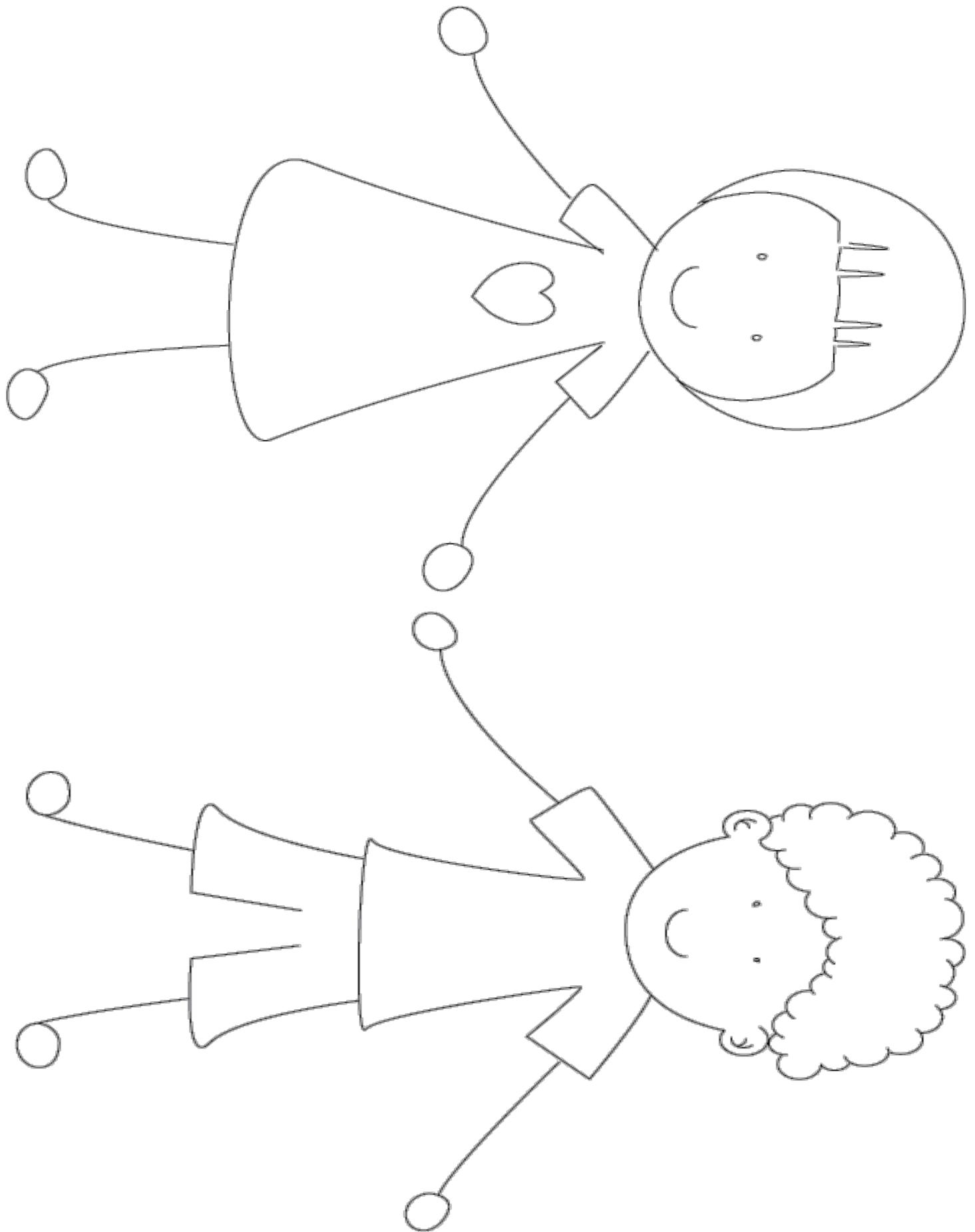
Access online at: <http://www.truthunity.net/texts/mbd>

Revealing Word.

(Charles Fillmore Reference Library) Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.truthunity.net/texts/rw>







Managing Our Emotions

The intention of this lesson is to explore tools that help us manage our emotions in positive ways.

Lesson Objectives

Issue to Explore

Sometimes unexpected events occur. How we choose to handle this affects our journey.

Spiritual Principles to Explore

- Spirit is present in every choice we make.
- The issues to explore during this lesson are integrity, making choices, and consequences based on the choices that one decided to make.
- Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

“Cain and Abel” Children’s Illustrated Bible, pgs 22-23

This is a story about two brothers and their complicated relationship.

Story Focus/Interpretation

Sometimes we encounter situations that cause our emotions to overrule our better judgment. At those times we must remember that we are as we face up to the consequences of our actions, we will be blessed in many ways.

Students will be able to understand the power of managing their emotions and how it affects the individual and their relationships.

Continue the exploration at home:

For Preschoolers:

- Ask them what they did today.
- Invite them to show you what they made and tell you all about it.

For Elementary Students:

- Ask them to tell you about the story and the choices the boy made.
- Invite them to share what they would have done.
- Ask them to show you what they did in class.

For Teens:

Ask them:

- What impact do your emotions have on your life?
- What are some ways emotions can be managed?
- What are some Unity tools that help us to manage our feelings and emotions?
- Invite the Tweens/Uniteens to share their mantra word with you.

For Further Reading & Exploration

Mysteries of Genesis by Charles Fillmore

Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.newthoughtlibrary.com/fillmoreCharles/MysteryOfGenesis/>

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