

Be Careful What You Say

PRESCHOOL LESSON PLAN

Theme: Be careful what you say. Words can hurt or encourage.

Scripture: Psalms 34:13

Memory Verse: Keep your tongue from evil and your lips from telling lies. - Psalm 34:13

The Children's Sermon

Hello, little friends! Today, we're going to talk about something very, very important. It's about how we use our words. Words are very powerful. They can make someone's day brighter or they can hurt someone's feelings. That's why we need to choose Kind Words and Encourage each other.

Let's pretend we have two pumpkins here. One is a happy pumpkin and the other is a grumpy pumpkin. The happy pumpkin always uses Kind Words and Encouragement. The grumpy pumpkin uses words that are not so nice.

For example, if someone is trying to do a job and it's a bit hard for them, the grumpy pumpkin might say, "That job you're doing is so easy. You must be a wimp if you can't do it." That's not very nice, is it? But the happy pumpkin would say, "May I help you with that job? It's always easier when two people work together." That's much nicer and helpful!

Sometimes, we all need a little time alone. The grumpy pumpkin might say, "Go away and leave me alone," in a mean way. But the happy pumpkin knows there's a nicer way to say it, like, "May I please be alone for a while? We can talk later."

I think that does a good job of showing how much nicer it is to say a kind word. I'm sure you would agree that having your feelings hurt is not the way you would want to be treated. You need to remember how you would feel when you say something hurtful to someone else.

Now, let's talk about someone very special. Who was the only "Perfect Pumpkin" that God created? That's right, JESUS! Jesus is the only one who was perfect and always used Kind Words and Encouragement. But, since we are not perfect like Jesus, sometimes we might say something we shouldn't.

When that happens, it's important to say sorry. Saying sorry is like giving your words a big, warm hug. It helps heal the hurt we might have caused. And always, we should ask God to forgive us and help us use Kind Words and Encouragement next time.

Now, let's imagine how our world would look if everyone used Kind Words and Encouragement. Maybe, at school, you see someone sitting alone. You can use your kind words to invite them to play with you. Or maybe, your friend is sad because they didn't do well on a test. You can encourage them by saying, "It's okay, you'll do better next time. I believe in you!"

Kind Words and Encouragement are like magic. They can turn a bad day into a good one. They can make someone feel loved and important. And the best part? Kind Words and Encouragement don't cost anything. We can give them out to everyone we meet, and it will make the world a happier place.

Remember, every time you use Kind Words and Encouragement, you're being a little light in the world, just like Jesus wants us to be. You never know how much your kind words can mean to someone. Maybe, just maybe, your words are the only kind ones they hear that day. So, let's make a promise to use our words to help, not hurt.

Let's practice right now. Turn to the person next to you and give them a compliment or say something encouraging. See? Doesn't that make you feel good too? When we use Kind Words and Encouragement, it's like a boomerang. It comes back to us in the form of happiness and joy.

So, my dear friends, let's fill our days with Kind Words and Encouragement. Let's be like the happy pumpkin, spreading joy and love everywhere we go. And when we make a mistake, let's remember to say sorry and ask for forgiveness.

Pray: Dear God, help us to always remember the power of our words. Guide us to use our words to show Your love to others. Thank you for giving us the ability to speak and to use our words for good. Help us to be like Jesus, using Kind Words and Encouragement to brighten the world around us. Amen.

Bible Memory Verse

Keep your tongue from evil and your lips from telling lies. -

Psalm 34:13

You Will Need:

- Construction paper
- Markers or crayons
- Scissors

-Stickers (optional)

Get Ready:

-Cut the construction paper into large, mouth-shaped pieces.

-Write the memory verse on a separate piece of paper or a whiteboard where all the children can see it.

Do This:

1. Give each child a mouth-shaped piece of construction paper and markers or crayons.

Explain that our mouths can say things that are kind and true or things that are not nice and untrue. Today, we're going to think about using our words to say good things.

2. Ask the children to think of kind words or phrases they can say to others (like 'please,' 'thank you,' 'you're a good friend,' etc.) and draw or write them inside the mouth shape. If they're too young to write, they can draw pictures or you can help write the words for them.

3. Once everyone has finished, go around the room and let each child share one kind word or phrase from their paper. Encourage them to use these words in their daily lives to make others happy. You can also decorate the mouth shapes with stickers as a fun way to personalize their project.

Bible Interactive Experience

You'll Need:

- Colorful construction paper
- Markers or crayons
- Scissors (for teacher use only)
- Glue sticks
- Cotton balls

Get Ready:

- Cut out large speech bubble shapes from the construction paper ahead of time.
- Write simple, kind phrases on some speech bubbles and not-so-kind phrases on others (ensure these are age-appropriate and very mild, as the concept is to teach, not upset).

Do this:

1. Show the children the speech bubbles with kind phrases and explain how these words can make someone feel happy and loved. Let each child choose one and decorate it with markers, crayons, and cotton balls.
2. Discuss the speech bubbles with not-so-kind phrases (without focusing too much on negativity), explaining that words can also hurt feelings. Instead of decorating these, talk about what we could say instead that is kind and encouraging, rewriting the phrases on new speech bubbles.
3. Conclude by encouraging the children to say something kind to the person next to them, using ideas from the kind speech bubbles they decorated. Remind them that just like in Psalms 34:13, we should keep our tongues from saying bad things and instead say things that are nice.

Snack Activity: Sweet Words Fruit Salad

You'll Need:

- Various fruits (such as grapes, strawberries, bananas, and apples)
- Child-safe knives
- Large mixing bowl

Get Ready: Wash all the fruits and set them on a clean workspace.

Do this:

1. Help the children use the child-safe knives to cut the fruits into small, bite-sized pieces. Explain that just like we are cutting the fruit into smaller pieces, we should also choose our words carefully to make sure they are good and kind.
2. As the children add their cut fruits to the mixing bowl, encourage them to say something kind or encouraging about someone else in the group. Share how sweet words make others feel good, just like how sweet fruit can make our taste buds happy.
3. Once all the fruit is mixed together, serve the fruit salad to the children. Remind them that Psalms 34:13 teaches us to keep our tongue from evil and our lips from speaking deceit, encouraging them to always use words that are as sweet and uplifting as the fruit salad they are enjoying.

Game Activity: Encouragement Garden

You'll Need:

- A large piece of green poster paper (the garden)
- Flower stickers or cutouts
- Markers

Get Ready: Draw a simple garden layout on the green poster paper, including spots for flowers to be 'planted'. Write simple, encouraging phrases on each flower sticker or cutout, like 'You're kind', 'Great sharing', or 'Good helper'.

Do this:

1. Gather the children and explain that our words can be like seeds that grow into beautiful flowers or weeds. Encouraging words make our garden beautiful, but hurtful words can make it look sad.

2. Let each child pick a flower sticker or cutout after they share something nice about another person in the room. Guide them to think of kind words if they're struggling.
3. Have them 'plant' their flower in the garden by sticking or placing it onto the poster paper. Watch as your Encouragement Garden grows with kind words and phrases.

Craft Activity: Kind Words Flower

You'll Need:

- Colorful construction paper
- Scissors (to be used by the teacher or with adult supervision)
- Glue stick
- Markers or crayons
- Popsicle sticks

Get Ready: Cut out flower petal shapes from the colorful construction paper. Prepare enough petals for each child to have several. Also, cut out circle shapes for the center of the flowers.

Do this:

1. Have each child choose a few flower petals and one circle. Explain that the circle is like our heart, and the petals represent our words.
2. Ask the children to think of kind words or phrases and write them on the petals with the markers or crayons. For younger children, the teacher can write the words as the children say them.
3. Glue the petals around the edge of the circle to create a flower. Then, attach the flower to a popsicle stick to create a stem. Discuss how our kind words can make someone's heart (the circle) happy and beautiful, just like the flower they created.

Prayer Activity: Kind Words Circle

Do this:

1. Have kids sit in a circle.
2. Have each kid turn to the kid on the left and say something kind to that person (example: a compliment or a good wish for the day)
2. Praying together, asking God to help us use our words to encourage and build each other up.