

STEP ONE: Watch the EC video at [hillsideonline.com/kids](http://hillsideonline.com/kids)

STEP TWO: Repeat the verse twice with the motions!

“Great  
(jazz hands up)

is the Lord  
(point up)

and mighty in power.”  
(hands on hips)

Psalm 147:5  
(open hands like a book)

STEP THREE: Have fun with the activity "This or That?"

**What you need:**  
Throw pillow

**What you do:**  
Put the throw pillow in the middle of an open area. Call out two different choices from the list below and point to the left or right of the pillow. Encourage your child to jump to the side of the pillow according to their choice. Jump back in line with the pillow between each set of choices.

Choices:

- Dump truck or digger
- Chocolate ice cream or vanilla ice cream
- Dog or cat
- Cold weather or hot weather
- Blocks or puzzles
- Bike or scooter
- Hamburgers or pizza
- Green or yellow
- Blue or red
- Basketball or soccer

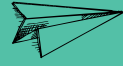
Say, "I have a fun game for us to play. Stand in line with this pillow. I will call out two things for you to choose between and point to one side or the other. Choose your favorite and jump to that side. I'll give you an example. (*Point to the left side of the pillow.*) Summer or (*Point to the right side of the pillow.*) winter. Which would you choose to be in? What's your favorite? Summer or winter? (*Pause.*) Great job! Jump back in line with the pillow, and let's keep going. (*Continue with different choices and repeat if desired.*)

That was fun! We make choices each and every day. In our Bible story, we heard about someone who had a BIG choice to make. What was his name? (*Pause.*) Yes, Daniel. God's power helped Daniel make the right choice, and God's power can help us make the right choice too. So, when I ask, 'Who is powerful?', I want you to say, 'God is powerful.' **Who is powerful? God is powerful!** Yay! God is powerful!

STEP FOUR: Pray together as a family!

"Dear God, thank You for the story of Daniel and how You helped him make the right choice, even when it was hard. You are SO powerful, God. Thanks for helping us make the right choice, too. In Jesus' name we pray, amen."

STEP FIVE: Draw a picture of a vegetable.



STEP SIX: Daniel knew the right choice was following God's rules, so he chose to eat the right food.