

STEP ONE: Watch the EC video at hillsideonline.com/kids

STEP TWO: Repeat the verse twice with the motions!

"I will give thanks
(thumbs to chest)

to the Lord
(point up)

with my whole heart."
(hands over heart)

Psalm 111:1
(open hands like a book)

STEP THREE: Have fun with the activity "Fun Food".

What you need:

Small squares of paper and a towel

What you do:

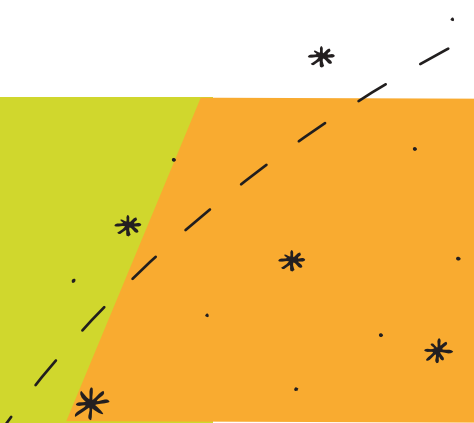
Lay the towel flat on the floor. Place the small pieces of paper on top of the towel to represent manna. Ask your child to stand on one side of the towel while you stand on the other side. Together, lift the towel. Invite your child to shake their arms so the towel moves very fast. Encourage them to try to bounce the manna. Replace the "food" and repeat several times.

Say, "God gave food to the people in our Bible story. He put the manna for them on the ground. Let's pretend the paper on our towel is like the manna in our story. Let's shake our towel and bounce our food high so we can thank God for our food. Awesome job! We can thank God for EVERYTHING! **Who can you thank for everything? I can thank God for everything!**"

*the Bible reference for this week is Exodus 16.

STEP FOUR: Pray together as a family!

"Dear God, You are big, awesome, and wonderful God. Thank You for giving the Israelites the food they needed each day in the desert. Thank You for giving us what we need, too. Thank you for always loving us. In Jesus' name we pray, amen."





STEP FIVE: Draw a picture of food.

STEP SIX: God gave Moses and the people what they needed when He gave them food to eat. We can thank God for our food. We can thank God for everything. "I will give thanks to the Lord with my whole heart." Psalm 111:1