

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

STEP TWO: Repeat the verse twice with the motions!

"A friend

*(hook your pointer fingers together)*

loves

*(hug yourself)*

at all times."

*(stretch your arms out and turn in a circle)*

Proverbs 17:17

*(open hands like a book)*

STEP THREE: Have fun with the activity "Time!"

**What you need:**

Cell phone or kitchen timer

**What you do:**

Set the timer for 10 seconds. Have your child lie on the floor and wait for the timer to go off. When the timer goes off, instruct them to jump up and do an activity. When the activity is done, ask the children to lie back down. Reset the timer. Repeat with another activity. Activities are: Jumping jacks, spin, hop on one foot, clap, and touch toes. Repeat as desired.

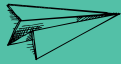
Say "We're going to spend time together doing something super-fun. Lie on the floor and be very still. I will set the timer. (Hold up.) When you hear the timer go off, jump up and clap your hands. Are you ready? Nice job! It's time to do another one! This time when you jump up, let's do jumping jacks! (Continue with other movements.)"

That was so much fun spending time playing this game. Today, we heard about someone who wants to spend time with us. Do you remember who it is? (Pause.) Yes! It's Jesus. Jesus wants to spend time with us. We can spend time with Jesus when we pray, when we sing and dance to our praise songs, and when we read our Bible. Jesus loves you and wants to be your friend forever. Jesus wants to spend time with you. Who loves you? Jesus loves me."

STEP FOUR: Pray together as a family!

"Dear God, it is an amazing feeling knowing that Jesus loves us and wants to spend time with us. Jesus really is the best friend we could ever have. Thank You that we can spend time with Jesus anywhere. I pray we will remember that wherever we are, we can stop and spend time with Jesus. We love You, God. In Jesus' name, amen."

STEP FIVE: Encourage your child to draw a picture of them dancing!



STEP SIX: Remind them that Jesus loves us and He likes it when we talk to Him, read our Bibles, sing songs to Him, and even dance with joy!