

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 "Parachute Helpers!"

**What you need:**

A towel

**What you do:**

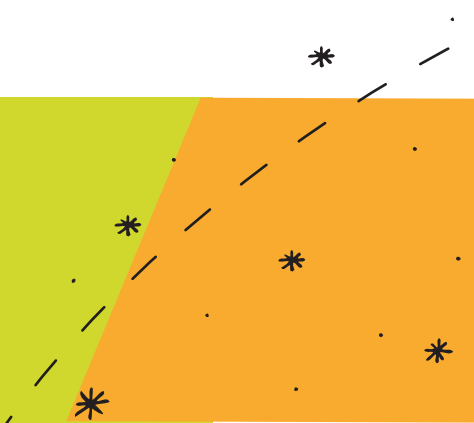
Lay the towel flat on the floor. Ask your child to stand at one end of the towel and you stand at the other end. Ask them to help you move the towel up and down and side to side by holding the corners of the towel with their hands. Have them help you make it go fast and go slow. Continue as long as there is interest.

Say, "Let's play a fun game. I need help! Can you come stand by this towel with me? I need help moving the towel up and down. Will you help me? Thank you! Now, can you help me move it side to side? Thank you! Can you help me move it up and down really fast? Great job! Now, can you help me move it really slow?"

Awesome job! You are such an amazing helper! Who helped the centurion in our story today? (Pause.) Yes, Jesus helped the centurion and made his servant all better. Jesus loves us so much, and He will always help us! Who loves you? Jesus loves me!"

STEP FOUR: Pray together as a family!

"Dear God, thank You for sending Jesus to help us. Thank You that Jesus is always with us, listening, and ready to help. Please remind us to ask Jesus for help when we need it. We believe Jesus can help us. We love You, God. In Jesus' name, amen."





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

STEP SIX: Remind them that Jesus has the power to help people. Jesus helped the Centurion's servant feel all better!