

**Song: The Helping Song**  
**Lesson 1—Experiencing the Story**

*(Sing to "This Old Man")*

I help you, you help me.  
 We're a helping family.  
 Helping, helping, sing a helping song.  
 Helping, helping, all day long.

**Song and Motions: The Growing Song**  
**Lesson 1—Experiencing the Story**

*(Tune: "Brother James, Are You Sleeping?")*

**I am growing.**



*Squat down.*

**I am growing.**



*Stand tall.*

**Yes, I am.**



*Nod head.*

**Yes, I am.**



*Nod head.*

**One time I was smaller.**



*Indicate height with hand.*

**Now I am much taller.**



*Raise hand.*

**Watch me grow.**



*Squat down.*

**Watch me grow.**



*Stand tall.*

*Repeat several times.*

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**Finger Play: A Family**  
**Lesson 1—Experiencing the Story**

Say: **Our family cooks food and cleans our house. Can you do these actions while we talk about our family? Watch me.**

**A family is the people**



*Clap hands.*

**God made to care for me.**



*Point to self.*

**We cook our food,**



*Stir.*

**We clean our house,**



*Sweep.*

**And everyone can see—**



*Raise hand to forehead.*

**We like to help each other**



*Spread arms wide.*

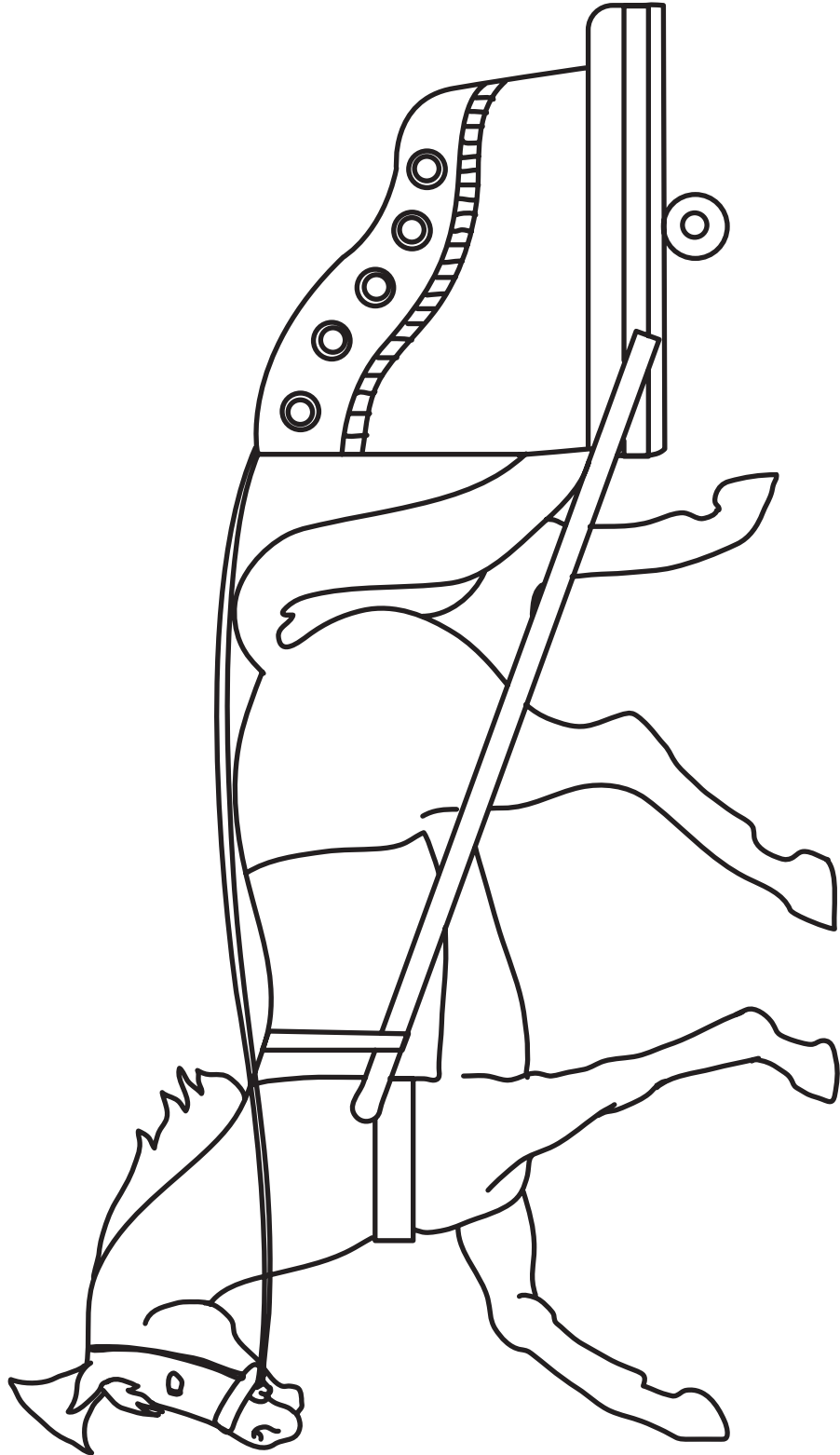
**Because we're family.**



*Clap.*

Say: **Will you be a helper too? Can you say "I will help"?**

**Make and Take: Chariot Pattern**  
Lesson 2 - Week 2

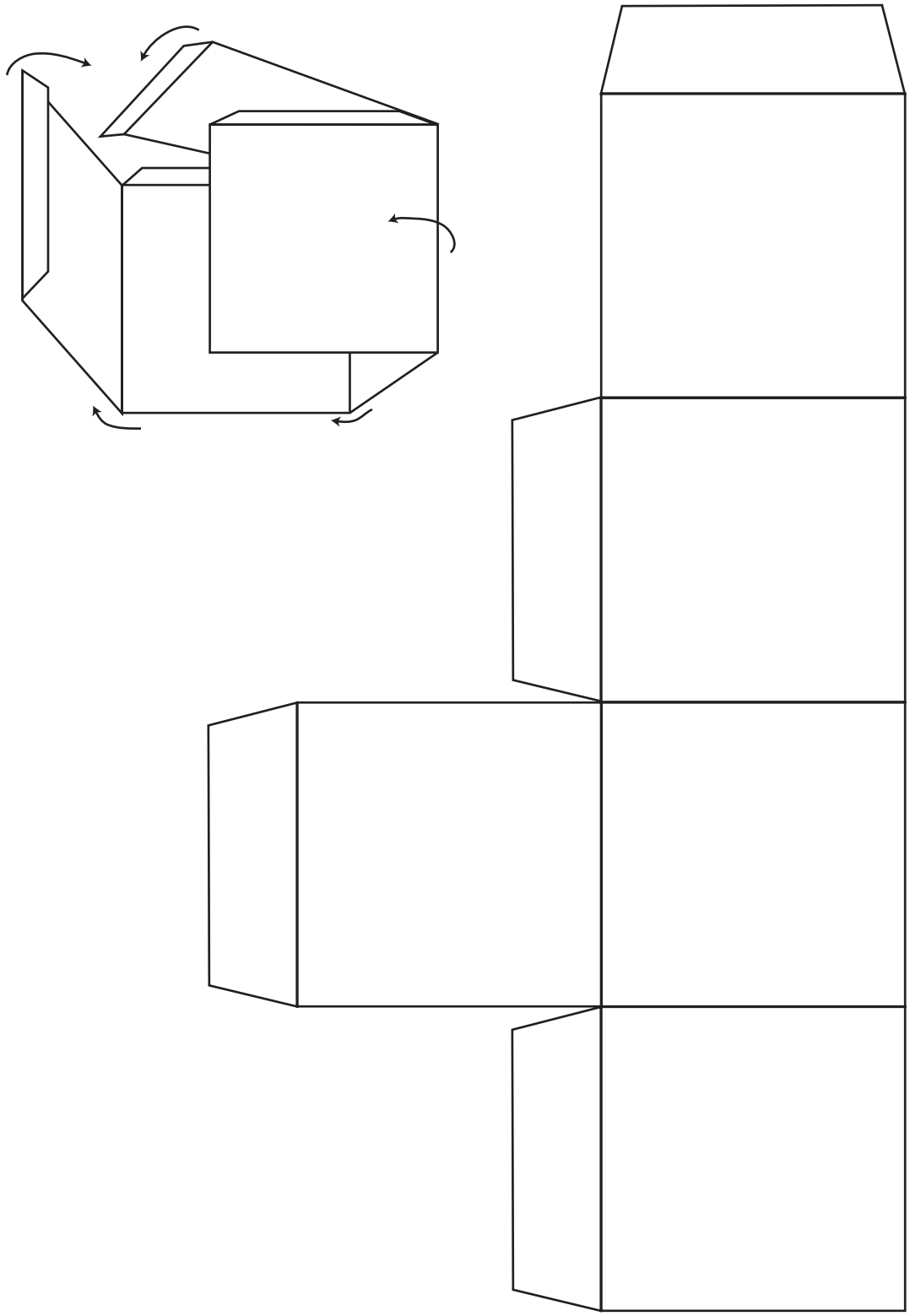


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**Make and Take: Captain Naaman**  
Lesson 2 - Week 4



**Make and Take: Basket in the Bulrushes**  
**Lesson 3 - Week 1**



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