

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"?**