



Bible Story
Aaron Helps Moses
(Exodus 17:8-13)

Remember This
"Give thanks to the Lord for
he is good." Psalm 107:1, NIV

Say This
Who is good?
God is good.

Hand Dots

What You Need: Blue and red circle stickers/markers

What You Do:

- Put one red sticker on your child's right hand and one blue sticker on your child's left hand.
- Encourage your child to hold up the hand with the red sticker then put it down.
- Have them hold up the hand with the blue sticker then put it down.
- Ask your child to hold both hands up. Talk about how tired their arms are from holding them up.

What You Say: "Well today in our Bible story, we'll hear why a man named Moses had to hold his arms up for a really long time."

Freeze Up and Down

What You Need: Music player and music.

What You Do:

- Have your child stand in front of you.
- Turn the music on and ask them to dance with their arms in the air.
- After about 10-15 seconds, turn off the music.
- Ask your child to stand very still or freeze and put their arms down.
- Repeat the activity several times in 10-15 second increments, joining in on the fun.

What You Say: "Whew! That was so much fun! My arms are very tired. Whose arms got tired in our story today? That's right. It was Moses. God gave him family to help him. Do you remember who it was? Yes, it was his brother, Aaron, and friend, Hur. God gave us family to help, too! God is good. Who is good? God is good!"

"Give thanks
to the Lord for
he is good."

PSALM 107:1, NIV

