

Esau

Trigger

Lentil Dish

Material

- Lentil dish
- Plates

Steps

1. Ask three children to come around a table.
2. Place the plate filled with lentils on the table.
3. At your signal, tell them to put as many lentils as possible on their plate by taking only one lentil at a time.
4. Give them a minute to run.
5. The winner is the one with the most lentils on his plate.
6. Repeat as many times as you like.
7. They will refine their motor skills.
8. Make the connection with the story of the day.



Key Verse

Proverbs 1:7

Multimedia & Clips

Images

freebibleimages.org

Clip-YouTube

1. 5 Jacob and Esau
2. BIBLE STORIES | ESALI AND JACOB | KIDS SPECIAL BIBLE ANIMATED STORIES 2018
3. The Beginner's Bible Curriculum - Lesson 1

Object Lesson

This Is Esau

Material

- Bowl

Steps

1. Show the bowl in which Esau would have eaten.
2. Recite and mime the rhyme. Encourage the children to do the gestures with you.



Nursery Rhyme

- This is Esau, the little boy
- When he falls, he's grumpy
(Make a grumpy face.)
- Baby Jacob sometimes makes him angry.
(Mime an angry face.)
- Sometimes he looks sad
(Make a sad face.)
- Outside, Esau is happy
(Make a happy face.)
- We all look a little like Esau
(Make a big gesture to show all the children, then yourself.)
- This is how God made us
(Point to the sky.)

Songs

www.youtube.com/PhilippeChasse

- The B.I.B.L.E.
- Go Fish - Stories

The Heart of the Father

& Prayer

The Father always wants the best for you, he likes to see his children happy and joyful. But sometimes because you don't make the right decisions, you're miserable and sad. If I sow carrots (show the image of the seed), I will harvest carrots (show the carrot image). This is called the law of sowing and reaping. If I sow good things in my life, I'm going to reap good things.



But if I sow bad things, I'm going to reap bad things. If I sow anger around me by my actions, I will gather angry people around me. If I behave well, people are going to be happy and if I have a bad behavior, people will be sad around me. You have to learn at a young age to control your behaviour, it's not always easy, but the Father is there to help you.

Activity: The law of sowing and reaping

Show children pictures of good and bad behaviours and ask them what the consequence of the behaviour will be.

For example: a child screaming, a child pushing, a child laughing, a child sharing, etc

Craft

Lentil Soup

Material

- Black cardboard
- Textured cardboard
- Glue
- Lentils
- Scissors



Steps

1. Hand out a black cardboard to the children and tell them to draw the form of a soup pot and then to cut it out.
2. Then ask them to glue the soup pot on the textured cardboard.
3. Ask the children to glue lentils over the soup pot using the glue.

Optional

You can also print the verse and glue it at the top of the soup pot.

Activity

Find The Animal For Esau

Material

- Toy animals (of different colours)
- Paper bags
- Pencils



Steps

1. When preparing, choose colours that match the colour of an animal. Use a coloured pencil to colour a small section of the paper bag. Use another colour to colour another small section so that the bag has several colours matching the different animals. Prepare enough bags for every child to have one.
2. Before the children arrive, hide the animals in the room. Make sure you have enough animals for each child to find.
3. Give each child a coloured paper bag.
4. Ask the children to find the animals and place them on the corresponding colour on their bag.
5. Once finished, tell them to put all the animals in their bags.

Physical Activity

Bow And Arrows

Material (for the game)

- Bow
- Targets
- Ribbon or string



Steps (for the game)

1. Place the targets standing at one end of the room.
2. Place a starting line that children should not cross.
3. Ask a child to stand on the line and try to hit the target with the arrow using the bow.
4. You can buy a bow and arrows at the store or you can make one with the following instructions.

Material (to make bow and arrows)

- 1 pool noodle (pool fries)
- String
- Sharp knife
- Wooden skewer
- Ribbon



- Scissors

Steps (to make bow and arrows)

1. Using a sharp knife (adult only), cut a 28-inch (71 cm) long pool noodle for the bow.
2. Cut a piece of string about 48 inches (1.20 m) long.
3. Tie one end of the string to a skewer and pass it through one end of the arc, about an inch (2.50 cm) from the end of the noodle (fried). Tie this end.
4. Repeat with the other end of the arc. Pull on the string to make a good bow that looks like the bow in our picture. The string should be stretched. Secure the end.
5. Now cut the other part of the noodle in half lengthwise, with the knife.
6. From each half, cut a thin arrow about 17" (43 cm) long, forming a sharp arrow at one end.
7. Make a small "V" at the flat end of the arrow, so that the arrow rests on the string for shooting.

Snack

Esau's Soup

Material

- Chicken noodle soup
- Styrofoam cups (plastic)
- Plastic spoons
- Pot (for the transport to the church)

Steps

1. Prepare the snack before class.
2. Write "Esau's Soup" on the Styrofoam cups you need.
3. Cook chicken noodle soup.
4. Once ready, pour it into a slow cooker or pot so you can transport it to church.
5. When you arrive at church, pour the soup into the cups for the children.
6. Teach them that Esau sold his birthright for a bowl of soup.

