

# January Creation

## Learn what God made on day 5.

**Day 5 Second Part**—Then God said, Let the waters abound with an abundance of the living creatures, and let birds fly above the earth across the face of the firmament of the heavens. So God created great sea creatures, and every living thing that moves, with which the waters abounded, according to their kind, and every winged bird according to its kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let birds multiply on the earth. And the evening and the morning were the fifth day. Genesis 1:20-23

(Use the appropriate pieces for today's lesson.) Remember that when we left off the last time, we were resting on the beach waiting to see if God had any more plans for the day. We wait and listen. Soon we hear God saying, "Let birds fly above the earth across the face of the firmament of the heavens."

Then, what a marvelous sight! Just look at them! Hundreds and thousands of birds of every size and color soaring high in the sky, flapping their wings and swooping down low. Some birds are perched in the trees and others are walking on the ground. They are enjoying their first day of living. Listen! What do you hear? The silence is broken at last. From everywhere comes the sound of singing. The birds are singing! The air is filled with their lovely songs. From far away and near by, birds are singing everywhere. What wonderful harmony. I close my eyes and just listen for awhile. When I look around, I see robins and sparrows, hawks and eagles. And over there I see chickens, turkeys and geese. In the trees, there are beautiful parrots with brilliant colors. There's a funny looking bird, I think it's an ostrich. On one of the lakes, there are beautiful white swans swimming with every variety of ducks. I hear the doves cooing, and the crows cawing. Down by the beach there are sea gulls and pelicans. We sit on the beach watching the sun go down, and as the birds begin to go to sleep, the world gets quiet once again. The evening and the morning were the fifth day! We will learn more about creation next time. Let's now learn about one of God's creatures.



## Teaching Aids Needed:

Large Creation Circle set;

# January Animal

## Learn: What features make a fish? Part 2

Lets look at the special features that make a fish.

### 1. Fish have fins.

Fins give a fish control over its movements by directing thrust, supplying lift and even acting as brakes. A fish must control its pitch, yaw, and roll.

Caudal fin-- provides thrust, and control the fishes direction

Pectorals-- act mostly as rudders and hydroplanes to control yaw and pitch. Also act as very important brakes by causing drag.

Pelvic fins-- mostly controls pitch

Dorsal/anal-- control roll

### 2. Fish have gills to breathe underwater.

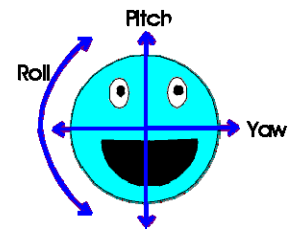
All animals breathe oxygen--even fish, who never leave the water. They don't have lungs to breathe like we do; instead, they breathe through their gills. First the fish swallows water through its mouth. Then the water flows over the gills. The gills take the oxygen from the water. The oxygen is absorbed into the blood stream of the fish.

### 3. Fish are cold-blooded.

Fish take on the temperature of their surroundings, unlike us who have a constant body temperature. They are warm when the water is warm and cold when the water is cold. Fish are much more active in warm water and are slower in cold water. They can control the temperature by coming close to the surface to be in warmer water, or swimming deeper to find the colder water.

### 4. Fish often have scales.

The reason fish have scales is to protect their bodies. If a fish has no scales, their bodies may be protected in other ways.



Let's have a little quiz and see if you can identify the fish using the special features you have learned. Use the quiz sheet showing different pictures of mammals, birds, fish, reptiles and amphibians. Help the children pick out the fish.

### Teaching Aids Needed:

Quiz sheet (Optional-Pictures of animals)

# January

## Animal-circle The Fish



# January Award Time

## Things that Grow 1,2,3,4, 10

### 1. Where does all life come from?

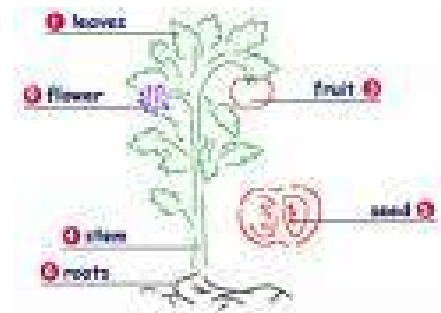
"In the beginning God created the heaven and the earth" Genesis 1:1  
All life comes from God.

### 2. On what day did God make plants?

**Day 3**-Then God said, Let the waters under the heavens be gathered together into one place, and let the dry land appear: and it was so. And God called the dry land Earth; and the gathering together of the waters He called Seas: and God saw that it was good. Then God said, Let the earth bring forth grass, the herb that yields seed, and the fruit tree that yields fruit according to its kind, whose seed is in itself, on the earth: and it was so. And the earth brought forth grass, the herb that yields seed according to its kind, and the tree that yields fruit, whose seed is in itself, according to its kind: and God saw that it was good. So the evening and the morning were the third day. Genesis 1:9-13

### 3. Learn the parts of a plant.\*

See chart to the right.



### 4. From what do plants grow?

Plants grow from seeds. A seed is a packaged little plant with food around it (endosperm) and a covering protecting it (seed coat).



### 10. Measure your height and weight.

If there is time you can do this in class. Otherwise, the parents can do this at home.

**Teaching Aids Needed:**

# January

## Healthy Foods

### Healthy Foods # 6, 10

#### 6. Name five foods from the Protein group.

Meats, Beans, Fish, Eggs and Nuts

These foods contain iron and lots of other important nutrients. You need protein to build muscles and grow. \* 4- to 8-year-olds need 3-4 ounce equivalents each day.

Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

Nut options are:

Walnuts, Almonds, Pecans, Cashew, peanuts etc.

Eggs:

Eggs can be eaten scrambled, fried or hard boiled

Seeds:

Sunflower seeds, pumpkin seeds, sesame seeds etc.

Dry beans

black beans, black-eyed peas, chickpeas (garbanzo beans), falafel, kidney beans, lentils, lima beans (mature), navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soy beans), and white beans

#### 10. Make a chart of the food groups putting in only foods you will eat.\*

Using the food stickers, put the fruits you will eat on your pyramid.

### Teaching Aids Needed:

Little Folks Felts—Food Groups

# January Memory Verse

Exodus 20:8,9

"Remember the Sabbath day, to keep it holy. Six days  
you shall labor and do all your work

The parent should have taught this verse at home.

Your job is just to test the verse.

## God's Gift

### 1. What is God's gift to us?

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

For God sent not his Son into the world to condemn the world; but that the world through him might be saved. John 3:16-17

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. Romans 6:23

### 2. Listen to a story about Jesus on the cross.\*

Read chapter 23 of The Story of Jesus

### Teaching Aids Needed:

Bible The Story of Jesus



