

February Creation

Learn what God made on day 6.

Day 6 First Part—Then God said, Let the earth bring forth the living creature according to its kind, cattle, and creeping thing, and beast of the earth each according to its kind: and it was so. And God made the beast of the earth according to its kind, and cattle according to its kind, and every thing that creeps upon the earth according to its kind: and God saw that it was good. Genesis 1:24-25

(Use the appropriate pieces for today's lesson.) As the morning dawns on the 6th day, the birds begin to wake up and sing. For a few short hours the birds and sea creatures have had the world for themselves. But now the 6th day has dawned, and God has more creating to do. I wonder what God is going to make today? We wait and listen. Soon we hear God's powerful, yet kind voice again, and what do you think He will say this time? He says, "Let the earth bring forth the living creatures according to its kind, cattle, and creeping thing, and beast of the earth each according to its kind." Suddenly, the world was full of animals. (Put up circle for Day 6) There are big ones and small ones. Bold ones and shy ones. Loud ones and quiet ones. A loud roar comes from the trees, and a great golden creature with a long hairy mane comes out unto the meadow. I recognize it. It's a lion! He has a mate with him, and they are exploring their surroundings. Look, there are some great big animals with long trunks taking a drink at the water's edge. I think they are called elephants. Yes, I see two of them also. Oh, look at those cute little animals with the long ears! Yes, there are two rabbits. Nearby, there are two soft white wooly animals. Those two are sheep. A way off near the trees, I see two deer, munching on some leaves. They are quiet and shy animals. Everywhere I look there are more animals: dogs and cats, wolves and coyotes, bear and bison, raccoons and squirrels. There are so many different kinds, I don't know how God thought them all up. All the animals here live together in peace. I'm sure God is happy with His work. All the creatures are enjoying their new surroundings. The Garden where they live is called Eden. I think I'm going to play with raccoons, before God makes anything else. The sixth day isn't over yet! 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;

February Animal

Learn: What features make a amphibian? Part 1

Read *About Amphibians* by Cathryn Sill

In the book we learned a lot about how amphibians can be different. But we also know that they have a lot of things the same. We can tell an amphibian from a bird or mammal, but how? What makes an amphibian an amphibian?

Let's look at some of the special features that make an amphibian.

1. Amphibians spend part of their life cycle in the water and then on land
2. Amphibians have both gills and lungs depending on the life cycle
3. Amphibians are cold-blooded.
4. Amphibians have a smooth moist skin and no scales.

Next time we will talk more about what each of these features mean.

Teaching Aids Needed:

Book: *About Mammals* by Cathryn Sill

February Award Time

Things that Grow 5,6,7,8,9

5. Grow beans or sprouts.

Supplies: Styrofoam cups, seeds, potting soil.

The children can decorate their cups, or at the least put their names on them. Have children put some soil in the cup and then a few seeds. Cover with a little more soil and add a small amount of water. Children will take them home to watch them grow.

6. Learn the names of 2 flowers.

Use the flower sheet to show some common flowers. See if the children know any already. Tell them the names of any they do not know. Return to review if time permits.

7. Learn the names of 2 fruits that grow on trees.

Use the Tree fruit sheet to show some common fruits. See if the children know any already. Tell them the names of any they do not know. Return to review if time permits.

8. Learn the names of 2 fruits that grow on a vine.

Use the vine fruit sheet to show some common fruits. See if the children know any already. Tell them the names of any they do not know. Return to review if time permits.

9. Learn the names of 2 vegetables that grow under the ground.

Use the vegetable sheet to show some common vegetables. See if the children know any already. Tell them the names of any they do not know. Return to review if time permits.

Teaching Aids Needed:

Supplies: Styrofoam cups, seeds, potting soil.

February Flowers

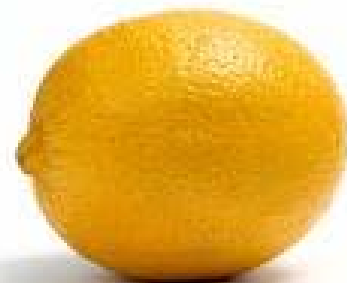
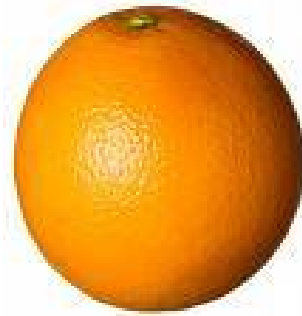
6. Learn the names of 2 flowers. (Sunflower, Tulip, Rose, California Poppy, Carnation, Daisy)



February Tree Fruit

7. Learn the names of 2 fruits that grow on trees.

(Apple, Orange, Pear, Plum, Cherry, Lemon)



February Vine Fruit

8. Learn the names of 2 fruits that grow on a vine.

(Red Grapes, Green Grapes, Blackberries, Blueberries, Raspberries, Strawberries)



February Vegetables

8. Learn the names of 2 vegetables that grow under the ground.

(Potato, Carrot, Radish, Yam, Onion, Turnip)



February

Healthy Foods

Healthy Foods # 7, 10

7. Why is it best not to eat a lot of saturated fat or sugar.

Fat provides energy, and is needed to absorb the fat soluble vitamins A, S, E, K. Fat helps food to stay in the stomach longer, preventing hunger soon after meals. Diets too low in fat (less than 20 - 25%) may trigger cravings. Too much fat is not good either and the fat we eat should be mainly unsaturated fats that are liquid at room temperature. Some common oils are canola oil, corn oil, olive oil, and soybean oil. Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like nuts, olives, avocados.

Solid fats (saturated fats) are fats that are solid at room temperature. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common solid fats are: butter, animal fat, and vegetable shortening. These should be used sparingly.

One of sugar's major drawbacks is that it raises the insulin level, which inhibits the release of growth hormones, which in turn depresses the immune system. This is not something you want to take place if you want to avoid disease. Insulin also promotes the storage of fat, so that when you eat sweets high in sugar, you're making way for rapid weight gain. Complex carbohydrates, such as pasta, potatoes, and bread, tend to be absorbed more slowly, lessening the impact on blood-sugar levels.

Teaching Aids Needed:

Little Folks Felts—Food Groups

February

Memory Verse

Proverbs 3:5,6

"Trust in the Lord with all your heart, and do not lean on your own understanding, in all thy ways acknowledge Him and He will direct your paths." (NKJV)

The parent should have taught this verse at home.

Your job is just to test the verse.

God's Gift

3. Why did Jesus have to die?

For all have sinned, and come short of the glory of God; Being justified freely by his grace through the redemption that is in Christ Jesus: Romans 3:23-24

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

When we sin, the punishment is death. The Law of God demands it. For us to be forgiven of our sins and receive eternal life, Jesus died for us. He took our punishment for us.

4. How do we receive the gift?

Believe on the Lord Jesus Christ, and thou shalt be saved, Acts 16:31

To be saved we need to believe in Jesus, and let Him change our sinful hearts.

5. How can we share the gift?

Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. Matthew 5:14-16

We tell others about Jesus. We can invite them to Sabbath School, or other church programs. We can be their friend and show how Jesus is working in our lives.

Teaching Aids Needed:

Bible