

# What You'll Find Inside

## **Introduction to Little Lambs** ..... ii

### **Section 1**

The Little Lamb Program ..... 1

### **Section 2**

Characteristics of the Little Lamb ..... 9

### **Section 3**

Children with Special Needs ..... 13

### **Section 4**

Guidelines for Leaders ..... 17

### **Section 5**

Uniforms and Insignia ..... 27

### **Section 6**

Little Lambs Learning and Playing ..... 31

## **Meeting Overview and Learning Objectives** ..... 31

Meeting 1 Loveable Lambs ..... 41

Meeting 2 Lost & Found ..... 47

Meeting 3 Helping Hands ..... 54

Meeting 4 Helpers In My Neighborhood ..... 62

Meeting 5 Family Fun ..... 68

Meeting 6 Let's Eat ..... 75

Meeting 7 Creation Creativity ..... 81

Meeting 8 Zoo-rific ..... 88

Meeting 9 Look At Me ..... 94

Meeting 10 Finger Fun ..... 100

Meeting 11 Head To Toe ..... 106

Meeting 12 Fun With Friends ..... 112

Meeting 13 Little Boy Jesus ..... 120

Meeting 14 God's World Rocks! ..... 126

Meeting 15 Horray For Me ..... 132

Meeting 16 Musical Me ..... 138

Meeting 17 Goin' Buggy ..... 145

Meeting 18 Trains, Trucks & Tots ..... 151

Meeting 19 Starry Night ..... 157

Meeting 20 Weather Or Not ..... 163

## **Special Ceremonies** ..... 169

Induction Service (beginning of the program year) ..... 169

Family Blessing ..... 170

Investiture Service (end of the program year) ..... 170

## **Section 7 Resources** ..... 171

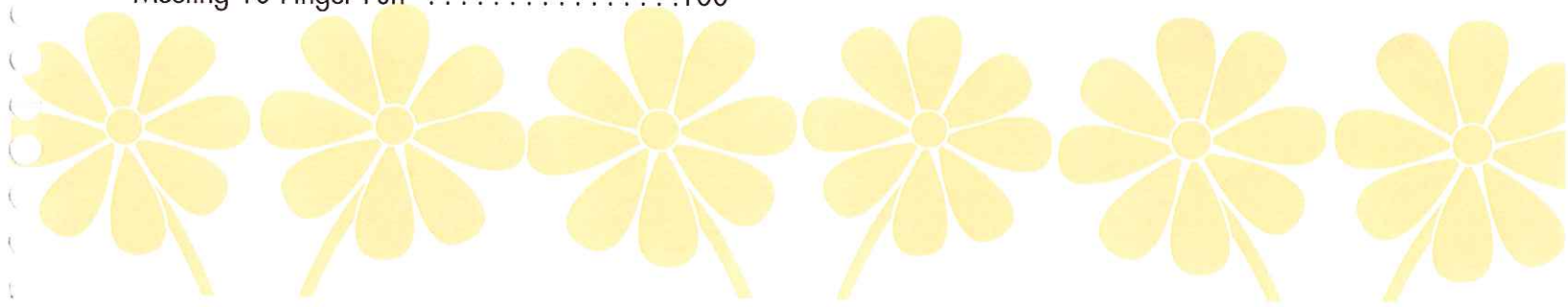
Little Lamb Pledge ..... 172

Little Lamb Song Sheet Music ..... 174

Little Lamb Participant Record Poster ..... 175

Little Lamb Star Requirements ..... 185

Helpful Contact List ..... 204



## Introduction

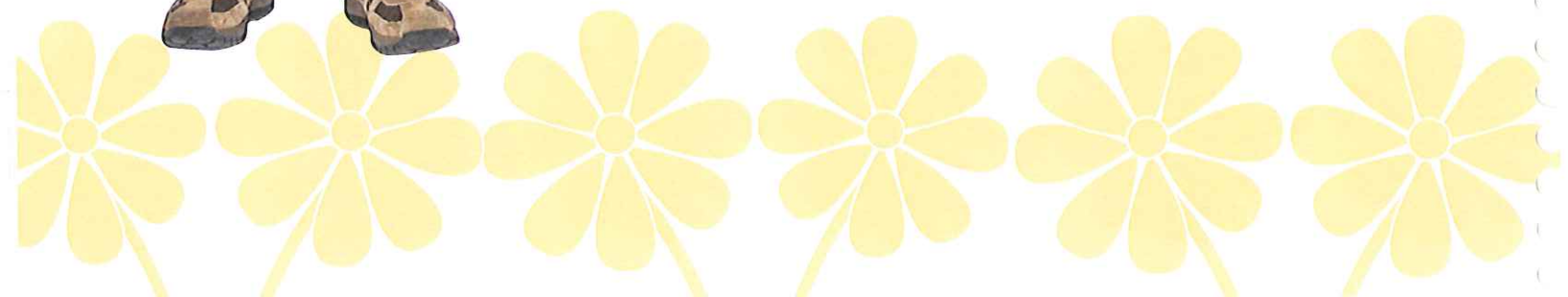
**I**f a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? And if he finds it, I tell you the truth, he is happier about that one sheep than about the ninety-nine that did not wander off. In the same way your Father in heaven is not willing that any of these little ones should be lost.

Matthew 18:12-14

What an enormous responsibility! But, also, what an exciting opportunity! An opportunity to shepherd the pre-schoolers of your church, community or family into Jesus' fold, an opportunity to teach them of Jesus' love and an opportunity to show them Jesus' world.

This guide is to assist parents who want their children to be part of a larger family as they develop physically and spiritually. The Little Lamb program can be organized as part of the Adventurer Club or Eager Beaver Program in your church or by a group of parents who want to use a curriculum to help them teach their children skills and values.

Little Lamb activities should be fun and kid centered. Remember that children of this age look to adults to set the pace of the meetings and model how they should respond to situations. So . . . take a deep breath, say a prayer, and keep your sense of humor. Your adventures with Little Lambs are about to begin!

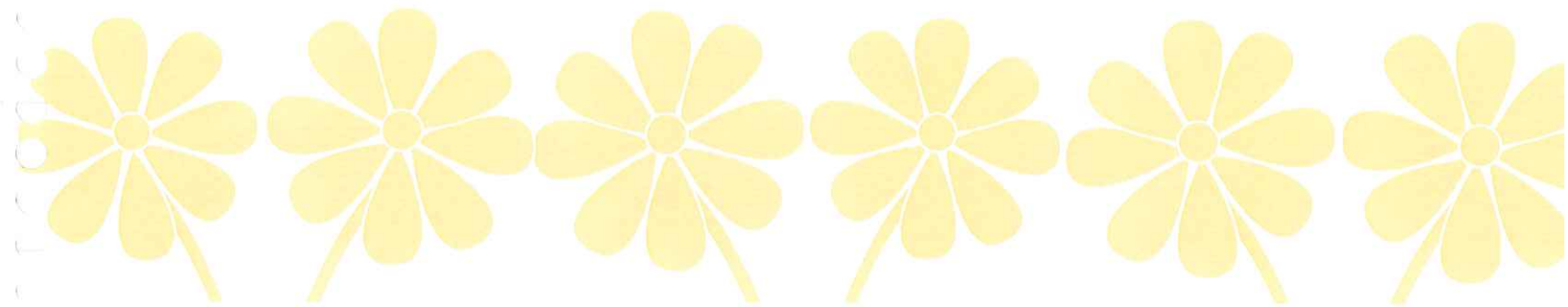






# The Little Lamb Program

This section contains an overview of the Little Lamb program. You'll get an idea of where Little Lambs fit into Children's and Youth Ministries and the goals and requirements of the Little Lamb program.





## Age Levels of Seventh-day Adventist Youth Programs

Little Lambs are part of the Seventh-day Adventist Church's Youth Ministries. The Little Lambs and Eager Beavers are part of the Adventurer Club. Once children graduate from Adventurers they join Pathfinders. While Little Lambs and Eager Beavers are unique to the North American Division of the Seventh-day Adventist church, Adventures and Pathfinders can be found worldwide with a membership of more than 2.5 million boys and girls.



### LITTLE LAMBS

Preschool



### EAGER BEAVERS

Kindergarten



### ADVENTURES

First Through Fourth Grade



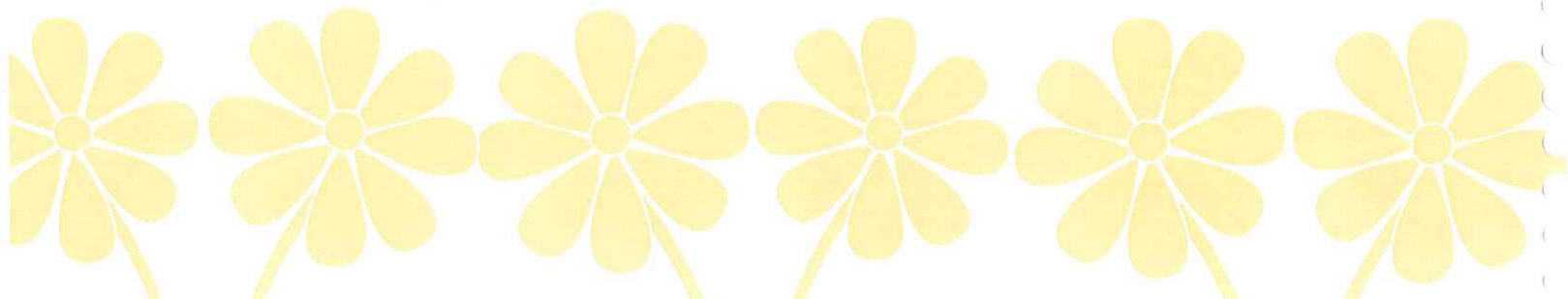
### PATHFINDERS

Fifth Through Eleventh Grade



### MASTER GUIDE

Twelfth Grade Through Adult





## Little Lamb Program Goals

As the club leader, you will find it helpful to keep the following goals in mind as you plan, conduct and evaluate each meeting.

### ONE

Demonstrate God's love for children.

### TWO

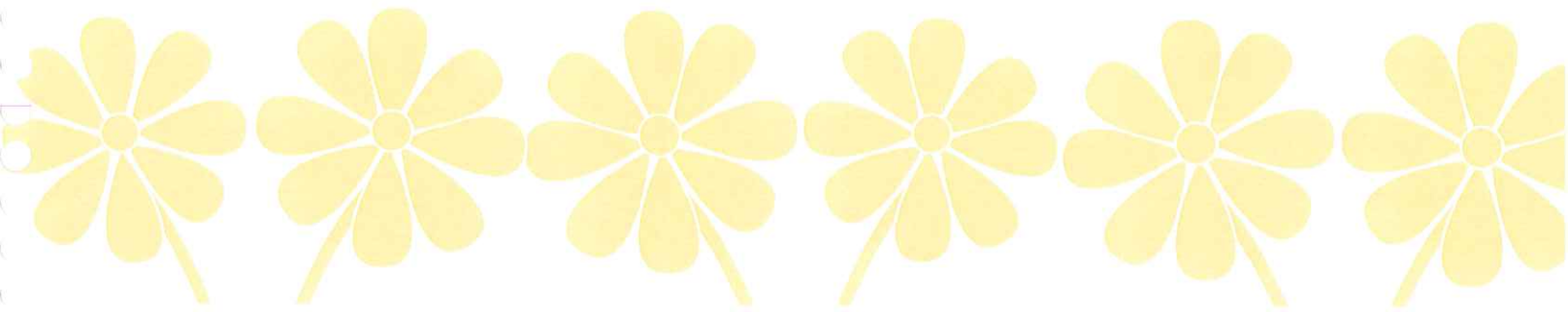
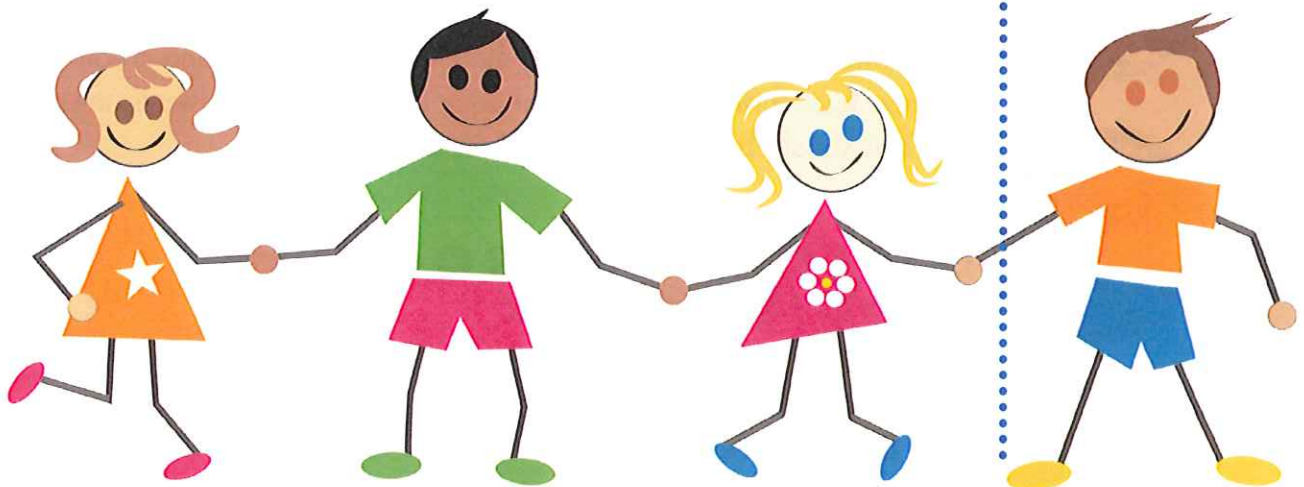
Promote the values expressed in the Little Lamb pledge and song.

### THREE

Create an environment where all children can contribute.

### FOUR

Encourage children to have fun.





## Little Lamb Pledge

Jesus loves me,  
and I want to do  
my best for Him.

## Little Lamb Song

I'm a little lamb today;  
Jesus is my Shepherd.  
My Shepherd loves me day to day;  
Jesus is my Shepherd.  
I will follow where He leads;  
He gives me everything I need;  
I'm a little lamb today;  
Jesus is my Shepherd.



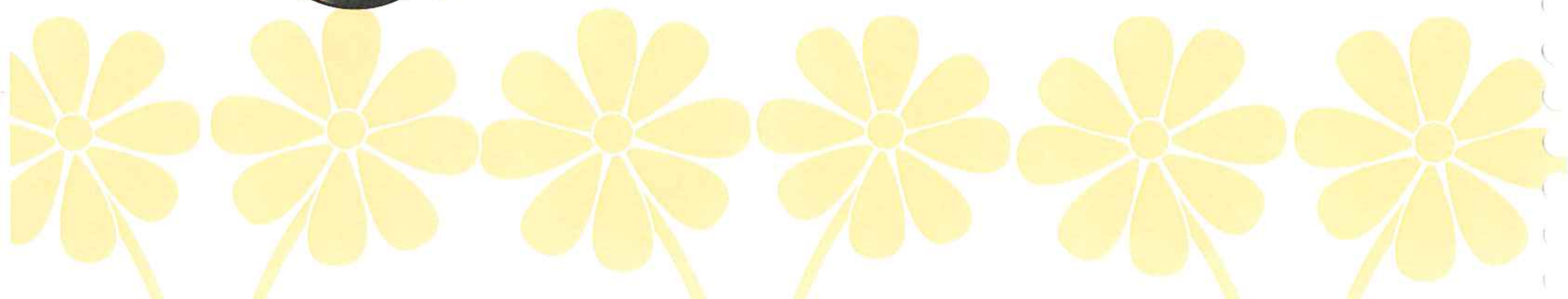
## Program Requirements n' Mascot

One of your responsibilities as leader is to encourage the physical, mental and spiritual development of each child. The Little Lamb program requirements were created to assist you with this responsibility. The requirements are organized into five areas: **Little Lamb Program Requirements, My God, My World, My Family and Myself.** Each child will complete most of the program requirements as part of the Little Lamb meetings (page 176). The completion of each requirement will be noted in the lesson so you can put a star or sticker by the child's name on the Little Lamb Record Chart (page 177). At the end of the Little Lamb year, each child completing all the requirements will receive the Little Lamb pin (see Investiture Program on page 170).

It is very important for you to remember that not all children in Little Lambs will be at the same developmental level or have the same physical abilities, so you'll need to be flexible in how the children complete these requirements. It is up to you to interpret how the children fulfill these requirements. For example, some children will not be able to remember all of the words to the Little Lamb pledge, but they can learn to stand with their hand over their heart during the pledge. Flexibility and creativity are the keys to ensuring the success of each Little Lamb. As always, these activities should be fun for you and the children.

## LITTLE LAMB PROGRAM REQUIREMENTS

1. Recite the Little Lamb Pledge.
2. Sing the My Shepherd Theme Song.
3. Earn six Little Lamb Stars.





## MY GOD

1. Sing a song about Jesus.
2. Listen to a story about Jesus.
3. Say three things you've learned about Jesus.
4. Make a craft about Jesus.
5. Complete an activity about Jesus.

## MY WORLD

1. Sing a song about creation.
2. Listen to a story about creation.
3. Say three things you've learned about creation.
4. Make a craft about creation.
5. Complete an activity about creation.

## MY FAMILY

1. Sing a song about families.
2. Listen to a story about families.
3. Say three things you've learned about families.
4. Make a craft about families.
5. Complete an activity about families.

## MYSELF

1. Sing a song about the body.
2. Listen to a story about the body.
3. Say three things you've learned about bodies.
4. Make a craft about bodies.
5. Complete an activity about bodies.

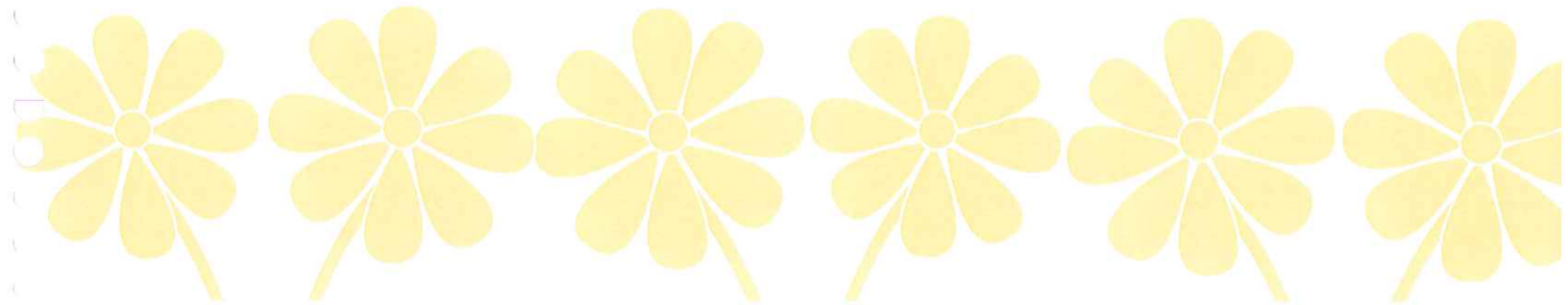
## MASCOT

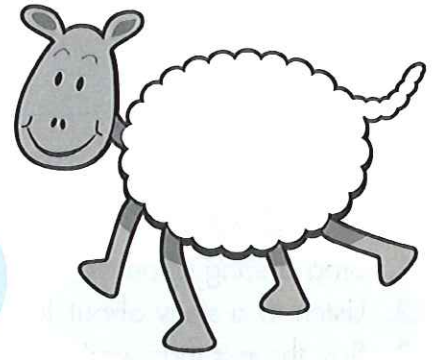
This friendly lamb puppet from AdventSource provides a realistic and fun way to connect the children to Jesus the Good Shepherd and the natural world of sheep. Each club should select a name for the lamb and consider having a male and a female lamb.



### Little Lamb Puzzle Patch

- Start with giving the Lamb Circle Patch at induction and give each puzzle piece as the requirements are met. Available from AdventSource. Catalog #009200





## Earning Little Lamb Stars

Little Lamb patches are called Stars. There are thirteen Stars designed to encourage the children in your club to explore, learn and play. Once a child has completed the activities for an individual patch, he or she has earned a Star. Children this age need immediate rewards, so give them the Stars at the end of the meeting when the patch is completed.

It is important for leaders to note that the requirements for all eight Stars and all of the Program Requirements are built into the Little Lamb meetings. To keep track just mark off the requirement on the Star Requirement Record Charts (pages 185-197) for the Star once it's been done. Once all of the requirements for a Star are completed, you can put a star or sticker by each child's name on the Little Lamb Record Charts (pages 185-197).

## Stars



**Bible Friends**



**Special Helper**



**Community Helpers**



**Stars**



**Finger Play**



**Trains & Trucks**



**Healthy Food**



**Weather**



**Healthy Me**



**Woolly Lamb**



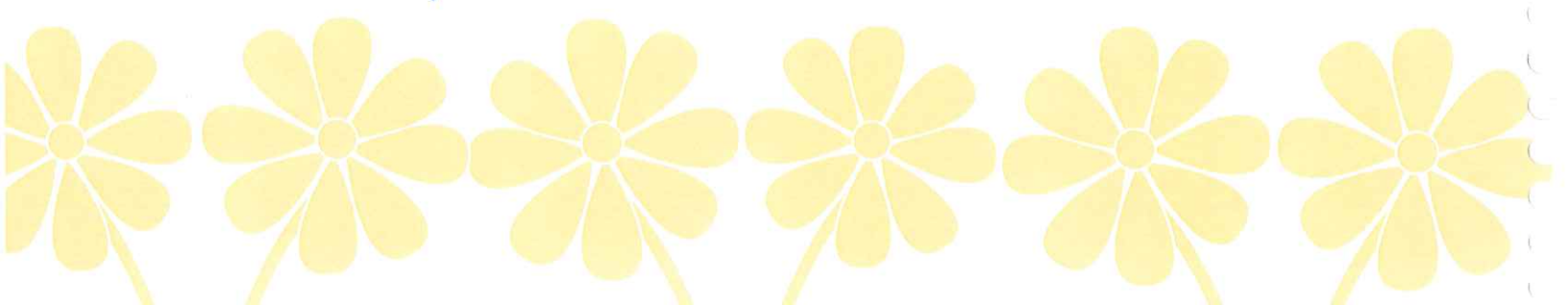
**Insects**



**Zoo Animals**



**Music**



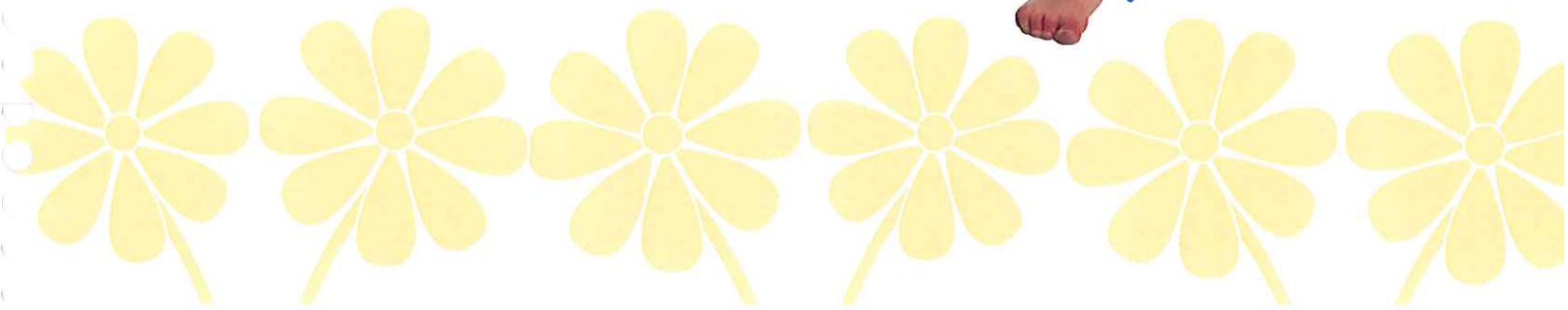


Star activities should ideally be done as part of the Little Lamb meeting. However, they can also be done outside of the meetings with the child's parent(s), other significant adult or older sibling. When working on Stars, it is up to the leader to adapt the requirements to the club and the children's needs. For example, the Community Helpers Star requires the child to play an action game using community helper's skills. As leader, you might choose to watch a video or visit a community helper.

It is also up to you, the leader, to decide when a child has met the intent of the honor. Remember that not all children will be capable of completing all Star and Program Requirements as written. It's more important that the children are encouraged to try new things and have fun, rather than competing with each other to receive the most Stars or becoming frustrated by requirements that are beyond their abilities. Flexibility on your part will make the experience more enjoyable and positive for the children.

*(Individual Star Requirement/Record Charts are located on pages 185-197.)*

*A 4-color Little Lamb Star poster is available from AdventSource. Catalog #001603.*

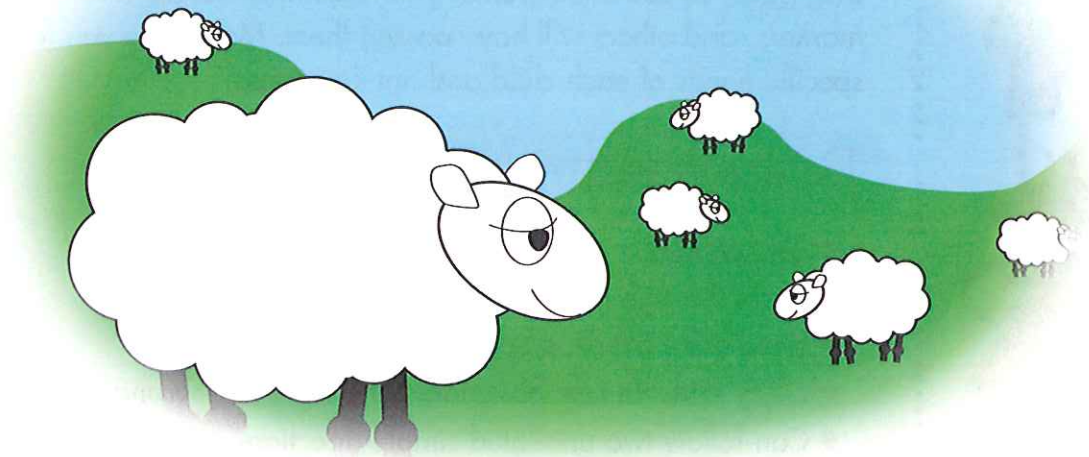






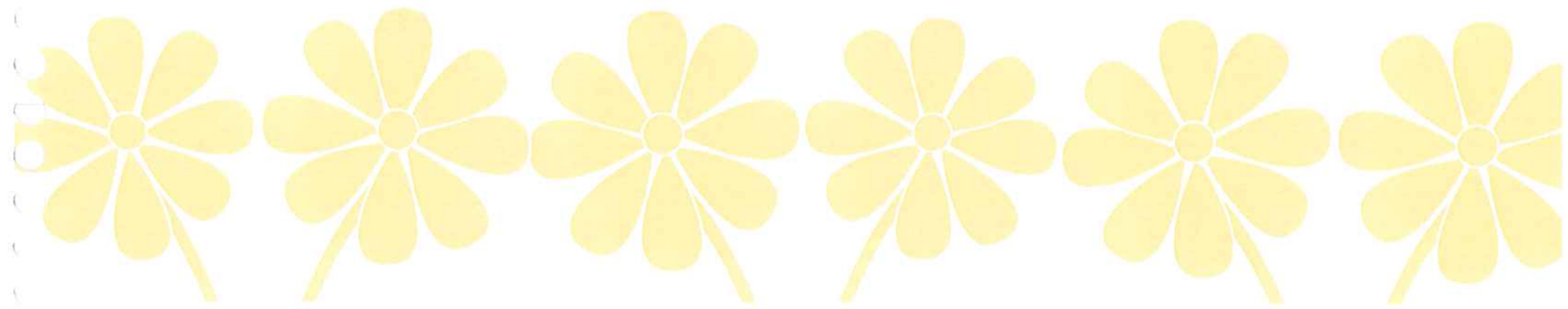
## Section Two

# 2



# Characteristics of Little Lambs

This section gives you and your staff a quick overview of what to expect from Little Lambs.





## What You Need to Know About Little Lambs

In the book *Child Guidance* (2004), Ellen White encourages parents to understand the developmental needs of their children. This section helps you with just that—understanding the physical, cognitive and social characteristics of Little Lambs. Remember that children develop at their own pace, so some children in your club may not have reached these markers, and others will have passed them. Make sure you focus on the specific needs of each child and not the stages.

## Developmental Characteristics

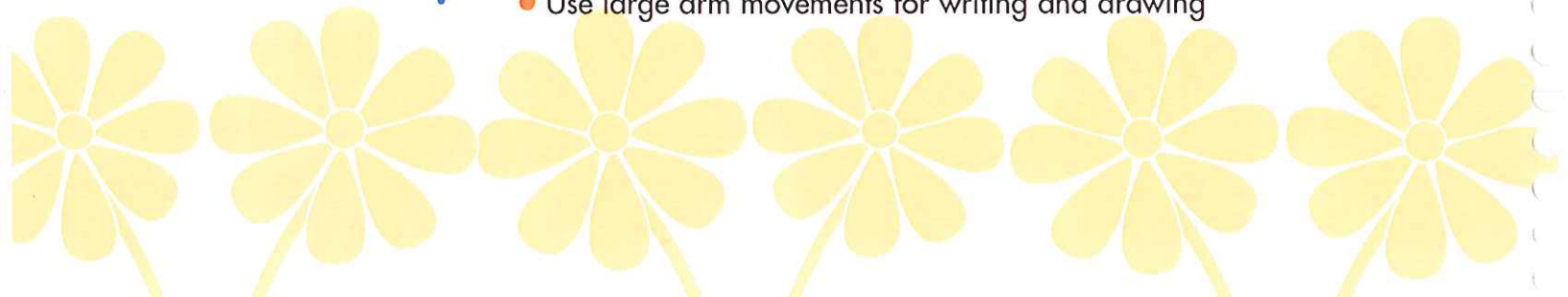
### LITTLE LAMBS

- Learn through play
- Have short attention spans
- Obey rules, but do not understand right and wrong
- Can follow two unrelated simple directions
- Understand danger and may develop fears
- Experience mood swings, but tantrums generally don't last long
- Know six to eight colors
- Understand concepts such as size and shapes
- Like to do things for themselves but are reassured when an adult is nearby for help

## Large Motor Skills

### LITTLE LAMBS

- Run and climb easily
- Are still learning to skip, catch a bounced ball, walk a straight line, hop on one foot and kick a ball
- Throw overhand
- Use large arm movements for writing and drawing





## Fine Motor Skills

### LITTLE LAMBS

- Dress themselves but may need assistance with zippers, buckles and buttons
- Can hold a pencil, draw a circle and a face
- Can trace outlines of simple shapes
- Can use safety scissors to cut a line
- Build block structures with 10 blocks
- Can complete simple 4 to 12 piece puzzles

## Speech Development

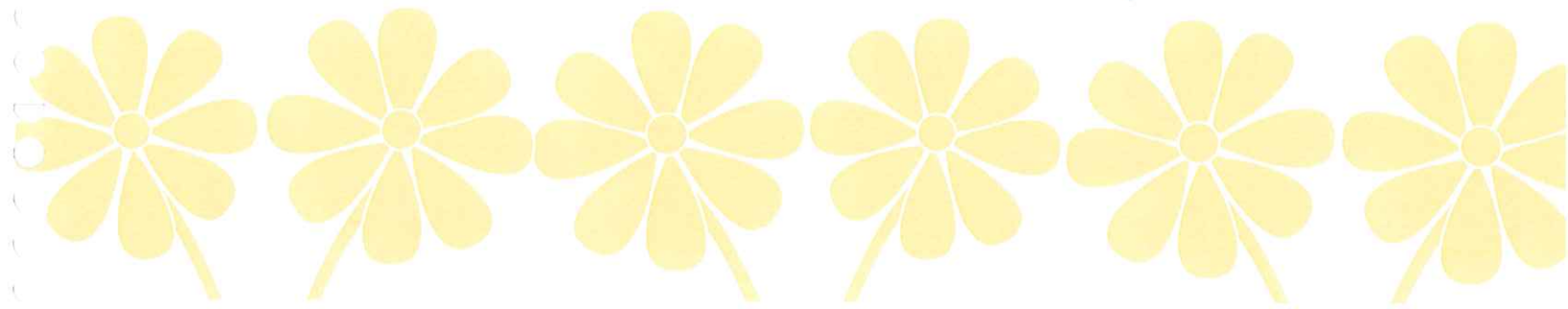
### LITTLE LAMBS

- Ask lots of questions
- Enjoy telling stories
- Like to say silly words and rhymes and to shock with forbidden words
- Like to sing

## Social Skills

### LITTLE LAMBS

- Often share when asked
- May have imaginary playmates
- Like to explore the body
- Begin to play with others in a group
- May be bossy
- Change the rules to games
- Sometimes lie to protect friends or themselves
- Can be aggressive but want friends





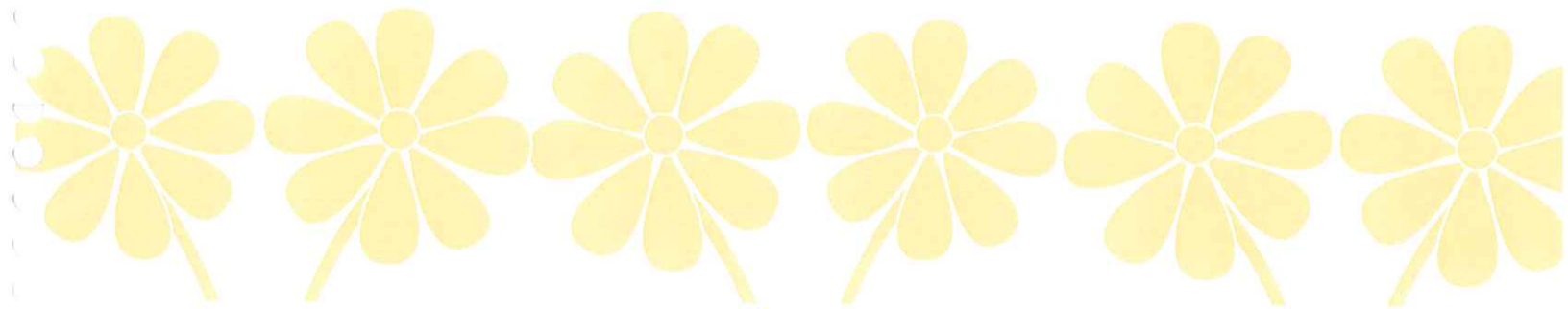


## Section Three



# Children with Special Needs

Learn how every Little Lamb can fully participate in your group by understanding each child and knowing how to plan inclusive activities.



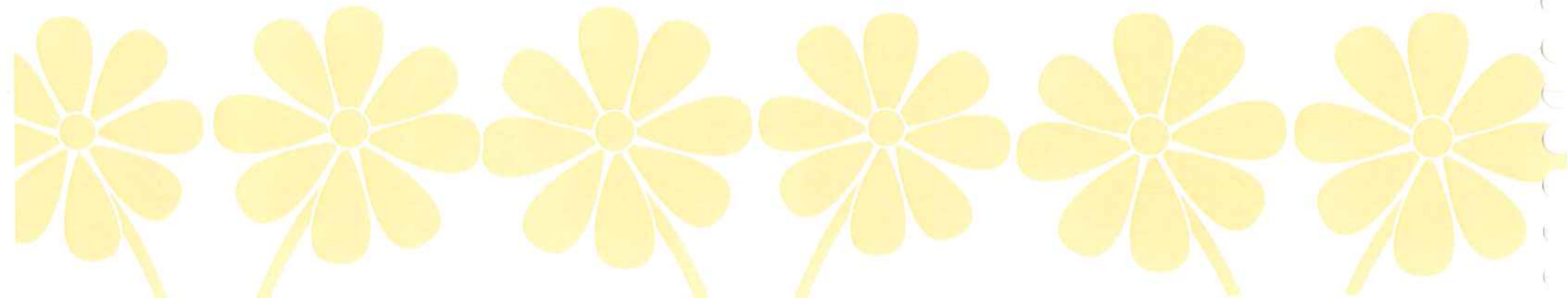


## Including Children With Special Needs

**W**hen you learn that a child with a disability will be a member of your club, you might initially feel overwhelmed. Don't worry. Often simple changes to an activity or requirement are all that is needed. Remember that parents or guardians are not looking to you to discredit a diagnosis or to offer a "cure" for a condition, rather they are looking to you to welcome and include their child. Additionally, the other children and adults look to you to see how to act, so make sure you treat the child with special needs with the same openness and ease that you show all of the children. And one more thing: Little Lambs may be afraid that they will "catch" the disability. Reassure them that this won't happen.

### Do's

- Speak directly to the child, not to the adult.
- Recognize that a child's physical disabilities don't indicate mental disabilities.
- Find out medical or special equipment needs of the child.
- Explain special equipment to all children to alleviate fears.
- Take extra care in planning for the safety of the child with special needs.
- Ensure the meeting facility is handicapped accessible.
- Ask the child the best way for her to do something.
- Permit children to ask the child with special needs about the disability.
- Foster independence.
- Focus on all children's strengths.
- Expect reasonable behavior from all children.
- Be flexible.



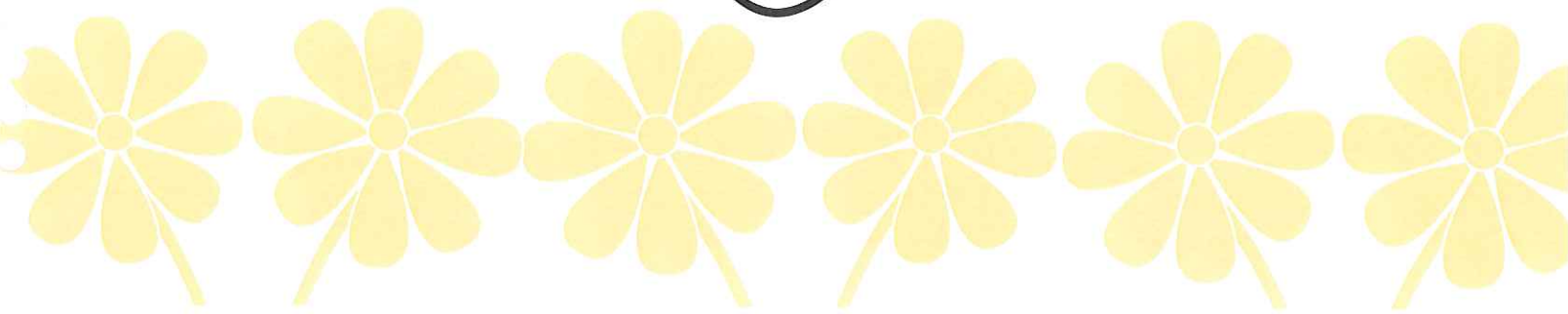


## Planning Inclusive Activities

At times you will need to substitute or change program requirements in order for children with special needs to participate. However, this may mean some creative thinking on your part. Remember that the point is for the activity to be fun and meaningful for the child. Here are some ideas to get you started.

- For the child with autism unable to join in dramatic play about neighborhood helpers, try showing the child pictures of a neighborhood helper. Then model dressing up like the helper. Finally, give the child the opportunity to dress up, but don't force him.
- For the child with developmental delays who may be lagging behind in talking, let her hold the flag during the Little Lamb pledge instead of reciting it.
- For the child with a developmental disability (i.e. Down Syndrome), give directions one step at a time and model the action.
- For the deaf child, teach him and the other children the American Sign Language signs to "Jesus is My Shepherd." This works for children with speech language disabilities, too.

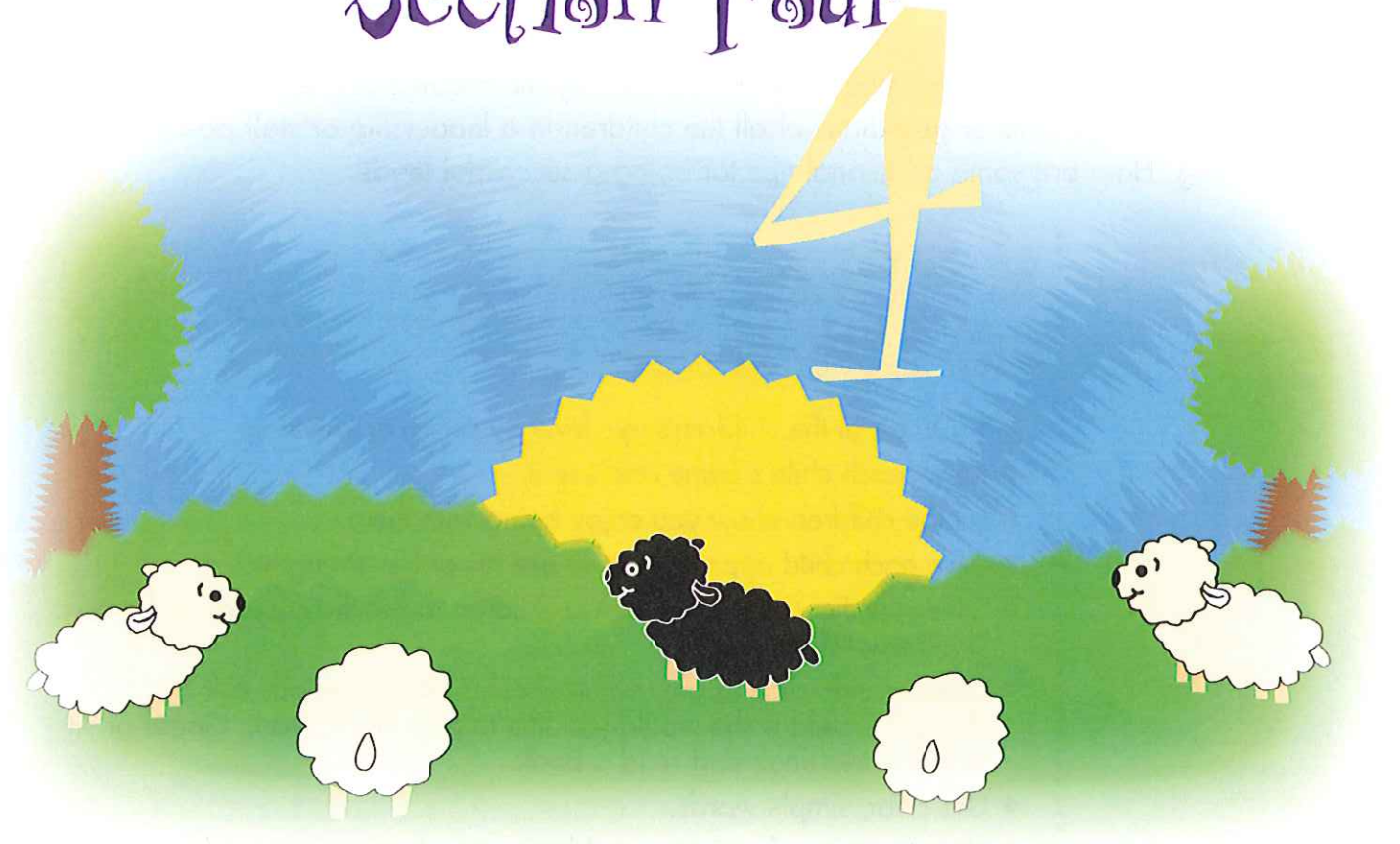
*Additional resources on specific disabilities can be found at the Council for Exceptional Children: website: [www.cec.sped.org](http://www.cec.sped.org) Phone number: 800.224.6830.*





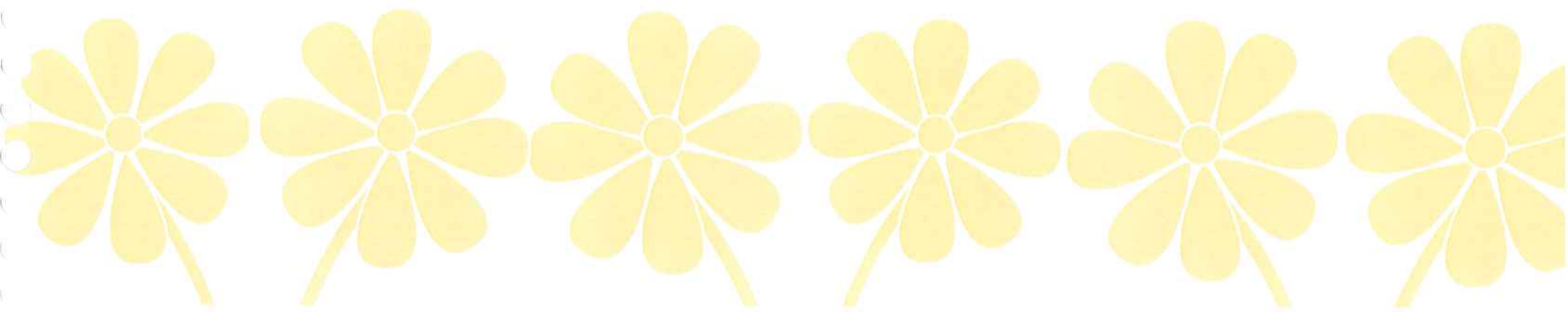


# Section Four



## Guidelines for Leaders

Successful leaders understand how to communicate with their Little Lambs and are intentional in planning programs and trips. Here are some tips on being a great leader.



Little Lamb leaders do it all, but they shouldn't do it all by themselves! Successful Little Lamb groups involve the parents or guardians of all the children in a leadership or staff position at each meeting. Here are some additional tips for being a successful leader.

## Ideas For Connecting with Little Lambs

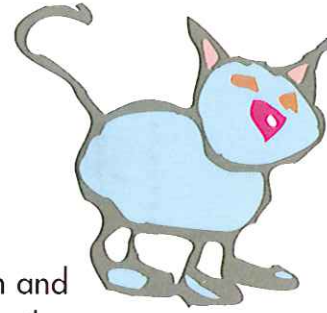
- Try to be at the children's eye level by sitting or kneeling.
- Know each child's name and use it.
- Let the children know you enjoy being with them.
- Give each child opportunities to use his or her strengths.
- Give specific directions. Ask the children to put the crayons in the box. Don't say "clean up."
- Give specific choices only when choices are an option. Ask a disruptive child if she would you like to play Duck, Duck, Goose or sit with Mr. Martinez and read a book.
- Use clear, simple words.
- Vary the pace of activities and have activities ready for children that finish early.
- Give a five-minute warning, then a two-minute warning to help children transition to the next activity.
- Never be sarcastic.
- Correct or discipline children quietly and unobtrusively.
- Be near the children when talking to them; don't yell from across the room.
- Ignore inappropriate behavior, when possible.
- Acknowledge good behavior at every opportunity.
- Create a discipline plan ahead of time and share it with the parents/guardians.
- Have three to five simple rules and make sure all of the children know them.
- Be flexible.
- Have fun.





## More On Leadership

Leadership is more than working with the children. It involves communicating the mission, recruiting staff, planning the program and ensuring the safety of the children entrusted to your care. Here are the basics.



## Recruiting Adult Volunteers

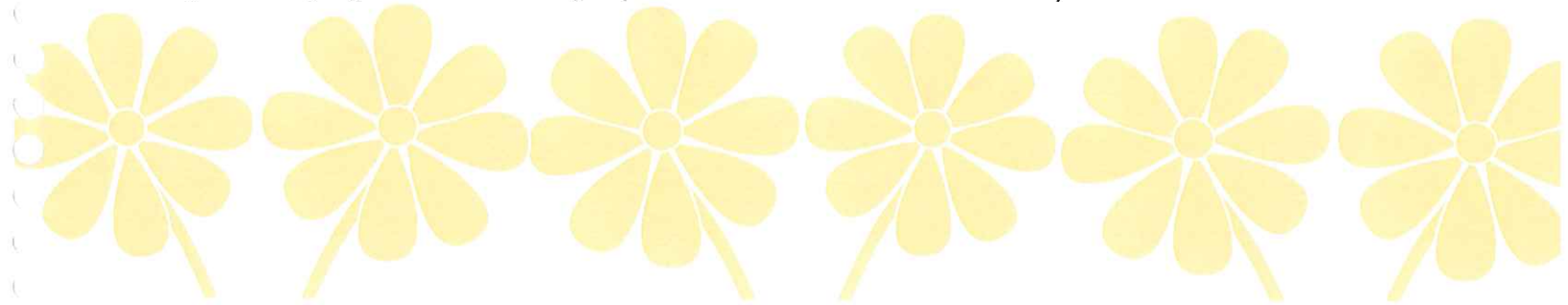
The place to start is with the parents or guardians of your Little Lambs. Every adult involved should fill out the Staff/Volunteer Service Information Form (page 182). In addition to parents, you will need to recruit volunteers to help you with the Little Lamb program. Each activity will require a significant amount of adult interaction and having enough adults is the key. There are adults in your church and community that would love to be part of your Little Lamb program. Don't forget to include:

- Youth
- College students
- Adults that don't have children
- Grandparents (their grandchildren may be in Little Lambs!)

These people may not be able to make a year-long commitment but would be willing to assist in a specific program or craft.

### Here are some keys to recruiting volunteers:

- Start early.
- Pray for guidance in finding the right people for this ministry.
- Create a "prospect list."
- Have a clear description of each job.
- Share the recruiting responsibilities with other leaders/staff. They have a different network!
- Regularly share information about what Little Lambs are doing with your congregation and invite people who are interested to contact you.







## Job Descriptions

### PROGRAM COORDINATOR

- Schedules the Little Lamb program; coordinates dates, times and facilities with the church calendar and other ministries.
- Coordinates with the Adventurer Club and Eager Beaver leaders if the Little Lamb program is part of the club.
- Recruits, trains and oversees volunteers by providing materials and facilitating communication within the program.

### FACILITY AND OFF-SITE ACTIVITY DIRECTOR

- Prepares the location where the program will take place by setting up the room(s) and needed equipment as outlined in the lesson.
- Works with the Coordinator to identify dates and coordinates all logistics (transportation, etc.) for any off-site activities.

### MEETING DIRECTOR

- Assists the Program Coordinator with recruiting volunteers.
- Provides all the materials needed for the lesson.
- Prepares and then leads a group of team members to assist in each lesson's activities.

### MEETING TEAM MEMBER

- Assists with the activities at each meeting.
- Takes on a specific part of the meeting.
- Works to build positive relationships with the Adventure Club and Eager Beaver Program leaders.

### SECRETARY/TREASURER

- Keeps a list of all Little Lambs' names and parents' or guardians' contact information.
- Records attendance.
- Maintains the master record of completion of Program Requirements, Star Requirements and Stars given to Little Lambs.



- Records payment of dues.
- Approves all receipts for reimbursement.

## Publicity Ideas

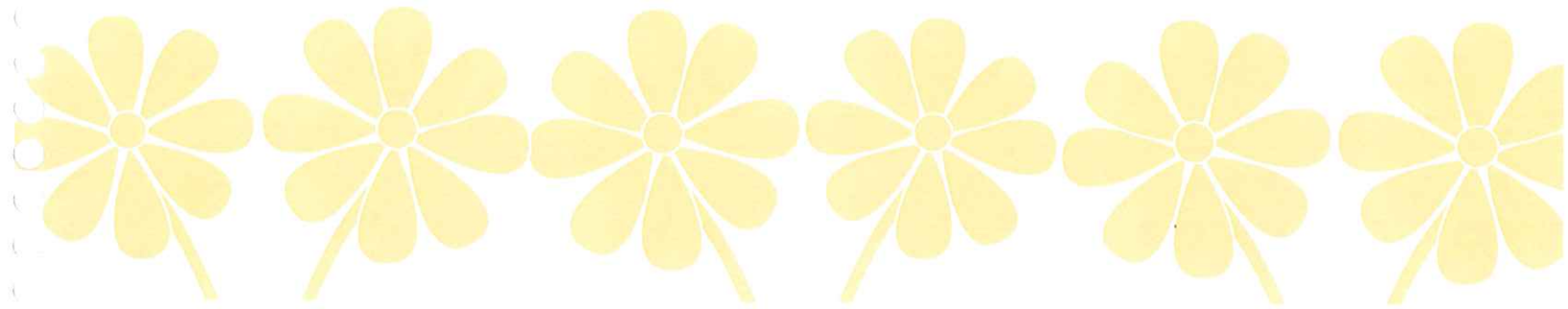
Once you have a Little Lamb Program going, you may not need a great deal of publicity. But if your program is just getting started, you will need to let the people in your church and community know how great it is to be a Little Lamb. Here are some ideas:

- Post signs with the Little Lamb logo and give five reasons to join.
- Visit Sabbath School classes of preschool-age children.
- See if you can send a note out to parents at local day care centers.
- Put information on your church's website.
- Decorate a booth or table in the church lobby. (Make sure you have adult volunteer information available!)
- Arrange to give an announcement at church and have some children involved.
- Do a countdown to the first meeting in the church bulletin or on a bulletin board in the lobby of your church.

## Planning a Calendar

The Little Lamb Program is very flexible in its ability to adapt to the schedule that will work best for your church and community. You have the option of meeting once a month or twice a month, and you will also need to decide if your group will meet during the summer and what you want to do during holiday seasons.

On pages 169-170 you will find ideas for Induction (beginning of the program year) and Investiture (end of the program year).





As you review the Scope and Sequence of the meetings, (pages 36-40) you will see that there is a meeting for each Star and two meetings for most of the Program Requirements. You can pick and choose which meeting plans you use and in what order they are used.

## Safety

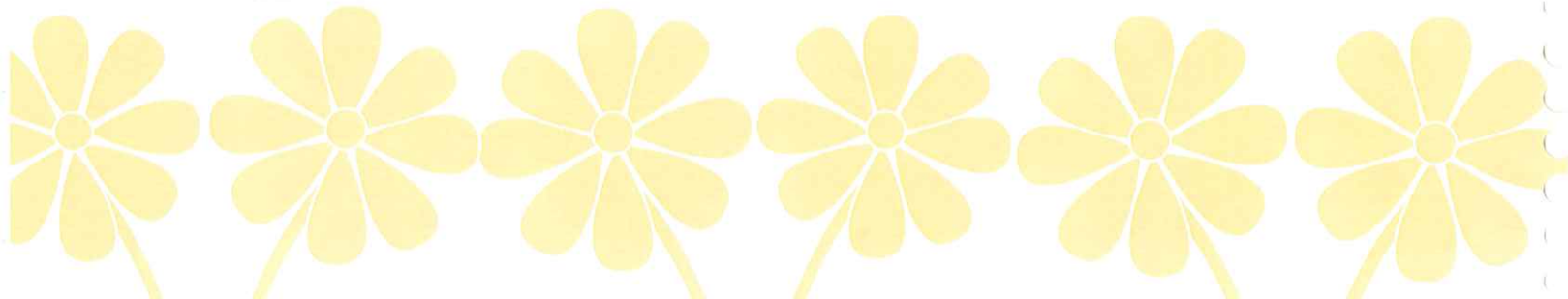
Ensuring the safety of each child is a priority of the Little Lamb leader. To help you with this, safety guidelines have been adapted from Adventist Risk Management's guidelines for Pathfinder leaders. For a complete list of safety guidelines, please contact Adventist Risk Management directly at 12501 Old Columbia Pike, Silver Spring, MD 20904, 301.680.6930 or on the web at [www.adventistrisk.org](http://www.adventistrisk.org). You should also ask your Church Board for any additional guidelines and policies specific to your local conference and church.

## PLANNING

Planning is key to safety. Many injuries and losses during programs, field trips or outings result from failures in planning for the activity. Adventist Risk Management provides a Trip Planner to assist you in determining some of the equipment, supervisory, transportation and other elements that might be needed for a Little Lamb field trip or outing (page 178).

### Here are some helpful suggestions:

- Start the year with a planning session with your staff.
- Assign a staff person to be responsible for completing a Trip Planner for each outing.
- Plan ahead and don't wait until the last minute.
- Visit off-site locations before the activity to determine hazards and risks.





## RISK LEVELS AND REQUIRED SUPERVISION

Consider the following when assessing risk levels:

- Instructors' qualifications and experience.
- Type of activity (inherent risks).
- Number of participants.
- Location of activity.
- Condition of equipment.
- Allotted time for activity.
- Make sure that proper insurance coverage has been obtained.



## SUPERVISION

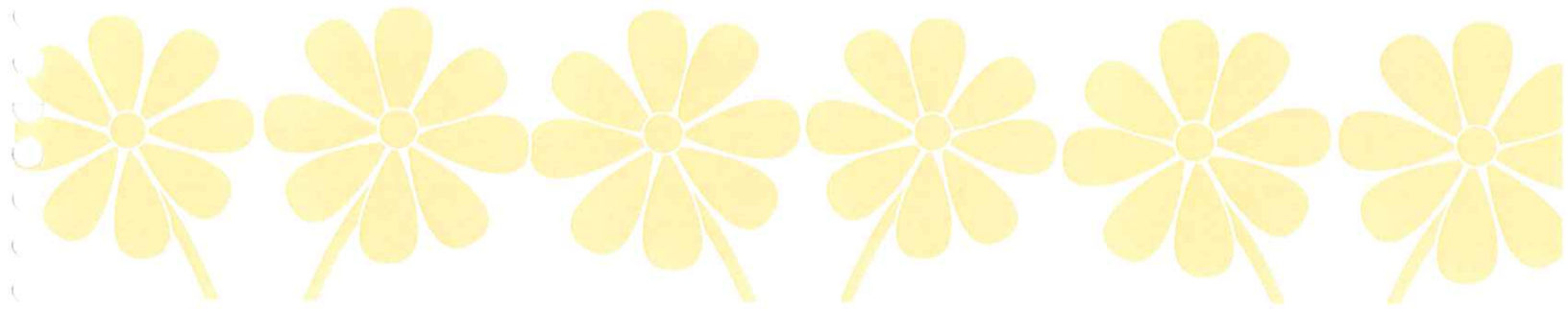
Supervision for all activities must be done by qualified staff. Maintaining an adequate staff/child ratio is critical for safety.

Here are some recommendations:

- High risk activities - one staff to four children
- Mild risk activities - one staff to six children
- Low risk activities - one staff to ten children

## Volunteer Screening

Volunteers should be interviewed as though they were applying for a paid position. Each volunteer wishing to work with children must have been a church member for at least six months prior to application, provide current references, and they may be asked to submit to a background check. If a criminal background check is going to be done, then consent must be obtained. A Volunteer Screening Form is available on page 182. This is a template that gives suggestions of what information should be gathered. Since every state has different requirements for adults working with children, please follow the procedure for volunteer screening that is outlined by your church and conference. In addition to the screening process, all names of volunteers for children's ministries positions should be announced in the church bulletin. For more information on volunteer screening, go to [www.adventistrisk.org](http://www.adventistrisk.org).



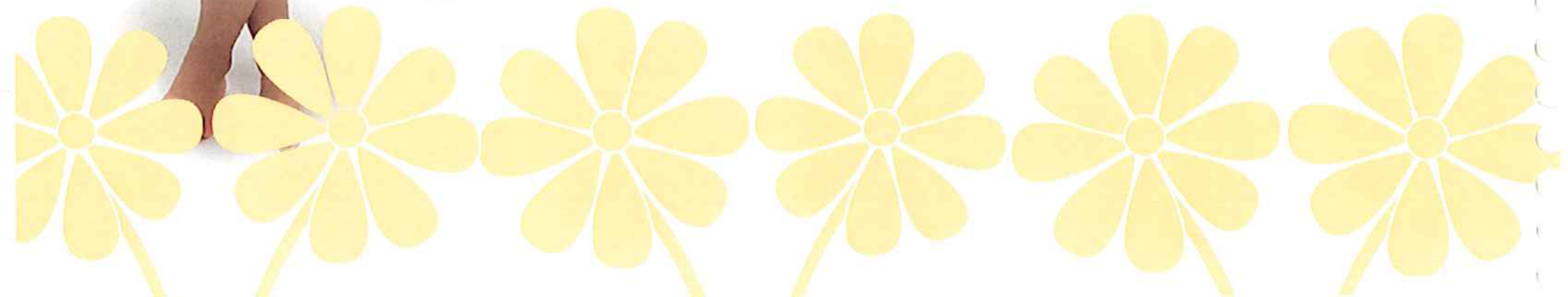
## Protecting Against Abuse and Sexual Molestation

Leaders must follow some basic guidelines to ensure that their Little Lambs are not exposed to sexual predators or put in a position where they could be abused. Here are some ground rules:

- Each activity should have at least one registered adult leader 21 years old or older and another adult, 18 years old or older.
- No private one-on-one contact is allowed.
- Respect each child's privacy.
- No secret organizations are allowed.
- Appropriate attire should be worn.
- Discipline should be constructive; this means no spanking or hitting.
- Hazing and initiations are prohibited.
- Harmful or hurtful teasing is prohibited.
- Junior leader training should be provided for older children assisting with the program.
- Conduct activities in rooms which have easy visible access to the children.

## Permission Form/ Medical Release

The leader must bring mandatory parental or guardian permission forms to all offsite activities. This includes forms for the leader's children, staff's children and children whose parents are part of the trip or outing. You will find a sample permission form on page 184.





Here are some tips that will make sure you have everything covered:

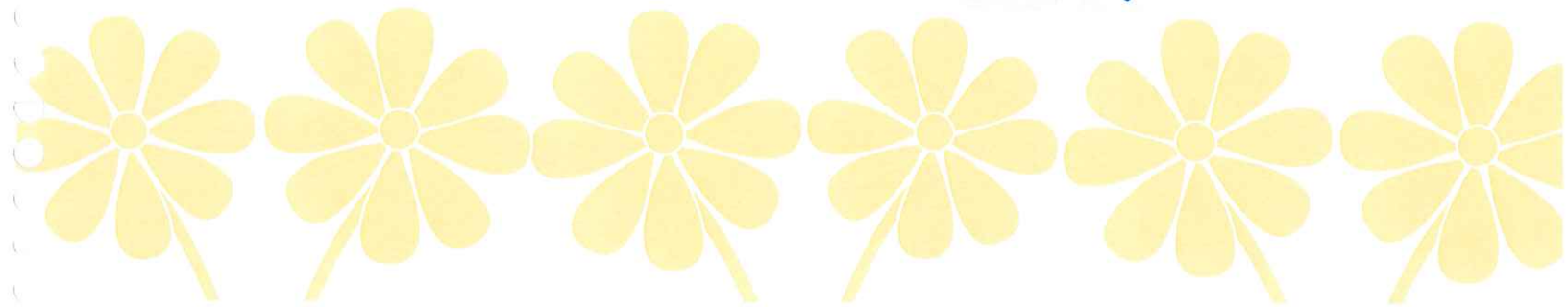
- Permission forms should include details regarding food and drug allergies.
- Permission forms should be securely filed.
- Parents must be informed of specific activities.
- Always have a copy of the child's medical release form with the leader during all off-site activities.
- In the event of an emergency, reasonable effort must be made to contact parents or guardians.
- Little Lamb Health Records Forms should be provided to the staff on a need-to-know basis and be kept confidential accordance with HIPPA requirements.

## Transportation



Taking groups of children on an outing significantly increases the chance of some type of incident. One of the keys to safety is paying close attention to the arrangements for transportation. Here are some important issues:

- Vehicles must be insured in compliance with local state laws.
- Vehicles should be inspected prior to use to determine road worthiness.
- Drivers must be at least 21 years of age.
- Drivers shall have an acceptable driving record with not more than two traffic citations and no at-fault accidents while driving any vehicle.
- Riders must not exceed seatbelt and seating capacity.
- Gross vehicle and tire weights are not to be exceeded.
- Open vehicles should not be used to transport children.







## Meeting Room & Surrounding Premises

Whether you meet in your church basement, a fellowship hall, the gym or an off-site facility, care should be taken to ensure the safety of your Little Lambs. Before each meeting or activity, a leader should be assigned to inspect the premises for hazards, including the following:

- Clutter
- Combustibles near fire
- Broken glass
- Inadequate lighting
- Exposed electrical outlets
- Trip hazards
- Guns, explosives and knives should be prohibited at the meeting facility and club activities

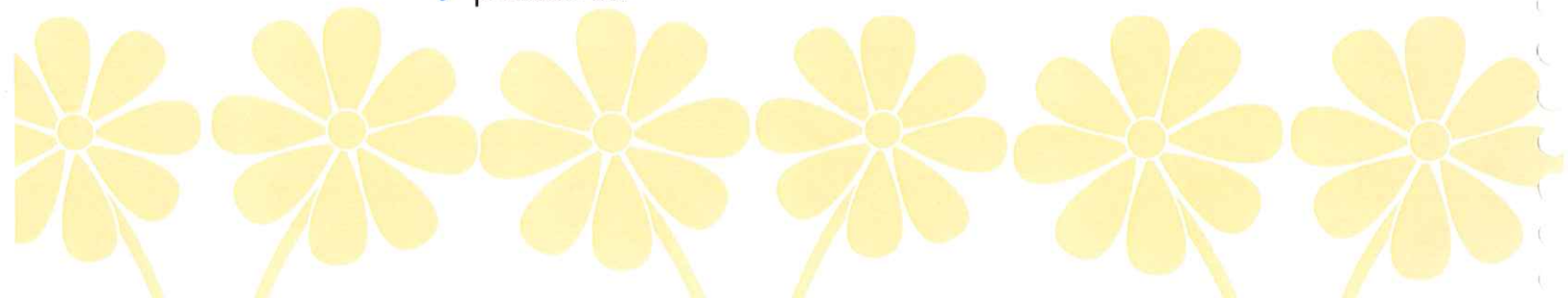
## Equipment

Making wise choices in equipment purchased and taking good care of what you have are both keys to equipment safety. Carefully inspect equipment before each activity. Don't keep faulty or broken equipment and dispose of it right away. The last safety tip on equipment is to ensure that proper equipment is used for each activity. Using equipment improperly is just as dangerous as using broken equipment.



## In the Event of an Accident

During your staff planning session at the beginning of the year, written procedures should be developed for all types of emergencies: accidents, medical, fires, and natural disasters. These should be reviewed with the staff periodically to make sure that everyone understands the emergency procedures.

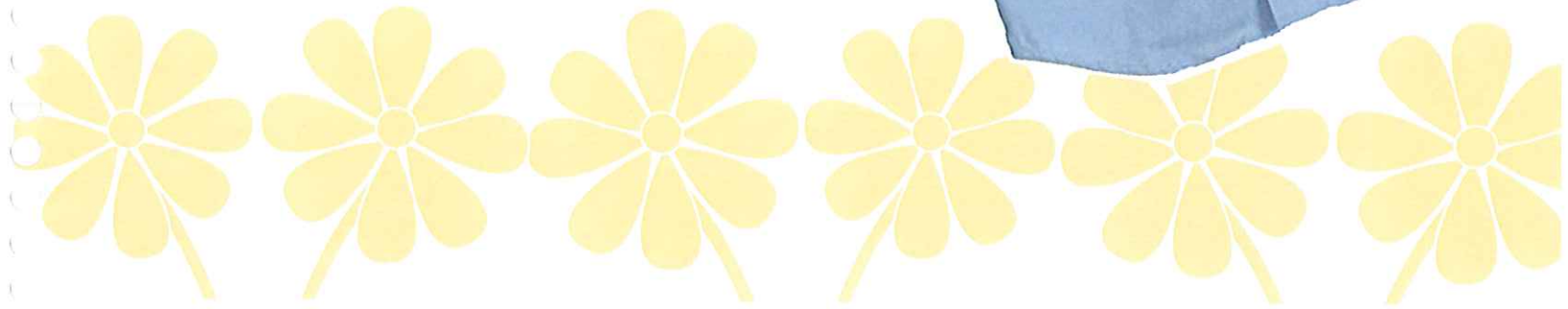
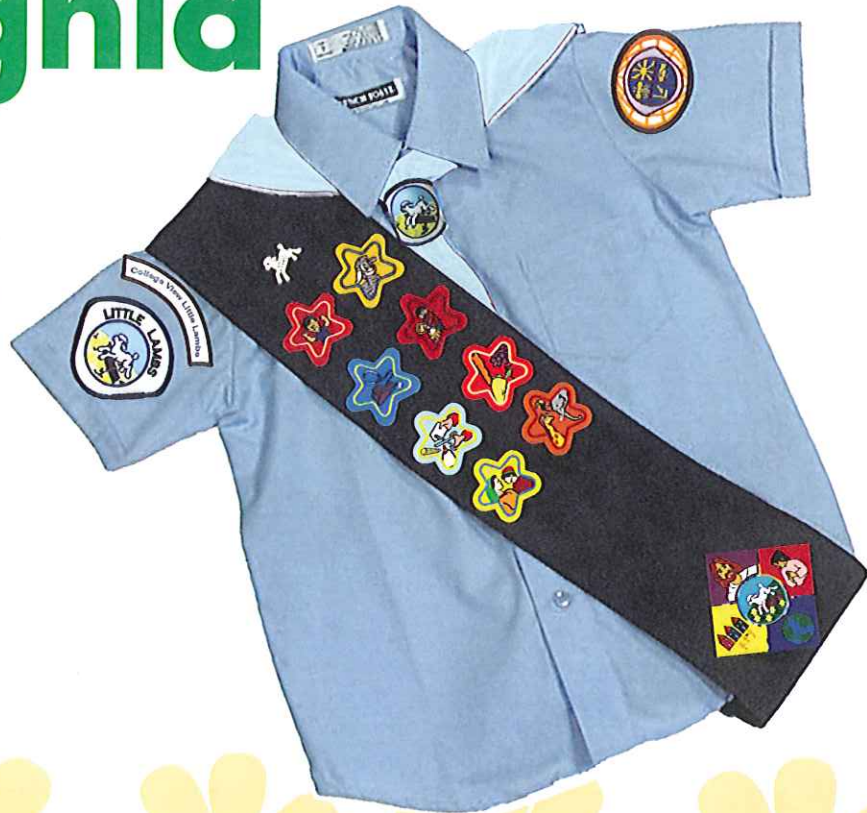


# Section Five



# Uniforms & Insignia

Being part of a winning team is important to children as they develop self-esteem. Uniforms and insignia are visible ways to be team.





**T**he uniform makes the organization real and visible to the Little Lambs, the church and community. When children wear the uniform, they know they are part of a group and they are proud to wear the same uniform as their adult leaders.

**Uniforms should be worn for the following occasions:**

- Regular meetings *(as designated by leaders)*
- Special programs *(Induction, Investiture, when involved in any church program)*
- Any community outreach projects *(nursing home visits, food basket distribution, Ingathering)*
- Occasions the staff designate

Leaders have two options for their Little Lamb uniform. The first is the full dress uniform used by Adventurers with the Little Lamb scarf, slide and patch. Full dress uniform requires black belt and black shoes. The other option is the Little Lamb t-shirt with the scarf, slide (scarf holder) and sash for Stars.

**Full Dress Uniform**



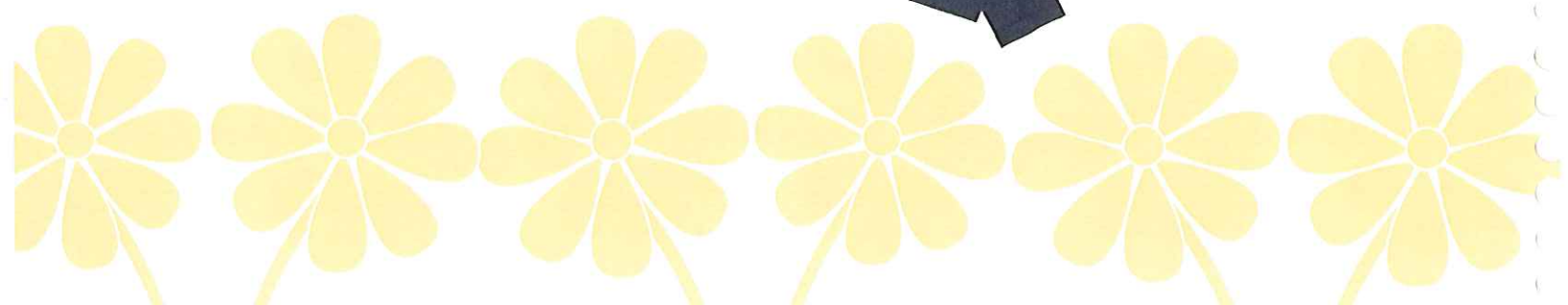
**GIRLS**

- Navy blue pleated jumper
- Light blue blouse (Peter Pan collar with short sleeves)
- Optional: white blouse



**BOYS**

- Navy blue pants
- Light blue shirt (regular collar with short sleeves)
- Optional: white shirt







## WOMEN

- Navy blue skirt
- White uniform-style blouse (short sleeve or long sleeve)
- Navy blue tie



## MEN

- Navy blue slacks
- White uniform style shirt (short sleeve or long sleeve)
- Navy blue tie



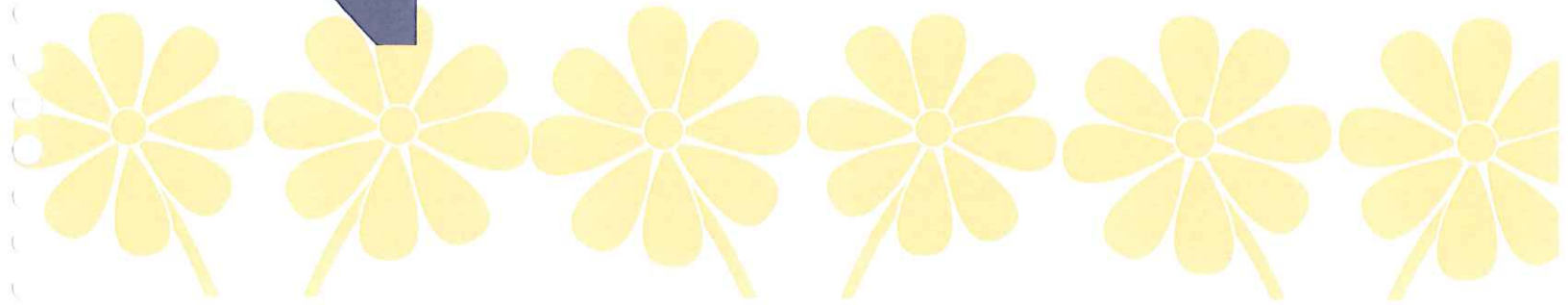
## SCARF AND SLIDE

The Little Lamb scarf is available in both child and adult sizes. Staff members who are Master Guides may wear their Master Guide scarf and slide.



## SASH

Little Lambs wear a navy blue sash that they can use to display their Stars. They will continue to use this same sash when moving to Eager Beavers.





## THE PIN

The Little Lamb pin should be presented to the child at Investiture to signify the successful fulfillment of the Little Lamb Requirements.

**The following illustrations are to assist you in correctly placing the Little Lamb insignia on the uniform.**



## RIGHT SLEEVE

- 1/2" down from shoulder: place the club name crescent.
- 2" down from the top of the club name crescent: place the Little Lamb patch.



## LEFT SLEEVE

- 2" down from the shoulder: place the Adventurer World patch.

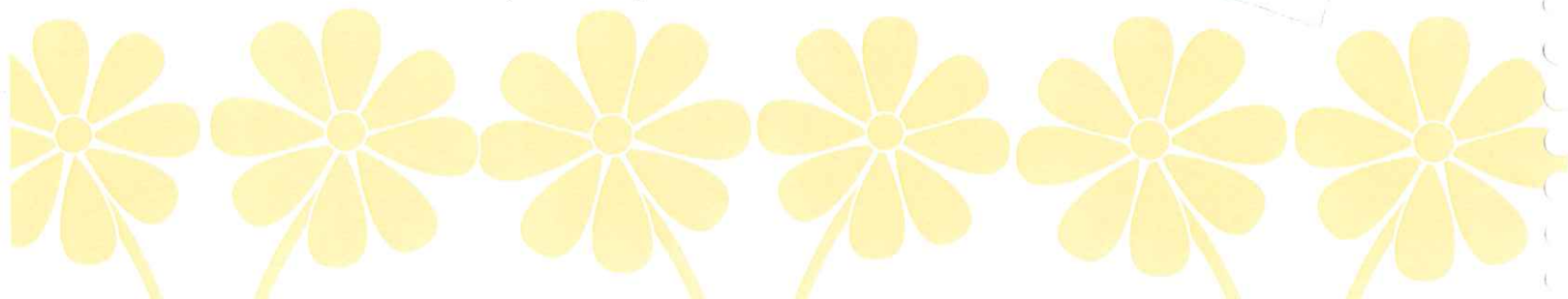


## SASH

- Little Lamb Stars are placed on the navy sash used in Adventurer Clubs.

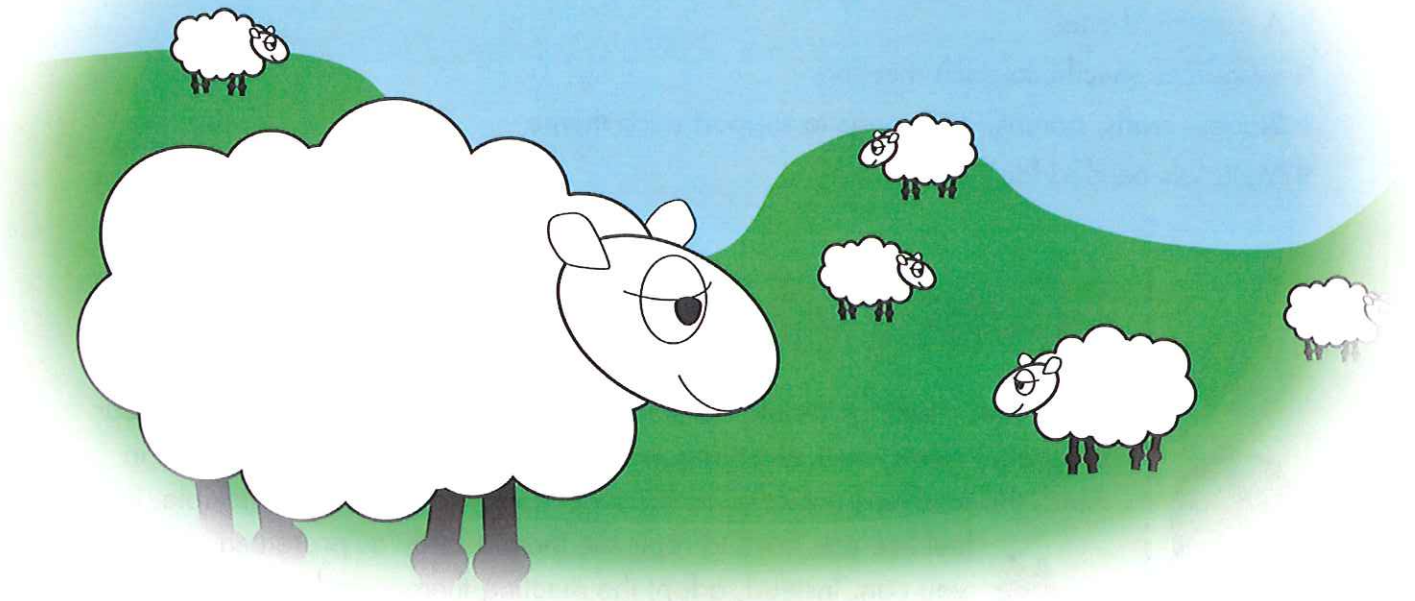
## Optional Uniform

Individual clubs have the option of purchasing the Little Lamb t-shirt or working with a local screen printing company to create their own personalized t-shirt design. The scarf and sash are worn over the t-shirt just as they are on the full dress uniform.



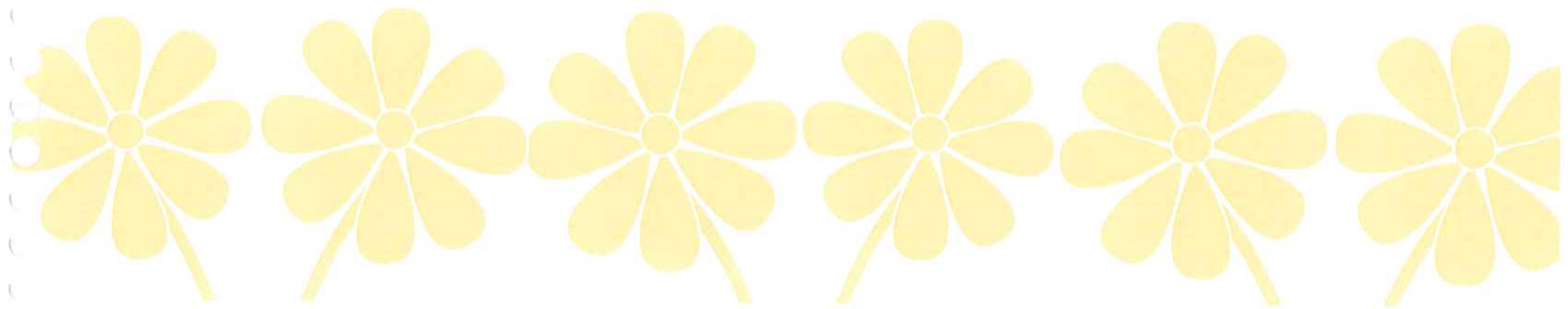


# Section Six



## Little Lambs Learning & Playing

These meetings let your Little Lambs frolic and play while participating in fun educational activities.



## Little Lamb Meetings

The Little Lamb Program includes 20 meeting plans plus ideas for Induction and Investiture. The meetings are the core of your program; this is where things really happen! Each meeting includes the following:

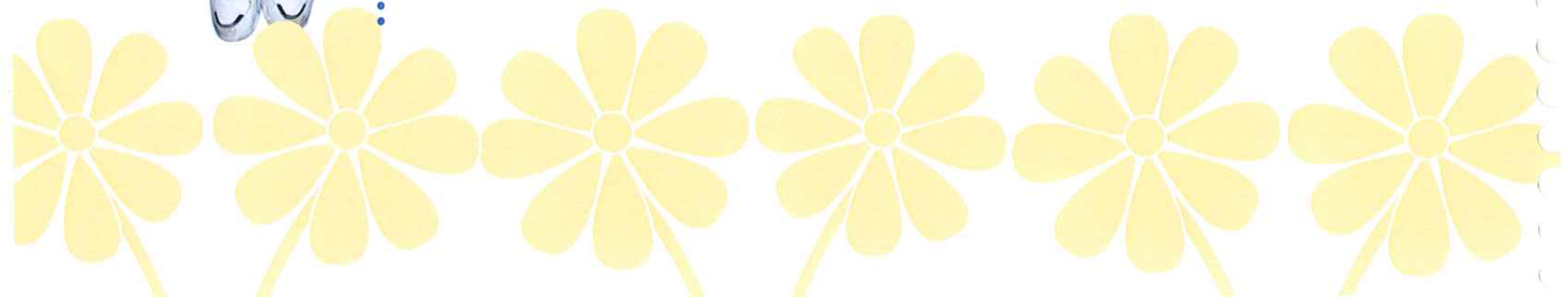
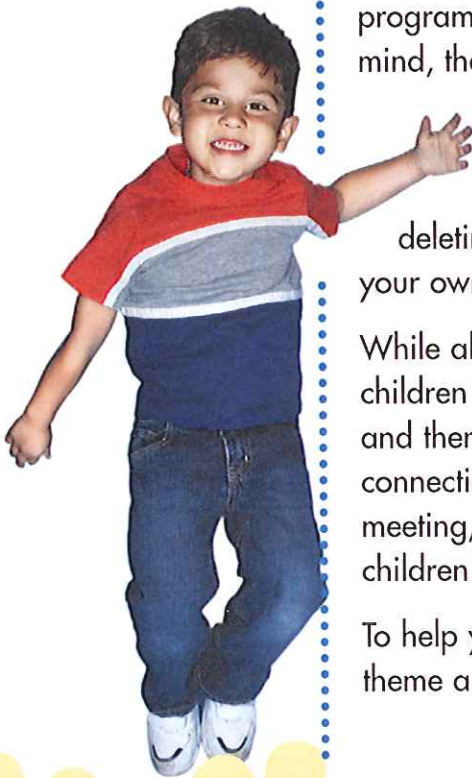
- A meeting theme
- Resources specific to each meeting
- Stories, crafts, games, and songs to support each theme
- Materials needed for the activities

## Meeting Themes and Activity Tips

Little Lamb meetings should be planned to meet your church's mission, your program's goals, and, most importantly, the children's needs. With this in mind, the meetings provided in this section are designed to be flexible. Don't feel like you have to replicate them exactly as presented, although you can. Instead, adapt the meeting themes and activities to best suit your program by changing the order of the meetings, combining, deleting and adding activities, or by using them as inspiration for creating your own meetings.

While all of the activities in this section to maximize fun, they also lead the children to Jesus and enable them to learn about their world, their families and themselves. You can intentionally assist the children in recognizing these connections to Jesus and their world by specifically stating the purpose of the meeting, connecting the activities to the meeting theme and asking the children questions that encourage them to summarize what they've learned.

To help you do this, each meeting begins with a story based on the meeting's theme and includes book suggestions that you can find at your local library.





However, if you can't find the suggested titles, visit with the librarian for additional suggestions. Reading aloud to children introduces them to the rhythm of language, builds vocabulary and increases reading readiness. It's also a great way to introduce them to the meeting theme. Please note that the majority of the suggested books are not by Adventist publishers, so occasionally you may need to "edit" the story when reading it to the children to ensure that it meets your club's needs.

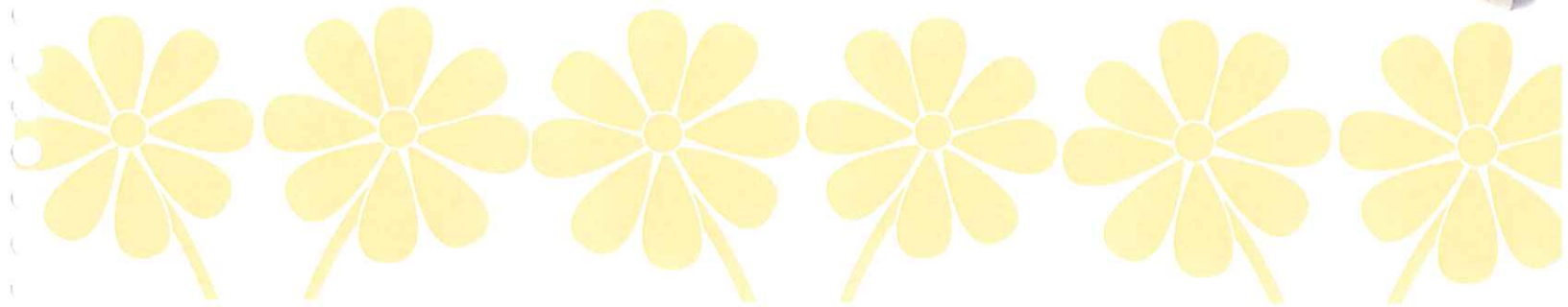


### **Tips for Making Story Time Fun**

- Allow the children time to settle down.
- Sit in a low chair or on the floor, so you can be at eye-level with the children.
- Introduce the book—Show the cover, ask the children what they think the story is about, point to and tell them the title and the author's name.
- Read with expression and vary the pace.
- Don't read too fast.
- Pause to make sure all of the children have seen the pictures.
- Point to characters and objects; ask what they think will happen next.
- Have the children say repetitive phrases with you.
- After the story, wait a minute and give the children time to make comments or ask questions.

After each story, you'll find activities that go along with the story's theme and fulfill the Little Lamb Program Requirements.

You may want to present the activities as Learning Centers which encourage children to explore and learn by doing and develop independence and social skills. At the Learning Centers the children should be free to explore and use the resources provided in a variety of ways. Learning Centers also allow you to provide activities that meet the developmental needs and learning styles of all children. But if Learning Centers don't



work for your group, go ahead and present the material as best suits your needs.

## Sample Dramatic Play Learning Center

**Title:** *Camping Out*

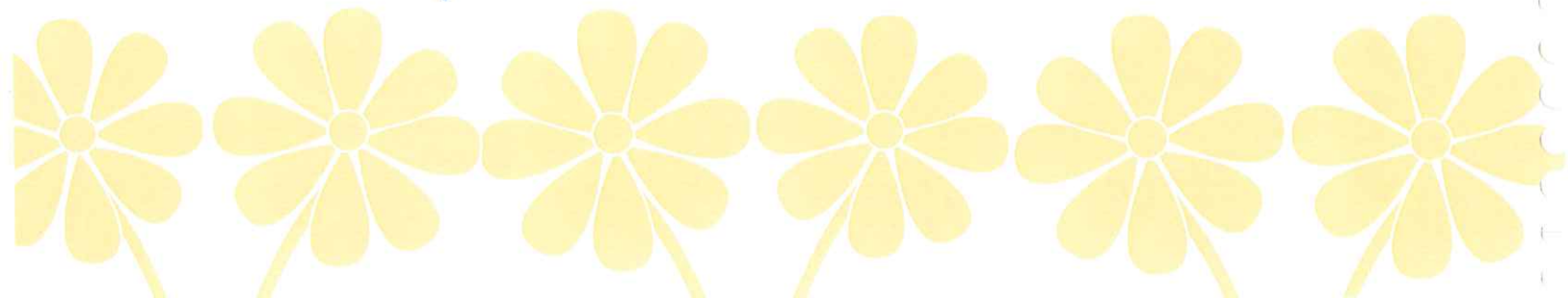
**Skills Learned:** *Social and Language*

Put up real tents or create tents out of sheets. Place sleeping bags and flashlights in the tents. Create a "camp fire" with small branches, fill a large tub with water, provide fishing poles (no hooks!), cover a table with a sheet or plastic table cloth to use as a picnic table, and set out metal pots, pans, plates and flatware. Compasses, binoculars and backpacks are also fun props. Encourage the children to explore and play with the props.

**For additional information about Learning Centers check out these books:**

*The Scholastic Book of Early Childhood Learning Centers* (2001) by Deborah Diffily; *The Giant Encyclopedia of Learning Center Activities: For Children 3 To 6* (2005) by Kathy Charmer; *The Inclusive Learning Center Book: for Preschool Children With Special Needs* (2005) by Christy Isbell; and *52 Easy Program Ideas for Kindergarten Sabbath School Year A* (2004) and *Year B* (2003) by Robert Robins and published by AdventSource.

Whatever themes and activities you select, consider using the same organizational structure for each Little Lamb meeting, since children this age benefit from consistency and repetition. You'll notice that each of the meetings included in this section begins with an opening ceremony, followed by a theme story and activities and ends with a closing ceremony. This repetition of structure helps the children to know what to expect and how to act throughout the meeting.



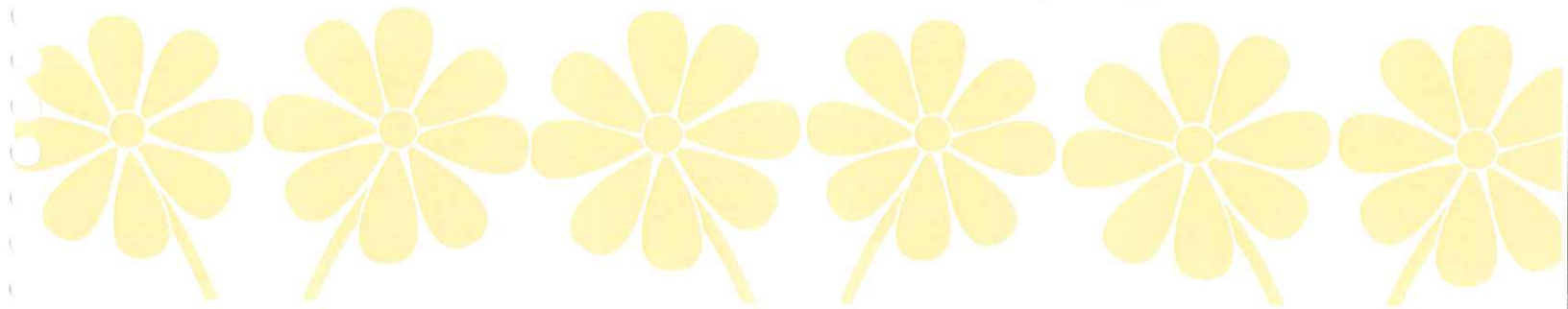


Additionally, in the opening sidebar, you'll notice that the program or Star requirements met during the meeting are listed. At times, the activities may vary from the actual requirements. However, all suggested activities honor the intent of the requirements. It's up to you, as the leader, to decide how and if requirements are met.





Also, be aware that even though each activity includes an estimated time, the pace of activities will differ from club to club and meeting to meeting. Sometimes the children will quickly complete everything you planned. It's a good idea to have a back-up game or activity for when this happens. Other times, the children may really enjoy an activity and not want to stop. It's okay to omit activities that you've planned and continue with something that everyone is enjoying. And if something isn't going smoothly, you can stop the activity and redirect the children to something new.

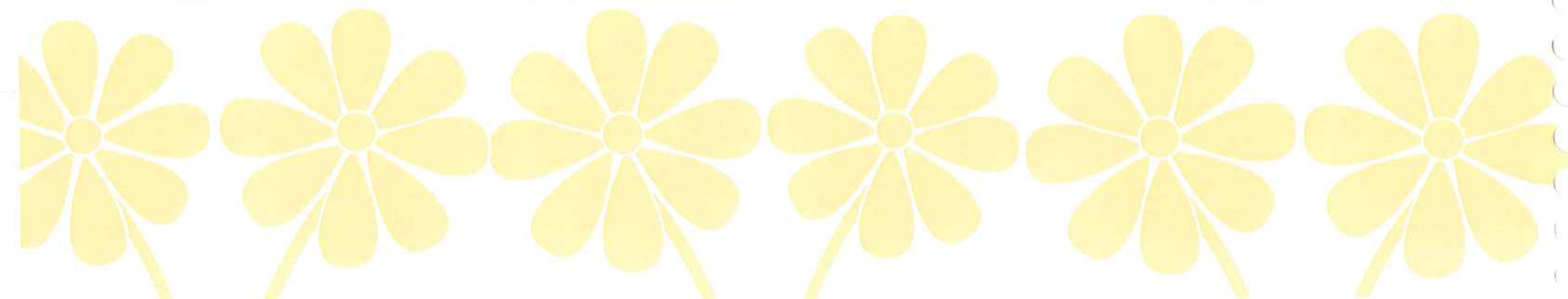
Besides back-up activities, you may want to plan on pre- and post-meeting activities to keep children that arrive early or stay late busy. If the pre-meeting activities are located in the same place at each meeting, the children will know exactly where to go and what to do when they arrive. These activities should generally be something the children can do independently, such as coloring, drawing, or assembling puzzles.

***Finally, flexibility and enthusiasm are the keys to conducting successful Little Lamb meetings.***





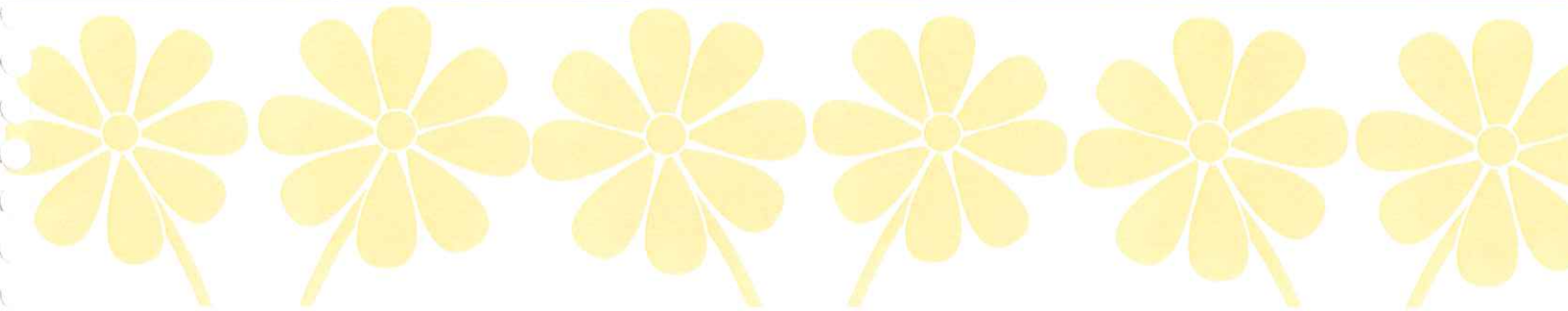
# Little Lamb Scope and Sequence

	Meeting 1	Meeting 2	Meeting 3	Meeting 4
<b>Star or Program Requirement</b>	<b>Wooly Lamb</b>	<i>My God</i>	<b>Special Helper</b>	<b>Community Helpers</b>
<b>Theme Story</b>	Lambs	The Good Shepherd	Being Helpful	Community Helpers
<b>Activities</b>	<p>Paper Plate Lamb</p> <p>Lamb Puppet Play</p> <p>Wool Discovery Center</p> <p>Baby Animal Charades</p>	<p>Shepherd Dress-up</p> <p>Rescue the Lamb</p> <p>Lost Lamb Watercolor</p> <p>Who Has Your Bottle?</p>	<p>This Is The Way We</p> <p>Ways to Help Collage</p> <p>Helping Play Center</p> <p>Sewing</p>	<p>Building with Blocks</p> <p>Community Helpers Dress-up</p> <p>Community Helpers Stories/DVD</p> <p>Community Helpers' Skills</p>
<b>Requirements Met</b>	<p><b>Wooly Lamb</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><i>My God</i> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Special Helper</b> 1-4 <small>*Requirement 5 completed outside of meeting.</small></p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Community Helpers</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>
				


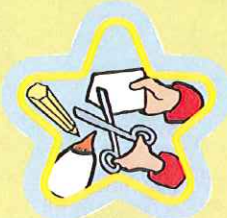




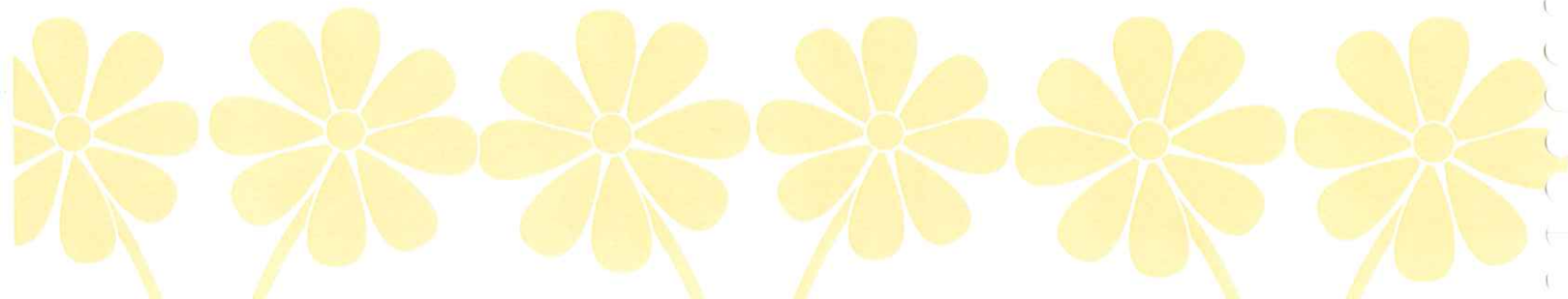


	Meeting 5	Meeting 6	Meeting 7	Meeting 8
<b>Star or Program Requirement</b>	<i>My Family</i>	<b>Healthy Food</b>	<i>My World</i>	<b>Zoo Animals</b>
<b>Theme Story</b>	Families	Nutrition	Creation	The Zoo
<b>Activities</b>	<p>Family Members Dress-up</p> <p>Family Tree</p> <p>Matching Game</p> <p>Mother May I?</p>	<p>Exploring My Senses</p> <p>Making Fruit Kebabs</p> <p>Vegetable Prints</p> <p>Fun with Food</p>	<p>Plant Petting Zoo</p> <p>Fishie Feet</p> <p>Sounds of Nature</p> <p>Land &amp; Sea Center</p>	<p>Flamingo Prints</p> <p>Animal Actions</p> <p>Zooland</p> <p>Animal Homes</p>
<b>Requirements Met</b>	<p><i>My Family</i> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Healthy Food</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><i>My World</i> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Zoo Animals</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>
				



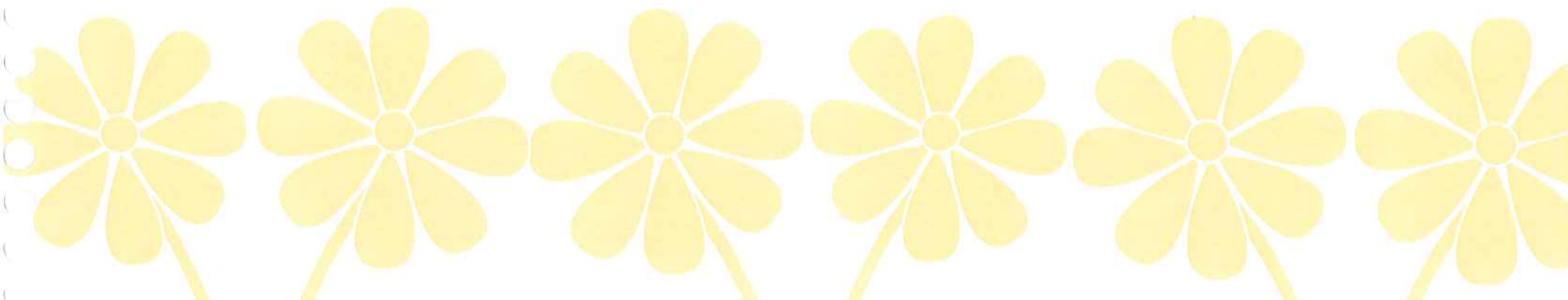


	Meeting 9	Meeting 10	Meeting 11	Meeting 12
<b>Star or Program Requirement</b>	<i>Myself</i>	<b>Finger Play</b>	<b>Healthy Me</b>	<b>Bible Friends</b>
<b>Theme Story</b>	Fingers & Toes	Hands	Healthy Bodies & Exercise	Friends
<b>Activities</b>	<p>Science &amp; Me</p> <p>Self-portrait</p> <p>Circle Name Game</p> <p>My Name</p>	<p>Mice Tracks</p> <p>Finger Play</p> <p>Finger Food</p> <p>Garden Center</p>	<p>What's Inside?</p> <p>Movement &amp; Me</p> <p>I've Got the Beat</p> <p>Exercise Collage</p>	<p>Rainbow Hand Prints</p> <p>Games for Two or More</p> <p>Sing and Shout</p> <p>Bible Friends Dress-up</p>
<b>Requirements Met</b>	<p><i>Myself</i> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Finger Play</b> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Healthy Me</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Bible Friends</b> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>
				



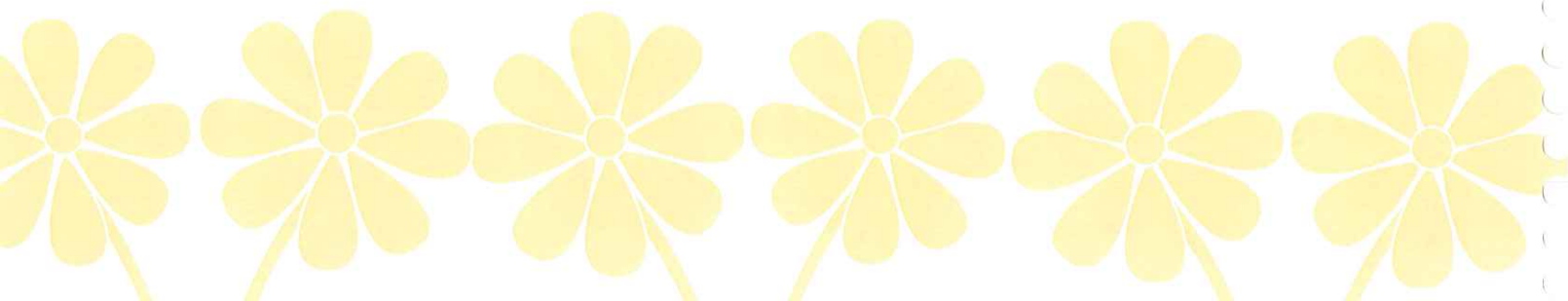


	Meeting 13	Meeting 14	Meeting 15	Meeting 16
<b>Star or Program Requirement</b>	<i>My God</i>	<i>My World</i>	<i>Myself</i>	<b>Music</b>
<b>Theme Story</b>	Jesus	Rocks	Self-esteem	Music
<b>Activities</b>	<p>Carpenter Center</p> <p>Nose and Ear</p> <p>Bible Dress-up</p> <p>Baking Bread</p>	<p>Sifting Center</p> <p>Rock Collecting</p> <p>Science Center</p> <p>Rock Sculpture</p>	<p>Self-portrait Puppet</p> <p>Unique Me Science Center</p> <p>I Can Be Anything Drama Center</p> <p>I Can Write</p>	<p>Rhythm and Movement</p> <p>Making Instruments</p> <p>Exploring Sounds</p> <p>Hand Clap</p>
<b>Requirements Met</b>	<p><i>My God</i> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><i>My World</i> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><i>Myself</i> 1-5</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Music</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>





	Meeting 17	Meeting 18	Meeting 19	Meeting 20
<b>Star or Program Requirement</b>	<b>Insects</b>	<b>Trains &amp; Trucks</b>	<b>Stars</b>	<b>Weather</b>
<b>Theme Story</b>	Insects	Trains/Trucks	Stars	Weather
<b>Activities</b>	<p>Bugs in a Bottle</p> <p>Wiggle Worms</p> <p>Bug Art</p> <p>Ants on a Log</p>	<p>Red Light, Green Light</p> <p>Construction Sight</p> <p>Take a Ride</p> <p>Whistles, Horns and Sirens</p>	<p>Follow the Star</p> <p>Sorting Stars</p> <p>Twinkling Stars</p> <p>Night Sky</p>	<p>Clouds and Rain</p> <p>Hot or Cold</p> <p>Blowing Water</p> <p>Fun in the Sun</p>
<b>Requirements Met</b>	<p><b>Insects</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Trains &amp; Trucks</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Star</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>	<p><b>Weather</b> 1-4</p> <p>Recite the Little Lamb Pledge</p> <p>Sing <i>Jesus is My Shepherd</i></p>
				





# Meeting One

## Loveable Lambs

### Gather the Flock

**Time: 5 minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. (Until the children have learned the pledge and song, you will need to break the pledge and song into short phrases and have the children and adults repeat/sing them back to you.) Don't forget to have the children place their right hand over their heart during the pledge. (Place a red dot on their right hand to make this less confusing for them.)



### Meeting Length

**60 to 75 Minutes**

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

### Star Earned



**Wooly Lambs**

### Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



## Lamb Tales

Time: 5 to 10 minutes

### STORY THEME LAMBS

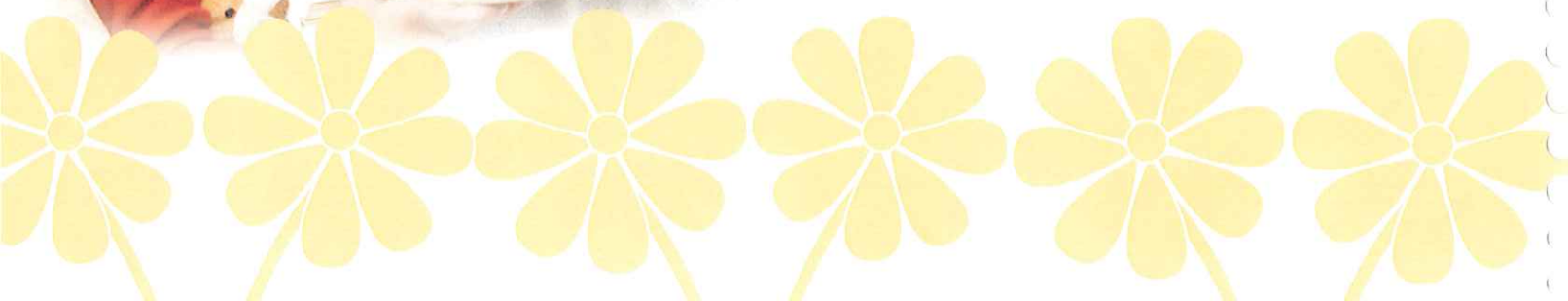
#### You Will Need

- Lamb puppet from AdventSource
- *Sheep Have Lambs* (2000) by Lynn Stone from AdventSource or book of your choice
- Recording of lambs baaing can be found at [www.sheep101.info/index.html](http://www.sheep101.info/index.html)

Ask the children if they know the names of various baby animals. You can begin by showing them pictures of the baby animals and then saying the names. Then bring out a lamb puppet or stuffed animal and ask the children if they know what a baby sheep is called. (You may want to consider naming the puppet or stuffed animal and using it as a mascot for your meetings.) Next, using the puppet or stuffed animal, teach the children to baa like a lamb. (At Sheep 101 you can download sheep baaing.) Now read ***Sheep Have Lambs\**** (Stone, 2000). After the story, discuss with the children the new things they heard in the story or share additional facts with them, such as sheep often have twins, lambs drink milk, what wool is and how it is used. Finally, let the children know that during the meeting they will be learning more about lambs.

\*Additional Book Suggestions: ***One Little Lamb*** (Greenstein, 2004), ***Touch & Feel Farm*** (DK Publishing, 1998), ***My Fuzzy Friends*** (Hills, 1999)

**Meets requirements 1 and 2 for Woolly Lamb Star**





## Lamb Frolics

Select one or more of the following activities.

### Paper Plate Sheep & Lambs

#### #1 Lamb Frolic

#### CRAFT ACTIVITY

**Time:** 15 Minutes

**Meets requirements 2 and 4 for Woolly Lamb Star**

#### Before the Meeting

Fold the paper plates in half and attach the heads, legs and tails to each "lamb." See page 198 for templates.

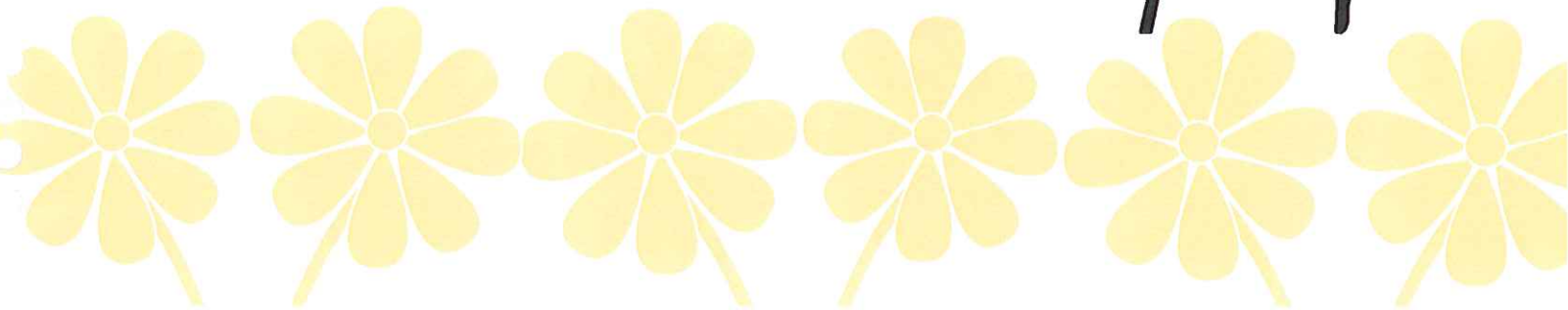
#### Directions

Explain to the children that they will be making a mama or daddy sheep and a lamb. Show them a completed sheep and lamb and demonstrate how to attach the "wool" by dipping a pom-pom into the glue and sticking it onto the paper plate. Remind the children that some sheep are all black, some are white and others are a mixture of the two colors, and they can use any of the colors they'd like. A few of the children may quickly finish the project. Encourage them to make "twin" lambs or to make up a story about their sheep while they wait for the other children to finish.



#### You Will Need

- 1 to 2 inch black and white pompoms
- Craft glue
- Shallow containers to hold glue (plastic lids work well)
- Paper plates, dinner and dessert size
- Black or white construction paper





## Lamb Puppet Play — #2 Lamb Frolic

### PUPPET THEATER

**Time: 15 Minutes**

**Meets requirements 2 and 3 for Woolly Lamb Star**

#### You Will Need

- Folding table(s)
- Sheet(s)
- Puppets of lambs, children, schools, teachers
- *Mary Had a Little Lamb* (Hale, 1992)

#### Before the Meeting

Puppets can easily be created by gluing pictures to poster board and then attaching them to craft sticks. See page 199 for puppet templates. Place a table(s) on its side and drape with a sheet(s). This will be the puppet stage.

#### Directions

Have the children sit on the floor in front of the stage. Using puppets, act out *Mary Had a Little Lamb*. Now give each of the children a puppet. An adult(s) should begin by playing with the children. She can pretend to be Mary and ask the children with lamb puppets why they followed her to school. The adult should continue to engage the children until they become comfortable playing on their own with the puppets.





## Sheep to Shirts — #3 Lamb Frolic

### SCIENCE CENTER

**Time: 15 Minutes**

**Meets requirement 2 for Woolly Lamb Star**

### Before the Meeting

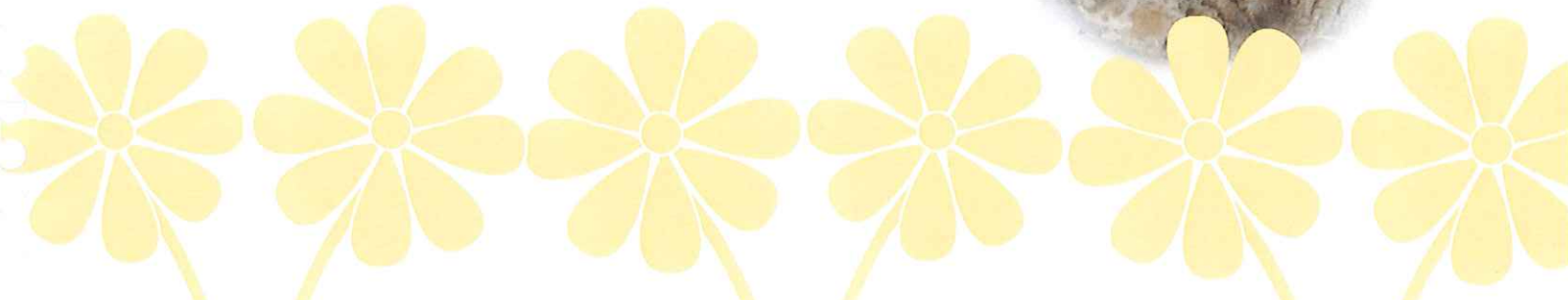
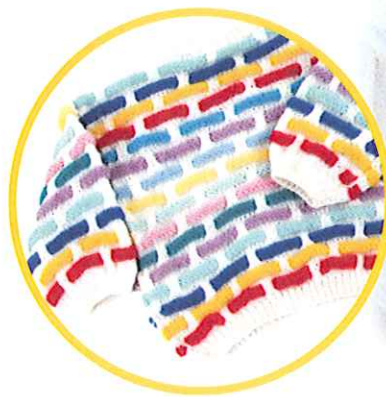
Using the template on page 200, copy pictures of shirts onto poster board. Place boxes filled with wool and wool materials (yarn, felt, fabric) on a table(s). Additionally, have pictures of wool being sheered, carded and spun.

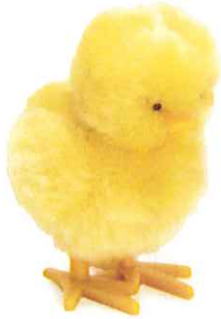
### Directions

In this activity the children will learn about wool and its uses. Encourage the children to touch the wool in each of the tubs and talk about the different textures. Then show them the pictures of wool being turned into material. Next, give each of them a poster board shirt and have them paste the scraps of wool from the tubs onto it.

### You Will Need

- Small boxes or tubs
- Scraps of wool fabric, wool yarn, and wool felt
- Pictures of sheep being sheered and wool being turned into fabric
- 8 x 12 inch poster board
- Paste





## Animal Baby Charades — #4 Lamb Frolic

### DRAMA CENTER

**Time: 15 Minutes**

**Meets requirement 3 for  
Wooly Lamb Star**

### Directions

Have the children sit on the floor in a semi-circle. Ask a child to reach into the pillow case and pick one animal. (Move away from the group, so the other children can't see the animal selected.) Then have the child pretend to be the animal and have the other children guess the animal. If a child is shy, she can select the animal and all the children can pretend to be the animal.

### You Will Need

- Pillow case
- Stuffed animal babies



## Good-baa Little Lambs

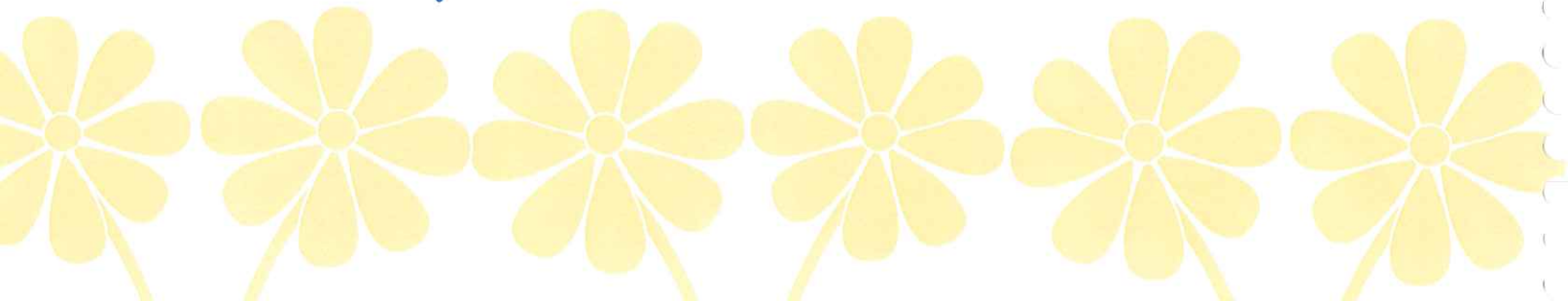
**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What new thing did you learn about lambs?) Close with a prayer circle. (Hold hands and have the children recite a simple prayer with you.)

## Prayer suggestions:

Dear Jesus, I thank you for Little Lambs. Amen.

Dear Jesus, help me to always remember that you love me. Amen.





# Meeting Two

## Lost & Found



### Gather the Flock

**Time: 5 minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)

**Meets requirement 1 for My God Program Requirements**

### Meeting Length

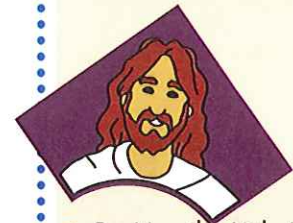
**60 to 75 Minutes**

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

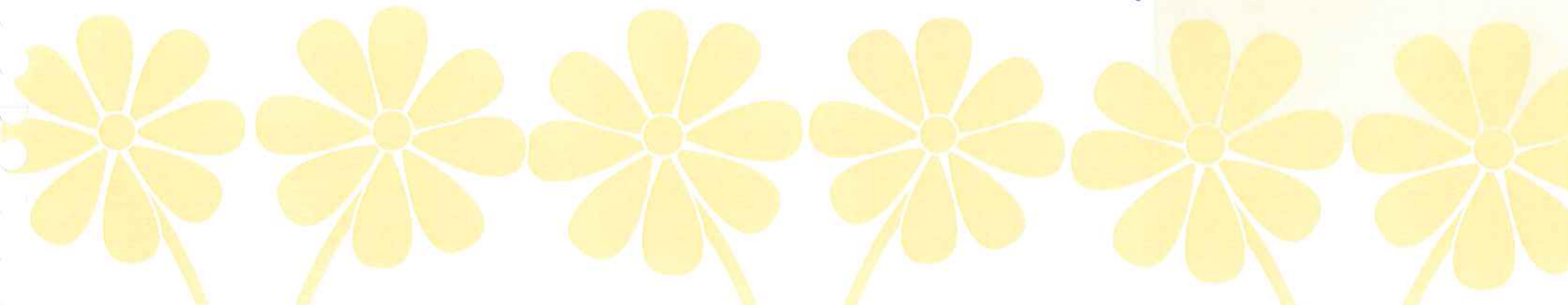
### Star Earned

**none**

### Program Requirements Met **My God**



- Reciting the Little Lamb Pledge, singing *Jesus is My Shepherd* Theme Song and *My God* Requirements 1-5



## Lamb Tales

Time: 5 to 10 Minutes

### You Will Need:

- Lamb puppet from AdventSource
- *The Good Shepherd and the Little Lost Lamb* (Zobel-Nolan, 2005) or book of your choice

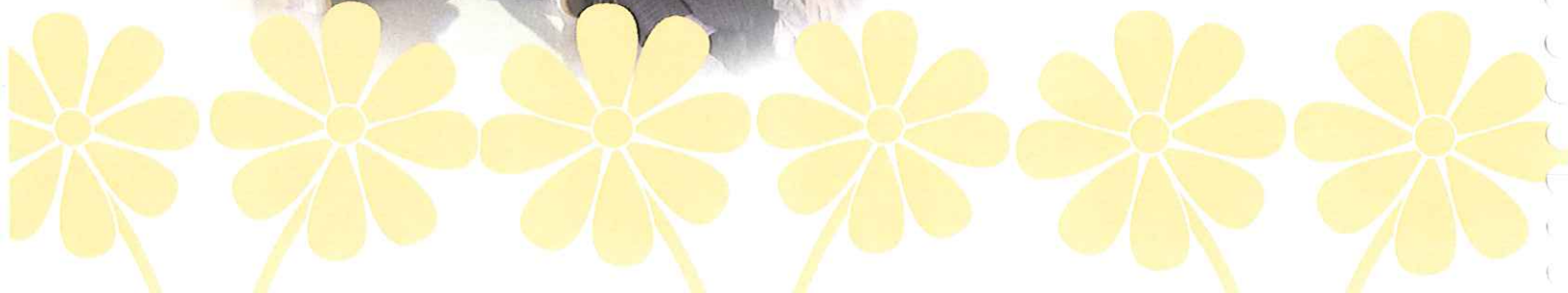
### STORY THEME THE GOOD SHEPHERD

Using a lamb puppet, ask the children what they remember about lambs from the last Little Lamb meeting. Then show them a picture of a shepherd and tell them that a shepherd feeds the lambs, cuts their hair (wool) and finds them if they get lost. Next, read ***The Good Shepherd and the Little Lost Lamb***\* (Zobel-Nolan, 2005). After reading the story, show the children a picture of Jesus surrounded by sheep or children. Explain that sometimes Jesus is called the Good Shepherd because He watches over little children just like the good shepherd in the story watched over the little lost lamb. Then ask the children three specific questions about what they learned about Jesus from the story.



\*Additional Book Suggestions: ***The Story of Jesus*** (Pingry, 2001), ***Bible Parables: The Lost Sheep, The Lost Coin, and Others*** (Alex, 2006), ***My Friend Jesus*** (Degering, 1993), ***Uncle Paul's Little Learning Books, Book 1, My Very Best Friend*** (Ricchiuti, 1975)

**Meets requirements 2 and 3 for My God Program Requirements**





## Lamb Frolics

Select one or more of the following activities.

### Shepherd Dress-up — #1 Lamb Frolic

#### ROLE PLAYING

**Time: 15 Minutes**

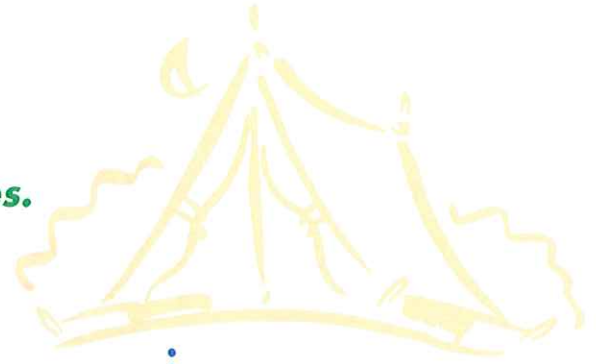
**Meets requirement 5 for My God Program Requirements**

#### Before the Meeting

Setup tents or make tents out of sheets/blankets. Have pillows and blankets inside of the tent and sheep (stuffed animals, plastic toy lambs) outside around the tent. Create a pretend campfire out of sticks and provide bowls, spoons, and pans and other cooking utensils. Make robes from oversize t-shirts, head scarves from pillowcases and jute or ribbon to hold the scarves on to the children's heads.

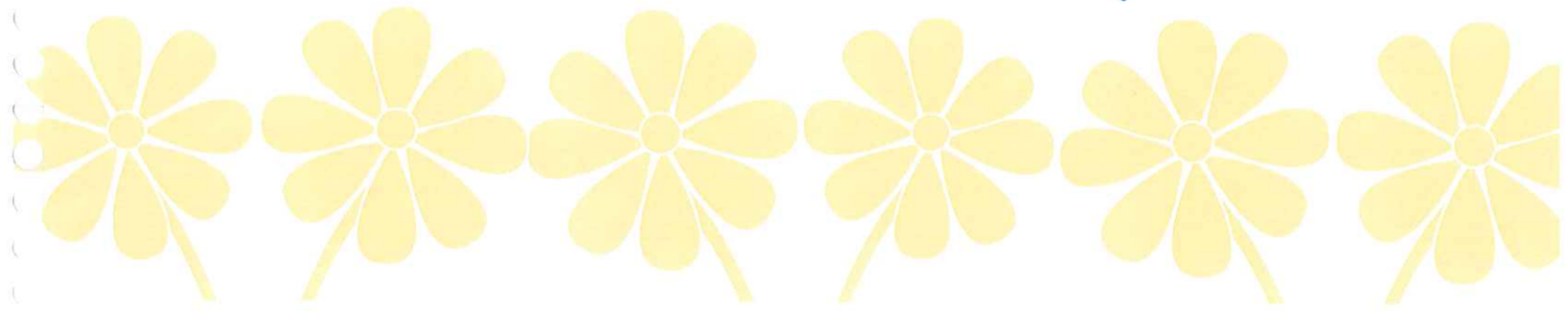
#### Directions

Explain to the children that when Jesus lived on Earth, shepherds lived in tents, cooked over a fire, dressed in robes, went barefoot or wore sandals. Then encourage the children to take off their shoes and socks, dress-up in the clothes, and pretend to cook or watch over the sheep.



#### Materials Needed

- Tents or blankets/sheets to make tents
- Pillows and blankets
- Toy sheep (plastic or stuffed animals, any size)
- Sticks
- Cooking utensils (bowls, spoons, pots)
- Large t-shirts, pillow cases, jute or ribbon



## The Shepherd Says — #2 Lamb Frolic

### GAME ACTIVITY

**Time: 15 Minutes**

***Doesn't meet a requirement,  
but it's fun!***

#### Directions

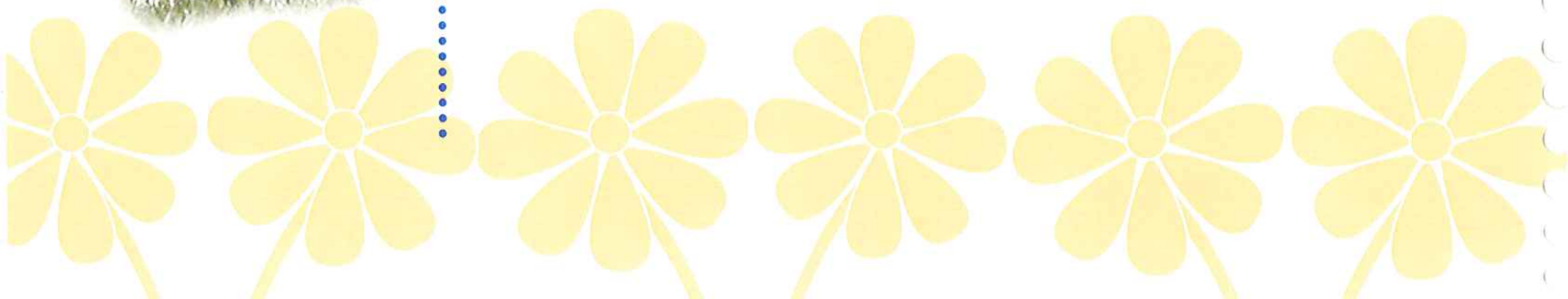
This game is *Simon Says* renamed *The Shepherd Says*. The object of this game is to be a good listener and be the first to reach the little lamb. Begin by using the lamb puppet to explain to the children that the little lamb is lost and that they are going to help the shepherd find it. Then have the children stand behind a line that you have drawn with chalk or masking tape. (To keep the children from crowding each other, have them reach both arms out straight from their sides and tell them that they shouldn't be able to touch the boy or girl standing on either side of them.) Now take the lamb puppet and stand several feet in front of the children and tell the children the rules of the game.

#### Materials Needed

- Chalk or masking tape



**The Shepherd Says Rules:** *An adult calls out a child's name and tells him or her how many and what kind of steps to take. For example, "Zachary, **the shepherd says**, take two giant steps." Zachary would then take two big steps toward the adult holding the lamb puppet. However, if the adult says, "Zachary, take two giant steps," but doesn't say **the shepherd says**, Zachary shouldn't take any steps. If he does, he goes back and stands behind the line. (Demonstrating the game first with a couple of adults is helpful.) Types of commands to give the children to take might include **giant steps, baby steps, backward steps** or **hops**.*





## Lost Lamb Painting — #3 Lamb Frolic

### ART CENTER

**Time: 10 Minutes**

**Meets requirements 4 and 5 for My God Program Requirements**

### Before the Meeting

Using a white crayon, draw or trace a lamb onto white construction paper. Then use the white crayon to color in the lamb outline. Use water to thin the tempera paint. (It should be the consistency of milk.) And place the paint in small dishes. Additionally, you may want to cover the surface where the children will be painting with newspaper and provide old shirts for the children to wear.

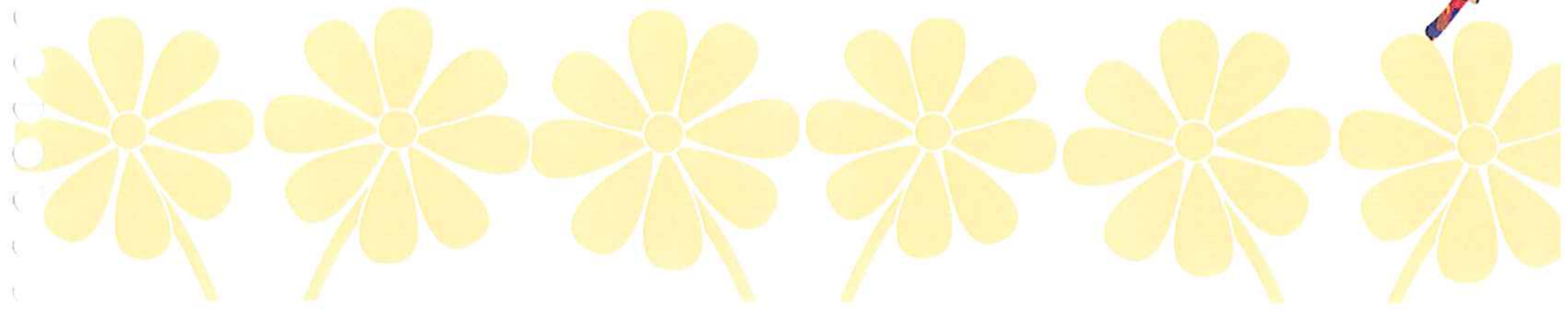
### Directions

Ask the children what a shepherd does if a lamb is lost. Then tell them that a lamb is lost and they are going to help find it. Give each child a sheet of white construction paper with a lamb crayon drawing it. Then with a one inch paint brush, have them cover the paper with the paint.

Once the paint has dried (use a blow dryer to speed up the drying time), give each child a picture of a shepherd to glue on to their picture and crayons to decorate the pictures anyway they wish.

### Materials Needed

- White crayon
- White construction paper
- 1 inch paint brushes
- Light colored tempera paint (i.e., pale yellow or blue)
- Small containers to hold tempera paint
- Pictures of shepherds
- Paste
- Crayons
- Blow dryer
- Newspaper
- Old shirts to use as smocks



### Materials Needed

- Baby Bottle



## Little Lamb, Little Lamb, Who's Got Your Bottle — #4 Lamb Frolic

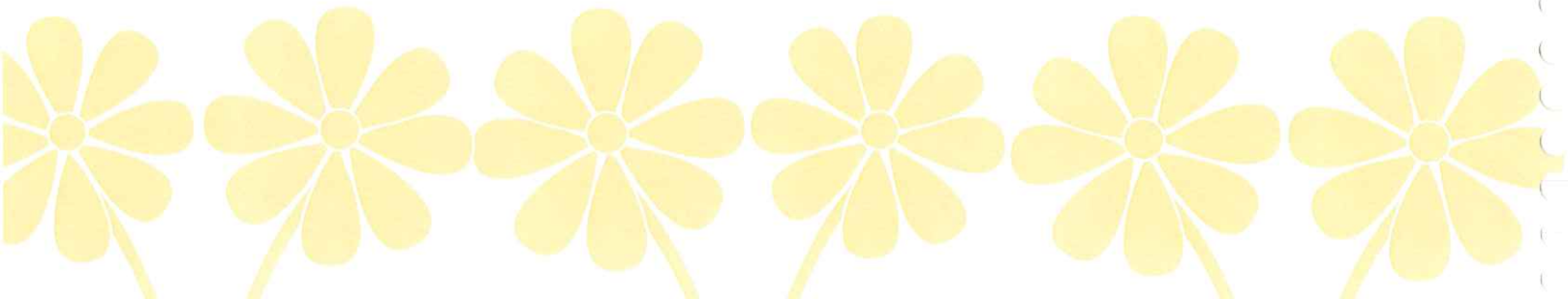
### CALL AND RESPONSE GAME

**Time: 10 Minutes**

*Doesn't meet a requirement, but it's another fun lamb activity!*

### Directions

If you've ever played **Doggy, Doggy, Who's Got Your Bone**, you'll recognize this game. Have the children sit on the floor in a semi-circle. Then pretend to feed the lamb puppet with a baby bottle and explain that sometimes a lamb's mother can't feed (nurse) her lambs. If this happens, the shepherd helps out by feeding the lambs with baby bottles. Select one child to be the shepherd sitting at the open end of the circle with her back to the other children and place a baby bottle behind her back. Then point to one of the children in the semi-circle and have him quietly get the bottle, return to his spot in the semi-circle and place it behind his back. Once one of the children has hidden the bottle, have all of the children in the semi-circle bleat (baa, baa, baa). Now tell the child selected to be the shepherd that when she hears the lambs crying for their bottle to turn around and guess who took the bottle. Repeat until all of the children have had a turn to be the shepherd.

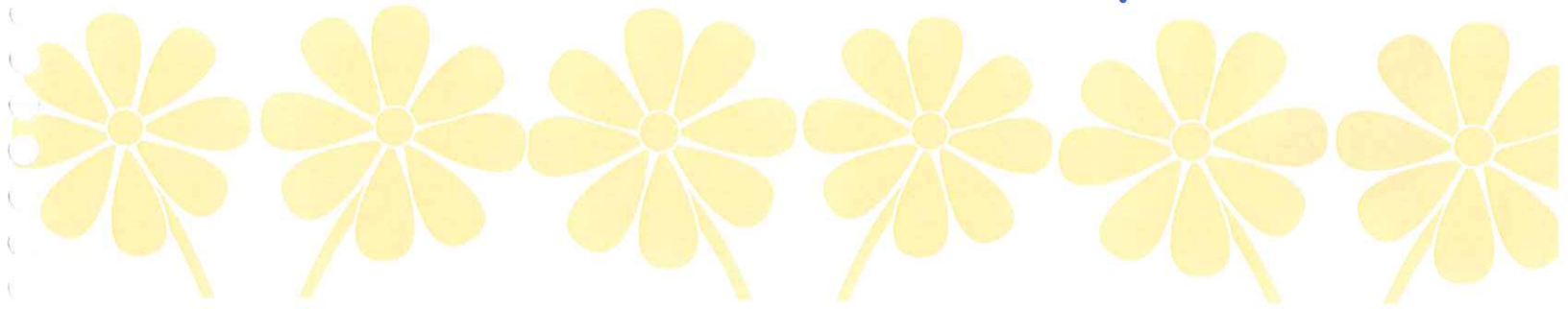




## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., Ask them what a shepherd does and why we sometimes call Jesus the Good Shepherd.) Close with a circle prayer. (For an explanation of circle prayer, see Good-baa Little Lambs Meeting 1.)



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned



### Special Helper

Requirement #5 of the Special Helper Star requires the child to help a family member with a special chore for one week. This will need to be done outside of the meeting time. You may want to send a check sheet and stickers home with each family. Include a place to write the child's name, the chore, and a place to put a sticker each time the child does the chore.

## Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd* Theme Song

# Meeting Three

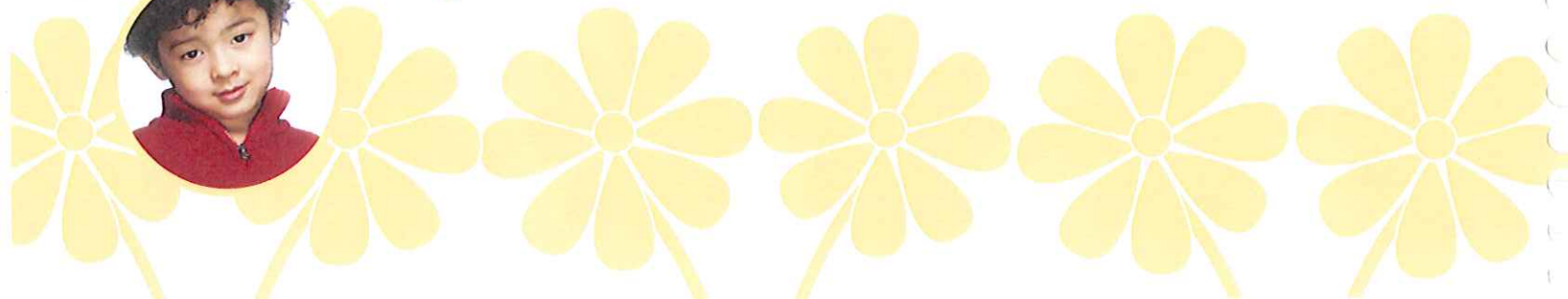
## Helping Hands



## Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





## Lamb Tales

**Time: 5 to 10 Minutes**

### STORY THEME BEING HELPFUL

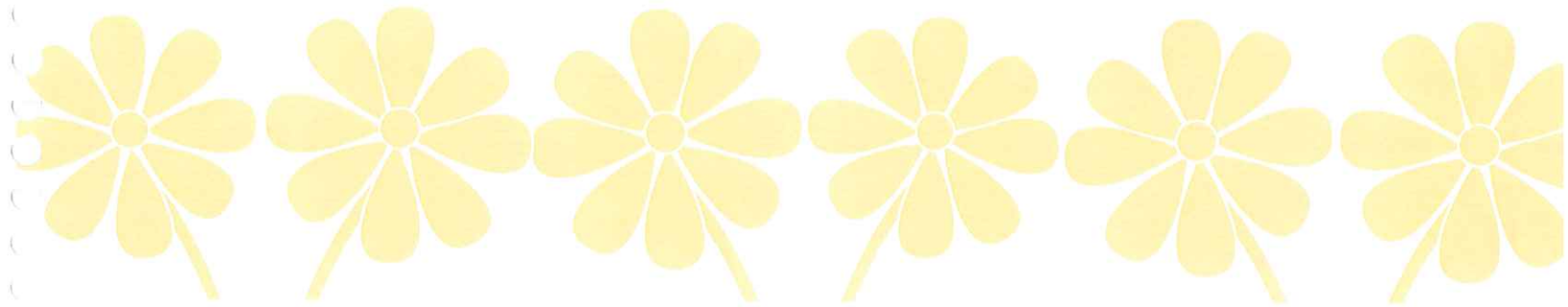
Begin story time by holding up a variety of objects used to clean the house and ask the children to tell you what they might clean with each one. Now explain that today they will learn about a way to help at home and that is to help with chores. Then read ***Let's Clean My Room!!*** \* (Uboh, 2005). Depending on the book you read, you may want to have the children act out the motions to cleaning activities in the book as you read.

\*Additional Book Suggestions: ***Clean*** (Gale, 2004), ***Home Tools*** (Snyder, 20002), ***Good Habits for Kids: My Clean Room*** (Fisher, 2001).

***Meets requirement 1 of Special Helper Star***

#### You Will Need:

- *Let's Clean My Room* (2005) by Victoria Uboh or book of your choice



### You Will Need:

- A box of props for each child

Some suggested props: brooms, toys, dust rags, sponges (The children can also make the motions of the cleaning activity rather than using props.)

## Lamb Frolics

Select one or more of the following activities:

### This Is The Way We Help At Home #1 Lamb Frolic

#### ACTION SONG

**Time: 5 to 10 Minutes**

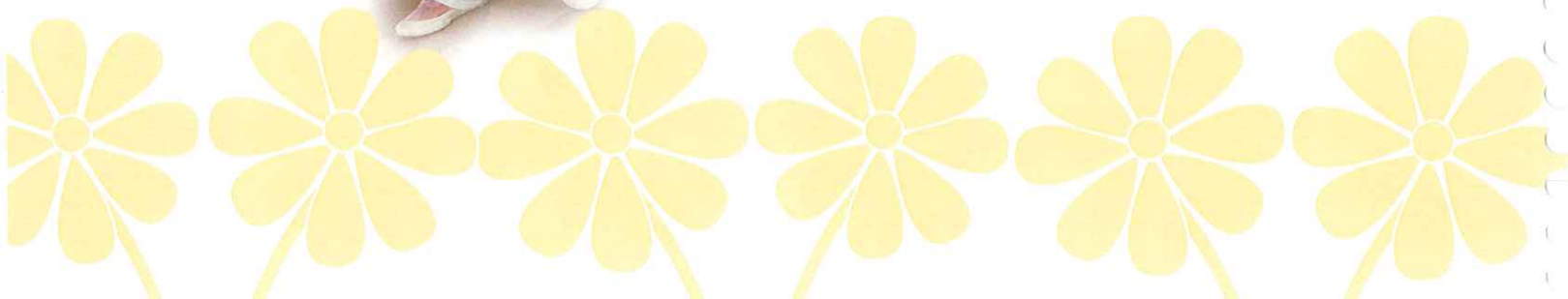
**Meets requirement 2 for Special Helper Star**

#### Before You Begin

Place one prop for each verse of the song in a box. You'll need a box of props for each child.

#### Directions

Begin by modeling (singing a verse and doing the actions) the song "This is the Way We Help At Home." You may be more familiar with this song's first verse "Here we go round the mulberry bush." But if not, go to the National Institutes of Health's site at [www.niehs.nih.gov/kids/lyrics/mulberry.htm](http://www.niehs.nih.gov/kids/lyrics/mulberry.htm). For each verse, you'll use a motion that represents the activity for that verse. You can also create your own verses to match the Lamb's Tale story you read or activities that are relevant to your kids and community. Sing each verse more than once.





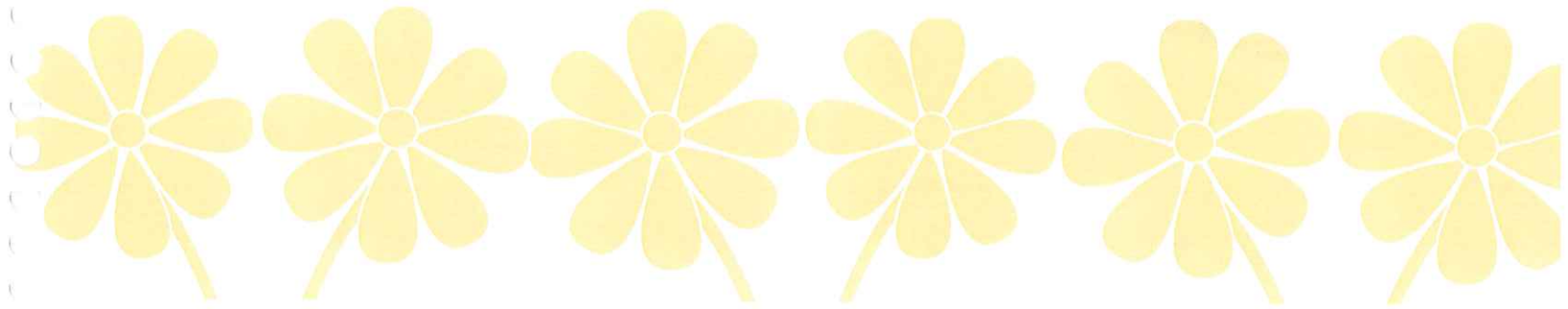
### Suggested Verses

*This is the way we sweep the floor,  
Sweep the floor, sweep the floor.  
This is the way we sweep the floor  
So early in the morning.*

*This is the way we pick up toys,  
Pick up toys, pick up toys.  
This is the way we pick up toys  
So early in the morning.*

*This is the way we dust the house,  
Dust the house, dust the house.  
This is the way we dust the house  
So early in the morning.*

*This is the way we wash the car,  
Wash the car, wash the car.  
This is the way we wash the car,  
So early in the morning.*



## Ways I Can Help — #2 Lamb Frolic

### COLLAGE

**Time: 5 to 10 Minutes**

**Meets requirement  
4 for Special Helper Star**



### You Will Need:

- 9"x12" sheets of construction paper
- Stickers of cleaning activities or things to clean

**TIP** Your local or online book store is a good source of sticker books. A couple you might look for are *My Giant Sticker Activity Book* and *Sticker Activity A B C* by Roger Priddy.

- Glitter glue sticks
- Crayons

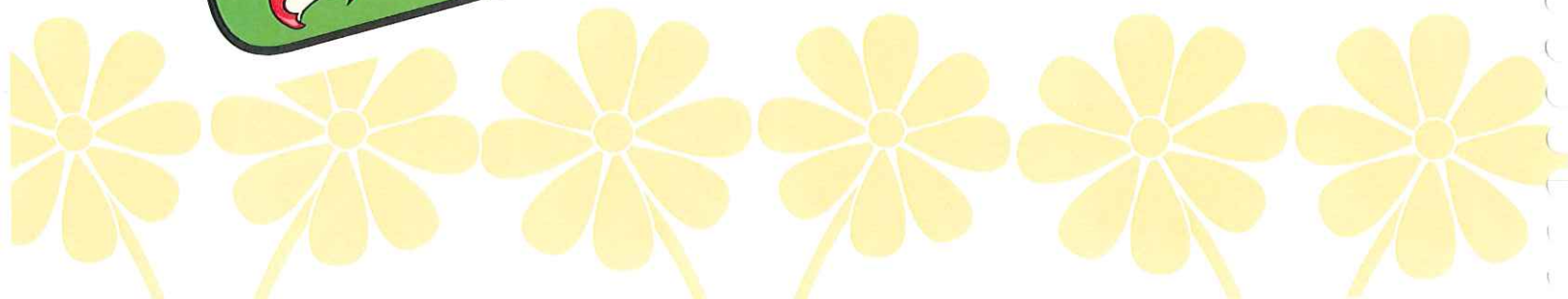
### Before You Begin

Place stacks of construction paper, glitter sticks, stickers that represent cleaning activities, and crayons within easy reach of all of the children at each table. **TIP:** If you can't find stickers, cut out pictures from old magazines and let the children paste them onto the paper.

Make a sample project to show to the children. (Place stickers randomly on the paper. Then using the glitter sticks and crayons, fill in the empty spaces on the paper.)

### Directions

Show the children a completed collage. Encourage the children to have fun and to fill up their sheets of paper anyway they want.





## Watch Me Help — #3 Lamb Frolic

### PLAY CENTER

**Time: 15 to 20 Minutes**

**Meets requirement 3 for Special Helper Star**

### Before You Begin

Set up several areas with actual cleaning activities for the children.

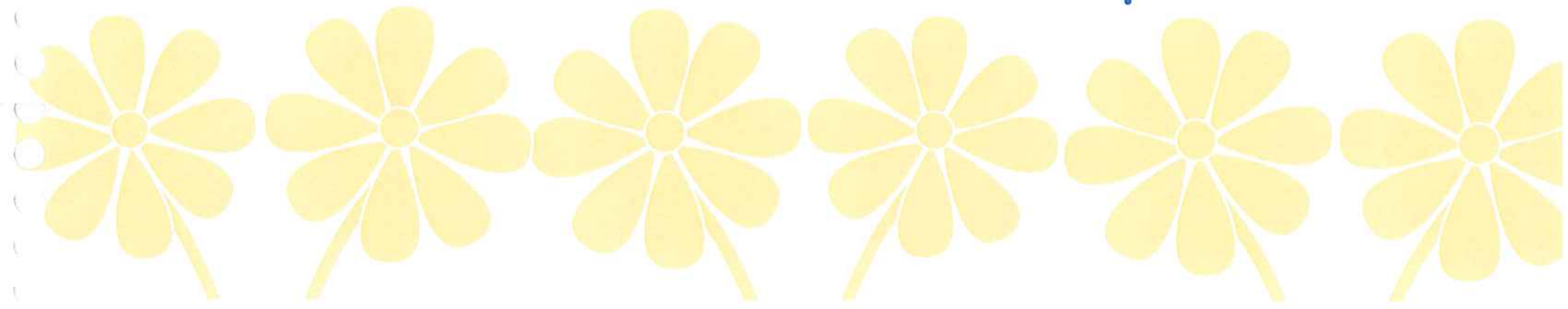
## Suggested Activities Centers what you'll need:

- **Washing and Drying Dishes**   Tubs with water  
Sponges and dish towels  
Plastic plates, cups, forks and spoons
- **Sweeping**   Brooms and dust pans  
A variety of things to "spill" on the floor such as beans, macaroni, small shells, popcorn kernels
- **Gardening**   Tubs with soil  
Hand rakes (small ones like children might use at the beach)  
Seeds to plant (large seeds like sunflower or pumpkin seeds)  
Watering cans (no water)
- **Cooking**   Large plastic mixing bowls, wooden spoons, plastic measuring cups and spoons  
Containers filled with beans, dried pasta, oats and raisins

### Directions

If you have a large group of children, you'll want to divide them into smaller groups and rotate them through each activity. If not, you can let the children select what they want to do. Just make sure all the children get the opportunity to try all the activities and that one child doesn't dominate an activity.

Encourage the children to try activities more than once.





## Sewing Fun — #4 Lamb

**Frolic**

**ACTIVITY CENTER**

**Time: 10 Minutes**

**Meets requirement 4 for Special Helper Star**



### Before You Begin

Cut several shapes out of poster board. Then use a hole punch to evenly space holes along the outside of the shape. Cut out pieces of yarn long enough to weave in and out of the holes for each shape. In order to hold the children's interest, you'll need to have a variety of shapes and colors of yarn for the children to use. **TIP:** You can trace shapes such as puppies, kittens, balloons, stars and cars from coloring books on to the poster board.

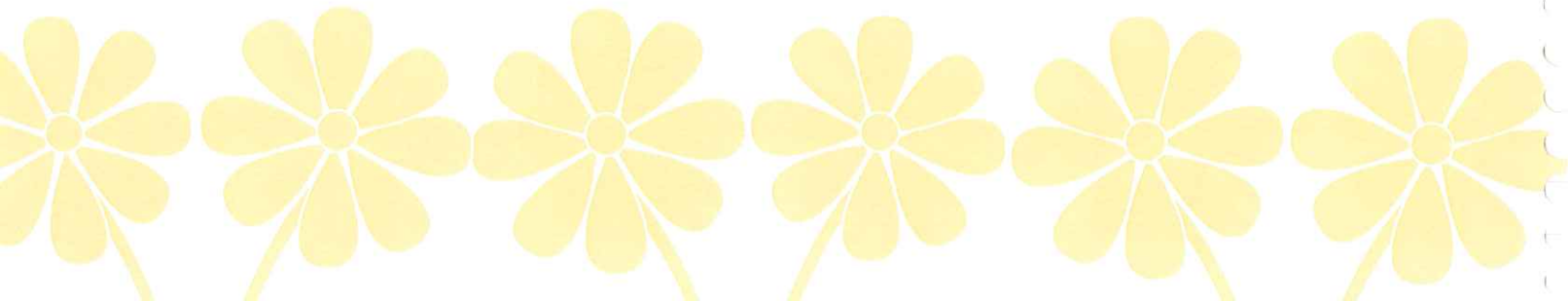


### Directions

Begin by showing the children how to sew a button on to a piece of fabric. Then show them how they are going to sew by weaving yarn through the holes on the cut-outs provided. You may want to let the children take home one of the cut-outs and some yarn.

### You Will Need:

- poster board
- Hole punch
- Yarn

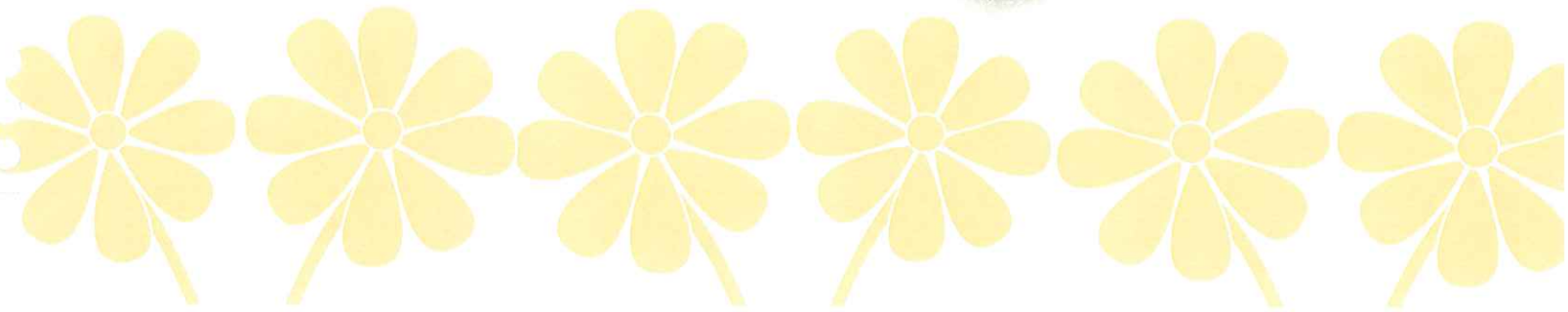




## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e, What is one way you can help at home?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

Star  
Earned  
Community  
Helpers



Program  
Requirements  
Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd* Theme Song



# Meeting Four



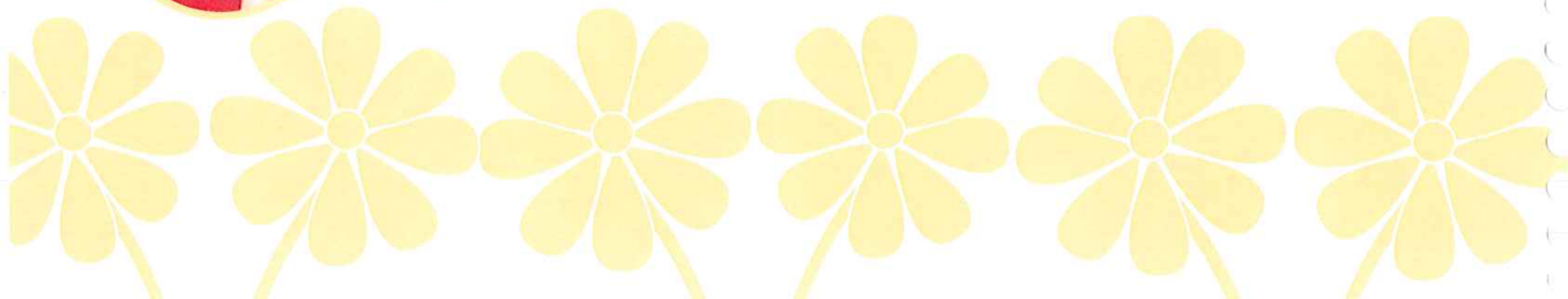
## Helpers In My Neighborhood



### Gather the Flock

#### Time: 5 Minutes

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





# Lamb Tales

**Time: 5 Minutes**

**STORY THEME**

## COMMUNITY HELPERS

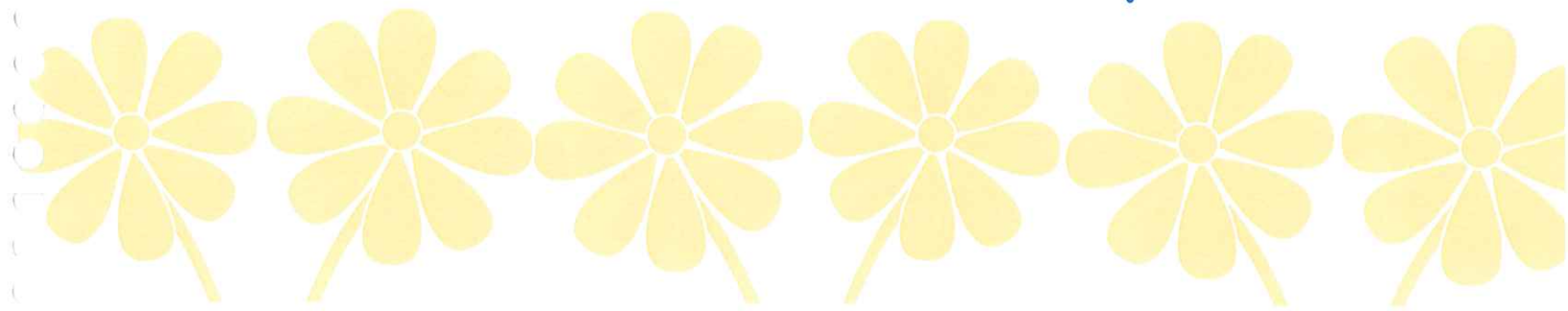
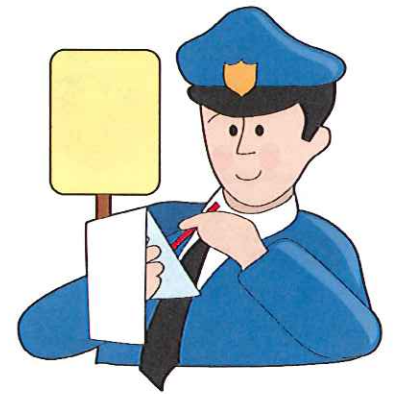
Begin the story by showing the children pictures of community helpers (police officers, firefighters, librarians, grocers, etc.). Then read ***Corduroy's Busy Street***\* (Freeman, 2005). After the story, tell the children they will be learning about community helpers during Little Lambs.

\*Additional Book Suggestions: ***You're a Community Helper*** (Bryant-Mole, 1997), any of Enslow Elementary Publishing's ***What Does a Community Helper Do?*** series. ***What Does a Community Helper Do*** series also has several books available in Spanish.

***Meets requirement 1 for Community Helpers Star***

### You Will Need:

- Pictures of community helpers
- *Corduroy's Busy Street* (2005) by Don Freeman or book of your choice



## Lamb Frolics

Select one or more of the following activities:



### Neighborhood Buildings — #1 Lamb Frolic BUILDING WITH BLOCKS

**Time:** 10 minutes

**Meets requirement 4  
of Community Helper Star**

#### Before You Begin

Place pictures of neighborhood buildings (i.e., police station, schools, fire stations, stores) in the area where the children will be playing with the blocks. Fill several tubs with blocks or Legos. Also, have toy cars, trucks and people available.

#### You Will Need:

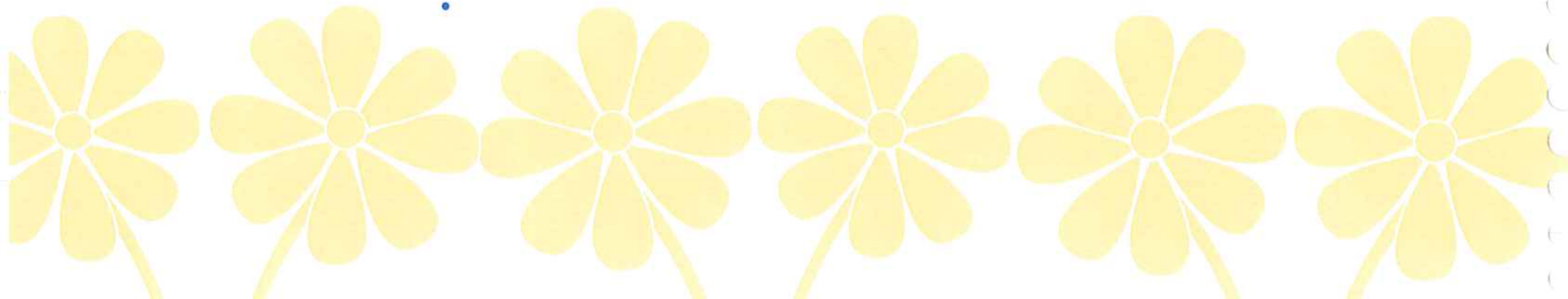
- Pictures of neighborhood buildings
- Building blocks or Legos
- Toy cars, trucks, people



#### Directions

Begin by showing the children the pictures of the buildings and ask them what helpers might work in them. Then stack several of the blocks together and tell them what type of building it is.

Encourage the children to create their own buildings and play with the toy trucks, cars and people.





## Action Heros — #2 Lamb Frolic

### MOVEMENT CENTER

**Time: 10 to 15 Minutes**

**Meets requirement 3 of Community Helper Star**

### Before You Begin

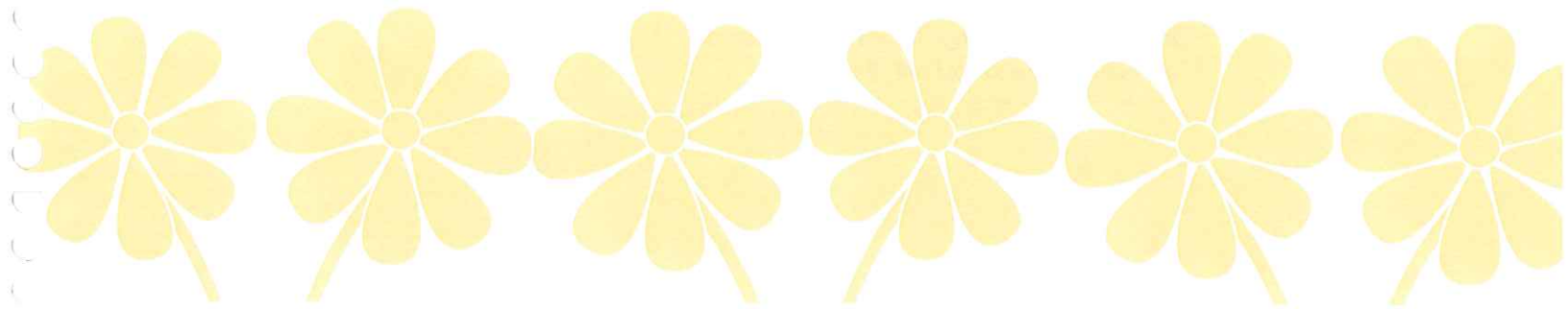
Place boxes end-to-end to create tunnels, use a small step stool (one or two steps) and a mat for a jumping platform, use plastic bottles with sand in the bottom for stability to make an obstacle course. Be creative and provide as many activities as you can think of for the movement center. Just make sure they are safe!

### Directions

Share with the children that firefighters and police officers have to be able to run, crawl and jump to help people. Then show them how to move through each activity. It's a good idea to have an adult at each activity. Then encourage the children to get moving.

### Materials Needed

- Large cardboard boxes
- Small step stool
- Gym mat





## I'm a Helper — #3 Lamb Frolic

### DRESS-UP AND PLAY

**Time: 15 Minutes**

**Meets requirement 2 of Community Helper Star**

### Before You Begin

Create a couple of community helpers centers. The centers should contain clothes so the children can dress up like the helper and objects to play with that represent things the helpers would use.

### You Will Need:

- Items for role-playing centers



### Suggestions:

- **Post-office**
  - Oversized blue shirts
  - Junk mail that the children can sort into tubs and then deliver
  - Shoe boxes as mailboxes
  - Tote bags to use as mail bags
  - Envelopes, paper and crayons to use for "writing" letters
  - Stamps (stickers)
- **Restaurant**
  - Aprons, name tag
  - Pads of paper and crayons to take orders
  - Tables and chairs
  - Plastic plates, forks, spoons and cups
  - Menus (fold 8 inch by 11 inch sheets of poster board in half. Write "Menu" on the front. Inside, draw pictures or use stickers of food the children can pretend to order.)
- **Doctor's Office**
  - White oversized dress shirts to use as lab coats
  - Stethoscopes
  - Band-Aids
  - Tongue depressors
  - Bathroom scales
- **Plumber**
  - Dark blue oversized shirts
  - Plastic pipes
  - Large nuts and bolts
  - Wrenches, screw drivers
- **Fire Fighter**
  - Yellow rain coats or yellow shirts
  - Draw yellow and orange flames on the sidewalk
  - Use water bottles to "put out" the flames

### Directions

Depending on how many children you have, you can either let the children move from each activity center at their own pace or assign them to a center, and then give them time to play at each center. You will want to assign an adult at each center and the adults may need to role play with the children to get them involved at the center. For example, at the restaurant the adult could first be the server and take orders from the children and then reverse roles and let the children take the orders.





## More Neighborhood Helper Stories

### #4 Lamb Frolic

#### STORY OR DVD CENTER

**Time: 10 Minutes**

#### Before You Begin

Go to your local library and select several books or a DVD from the children's section on community helpers. If you have trouble finding appropriate books or DVDs, ask the librarian for suggestions. If you decide to show a video, watch it first to make sure it is appropriate for the children in your club. Select a section of the video. You don't have to watch the entire video.

Suggested Book Titles: **Drive A Fire Engine** (Holtz, 1999), **Career Day** (Rockwell, 2000), **Jobs Around My Neighborhood** (English and Spanish, Rosa-Mendoza, 2002)

Suggested Videos/ DVD's: **Amazing Heros** (First Look Pictures, 2003), **Heavy Equipment Operators** (Big Kids, 2003), **Zoo Crew: All The People Who Make A Zoo Work** (Big Kids, 1995)

**TIP:** You can order children's videos and DVDs at [www.bigkids.com](http://www.bigkids.com).

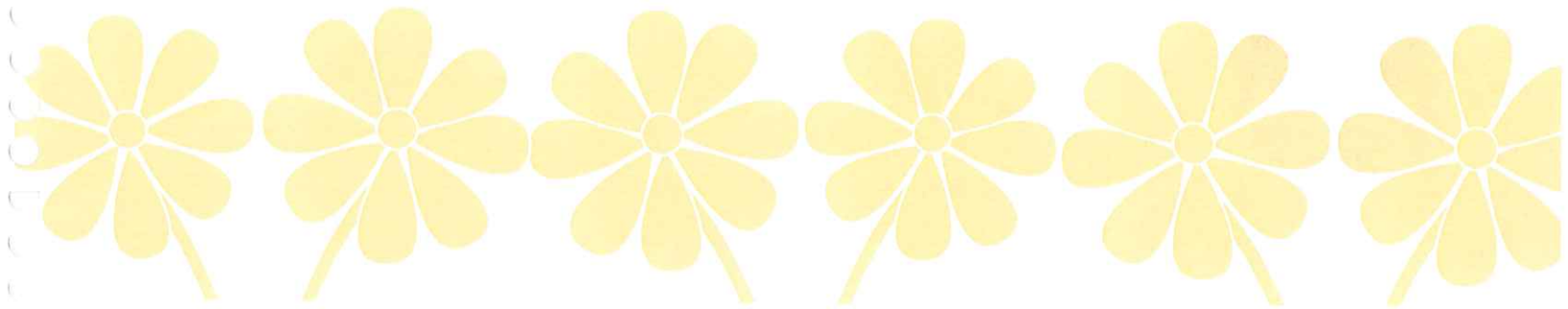
#### Directions

Gather the children into a half-circle, have them set on the floor and read the books to them or watch the selected DVD.

## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., Who are helpers in our neighborhood?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned

None

## Program Requirements Met

### My Family

- Reciting the Little Lamb Pledge, singing *Jesus is My Shepherd* Theme Song and *My Family* requirements 1-5



# Meeting Five



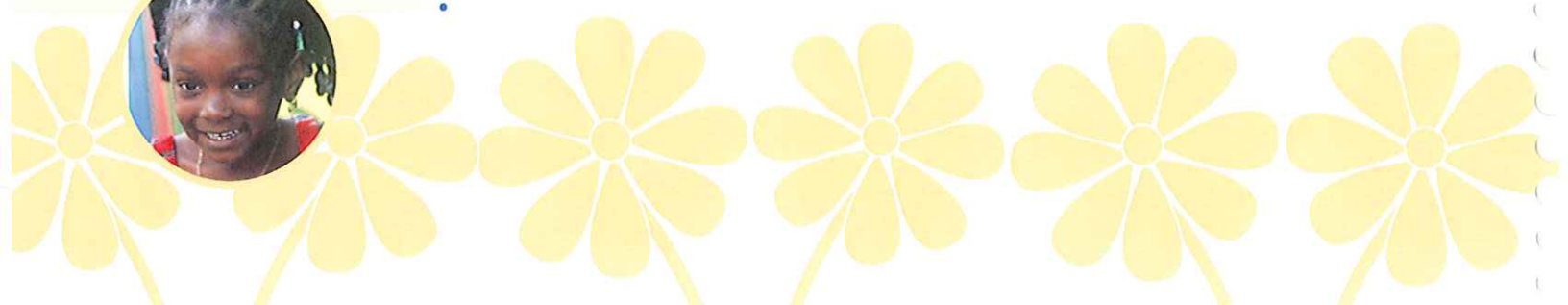
## Family Fun



## Gather the Flock

### Time: 5 Minutes

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





# Lamb Tales

**Time: 5 to 10 Minutes**

## STORY THEME FAMILIES

Begin story time by talking to the children about families. (Remember that today's families don't all consist of a mommy and a daddy, so talk about grandparents, aunts and uncles, cousins and siblings.) Share with them that they are all part of Jesus' family. Then read ***The Lamb-a-roo***\* (Kimpton, 2006). After the story remind the children that they will be learning more about families.

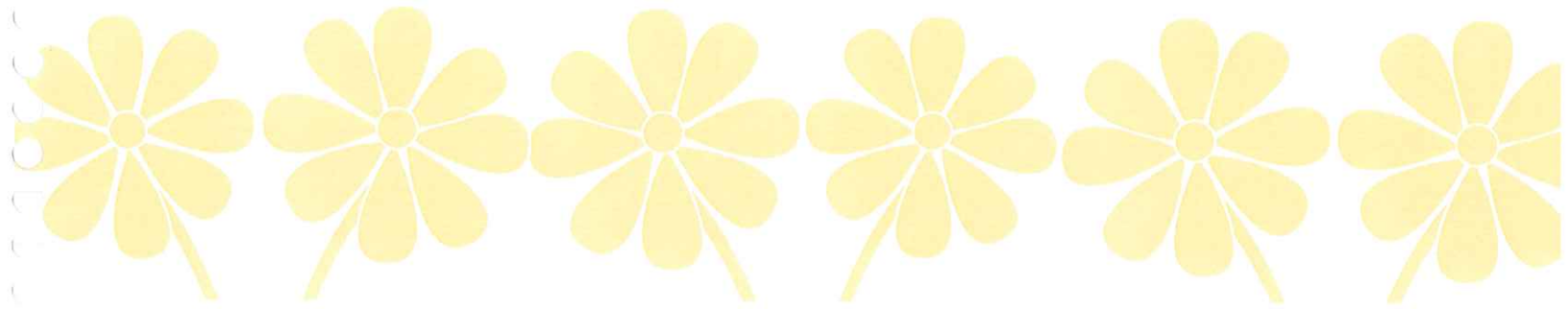
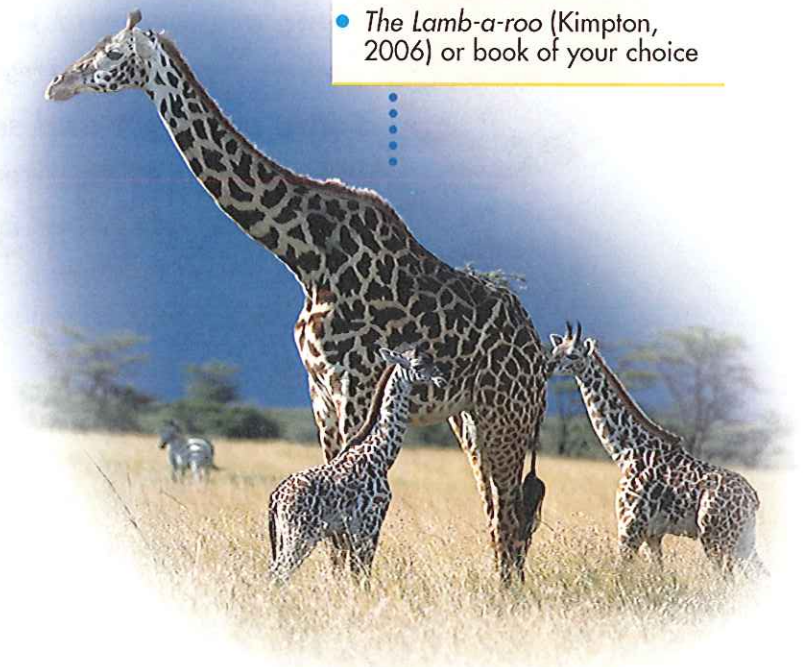
\*Additional Book Suggestions: **Families** (Morris, 2000), **Bigger Than Daddy** (Ziefert, 2006), **Marvelous Moms** (Holub, 2006)

**Meets requirements 2 and 3 of  
My Family Program Requirement**



### You Will Need:

- *The Lamb-a-roo* (Kimpton, 2006) or book of your choice



## Lamb Frolics

Select one or more of the following activities:

### All Kinds of Family — #1 Lamb Frolic

#### FINGERPLAY

**Time:** 5 Minutes

**Meets requirements 1 and 3 for My Family**

#### Directions

Have the children set on the floor in a semi-circle and watch as you model and say the following rhyme:

***There are all kinds of families I see,  
Some are two and some are three.***

(Hold up 2 fingers; and then 3 fingers.)

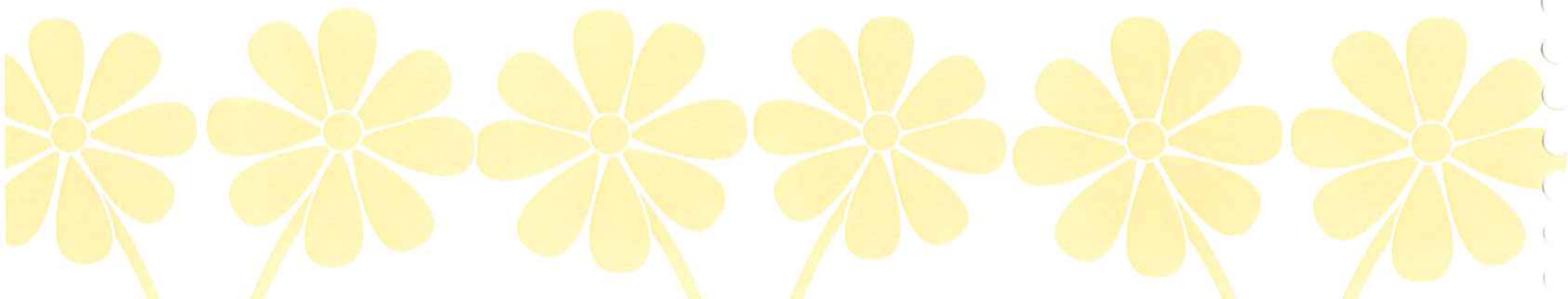
***Some are eight and some are four,***

(Hold up 8 fingers; and then 4 fingers.)

***And some are more and more and more!***

(Raise and lower all 10 fingers.)

*Taken from Rhymes & Fingerplays (Cubley, ed, 1994)*





## Playhouse — #2 Lamb Frolic

### DRAMATIC PLAY

**Time: 10 to 15 Minutes**

**Meets requirement 5 for My Family**

### Before You Begin

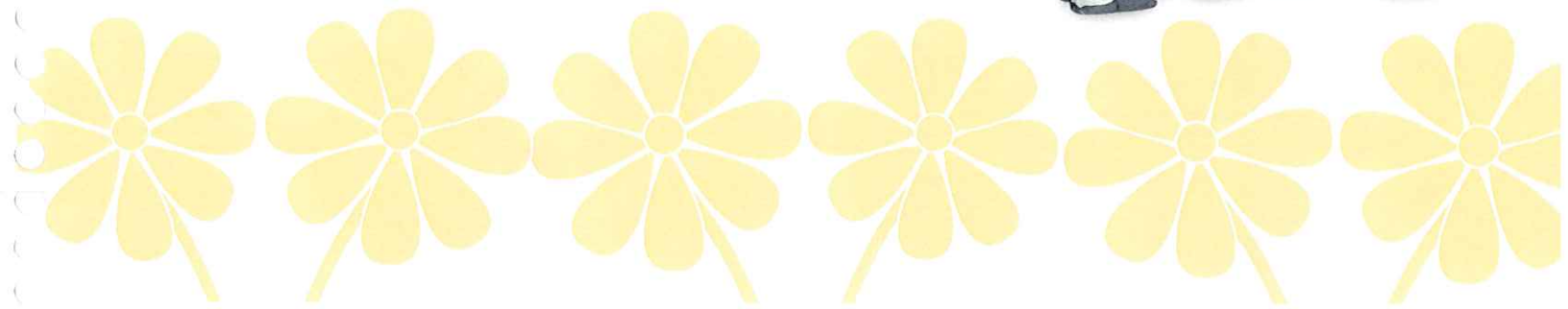
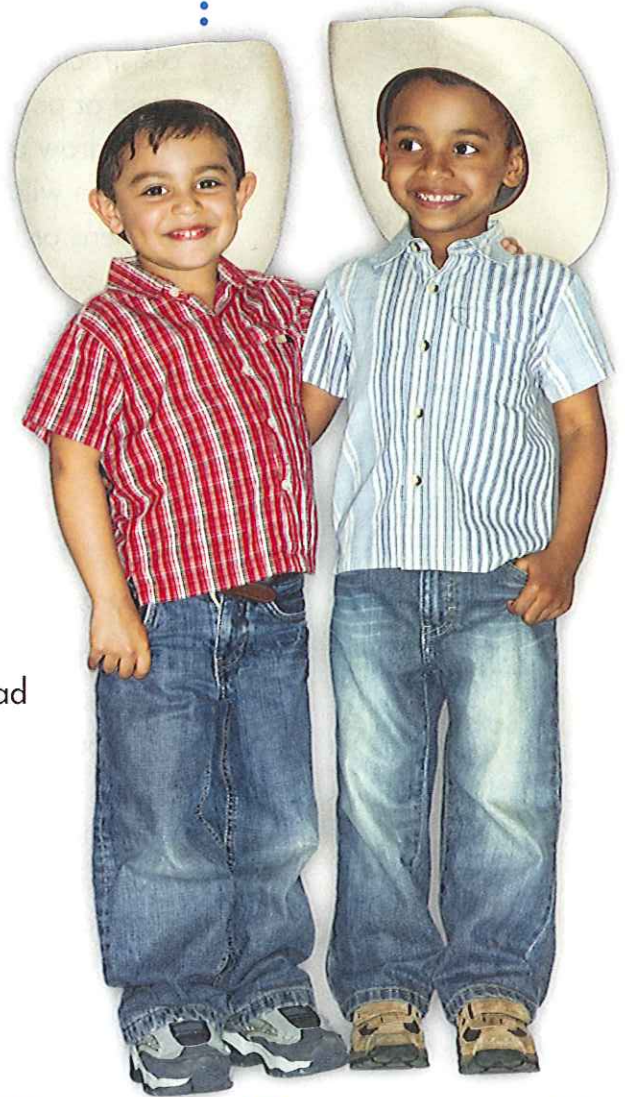
Set up an area of the room as a playhouse. You might fill a box with adult clothes, shoes, hats, gloves, and scarves for dress-up. Additional items might include a cot or sleeping bag, pots, bowls, wooden spoons, books, a bean bag chair, tools and a workbench, dolls, a telephone, or an old computer monitor and keyboard. You can also use clothesline and sheets to make walls for your house.

### Directions

Take the children to the playhouse. As you are looking through the dress-up box, say that you think you'll be big sister and take out an item of clothing to put on. Then invite the children to pick out items to wear. Then tell them you are going to make a phone call and pretend to use the phone. Encourage them to play with the other things you have in the playhouse. At first, they may need you and other adults to lead the play, but they should soon be playing on their own.

### You Will Need:

- Dress-up clothes
- Household items



## My Family Tree — #3 Lamb Frolic

### ART PROJECT

**Time: 5 to 10 Minutes**

**Meets requirements 3 and 4 of My Family**



### Before You Begin

You'll need one 12 x 18 inch piece of construction paper for each child. On each sheet of paper, draw a tree trunk and grass.

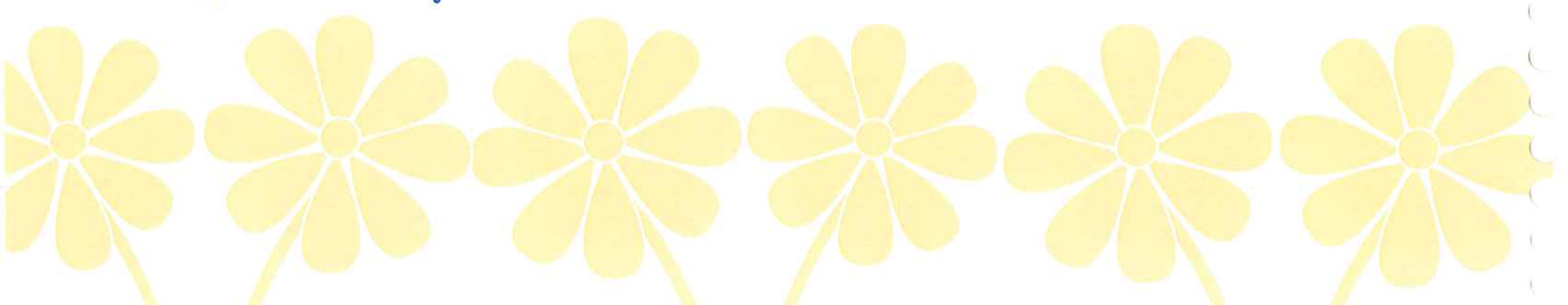
Then draw a large circle atop of the tree trunk. This is the area the children will fill in with handprints to represent leaves. Pour enough green tempera or finger paint to cover the bottom of a shallow container (disposable plastic plates work well). Cover the area where the children will be painting with newspaper. Have each child wear an over-sized adult shirt or make a smock out of trash bags (cut a hole in the bottom of the bag for the child's head and holes in the sides for their arms).

### Directions

Show the children how to place one hand palm down flat in the paint and then press it onto the paper in or near the circle. (Don't worry if the "leaves" are all over the picture and not in the circle.) After the children have put the leaves on their trees, have an adult ask the children the names of their family members and then print the names on the leaves. (The children may not know proper names of their family, so it's okay to write Grammy, Mommy, or Daddy.) Don't forget to include the child's name on one of the leaves. And if they want to try to write their own name, let them!

### You Will Need:

- 12 x 18 inch sheets of construction paper
- Green tempera or fingerpaint
- Shallow containers for the paint (i.e., plastic disposable plates)
- Crayons or markers
- Newspapers
- Oversized shirts or plastic trash bags to use as smocks





## Two by Two — #4 Lamb Frolic

### MATCHING GAME

**Time: 5 to 10 Minutes**

**Meets requirement 5 of My Family**

### Before You Begin

Look through old magazines or picture books to find pictures of family members - moms, dads, children, grandparents. Then photo copy the pictures, so you have two of each.

**TIP:** gettyimages has royalty-free pictures of diverse people of all ages that can be downloaded and saved to your computer. Check it out at <http://creative.gettyimages.com/source/frontdoor/DefaultImages.aspx>

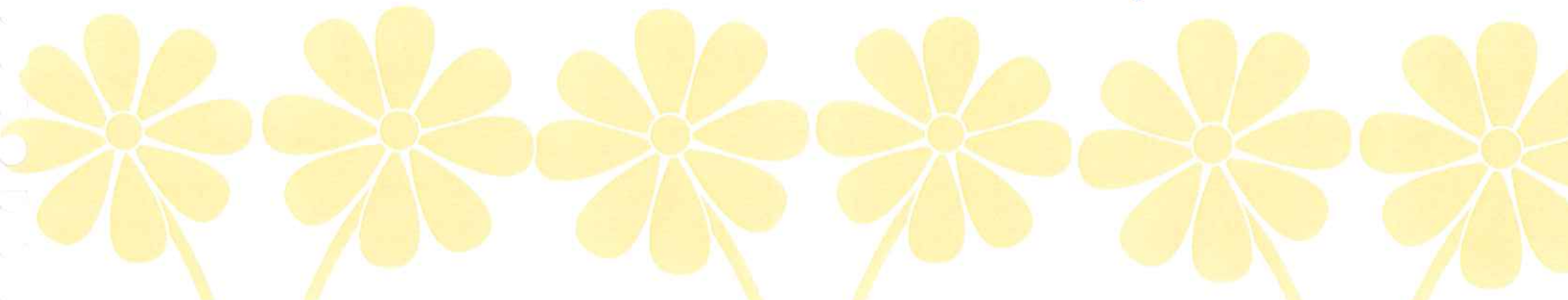
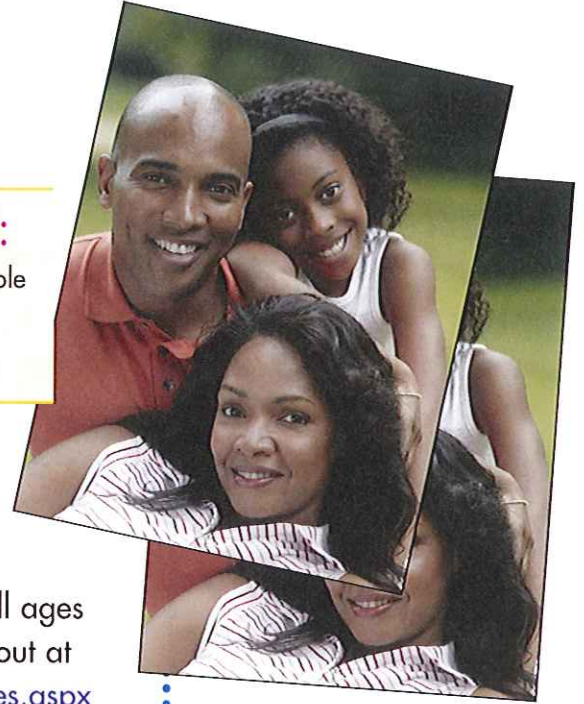
Then glue the pictures to index cards. You should make 8 to 10 matching sets for every one to two children.

### Directions

Assign an adult one or two children. Next, have the adult shuffle the index cards and place them picture-side down. Then the children select two cards to turn over. If the cards match, they get to keep the two cards. If not, they turn the cards back over. The adult should ask the children to talk about the cards they turn over. They might ask who the people on the cards are. Is this a mommy? Who do you think these two little girls are?

### You Will Need:

- Pictures of people
- Glue
- Index cards

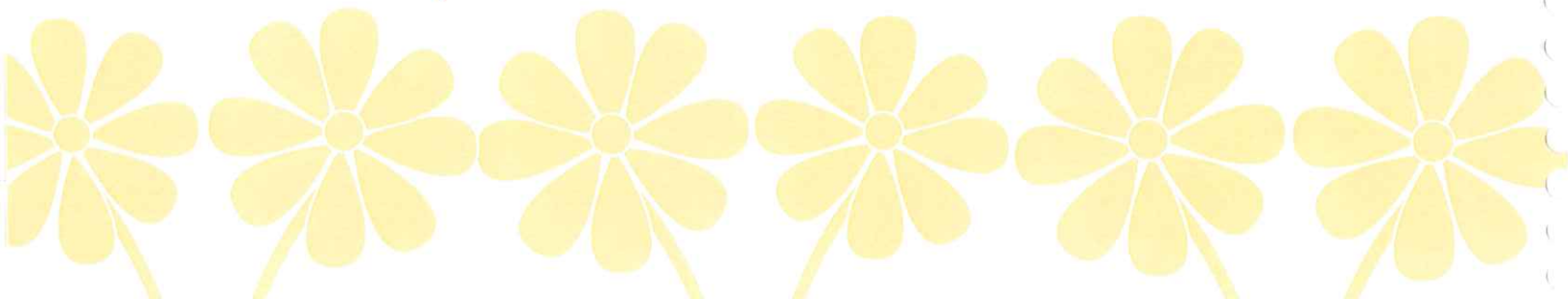




## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What makes a family?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)





# Meeting Six

## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Let's Eat



## Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)

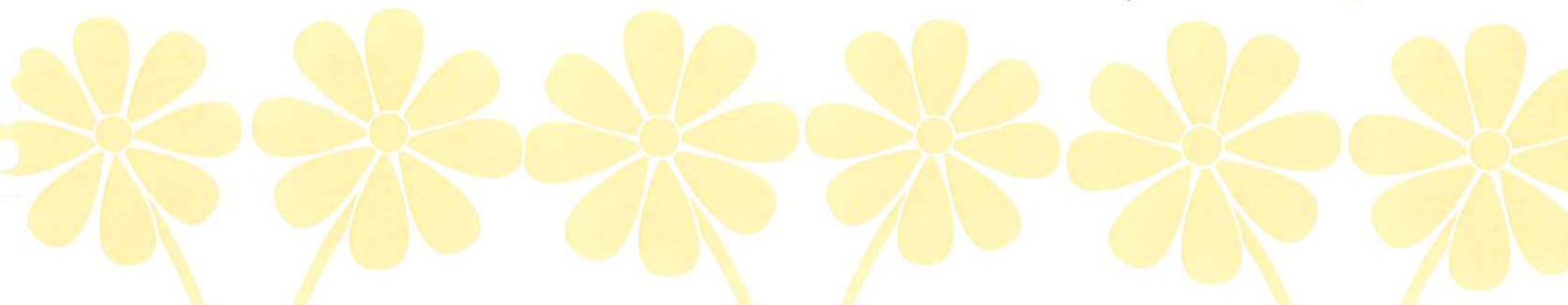
## Star Earned

### Healthy Foods



## Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*





## Lamb Tales

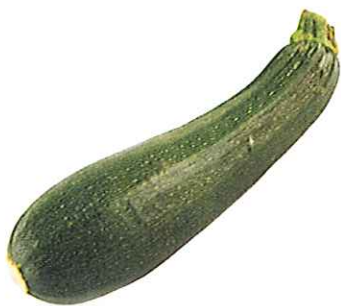
**Time: 5 to 10 Minutes**

### STORY THEME HEALTHY FOOD

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#### You Will Need:

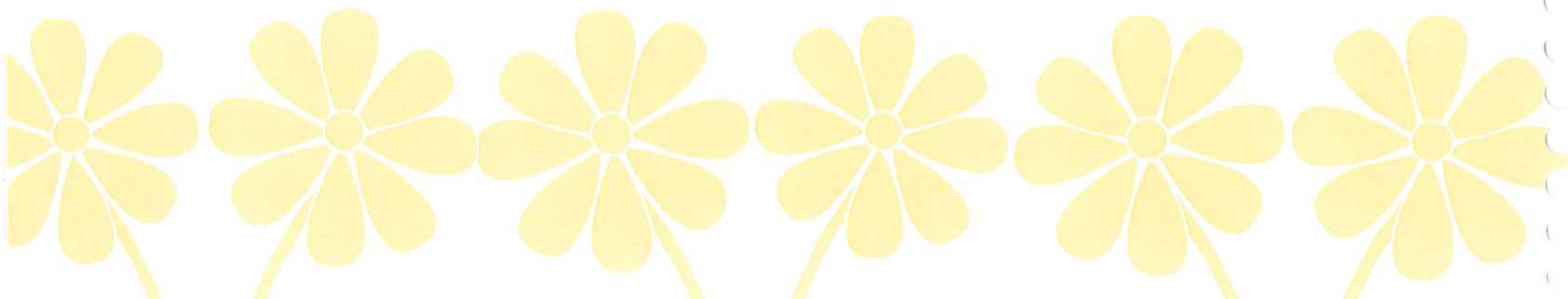
- *Eating The Alphabet Fruits & Vegetables from A-Z* (Ehlert, 1996) or book of your choice
- 



Begin by asking the children what their favorite thing to eat is. Then read ***Eating The Alphabet Fruits and Vegetables from A to Z\**** (Ehlert, 1996). You might want to have samples of some of the fruits and vegetables from the story to show the children.

\*Additional Book Suggestions: ***Eating and Tasting*** (Pluckrose, 1998), ***Taste*** (Royston, 2005), ***Let's Eat: What Children Eat Around the World*** (Hollyer, 2004).

**Meets requirements  
1 and 2 of Healthy Foods Star**





## Lamb Frolics

Select one or more of the following activities:

### Taste, Smell & Touch — #1 Lamb Frolic

#### SCIENCE EXPLORATION

**Time: 5 to 10 Minutes**

**Meets requirement 2 of Healthy Food Star**

#### Before You Begin

The children will be tasting and touching a variety of foods, so find out if any of the children have food allergies. Then fill bowls with the foods that have the following tastes: salty (pretzels or salted popcorn), sweet (honey, molasses), sour (lemon, lime), bitter (broccoli, celery). Next, fill additional bowls with foods with the following scents: vanilla, vinegar, an orange, cinnamon and ginger. Finally, fill bowls with foods with a variety of textures: spaghetti, jello, dry oatmeal and peeled grapes. On separate sheets of paper write taste and draw a mouth, write smell and draw a nose, and write touch and draw a hand. (If you can't draw, use pictures from magazines.)

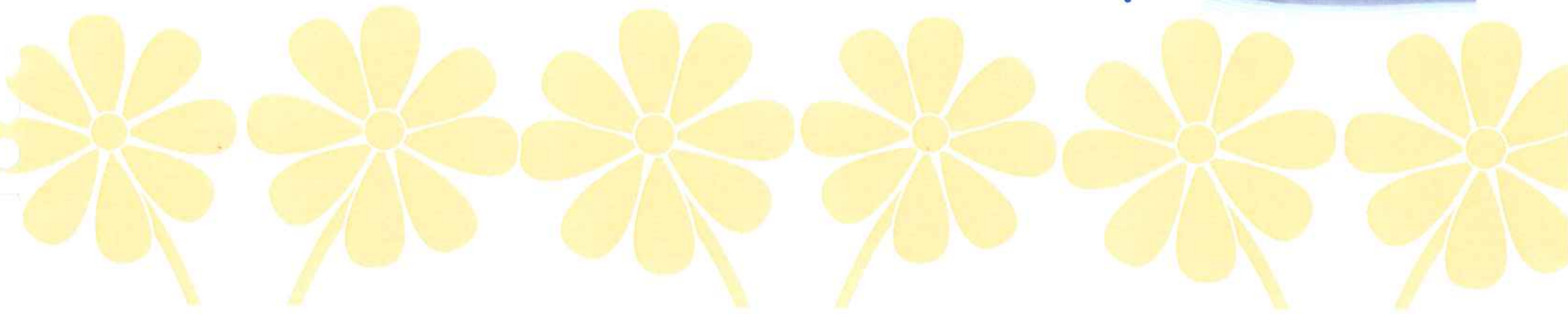
#### Directions

Explain to the children what their senses are and that their senses help them to like and sometimes not like food. Then let them explore their senses by tasting, smelling and touching the containers of foods you previously prepared. Ask an adult to assist the children at each of the sense centers, so the children will know what to do. The adults can also talk to the children about the different tastes, smells and texture.



#### You Will Need:

- Bowls
- Pretzels or salted popcorn
- Honey or molasses
- Lemons or lime wedges
- Broccoli spears or celery sticks
- Vanilla
- Vinegar
- Orange wedges
- Cinnamon
- Ginger root slices
- Cooked spaghetti
- Jello
- Dry oatmeal
- Peeled grapes
- Paper and a marker





## Fruit & Veggie Stamps Place Mats #2 Lamb Frolic

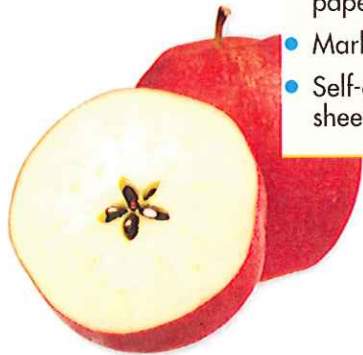
### ART PROJECT

**Time: 10 Minutes**

**Meets requirement 4 for Healthy Foods Star**

#### You Will Need:

- Fruit
- Vegetables
- Shallow container
- Tempera paint
- Newspaper
- Oversized shirts or trash bag smocks
- 9 x 12 inch construction paper
- Markers
- Self-adhesive laminate sheets

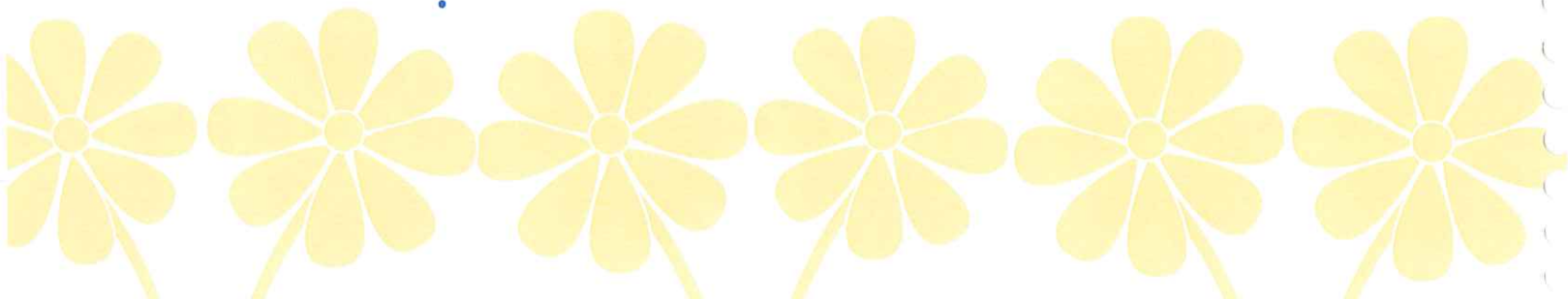


#### Before You Begin

Make stamps by cutting fruit and vegetables in halves, quarters or shapes. Apples cut in half have a star design in the middle and green peppers make a fun shamrock shape. Fill shallow containers with tempera paint. Cover the work area with newspaper.

#### Directions

Share with the children that they are going to make their own place mats (make sure they know what they are) that will help them remember to eat fruit and vegetables. First, have each child put on an oversized shirt or trash bag smock (holes cut in the bag for head and arms). Show the children how to dip a veggie or fruit stamp into the paint and then press it onto a sheet of 9 x 12 inch piece of construction paper. Repeat until the paper is covered with stamps. Write the child's name on the paper. Once the paint is dry, you can, if you want, cover the front and back of the place mat with self-adhesive laminate sheets that you can get at a craft or office supply store. TIP: If some of the children finish quickly, let them make more than one place mat.





## Fun & Games With Food

### #3 Lamb Frolic

#### ACTION GAMES

**Time: 15 to 20 Minutes**

**Meets requirements 2 and 3 for Healthy Foods Star**

#### Before You Begin

Draw a starting line with chalk or masking tape. Then place a chair four to six feet from of the starting line. You'll need a chair for each team of children.

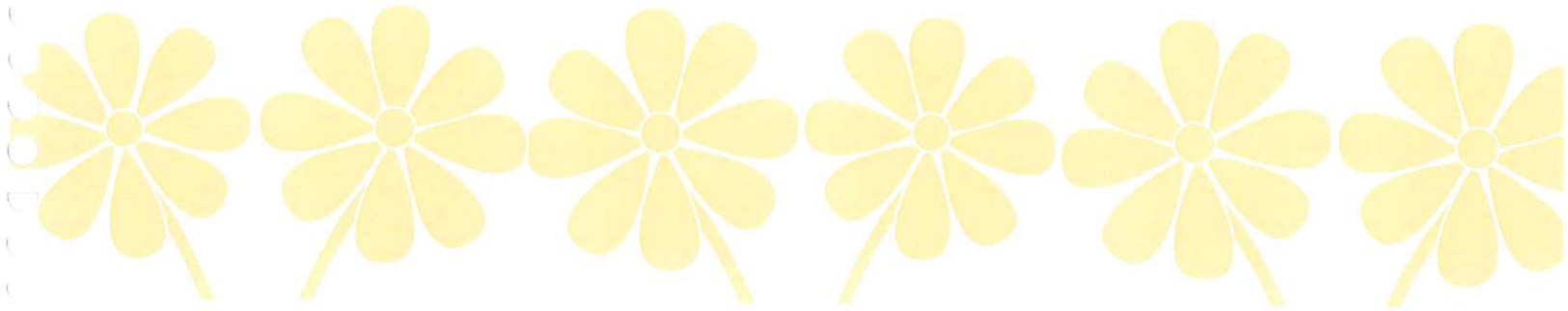
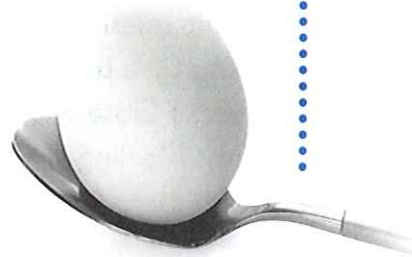
#### Directions

Divide the children into teams of three or four. Then have the children try to get different foods to the chair and back using different methods. (Try not to turn this into a race with winners and losers. Instead, encourage the children to cheer and encourage each other.) Have the children try the following as they go to the chair and back:

- Place an orange on the starting line. Then have the children push the orange with their nose.
- Carry a hard boiled egg in a large serving spoon without dropping the egg. (Have extra for when some break!)
- Balance any small roundish fruit or veggie on the face of a tennis or badminton racket. (Use smaller kid-size rackets.)

#### You Will Need:

- Chalk or masking tape
- Chairs
- Oranges
- Hard boiled eggs
- Large serving spoons
- Small roundish fruits or vegetables
- Tennis or badminton rackets, kid-size





## Fruit Kebabs — #4 Lamb Frolic

### COOKING ACTIVITY

**Time: 10 Minutes**

**Mets requirement 4 of Healthy Foods Star**

#### You Will Need:

- A variety of fruits
- Containers
- Wooden skewers, coffee stirrers or swizzle sticks

#### Before You Begin

Cut a variety of fruits into bite size pieces and place each type of fruit into separate containers. Use lots of bright colors and great scents.

#### Directions

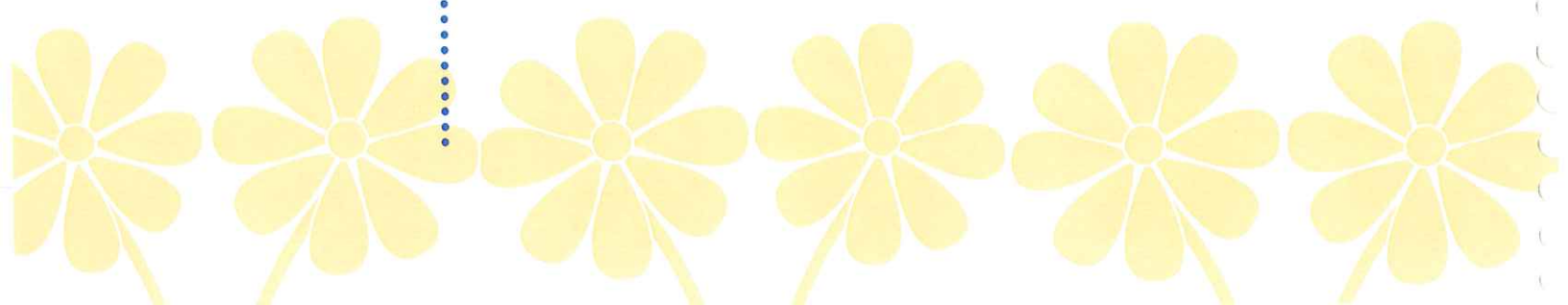
Show the children how to put fruit onto wooden skewers, coffee stirrers or swizzle sticks to make colorful kebabs. As the children make their own kebabs, talk to them about healthy eating, taste, touch and scents. Let them eat each kebab as soon as it is made. Repeat several times.



## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What is a healthy food to eat? ) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)





# Meeting Seven

## Creation Creativity

### Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)



### Meeting Length

**60 to 75 Minutes**

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

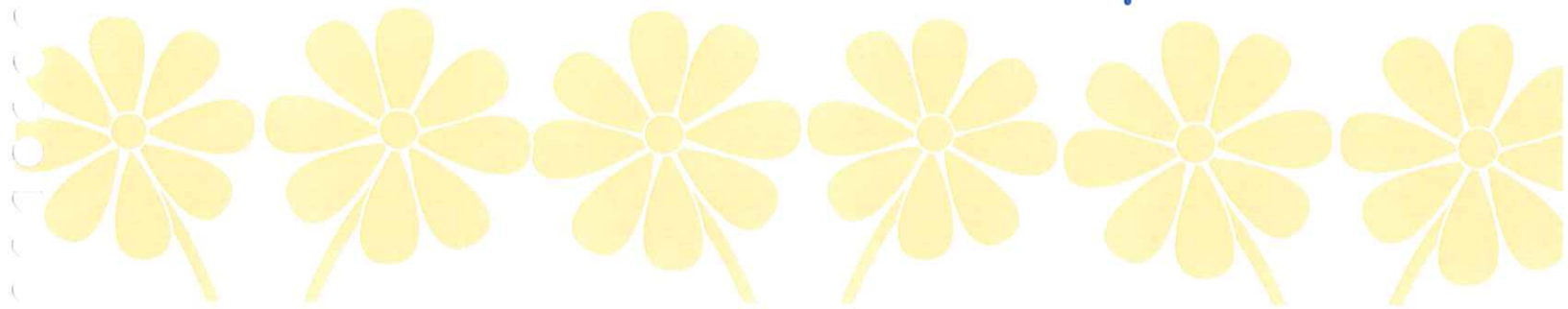
### Star Earned

**None**

### Program Requirements Met

#### My World

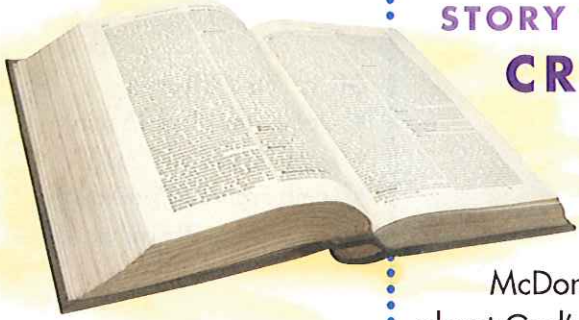
- Reciting the Little Lamb Pledge, singing *Jesus is My Shepherd Theme Song* and *My World requirements 1-5*



## Lamb Tales

**Time: 5 to 10 Minutes**

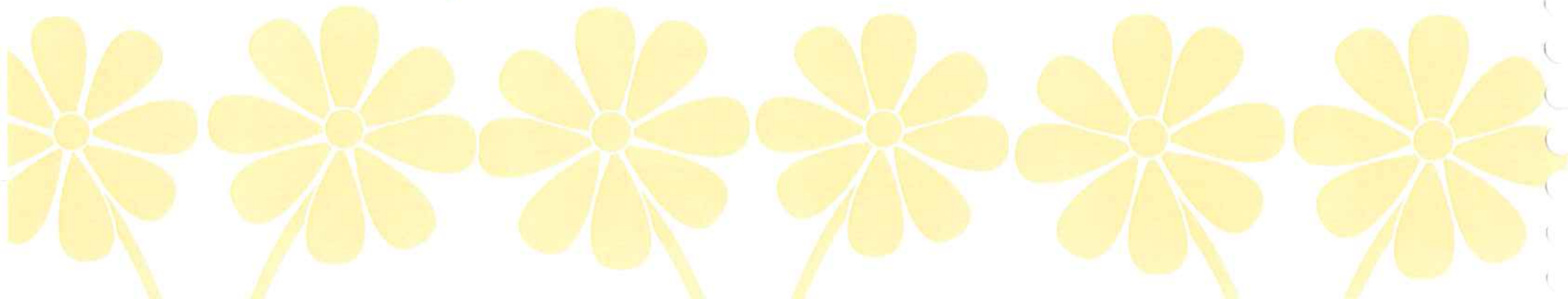
### STORY THEME CREATION



Start by explaining the word creation to the children. Next, read ***The Seven Days of Creation***\* (2004) by Mindy McDonald. Then let the children know they will be learning more about God's creation.

\*Additional Book Suggestions: ***Song of Creation*** (2001) by Kathleen Bostrom, ***The Wonderful Story of Creation*** (2001) by Magdalena Kim and Patricia Jabronski, ***The Wonderful Story of Creation*** (VHS, 1994) produced by Review & Herald Publishing

**Meets requirements 2 and 3 for My World Program Requirements**



### You Will Need:

- *The Seven Days of Creation* (2004) by Mindy McDonald or book of your choice



## Lamb Frolics

Select one or more of the following activities:

### Plant Petting Zoo — #1 Lamb Frolic NATURE ACTIVITY

**Time: 5 Minutes**

**Meets requirement 5 of My World Program Requirement**

#### Before You Begin

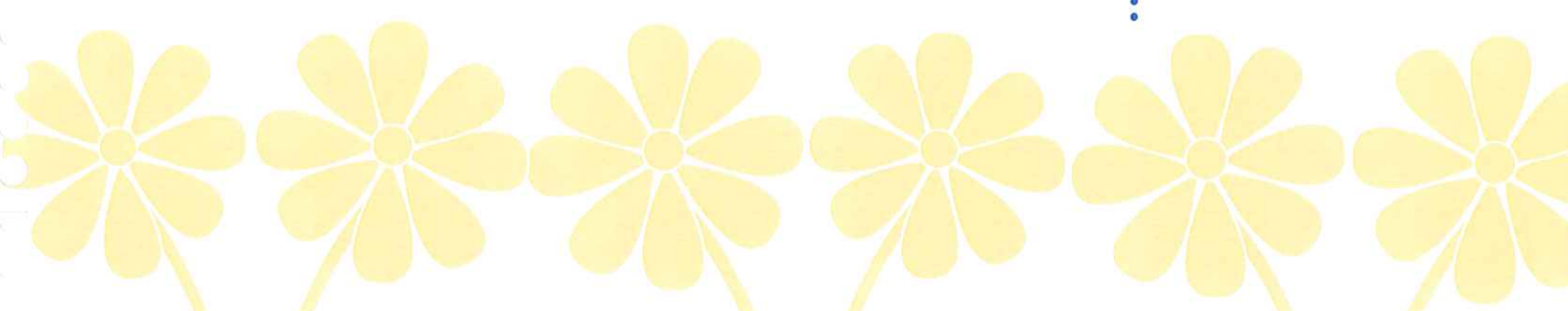
Select plants with a variety of textures and scents that are safe for the children to touch and smell and arrange them in an easily accessible area. *Plant suggestions:* Lambs Ears, Scented Geraniums, Aloe Vera, Mint, Sage, Basil, Lilacs, Roses, Lavender, Hens and Chicks, Sedum, Ferns, Grasses. **TIP:** Try contacting a local nursery, florist or Master Gardeners' Club to see if they will donate some plants.

#### Directions

Encourage the children to touch and smell the plants. If possible, give each child a plant or flower to take home.

#### You Will Need:

- Plants with a variety of textures and scents that are safe for the children to touch and smell





## Sounds of Nature — #2 Lamb Frolic

### MUSIC CENTER

**Time: 10 to 15 Minutes**

**Meets requirement 1  
for My World Program Requirement**

#### You Will Need:

- Musical instruments

### Before You Begin

You'll need rainsticks, a bass drum, a bubble organ, a tape recorder, and sandpaper blocks. You may be able to borrow some of the musical instruments or use other instruments or objects from around your home.

### Directions

Next to each activity, place a picture of the sound of nature represented.

#### Rainsticks — rain

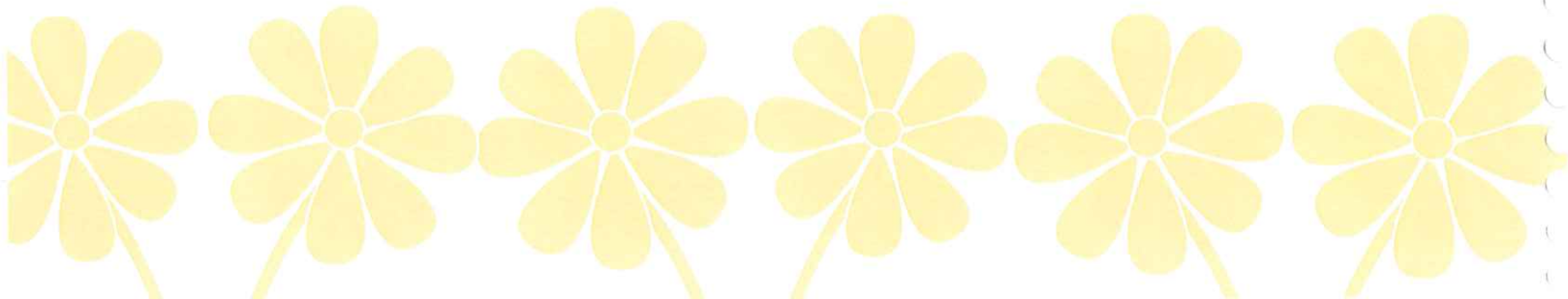
*\*Tape the end of a cardboard wrapping paper tube. Push small nails or thumb tacks into the sides of the tubes and pour in about a 1/4 of a cup of dried beans or rice into the tube. Close the end with duct tape.*

#### Bass Drum — thunder

#### Bubble Organ — bubbling brook

*\*Glass bottle filled to different levels with water. Use straws to blow into the bottles.*

**Tape Recorder** — record the children making nature sounds, i.e. lambs bleating, lions roaring, the wind blowing





## Fishie Feet — #3 Lamb Frolic

### ART ACTIVITY

**Time: 5 to 10 Minutes**

**Meets requirement 4 of My World Program Requirement**

### Before You Begin

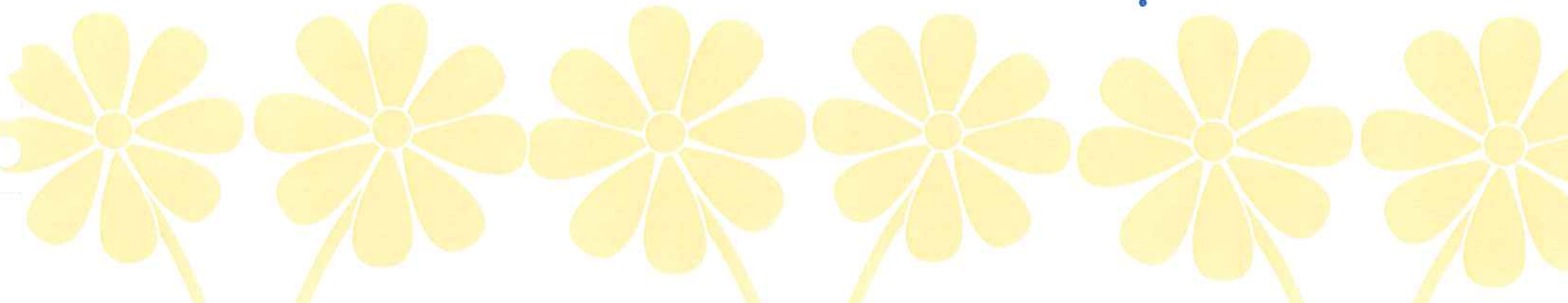
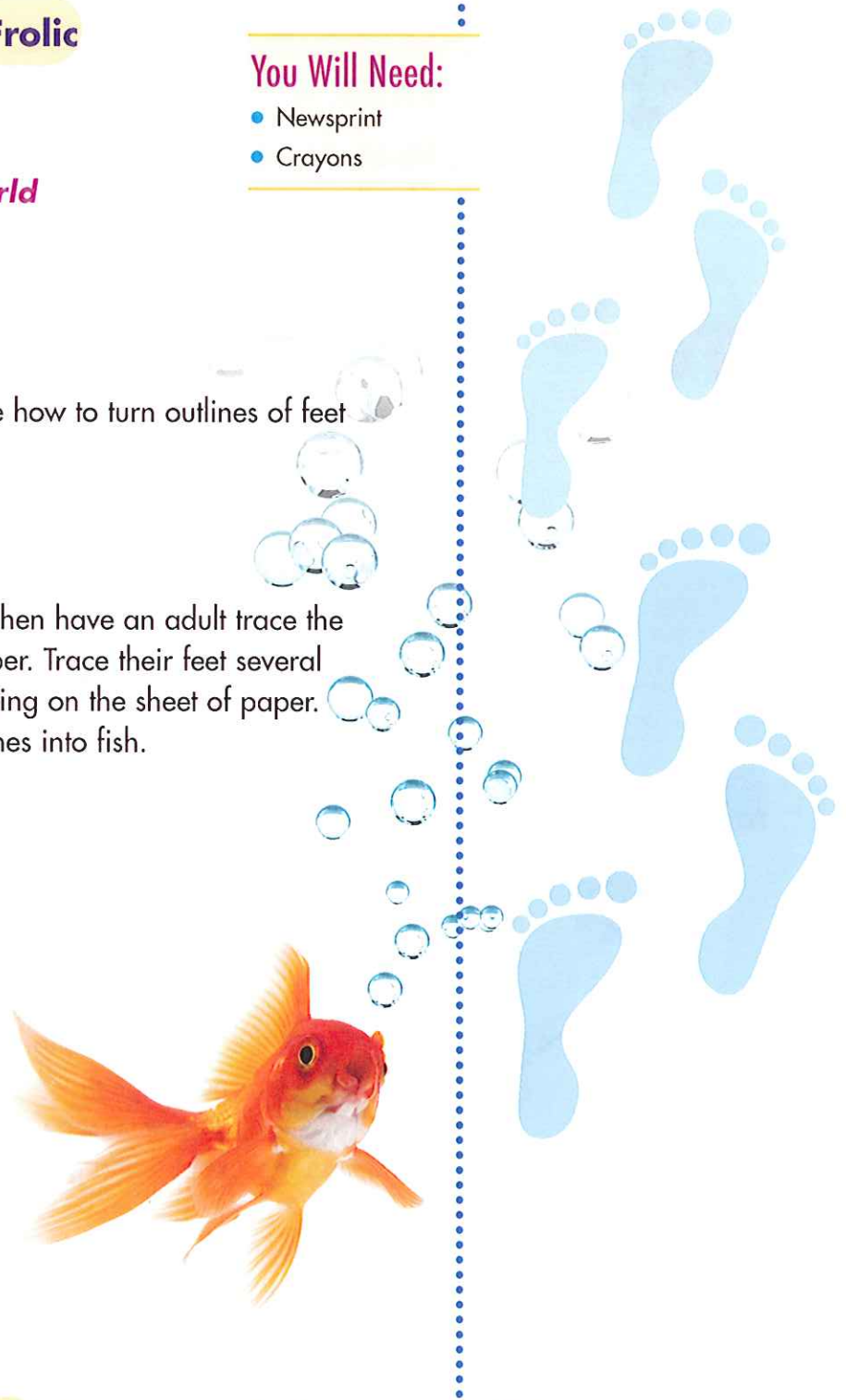
See the fish pattern on page 201 to see how to turn outlines of feet into fish.

### Directions

Have the children remove their shoes. Then have an adult trace the children's feet onto a large sheet of paper. Trace their feet several times so there are a lot of "fish" swimming on the sheet of paper. Show the children how to turn the outlines into fish.

### You Will Need:

- Newsprint
- Crayons





## Land & Sea — #4 Lamb Frolic

### SAND & WATER ACTIVITY

**Time:** 10 to 15 Minutes

**Meets requirement 5 for  
My World Program Requirement**

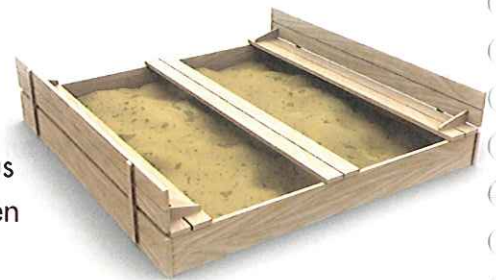
### Before You Begin

Prepare the Land and Sea Centers. See the directions below for ideas.

### Directions

#### LAND

Place sand on a large piece of plastic or in a big box. Place toy cars and trucks, funnels, sifters, spoons, scoops and various sized bowls in the sand and let the children play.



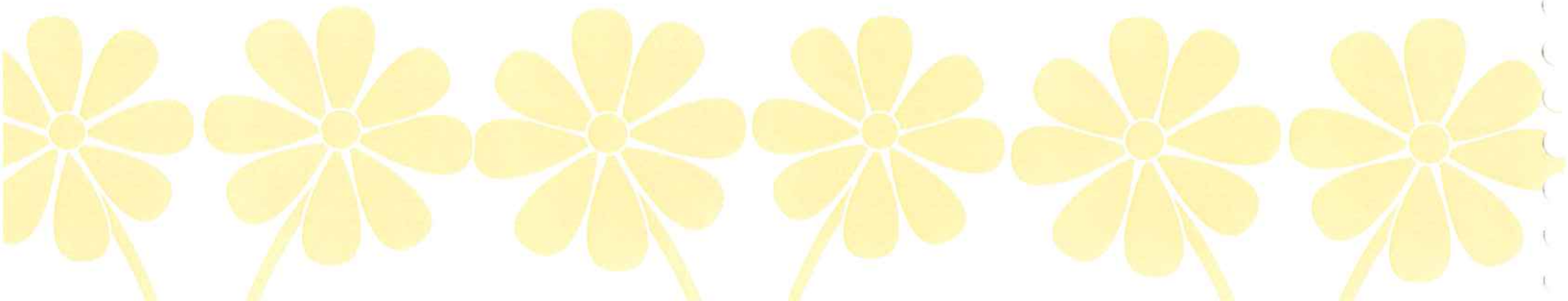
#### SEA

Fill several plastic tubs and bowls with water. Next to the water, place bowls, measuring cups, squeeze bottles, corks, ping pong balls, sponges, bolts or screws. Encourage the children to pour the water into different containers, see what objects will float or sink, and just explore and play with the objects in the water.



### You Will Need:

- Sand
- Large piece of plastic or box
- Toy cars and trucks, funnels, sifters, spoons, scoops and various sized bowls
- Plastic tubs
- Bowls, measuring cups, squeeze bottles, corks, ping pong balls, sponges, bolts, or screws

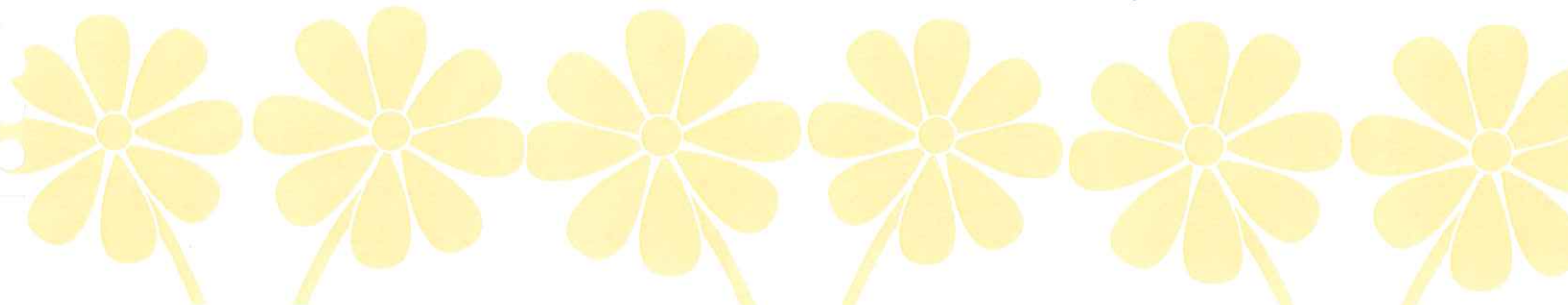




## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e. What is your favorite thing that God created?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned

### Zoo Animals



## Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



# Meeting Eight

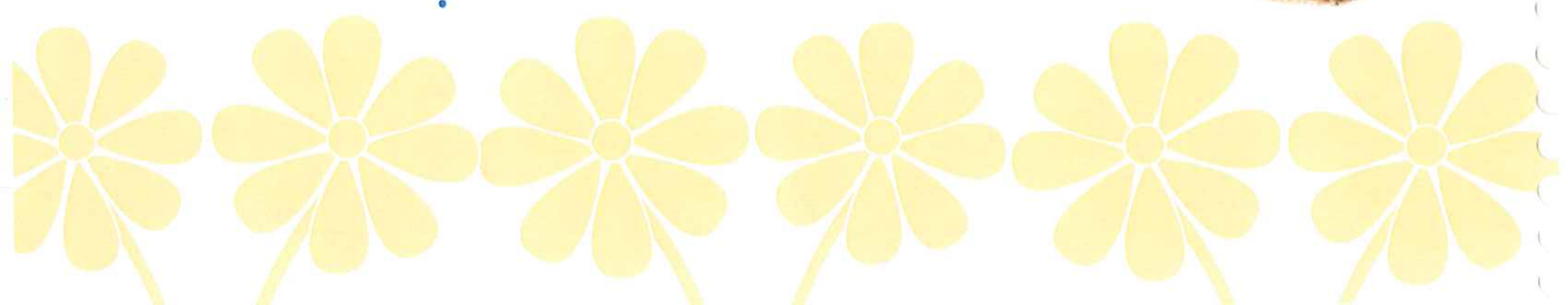


## Zoo-rific

## Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





## Lamb Tales

**Time: 5 to 10 Minutes**

### STORY THEME ZOO ANIMALS

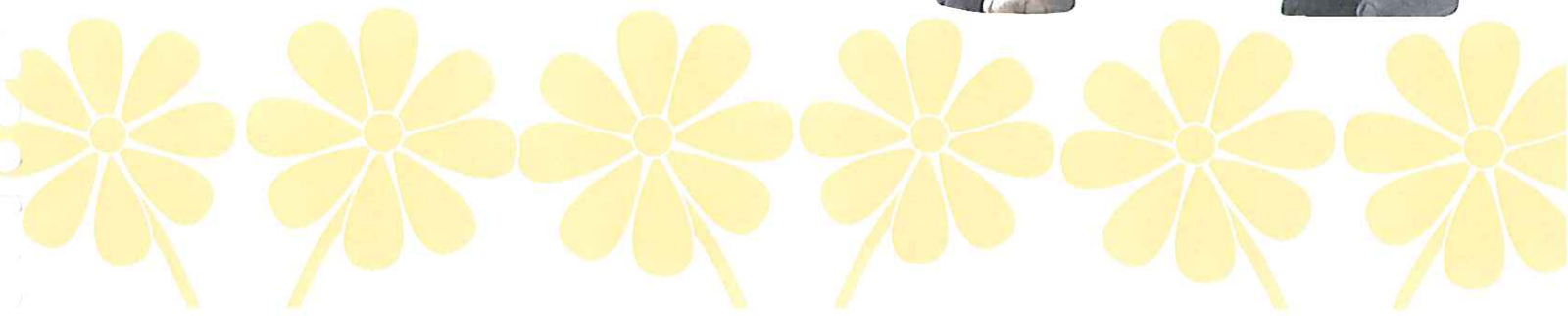
Begin by asking the children if they've ever been to a zoo. If they have, ask them what animals they saw there. If not, tell them they will be learning about zoos during the meeting. Then read ***My Visit to the Zoo***\* (1999) by Alike. After the story, sing "Goin to the Zoo" by Tom Paxton. You can find the lyrics at: [www.oldielyrics.com/lyrics/peter\\_paul\\_mary/going\\_to\\_the\\_zoo.html](http://www.oldielyrics.com/lyrics/peter_paul_mary/going_to_the_zoo.html). The children will enjoy imitating each of the animals in the song as they sing.

\*Additional Book Suggestions: ***Mother and Baby Zoo Animals*** (1999) by Caroline Arnold, ***Inside a Zoo in the City*** (2000) by Alyssa Capucilli, ***Candy Cane Press Zoo Babies Series*** (2005) by Julie Shively.

**Meets requirements  
1 and 2 of Zoo Animals Star**

#### You Will Need:

- *My Visit to the Zoo* (1999) by Alike or a book of your choice



## Lamb Frolics

Select one or more of the following activities:

### Flamingo Prints — #1 Lamb Frolic

#### CRAFT ACTIVITY

**Time:** 5 to 10 Minutes

**Meets requirements  
2 and 4 for Zoo Animals Star**

#### Before You Begin

Trace and cut out a flamingo in the center of dessert size paper plates (pattern page 202).

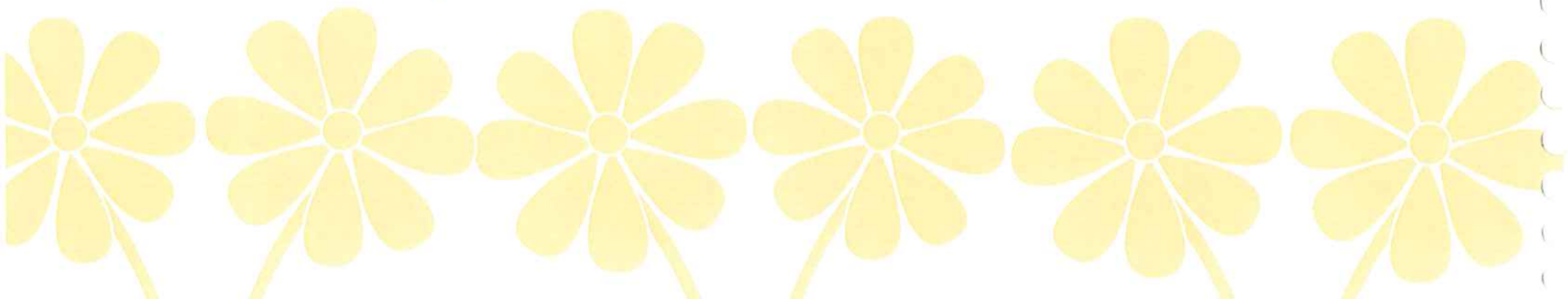
You need one plate for each child. Cover the bottoms of shallow containers (disposable pie tins work well) with pink poster or tempera paint.

#### You Will Need:

- Dessert size paper plates
- Pink poster or tempera paint
- Shallow paint containers (disposable pie pans)
- Sponges
- 9 x 12 inch newsprint

#### Directions

Show the children a picture of a flamingo. You can also tell them a little about flamingos, where they live and what they eat. Give each child a large piece of newsprint or other paper. Show them how to use the cut-outs of the flamingos as a stencil. (Place the paper plate flamingo cut-out on the paper, dip a sponge into the pink paint and dab onto the cut-out until it is covered with paint.) Repeat until the paper is filled with flamingos.





## Animal Actions — #2 Lamb Frolic

### GAME

**Time:** 10 to 15 Minutes

**Meets requirements 2 and 3 of Zoo Animals Star**

### Before You Begin

Find pictures of each of the animals you want the children to imitate.

### Directions

Show the children a picture of an animal and then have them imitate the animal's actions. (It's helpful to have one adult showing the pictures and another leading the animal motions.) Once the children get comfortable with the game, quickly move from animal to animal to liven things up! You can also set up several areas in the room where the children try out different animal actions at each area.

*Suggested animals and their actions:*

**Snakes:** slither on the floor

**Gorillas:** bend down and drag knuckles on the floor

**Hummingbirds:** flap arms, faster and faster

**Penguins:** arms at side, feet close together, take tiny steps

**Bears:** walk on hands and feet

**Owl:** spread arms and soar

**Flamingo:** balance on one foot

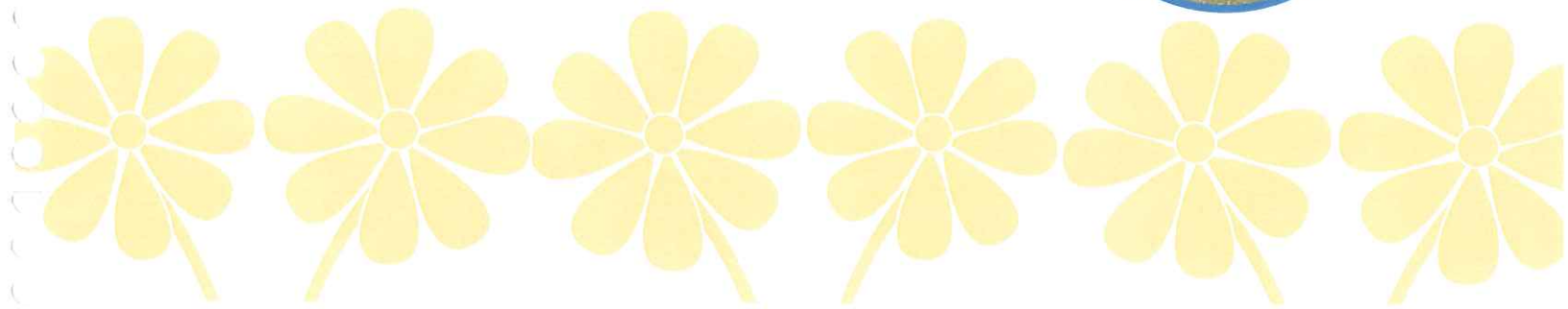
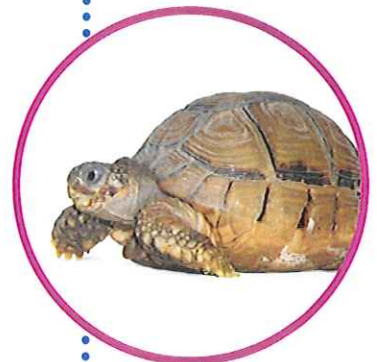
**Turtles:** crawl slowly

**Kangaroo:** hop

**Horse:** gallop

### You Will Need:

- Animal pictures



### You Will Need:

- Plastic tubs with water
- Plastic fish, starfish, whales or other sea animals
- Sea shells
- Large box or sheet
- Sand
- Plastic camels, meerkats, bobcats, big horn sheep, jack rabbits or snakes
- Boxes
- Prairie animals, stuffed or pictures mounted on cardboard, such as prairie dogs, mice, voles, fox, badgers, ants



## Zooland — #3 Lamb Frolic PLAY CENTER

**Time: 15 Minutes**

**Meets requirements 2 and 4 of Zoo Animals Star**

### Before You Begin

Prepare the following activity centers:

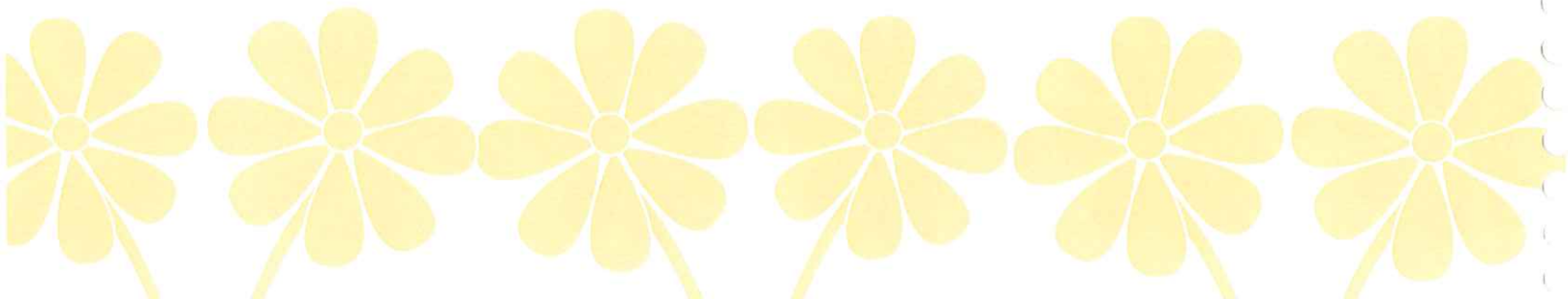
**Aquarium** - Fill tubs with water and plastic fish, starfish, whales and other sea animals. You can also put in a few sea shells.

**Desert** - Fill a box or cover an old sheet with sand. Place desert animals such as camels, meerkats, bobcats, big horn sheep, jack rabbits or snakes in the sand. (If you can't find plastic desert animals, print pictures from the computer or cut out pictures from a coloring book and mount them on cardboard.)

**Prairie** - Create tunnels out of boxes and give the children stuffed animals or pictures of animals mounted on cardboard. You can also place pictures of these animals in the tunnels and have the children crawl through the tunnels to discover what animals live in tunnels. Here are some prairie animals that live in tunnels - prairie dogs, mice, voles, fox, badgers, ants.

### Directions

Give the children some ideas of what to do at each center and then let them play.





## Big Cats — #4 Lamb Frolic

### DRAMA CENTER

**Time: 10 Minutes**

**Meets requirements 2 and 4 of Zoo Animals Star**

### Before You Begin

You'll need to buy or make lion masks. Create lion's dens out of cardboard boxes. The more "dens" of varying sizes, the more fun the children will have. If you tape a picture of lions in their dens, children quickly understand that this is a fun, cozy home. You can also place artificial plants or trees around the dens. You may want to have stuffed animal lions, too.

### Directions

Let the children select a mask to wear and then encourage them to explore the dens.

## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What animals live in the prairie?) Close with a circle prayer. (Good-baa Little Lambs in Meeting 1 explains circle prayers.)

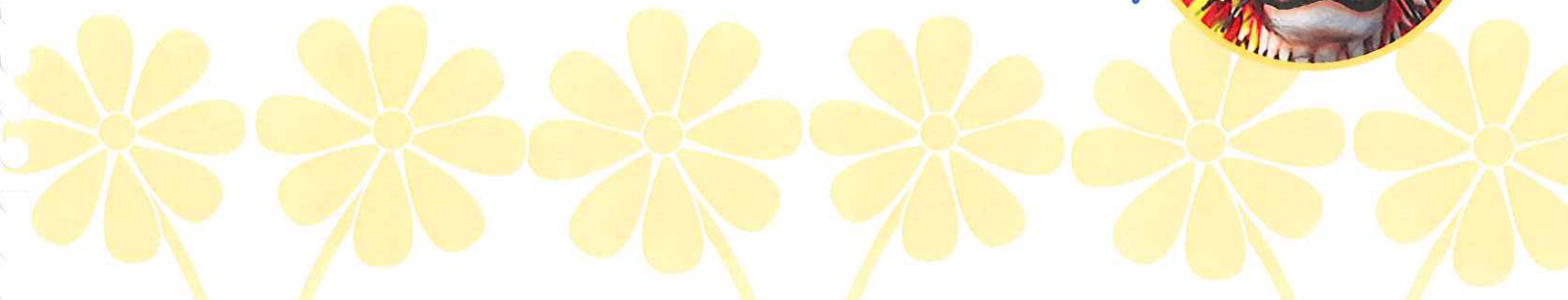
### You Will Need:

- Lion masks - buy them or make your own from paper plates and yarn
- Cardboard boxes
- Artificial plants or trees
- Stuffed animal lions (optional)



### Instructions for making masks:

- Color center of the plate yellow
- Cut out eyes
- Draw on face
- With paper punch, make one hole on each side of the mask and attach a 12 inch piece of yarn
- Glue yarn to the outside edge of the plate to create the lions mane. For an extra thick mane, add a second layer of yarn



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned

None

## Program Requirements Met

### Myself

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



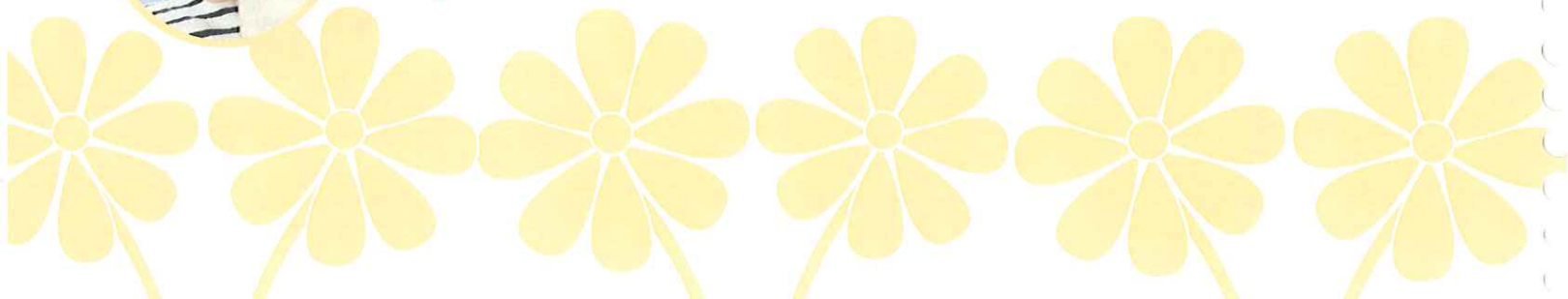
# Meeting Nine

## Look At Me

## Gather the Flock

### Time: 5 Minutes

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





## Lamb Tales

**Time: 5 to 10 Minutes**

### STORY THEME

## FINGERS AND TOES

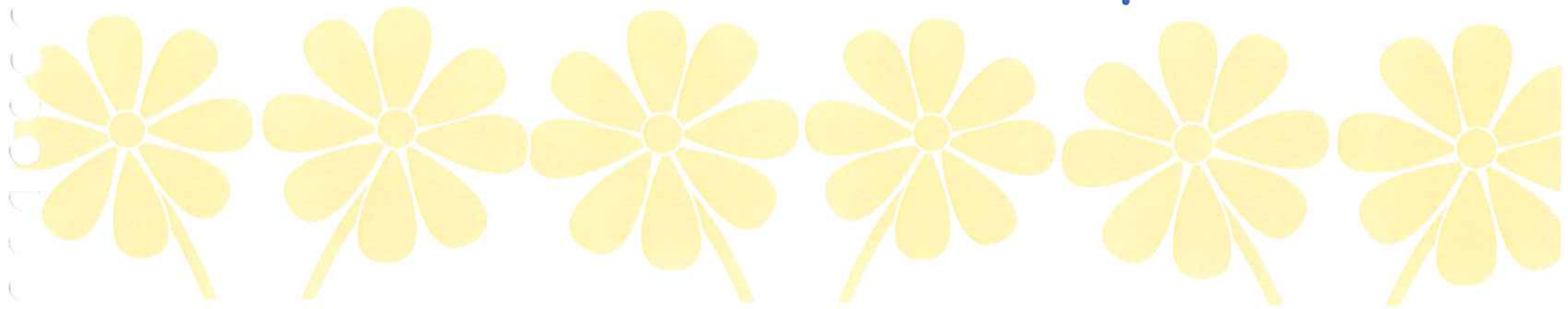
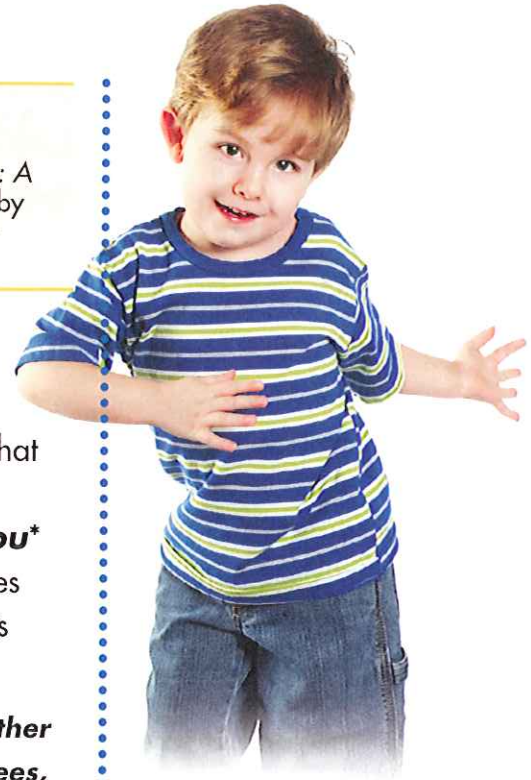
Start by asking the children questions about parts of their body. ( What do you use to see with? What do you use to smell with?) Then read ***Eyes, Nose, Fingers and Toes: A First Book All About You\**** (2002) by Judy Hindley. End by singing, "Head and Shoulders, Knees and Toes." You can find this song at the National Institutes of Health's web site [www.niehs.nih.gov/kids/musicchild.htm](http://www.niehs.nih.gov/kids/musicchild.htm).

\*Additional Book Suggestions: ***Head, Shoulders, Knees, and Toes and Other Action Rhymes*** (2002) illustrated by Zita Newcome, ***Head, Shoulders, Knees, and Toes*** (2003) illustrated by Jeannie Winston, ***My Feet*** (1992) or ***My Hands*** (1992) by Aliko, ***Hand, Hand, Fingers, Thumb*** (1983) by Al Perkins.

**Meets requirements 1, 2, and 3 of  
Myself Program Requirement**

### You Will Need:

- *Eyes, Nose, Fingers and Toes: A First Book About You* (2000) by Judy Hindley or book of your choice





### You Will Need:

- Rolls of transparent tape
- Dimes
- Pencils (#2 soft lead)
- Unlined index cards
- Magnifying glasses
- Bathroom scales
- Yardsticks
- Measuring tapes



## Lamb Frolics

Select one or more of the following activities:

### Incredible Me — #1 Lamb Frolic

#### SCIENCE CENTER

**Time:** 15 minutes

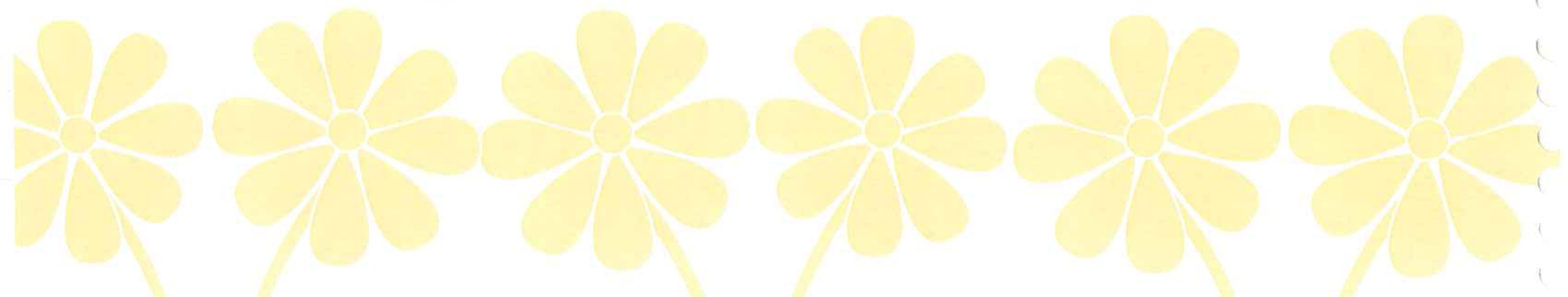
**Meets requirements 3 and 5 of Myself Program Requirement**

#### Before You Begin

This center will have two areas, one about finger prints and one about size. For the finger print area, place the following items in small boxes or stacks on a table: rolls of transparent tape, dimes, number two pencils (soft lead), unlined index cards and magnifying glasses. For the size center, you'll need several bathroom scales, yardsticks attached to the wall, and several measuring tapes.

#### Directions

First, have the children use a magnifying glass to look at their fingertip ridges. Next, place tape on all of their finger tips and have them try to pick up dimes. Then let them try it without their fingertips taped. Another fun activity is to have the children scribble on index cards with a soft pencil and then rub their fingertips across the scribbles, sort of like an ink pad. Then press their fingers onto a blank index card. They can use the magnifying glasses again to look at their fingerprints. At the size center, record the children's height and weight. You can also measure the length of their arms, legs, feet, and hands.





## Self-portraits — #2 Lamb Frolic

### ART ACTIVITY

**Time: 10 Minutes**

**Meets requirement 4 of  
Myself Program Requirement**

### Before You Begin

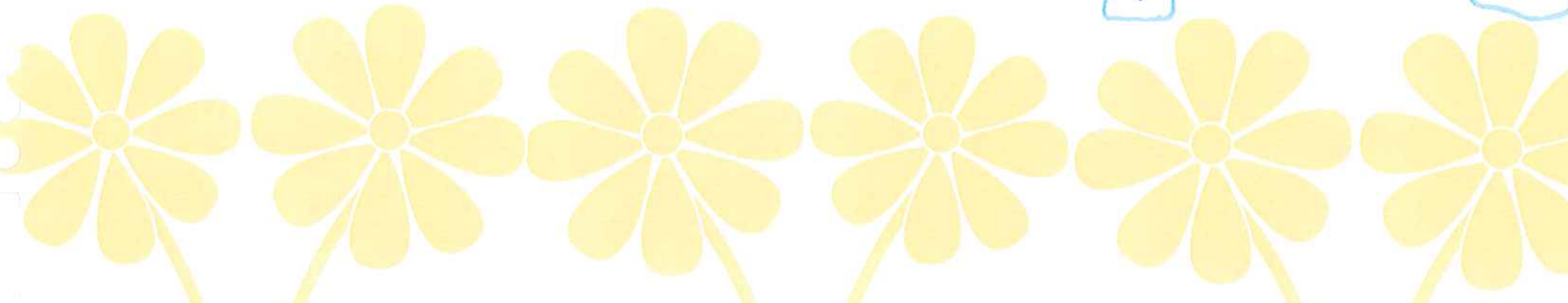
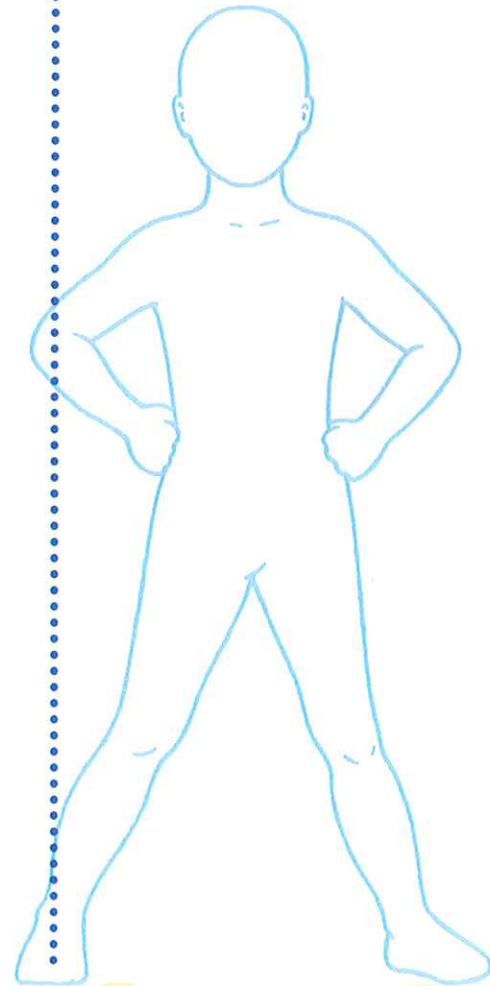
You'll need large sheets of newsprint cut into sizes big enough to outline each child and jars of paste. Fill tubs with crayons, buttons, lace, scraps of fabric, and yarn.

### Directions

Have each child lie on a sheet of newsprint and have an adult trace the child's outline onto the paper. Then let the child color and decorate the drawing. **TIP:** This is a good activity to do on the floor, not at a table. If time, trace the children in different poses.

### You Will Need:

- Large sheets of newsprint
- Paste
- Crayons, buttons, lace, scraps of fabric, and yarn



**You Will Need:**

- Rubber ball



**Name Game — #3 Lamb Frolic**

**GAME**

**Time: 10 Minutes**

**Meets requirement 5 of Myself Program Requirement**

**Directions**

Have the children stand in a circle. Call a child's name, then bounce the ball to them. Then have them bounce the ball back to you. Make sure you call each child's name. Repeat.

**You Will Need:**

- 9 by 11 inch construction paper
- Glitter glue sticks



**My Name — #4 Lamb Frolic**

**LITERACY ACTIVITY**

**Time: 5 Minutes**

**Meets requirements 4 and 5 of Myself Program Requirement**

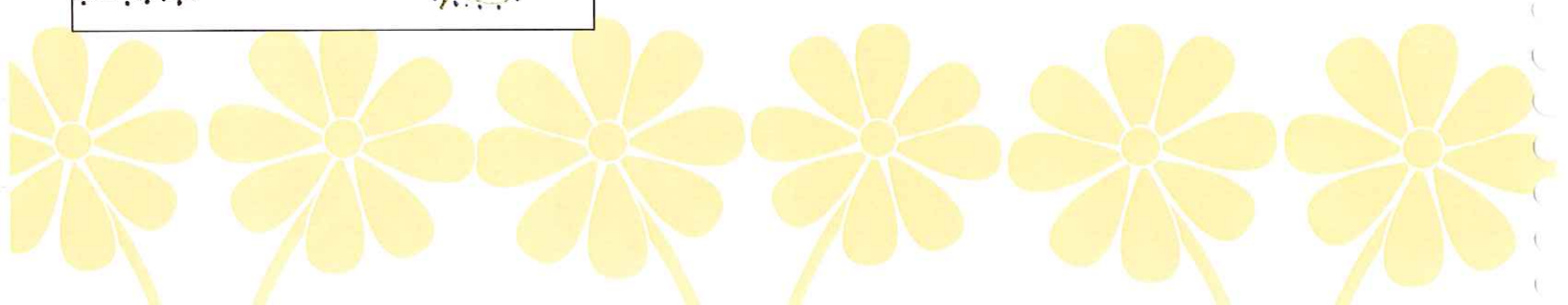
**Before You Begin**

On 9 by 11 inch sheets of construction paper write each child's name by using dots. Provide glitter glue sticks for the children to use to trace their names.



**Directions**

Have the children trace their names using the glitter glue sticks. Once they've traced their name, let them decorate the rest of the paper.

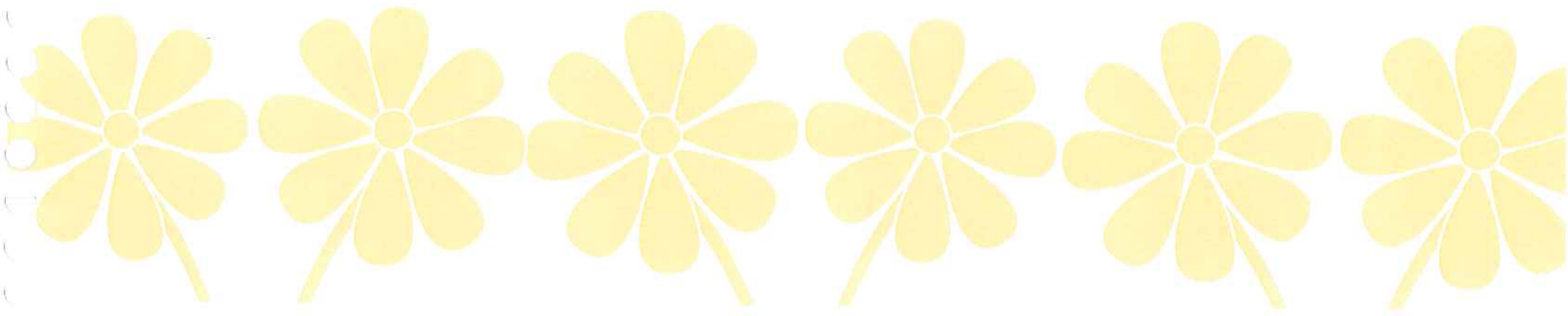




## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What do your finger ridges help you do? ) Close with a circle prayer. (Good-baa Little Lambs in Meeting 1 explains circle prayers.)



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned Finger Play



## Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



# Meeting Ten

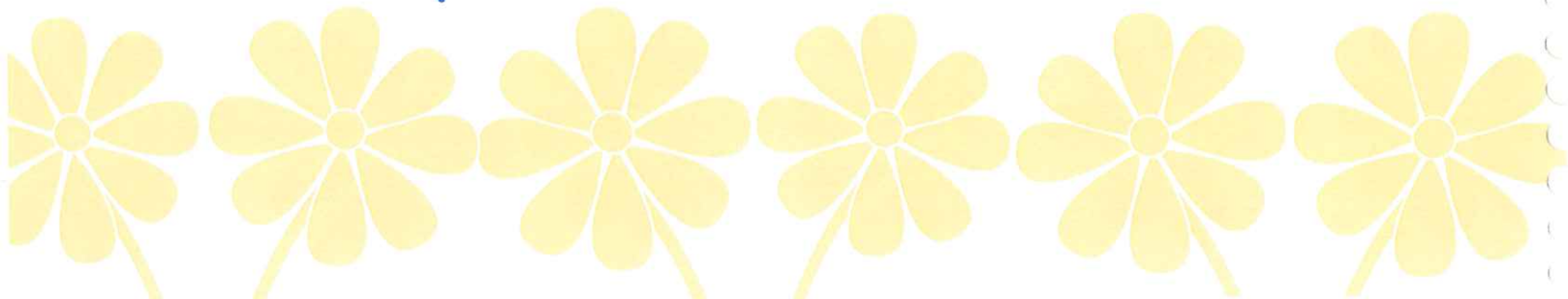
# 10

## Finger Fun

### Gather the Flock

#### Time: 5 Minutes

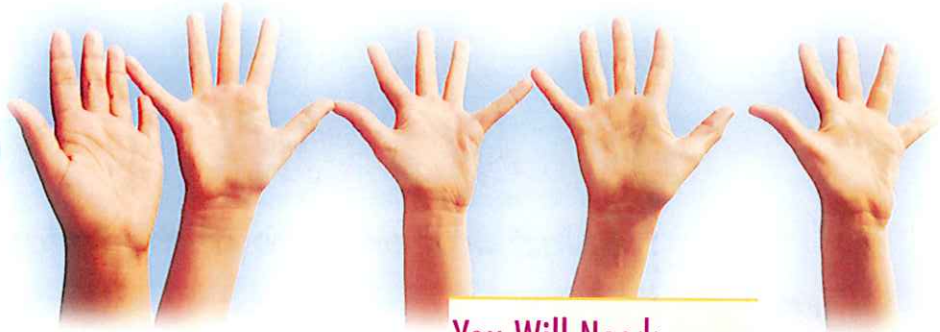
Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





# Lamb Tales

Time: 5 to 10 Minutes



## STORY THEME HANDS

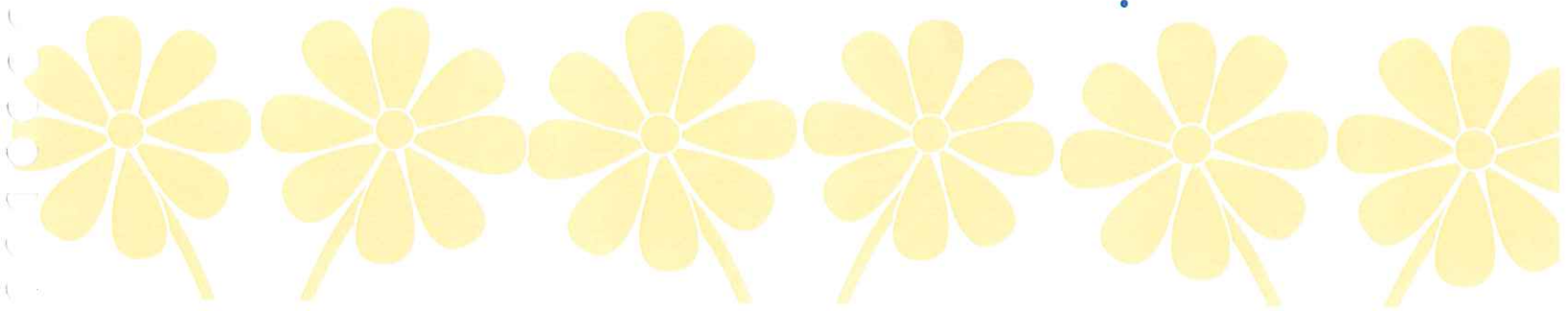
### You Will Need:

- *26 Big Things Small Hands Do* (2004) by Coleen Paratore or book of your choice

Have the children wave, clap, and scratch. Ask them what else they can do with their hands. Read ***26 Big Things Small Hands Do***\* (2004) by Coleen Paratore. Let the children know they'll be doing more with their fingers and hands during the meeting.

\*Additional Book Suggestions: ***Here Are My Hands*** (2007) by Bill Martin, ***Hands Can*** (2003) by Cheryl Hudson, ***He's Got The Whole World In His Hands*** (2005) illustrated by Kadir Nelson, ***My Hands*** (1990) by Alik.

**Meets requirements 1 and 2 for Finger Play Star**



## Lamb Frolics

Select one or more of the following activities:



### Mice Tracks — #1 Lamb Frolic

#### ART ACTIVITY

Time: 5 to 10 Minutes

Meets requirement 4 for Finger Play Star

#### You Will Need:

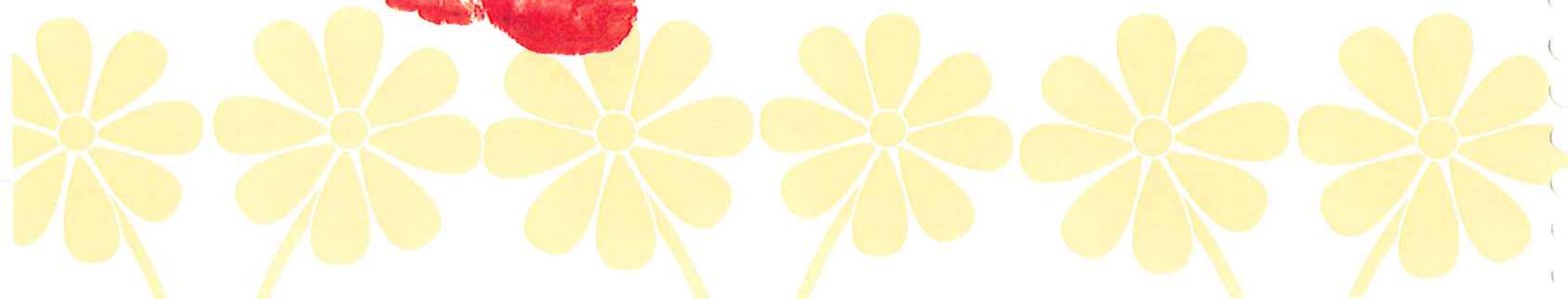
- Ink pads
- Paper
- Crayons

#### Before You Begin

Place ink pads, paper and crayons out for the children to use.

#### Directions

Show the children how to ink a fingertip and press it on the paper. Then show them how to add ears, whiskers and a tail to create a mouse out of their fingerprints (page 203). Let them fill up a sheet of paper with mice.





## Finger Plays — #2 Lamb Frolic

### DRAMA ACTIVITY

**Time: 10 Minutes**

**Meets requirement 3 for Finger Play Star**

### Before You Begin

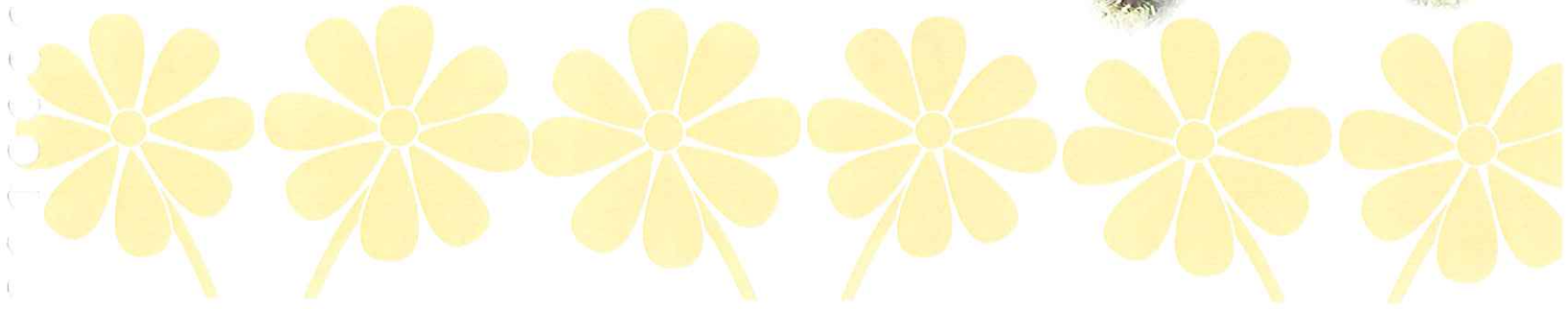
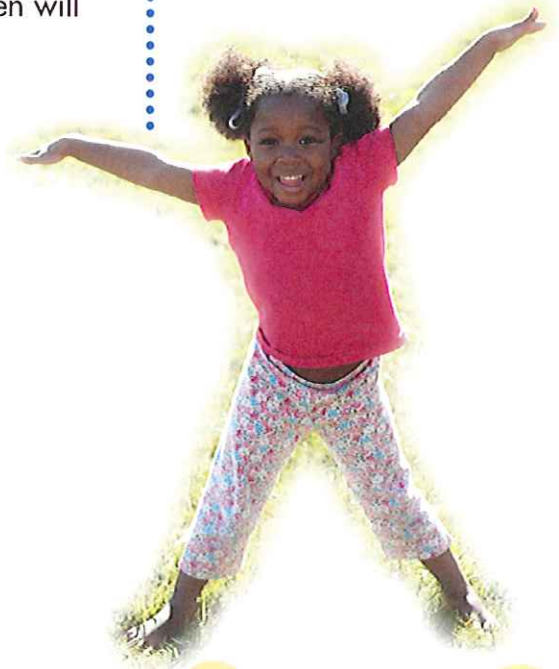
Select several fingerplays. Fingerplays that you may already know are "Where is Thumbkin," "Here's the Church," or "Five Little Monkeys." For additional fingerplays, check out the National Network for Child Care's "Fingerplays Plus" at [www.nccc.org/Literacy/fingplus.html](http://www.nccc.org/Literacy/fingplus.html), the Children's Place's finger plays at <http://w3.gorge.net/cannon/songs22.html>, or *1001 Rhymes & Fingerplays* (1994) published by Totline Publishers.

### Directions

Lead the children in several fingerplays. It's a good idea to repeat each fingerplay at least twice. Generally, they are short and the children will enjoy the repetition.

### You Will Need:

- Fingerplays



## Finger Foods — #3 Lamb Frolic

### COOKING ACTIVITY

**Time: 15 Minutes**

**Meets requirement  
5 for Finger Play Star**

#### Before You Begin

Ahead of time prepare enough bread dough so each child can have a small (cupcake size) amount to knead and take home to bake, include take-home baking directions for the parents or guardians. Bake or buy unfrosted cupcakes or muffins. Find out if any of the children have food allergies.

#### Directions

Encourage the children to try each of the four cooking centers.

**Baking Center**—give each child a fist size (their fist, not yours) of bread dough to knead. They can take the bread home to bake.

**Cookie Cutter Center**—here the children can use small cookie cutters to cut shapes out of sliced bread and then cover with peanut butter.

**Decorating Center**—let the children frost and decorate cupcakes.

**Picture Center**—show the children how to make pictures on paper plates with dried fruit, pretzel sticks, and vegetables.

#### You Will Need:

- Bread dough
- Cupcakes or muffins
- Small cookie cutters
- Sliced bread
- Peanut butter
- Plastic knives
- Frosting
- Sprinkles
- Paper plates
- Dried fruit, pretzel sticks, and vegetables





## Digging and Planting — #3 Lamb Frolic

### SCIENCE CENTER

**Time: 10 to 15 Minutes**

**Meets requirement 5 for Finger Play Star**

### Before You Begin

Fill several shallow tubs or boxes with potting soil.

### Directions

Give the children a variety of dried beans to “plant.” Other fun things to plant are twigs (trees), rocks, radishes, baby carrots, and small potatoes. The children can plant and harvest over and over. Spoons work well for shovels.

### You Will Need:

- Potting soil
- Dried beans
- Twigs and rocks
- Radishes, baby carrots, and small potatoes
- Spoons

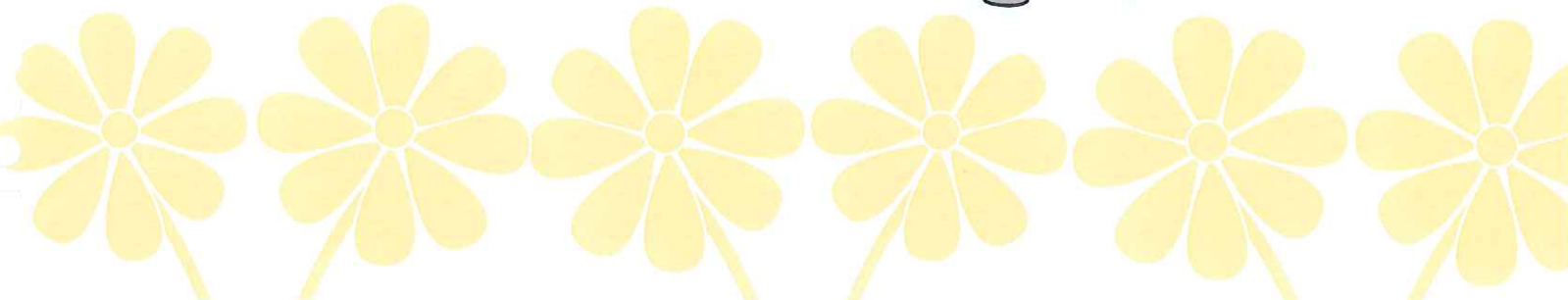
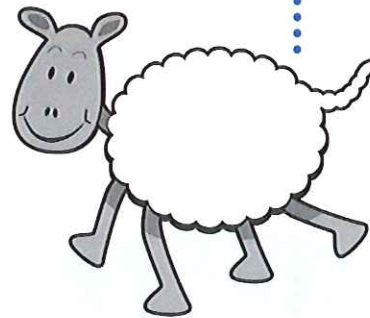


## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What are three things you can do with your fingers?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)

**Meets requirement 2 for Finger Play Star**



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

Star  
Earned  
Healthy Me



## Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



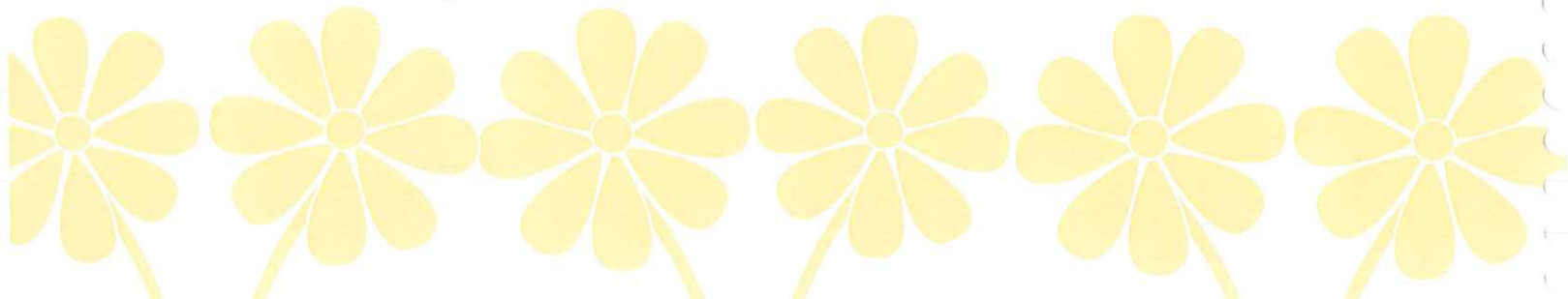
# Meeting Eleven

## Head To Toe

### Gather the Flock

#### Time: 5 Minutes

Using a lamb puppet or lamb toy, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





## Lamb Tales

**Time: 5 to 10 Minutes**

### STORY THEME HEALTHY BODIES

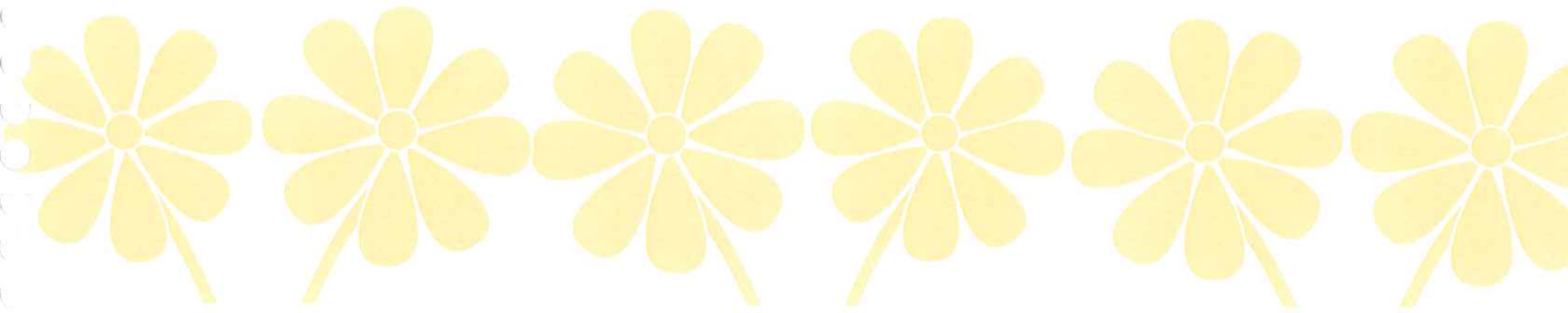
Begin by telling the children a few things about their amazing bodies. Then read ***My Body Head to Toe***\* (2002) by Lisa Bullard and share that during the meeting they will be learning more about their bodies and how to stay healthy.

\*Additional Book Suggestions: ***The Busy Body Book*** (2004) by Lizzy Rockwell, ***Me and My Amazing Body*** (1999) by Joan Sweeney, any of the ***My Body (Welcome Books) Series*** (2004) by Lloyd Douglas.

***Meets requirements 1 and 2 for Healthy Me Star***

#### You Will Need:

- *My Body Head to Toe* (2002) by Lisa Bullard or book of your choice



**You Will Need:**

- Stethoscopes or paper towel tubes
- 2 liter bottles with the tops
- Gallon containers (bowls, buckets)
- Plastic baggies
- Ice cubes
- Mirrors
- Flexible straws



# Lamb Frolics

Select one or more of the following activities:

## What's Inside? — #1 Lamb Frolic

### SCIENCE CENTER

**Time:** 10 Minutes

**Meets requirement 2 of Healthy Me Star**

### Before You Begin

Borrow stethoscopes or collect paper towel tubes. Fill two liter bottles with water and replace the top. Fill gallon containers (bowls, buckets) with water.

### Directions

**Heart Center:** Have the children run in place and then listen to each other's or their own hearts.

**Lung Center:** Let the children place an ice cube in a plastic baggie and then rub it over a mirror. Then holding the mirror close to their mouth, have them exhale onto it. They should see condensation.

Have an adult place a two liter bottle filled with water into a gallon container filled with water. Once the bottle is upside down in the water, unscrew the bottle cap. Next, place the short end of a flexible straw into the bottle. Now have a child take a deep breath and blow as much air as possible through the straw into the bottle. (Don't forget to use a new straw for each child.) Explain that all the air from their lungs is now in the bottle.





## Move It — #2 Lamb Frolic

### ACTION ACTIVITY

**Time:** 10 Minutes

**Meets requirement 3 of Healthy Me Star**

### Before You Begin

Blow up balloons.

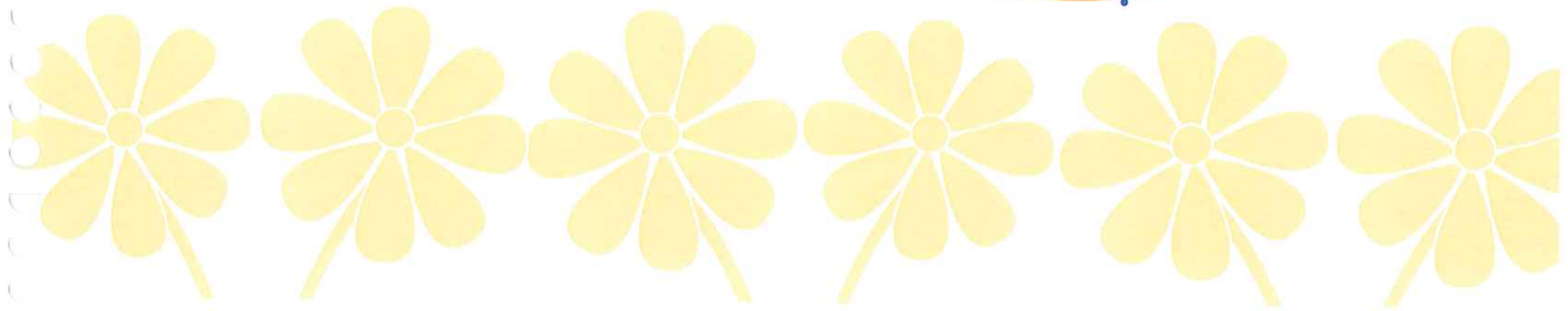
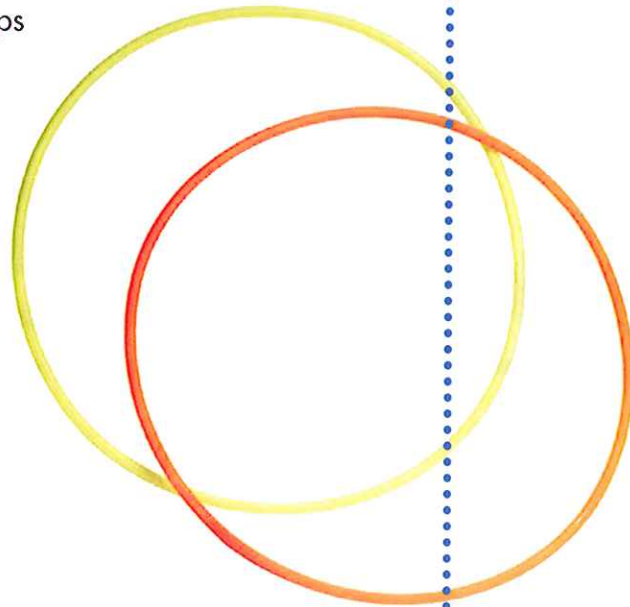
### You Will Need:

- Rope
- Balloons
- Hula hoops

### Directions

Do one or more of the following activities:

- Sit in a circle and have each child grasp a rope with both hands. Call out different body parts and touch the rope to that part.
- Give each child a balloon and have them keep it in the air by batting it with their hands; then have them try to keep the ball afloat by just using their heads.
- Have the children use hula hoops like jump ropes or lay the hula hoops flat on the floor and hop in and out of the hula hoops or place several hula hoops together and have the children crawl through them. You can also let them try to hula hoop, but you'll need small hula hoops for this.



**You Will Need:**

- A drum



## I've Got The Beat — #3 Lamb Frolic

### MOVEMENT ACTIVITY

**Time: 10 Minutes**

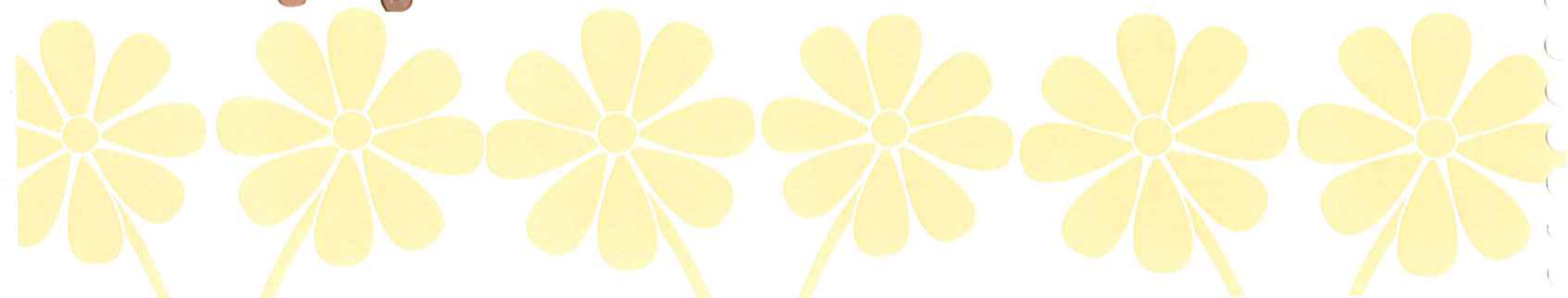
**Meets requirement 3 of Healthy Me Star**

### Before You Begin

Arrange for an adult to play a drum.

### Directions

Begin by having the children run in place. Then have an adult slowly beat the drum. As the beat increases, have the children run faster. As the beat slows, have the children run slower. Continue to vary the beat. You can also have the children hop or wave scarves to the beat. Another fun variation of these activity is to play statutes. Have the children move around, jump, wiggle and wave their arms. When the drummer stops playing, the children freeze.





## People At Play — #4 Lamb Frolic

### ART ACTIVITY

**Time: 10 Minutes**

**Meets requirement 4 of Healthy Me Star**

### Before You Begin

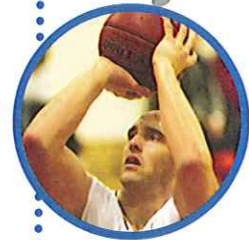
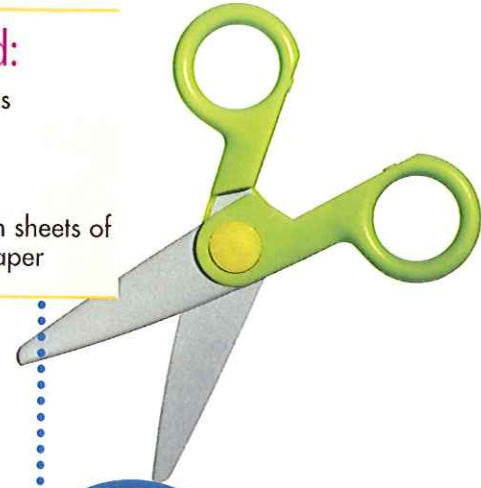
Find pictures from magazines of people playing a variety of sports.

### Directions

Have the children tear or cut out pictures of people playing sports or doing exercise, any kind of movement. Then have them paste the pictures on to a large sheet of construction paper. Encourage the children to use a lot of pictures and cover all of the construction paper.

### You Will Need:

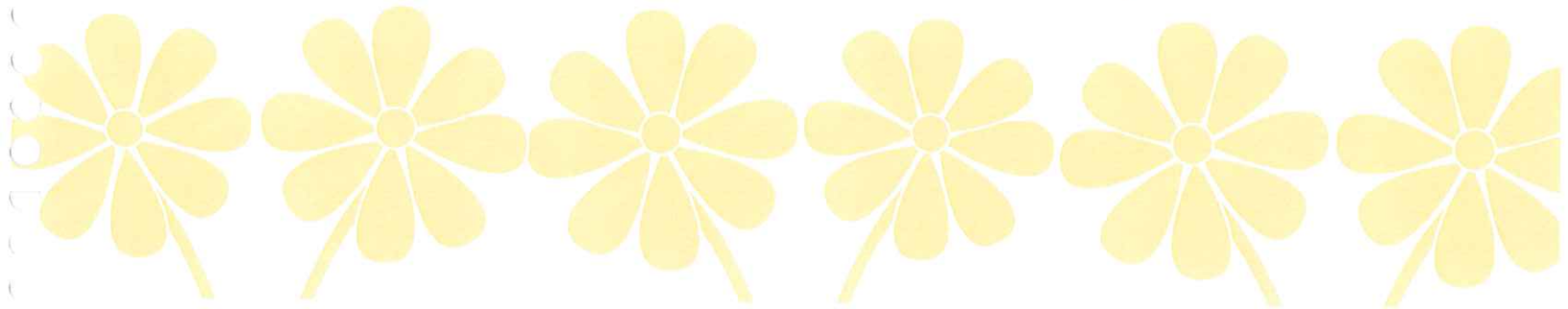
- Old magazines
- Safety scissors
- Paste
- 8 1/2 x 11 inch sheets of construction paper



## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What can you do to be healthy?) Close with a circle prayer. (Good-baa Little Lambs in Meeting 1 explains circle prayers.)



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned



### Bible Friends

## Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



# 12 Meeting Twelve

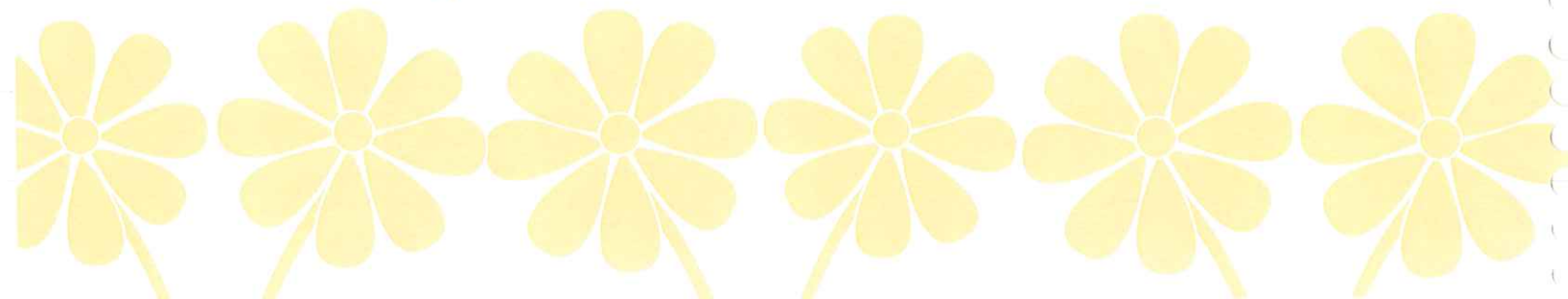
## Fun With Friends



## Gather the Flock

### Time: 5 Minutes

Using a lamb puppet or lamb toy, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





# Lamb Tales

**Time: 5 to 10 Minutes**

## STORY THEME FRIENDS

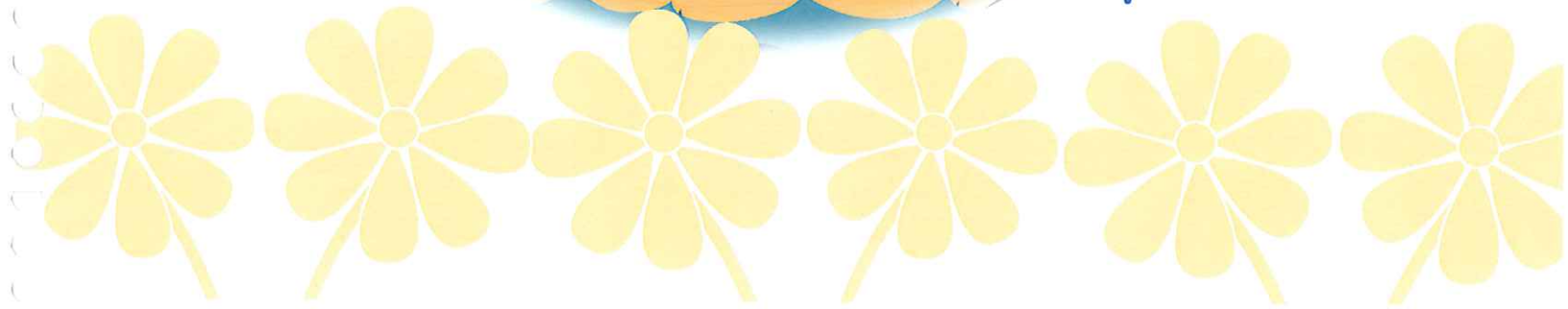
Ask the children what they like to do with their friends. Then explain that during the meeting they will do things with their friends and also learn about friends from the Bible. From **My First Bible\*** (2006) by Ben Alex, publisher Review & Herald, read how God was a friend to Noah and how Noah was a friend to the animals. (Any Bible friends will work. Pick any pair you want.)

\*Additional Book Suggestions: **Read Aloud Bible Stories: Vol.4** (1995) edited by Ella Lindvall, **The Rhyme Bible Storybook** (2000) by Linda Sattgast, **Early Readers Bible** (2001) by V. Gilbert Beers, **The Children's Illustrated Bible** (2005) published by DK Publishing, **Favorite Bible Stories** (2002) by Fred Crump, Jr.

**Meets requirement 1 for Bible Friends Star**

### You Will Need:

- *My First Bible* (2006) by Ben Alex, publisher Review & Herald or book of your choice



## Lamb Frolics

Select one or more of the following activities:

### You Will Need:

- Pencil
- Large sheets of construction paper
- Containers for paint, disposable pie pans work well
- Red, yellow, green, orange and purple finger or tempera paint

### Rainbow Hand Prints — #1 Lamb Frolic

#### ART ACTIVITY

**Time: 5 to 10 Minutes**

**Meets requirement 4 for Bible Friends Star**

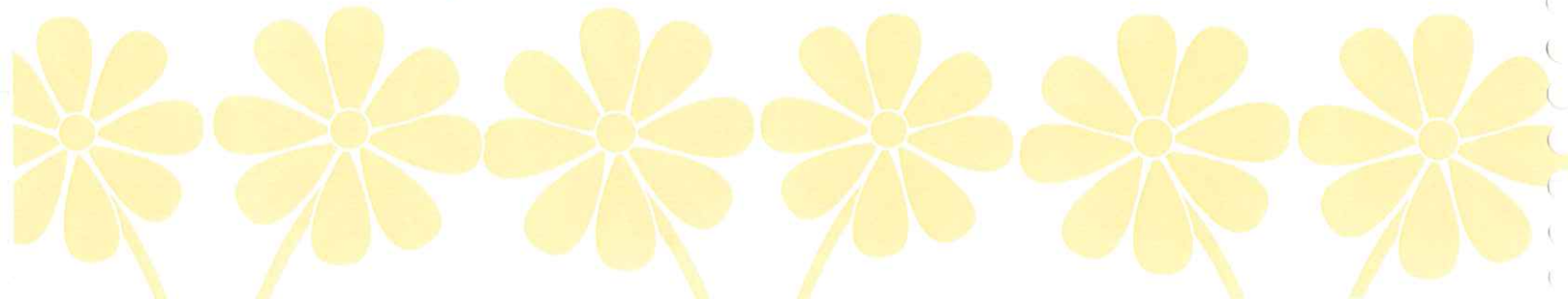
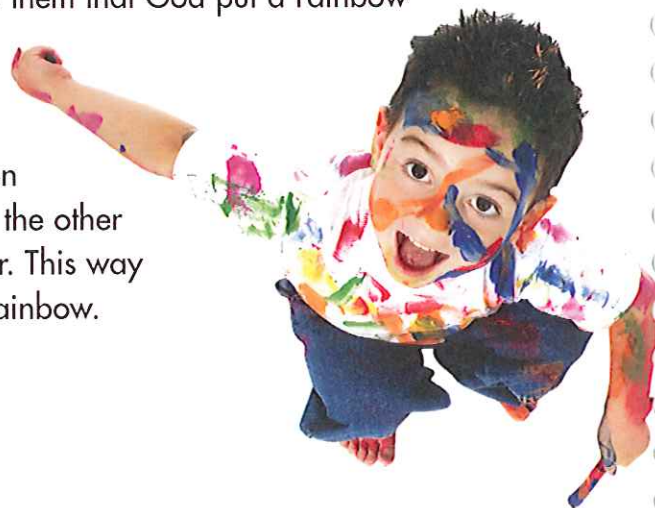


#### Before You Begin

With a pencil draw an outline of a rainbow on sheets of construction paper. It should be wide enough for a child's hand to fit between the lines. Fill shallow containers with red, yellow, green, orange and purple finger or tempera paint.

#### Directions

Before the children begin, remind them that God put a rainbow in the sky to remind Noah of their friendship. Then have each child select a color of paint to press one of their hands into. Then have them make a hand print on the other children's rainbow with their color. This way friends help each other make a rainbow.





## Friends Working Together — #2 Lamb Frolic

### ACTION ACTIVITY

**Time: 10 Minutes**

**Meets requirement 3 for Bible Friends Star**

### Before You Begin

Cut one-foot lengths of yarn or jute.

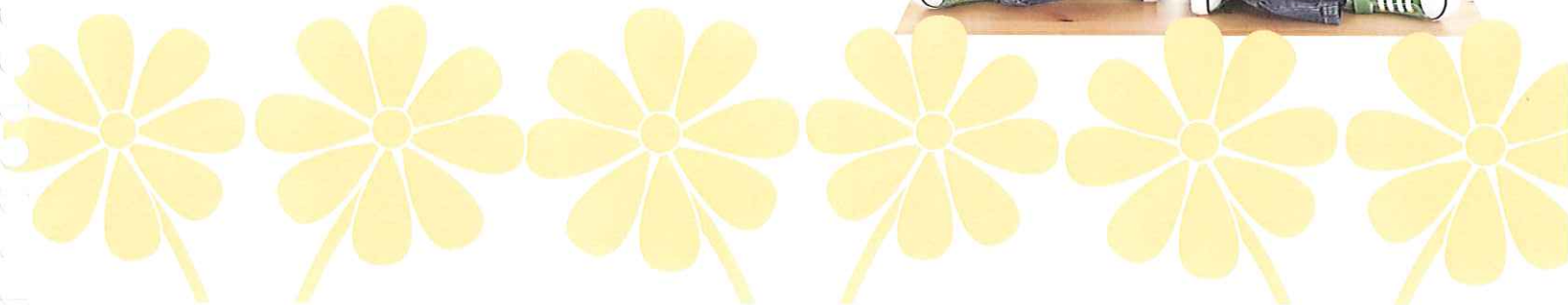
You'll need to create a simple obstacle course by using boxes, chairs, or plastic bottles. Place pictures of Bible friends throughout the obstacle course. **TIP:** Go to <http://children.calvarychapel.com/site/curriculum.htm> for free printable coloring pages of Bible friends.

### Directions

This activity is a new twist on the three legged race. And it may take more coordination than some preschoolers have. Instead of tying the legs of two children together, try pairing an adult and child together. Remind the adults that this isn't a race. They are just trying to work together with the child to get through the obstacle course and have fun!

### You Will Need:

- Yarn or jute cut into one foot strips
- Objects for obstacle course: boxes, chairs, or plastic bottles
- Pictures of Bible friends



### You Will Need:

- Action songs or hand clap songs



## Sing and Shout — #3 Lamb Frolic

### MUSICAL ACTIVITY

**Time:** 10 Minutes

**Meets requirement 2 for Bible Friends Star**

### Before You Begin

You may want to find an adult to play the piano or guitar for the songs.

### Directions

Everything is more fun with a friend. Try these action songs and hand clap games.

#### **Clap, Clap, Partner** (traditional)

*(Place the children in pairs.)*

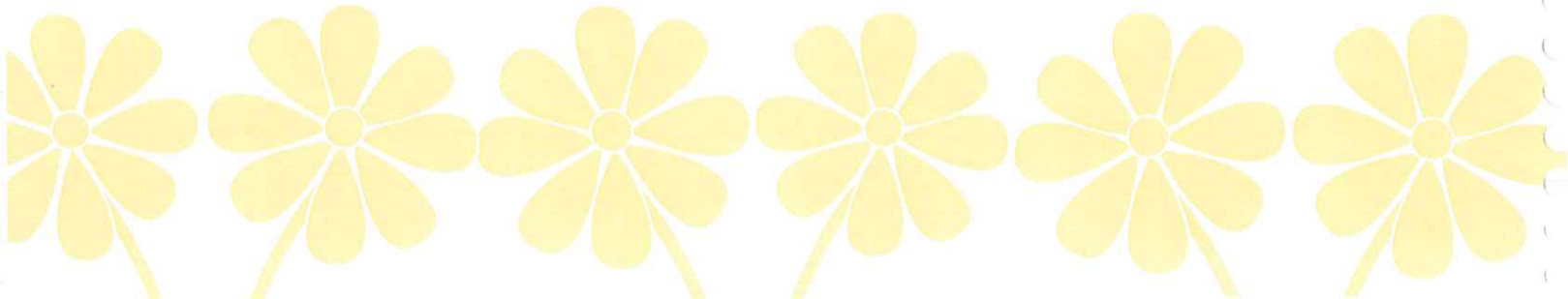
Clap, clap, clap my hands,  
*(Clap own hands)*  
Clap, clap, clap my neighbor,  
*(Clap hands of neighbor)*  
Stamp, stamp, stamp my feet,  
*(stamp feet)*  
Turn myself about.  
*(Turn around)*

#### **Let's Find a Friend**

Sung to the "The Farmer in the Dell"

You can hear it at the National Institutes of Health's site  
[www.niehs.nih.gov/kids/lyrics/farmer.htm](http://www.niehs.nih.gov/kids/lyrics/farmer.htm).


Have the children and adults form a circle. Each time you sing the song, call a child's name and have them stand next to you in the middle of the circle. Repeat the song until all of the children are standing in the middle of the circle.



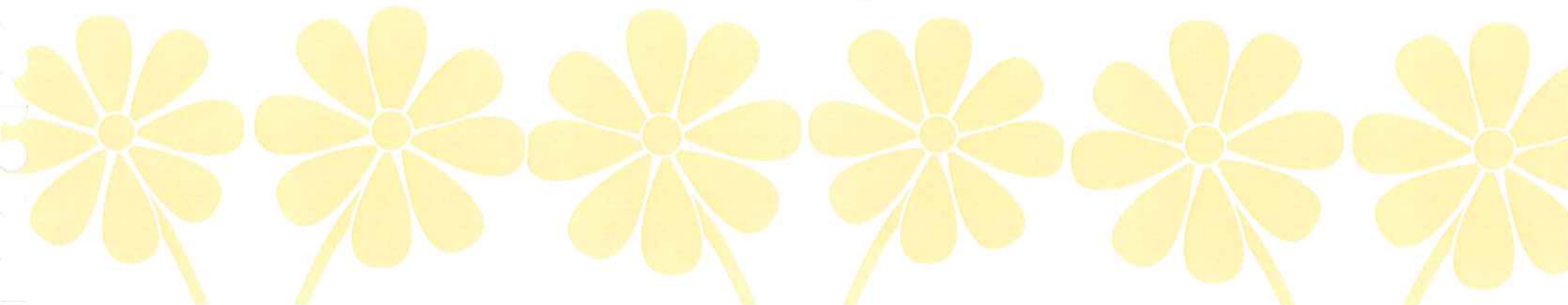


Oh, let's find a friend.  
Oh, let's find a friend.  
Everyday is much more fun  
when we find a friend.  
(Child's name) is our friend,  
Oh, (child's name) is our friend.  
Everyday is much more fun  
when (child's name) is our friend.  
We all found a friend.  
We all found a friend.  
Everyday is much more fun  
When we find a friend.



 **If You're Friendly and You Know It**  
Sung to "If You're Happy and You Know It"  
You can hear it at the National Institutes of Health's site  
[www.niehs.nih.gov/kids/lyrics/happand.htm](http://www.niehs.nih.gov/kids/lyrics/happand.htm).

If you're friendly and you know it,  
wave your hand.  
If you're friendly and you know it,  
wave your hand.  
If you're friendly and you know it,  
wave your hand.  
If you're friendly and you know it,  
say hi friend.  
If you're friendly and you know it,  
say hi friend.  
If you're friendly and you know it,  
say hi friend.





 **Jesus is a Friend of Mine**

Sung to "Mary Had A Little Lamb"

You can hear it at the National Institutes of Health's site

[www.niehs.nih.gov/kids/lyrics/mary.htm](http://www.niehs.nih.gov/kids/lyrics/mary.htm).

Repeat until you've used each child's name.

Jesus is a friend of mine,

*(point to self)*

friend of mine,

*(point to self)*

friend of mine.

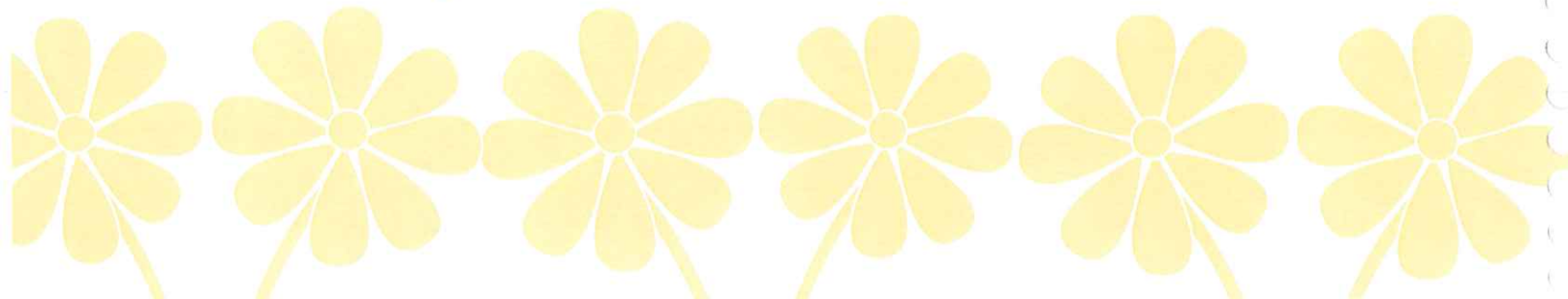
*(point to self)*

Jesus is a friend of mine

*(point to self)*

and He is (child's name) friend too.

*(point to self)*





## Bible Friends Dress-up — #4 Lamb Frolic

### PLAY ACTIVITY

**Time: 10 to 15 Minutes**

**Meets requirement 3 for Bible Friends Star**

### Before You Begin

Collect clothes that can be used to dress like Bible friends. Oversized shirts tied with a piece of jute for belt make good robes; pieces of fabric tied with a yarn headband can be used for head scarves. **TIP:** For addition ideas check out **52 Easy Program Ideas For Kindergarten Sabbath School Year B** (2003) by Robert Robinson from AdventSource or **My Bible Dress-up Book** (2000) by Carla Williams.

### Directions

Let the children dress up as Bible friends and pretend to be the Bible friend of their choice. Let them change costumes and characters. That's part of the fun.

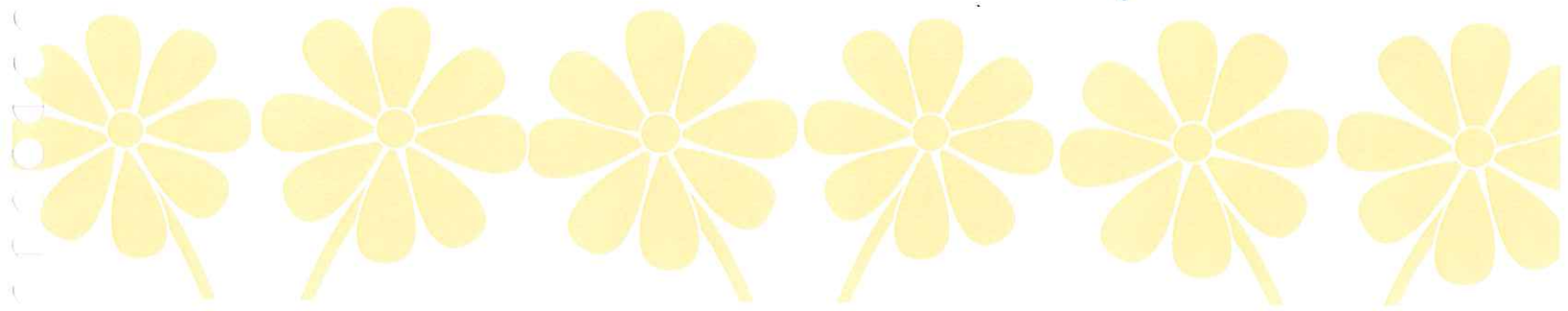
## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., Can you tell me the name of a Bible friend?) Close with a circle prayer. (Good-baa Little Lambs in Meeting 1 explains circle prayers.)

### You Will Need:

- Bible friends clothes
- Check out the fun Bible Drama T-shirts (set of 8) from AdventSource. Catalog #023611



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

Star Earned  
none

Program Requirements Met

### My God



- Reciting the Little Lamb Pledge, singing *Jesus is My Shepherd* Theme Song and My God Program Requirement



# Meeting Thirteen

## Little Boy Jesus

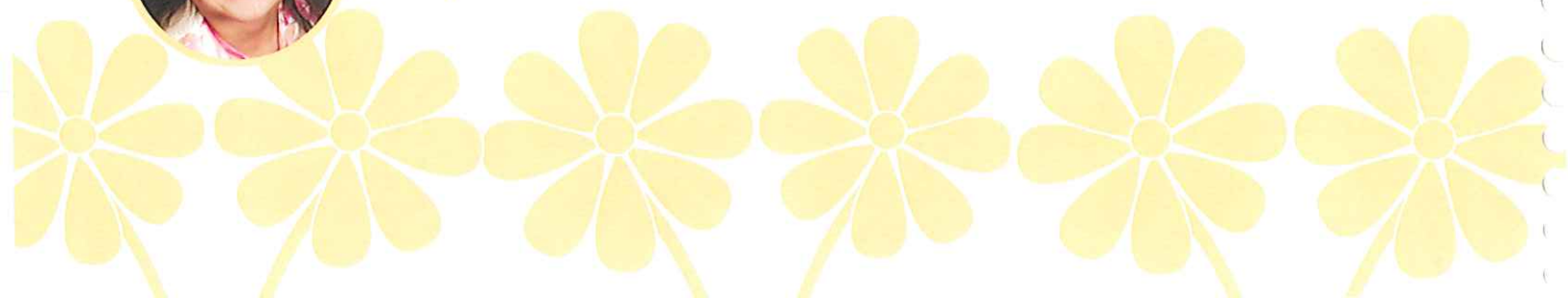


## Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or lamb toy, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)

**Meets requirement 1 for My God Program Requirement**





## Lamb Tales

**Time: 5 to 10 Minutes**

### STORY THEME LITTLE BOY JESUS

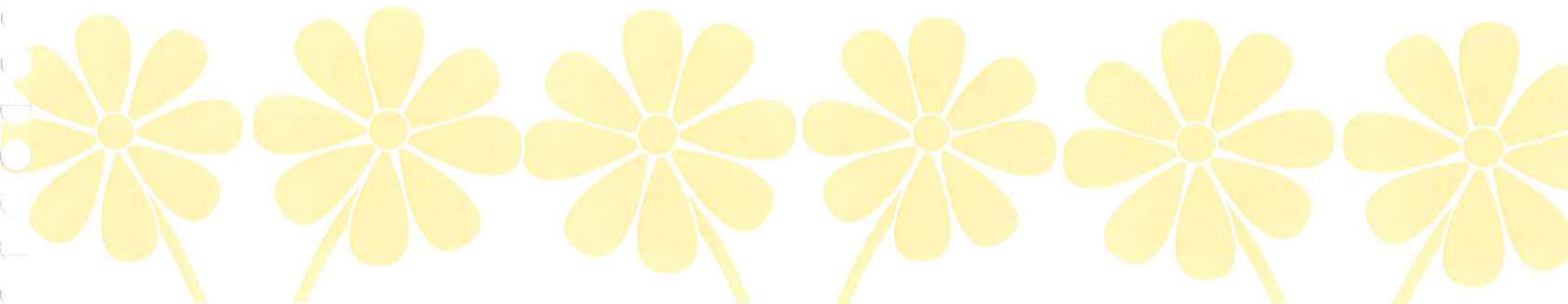
Begin by explaining that Jesus was a child once, just like them. Then ask them what things they like to do. Next, tell them you're going to read to them about the things Jesus liked to do when he was a little boy. After reading ***Jesus Goes to School: A Story of What Might Have Happened One Day When Jesus Was a Child***\* (1999) by Carrie Lou Goddard, let the children know that they be doing things that little boy Jesus might have done.

\*Additional Book Suggestions: ***Little Boy Jesus*** (2001) by Lynn Moore, ***Learning About Jesus*** (2004) by Lois Rock, ***When Jesus Was A Boy*** (1990) by Joann Scheck, ***When Jesus Was A Boy*** (2000) by Charlotte Stowell.

**Meets requirements 2 and 3 for My God Program Requirement**

#### You Will Need:

- *Jesus Goes to School: A Story of What Might Have Happened One Day When Jesus Was a Child* (1999) by Carrie Lou Goddard or book of your choice



### You Will Need:

- Various sizes and shapes of wood
- Small containers filled with different colors of tempera paint
- Wood or craft glue
- Baby food jars
- Disposable sponge paint brushes



## Lamb Frolics

Select one or more of the following activities:

### Carpentry Capers — #1 Lamb Frolic

#### CRAFT ACTIVITY

**Time: 10 Minutes**

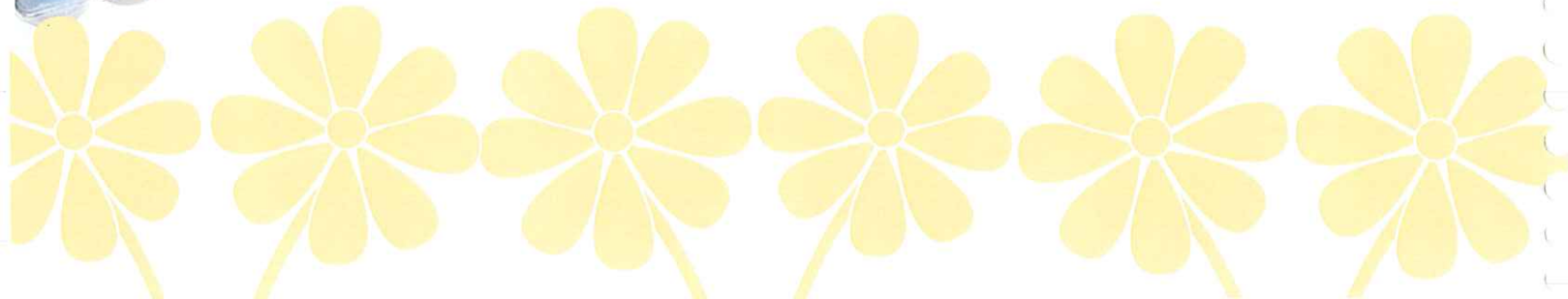
**Meets requirement 3 and 4 of My God Program Requirement**

#### Before You Begin

Bring in various sizes and shapes of wood (scraps of molding, left over pieces of 2 x 4 lumber, craft sticks). Fill small containers with different colors of tempera paint. You'll also need several bottles of wood or craft glue. **TIP:** Pour the glue into baby food jars and have the children use inexpensive disposable sponge paint brushes to paint the glue onto the wood.

#### Directions

Explain to the children what a carpenter is. Then tell them that Jesus' Daddy was a carpenter and that Jesus helped him make things from wood. Then let the children build things out of the wood by gluing and painting the wood.





## Nose and Ear — #2 Lamb Frolic

### INTERNATIONAL GAME ACTIVITY

**Time: 5 to 10 Minutes**

**Meets requirement 5 of  
My God Program Requirement**

### Before You Begin

Find pictures of Middle Eastern children at play.  
Suggested sources: **Children Just Like Me** (1995) by Annabel Barnabas Kindersley or **Children from Australia to Zimbabwe** (2001) by Maya Ajmera, Anna Rhesa and the Global Fund for Children.

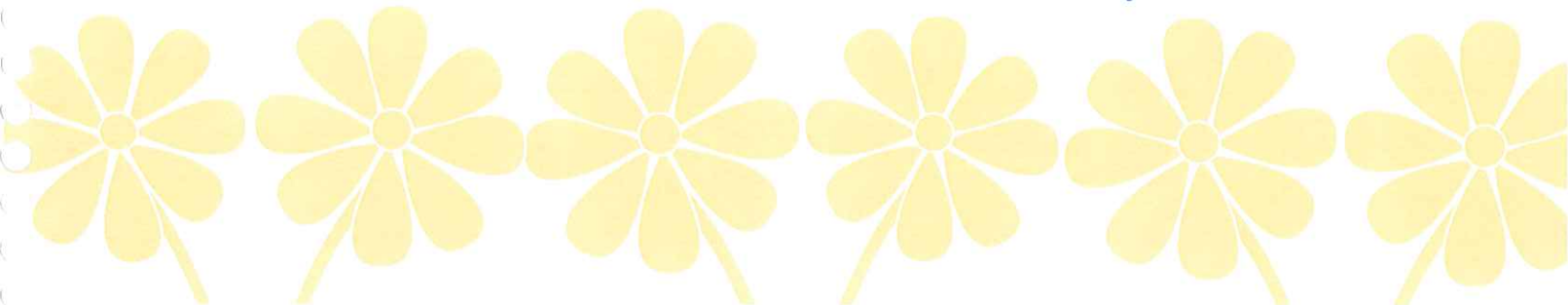
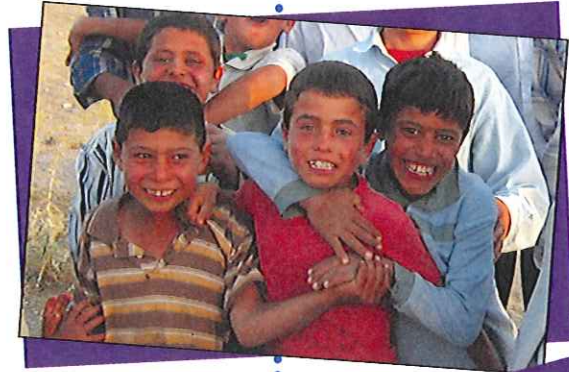
### Directions

This Iranian children's game may be similar to games played when Jesus was a boy.

Have the children sit in a circle. Have an adult lightly pull the hair of the player on his or her right. The player on the leader's right repeats the action on his or her neighbor to the right. The action continues around the circle until it comes back to the adult who then starts another action around the circle. *Suggested actions:* a funny face, a light poke in the ribs, an easy tug on the ear or nose. Traditionally, any player that laughed, giggled or make a sound of any kind was out. The winner was the one that showed the most control. You can have the children try not to laugh but it may be too difficult for some kids. So just let them have a good time copying the actions of the leader.

### You Will Need:

- Pictures of Middle Eastern Children at Play





## Bible Dress-up — #3 Lamb Frolic

### DRAMA ACTIVITY

**Time:** 10 to 15 Minutes

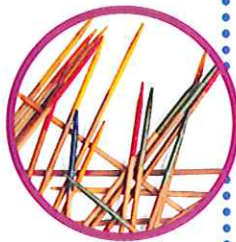
**Meets requirement 3 and 5  
of My God Program Requirement**

### Before You Begin

You'll need pieces of fabric, scarves, old ties (to use as belts), and oversized plain t-shirts for the children to use to dress like children from Bible times. You might want to place pictures of children in biblical dress around for them to see. **52 Easy Program Ideas for Kindergarten Sabbath School Book A** (2004) and **Book B** (2003) by Robert Robinson published by AdventSource has creative costume ideas. Place simple toys such as marbles, pick-up sticks, cloth dolls, wooden bowls and spoons, and wooden blocks in the Bible dress-up area.

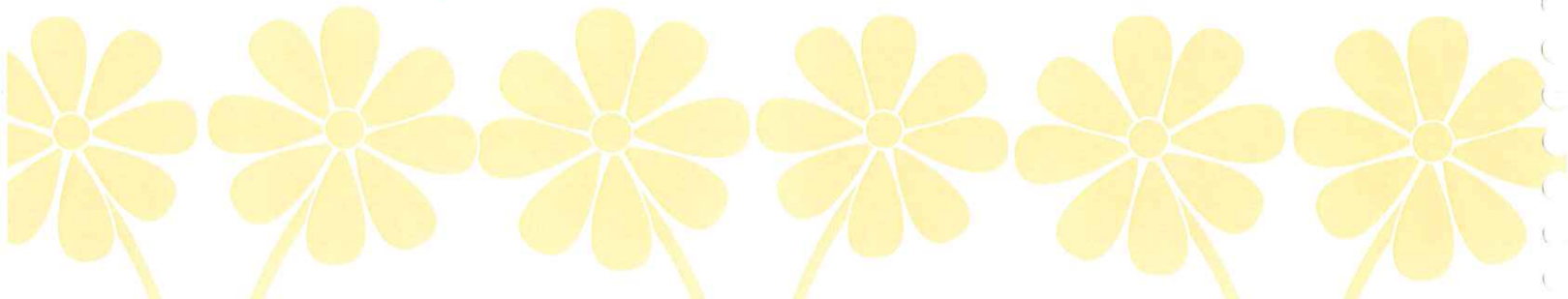
### You Will Need:

- Pieces of fabric
- Scarves, old ties (to use as belts)
- Oversized plain t-shirts
- Pictures of children in biblical dress
- Simple toys – marbles, pick-up sticks, cloth dolls, wooden bowls and spoons, and wooden blocks



### Directions

Encourage the children to dress up like Jesus and his friends. The children can try on multiple outfits or just one. Also, let them play with the simple toys that Jesus and his friends might have shared.





## Baking Bread — #4 Lamb Frolic

### COOKING ACTIVITY

**Time: 5 to 10 Minutes**

**Meets requirements 3 and 5 of My God Program Requirement**

### Before You Begin

Follow the recipe for making your favorite bread or buy frozen bread dough. Then divide the bread dough into small individual loaves. You'll need one for each child.

### Directions

Share with the children that Jesus not only helped His father, but also, He helped his mother. Tell them that He may have helped His mother bake bread. Give each child some of the bread dough that you previously made. Then have them knead the dough. Also, you can have them roll the dough in dried oatmeal, flax seed, poppy seeds or sunflower seeds. Place each small loaf in a plastic baggy along with baking directions for the parents or guardians so they can complete this activity at home.

### You Will Need:

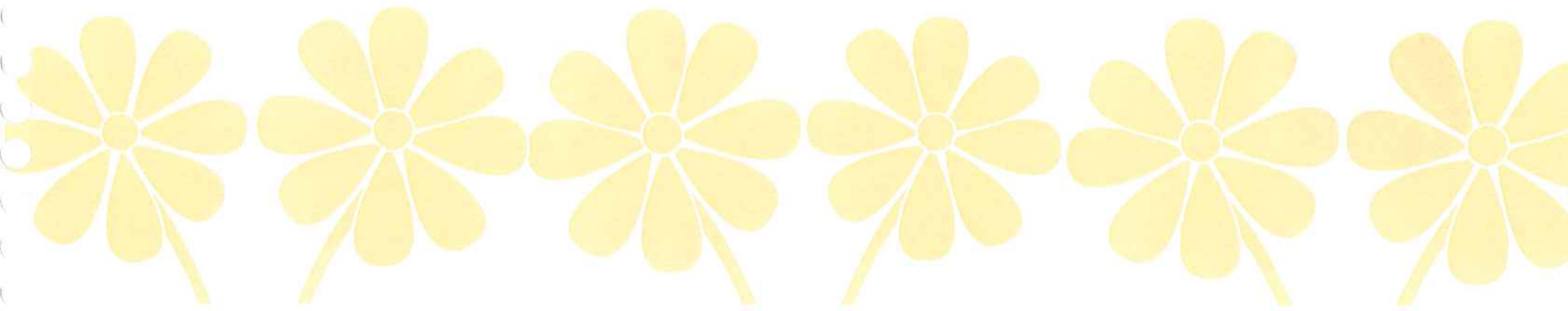
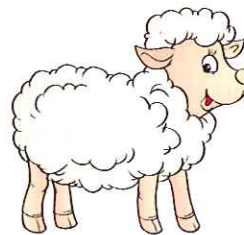
- Bread dough
- Dry oatmeal, flax seed, poppy seeds or sunflower seeds
- Plastic baggies
- Written directions for completing the project at home



## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., How did Jesus help his father? ) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned

None

## Program Requirements Met

### My World

- Reciting the Little Lamb Pledge, singing *Jesus is My Shepherd Theme Song* and My World Program Requirements



# Meeting Fourteen

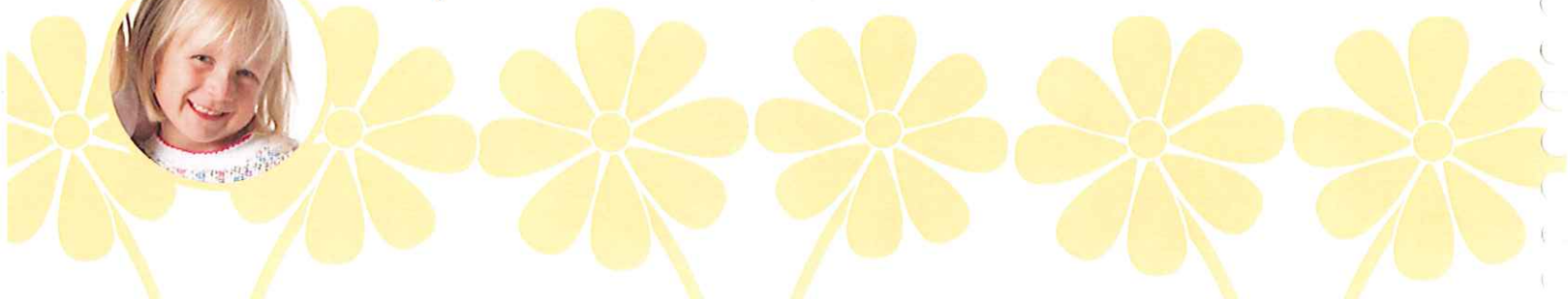
# 14

## God's World Rocks!

### Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





# Lamb Tales

**Time: 5 to 10 Minutes**

## STORY THEME ROCKS

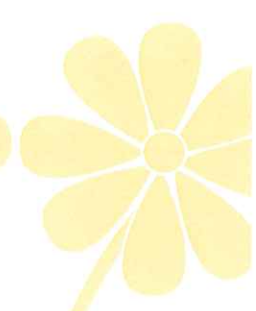
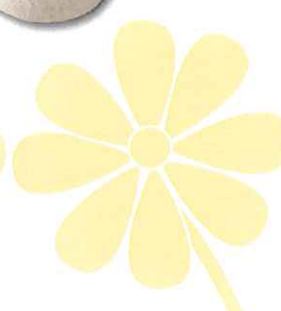
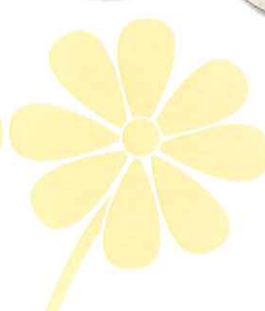
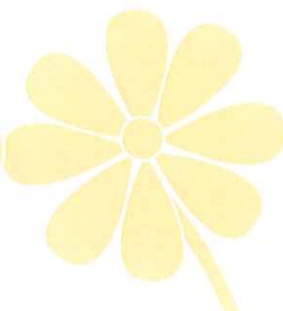
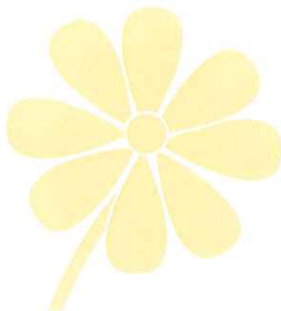
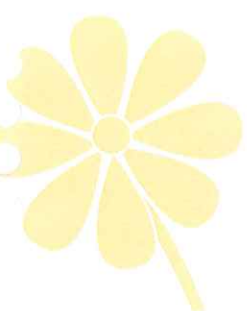
Pass around a variety of rocks for the children to see and touch. Remind the children that God created the land and the rocks. Then read ***If You Find a Rock\**** (2000) by Peggy Christian. After the story, tell the children that they will be doing lots of fun things with the rocks God created.

\*Additional Book Suggestions: ***Rocks: Hard, Soft, Smooth, and Rough*** (2002) by Natalie Rosinsky, ***From Rock to Road*** (2004) by Shannon Knudsen; ***Looking at Rocks*** (2001) by Jennifer Dussling, ***Let's Go Rock Collecting*** (1997) by Roma Gans, ***Rocks and Minerals*** (2004) published by DK Publishing

**Meets requirements 2 and 3 of  
My World Program Requirement**

### You Will Need:

- *If You Find a Rock* (2000) by Peggy Christian or book of your choice



## Lamb Frolics

Select one or more of the following activities:

### You Will Need:

- Tubs or boxes
- Sand
- Rocks
- Sieves or oatmeal boxes with holes bunched in the bottoms



### Building on the Rocks — #1 Lamb Frolic

#### SIFTING CENTER

**Time: 10 Minutes**

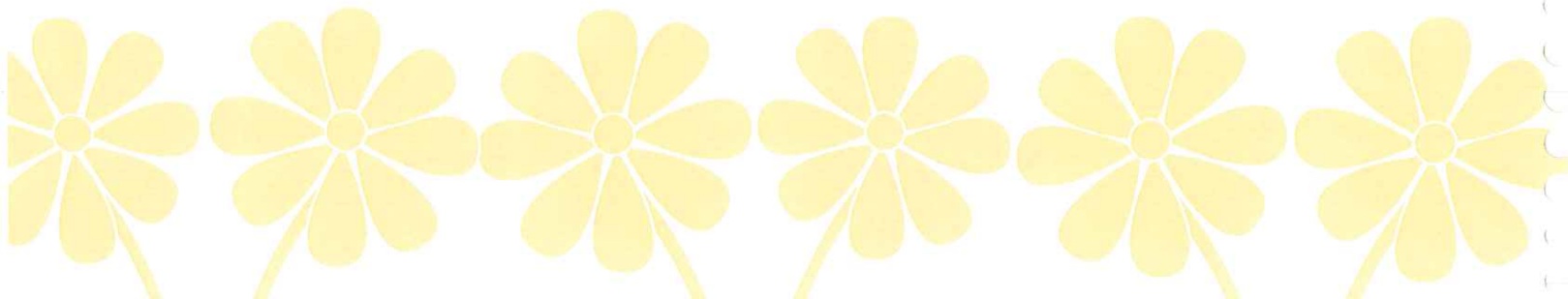
**Meets requirements 1 and 5 of My World Program Requirements**

#### Before You Begin

Fill tubs or boxes with sand and then bury rocks in the sand. The children will really enjoy this activity if you hide a variety of rocks, i.e., polished stones, fool's gold or crystals. Provide a variety of sifters, such as sieves or oatmeal boxes with holes punched in the bottom to allow the sand out but not the rocks.

#### Directions

Begin by singing the *Wise Man Built His House Upon the Rocks*. Then let the children sift the sand and find the rocks.





## Rock Hunt — #2 Lamb Frolic

### ACTIVITY CENTER

**Time: 10 Minutes**

**Meets requirement 5 of My World Program Requirement**

### Before You Begin

Hide polished or smooth river rocks or crystals inside or out. Make sure that the rocks aren't hidden too well because you want the children to find them.

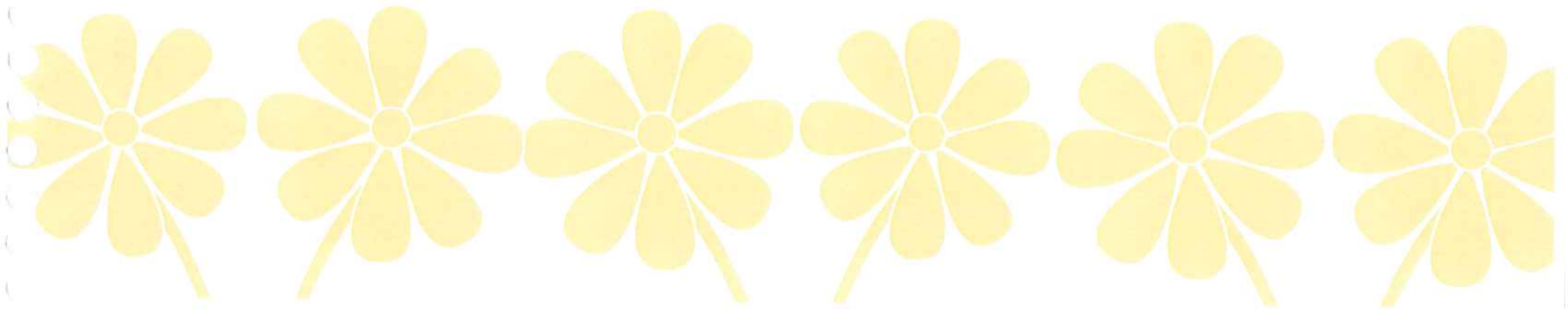
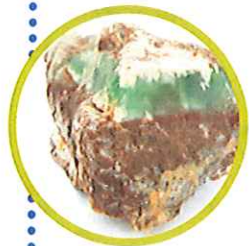
### Directions

Give each child a small bag and have them hunt for the hidden rocks.



### You Will Need:

- Polished rocks, smooth river rocks or crystals
- Small bags (plastic baggies, brown lunch bags)





## Geology 101 — #3 Lamb Frolic

### SCIENCE CENTER

**Time:** 10 to 15 Minutes

**Meets requirements 3 and 5 of My World Program Requirement**

### You Will Need:

- Rocks (hard, soft, big, little, heavy, light)
- Magnifying glasses
- Nails
- Kitchen scales
- Bowls of water
- Shoe boxes
- Construction paper

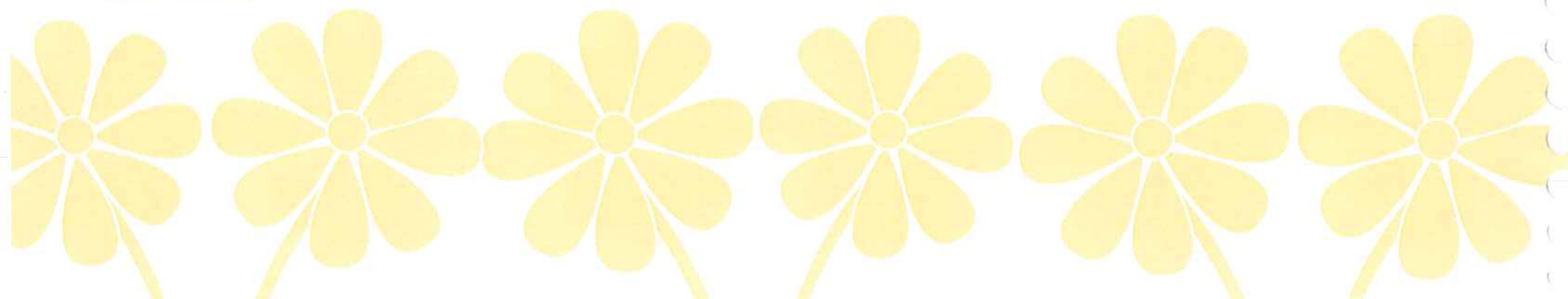
### Before You Begin

Set up each of the rock exploration centers.

### Directions

Set up several rock exploration centers. Suggested centers:

1. Use **magnifying** glasses to look closely at rocks.
2. **Scrape** rocks with a nail to see which are hard and which are soft.
3. **Weigh** rocks that are about the same size but of different densities on kitchen scales.
4. **Drop rocks into water** to see which ones float and which ones sink (lava rock from your local garden center will float).
5. **Sort** rocks by size (drop them into different sized holes cut into the lid of a shoe box) or by color (place the rocks onto sheets of construction paper that match their color).





## Rock Sculptures — #4 Lamb Frolic

### ART CENTER

**Time: 10 Minutes**

**Meets requirement 4 of My World Program Requirement**

### Before You Begin

Cut card board into 6 x 6 inch squares. Place craft glue into shallow containers. (Plastic lids work well.) Collect rocks in a variety of sizes, including gravel.

### Directions

Have the children glue the rocks to the card board and to each other to create a rock sculpture. You can also let the children paint the rocks and card board with acrylic paint.

## Good-baa Little Lambs

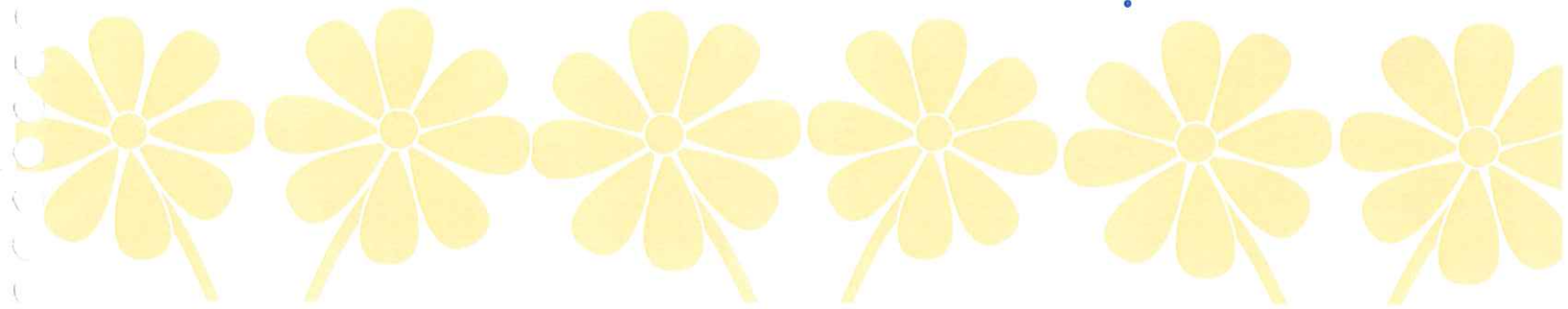
**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What did you learn about rocks? ) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)



### You Will Need:

- Rocks
- Craft glue
- Plastic lids
- Card board
- Acrylic paint and brushes



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

## Star Earned

None

## Program Requirements Met

### Myself

- Reciting the Little Lamb Pledge, singing *Jesus is My Shepherd* Theme Song and Myself Program Requirement



# Meeting Fifteen

# 15

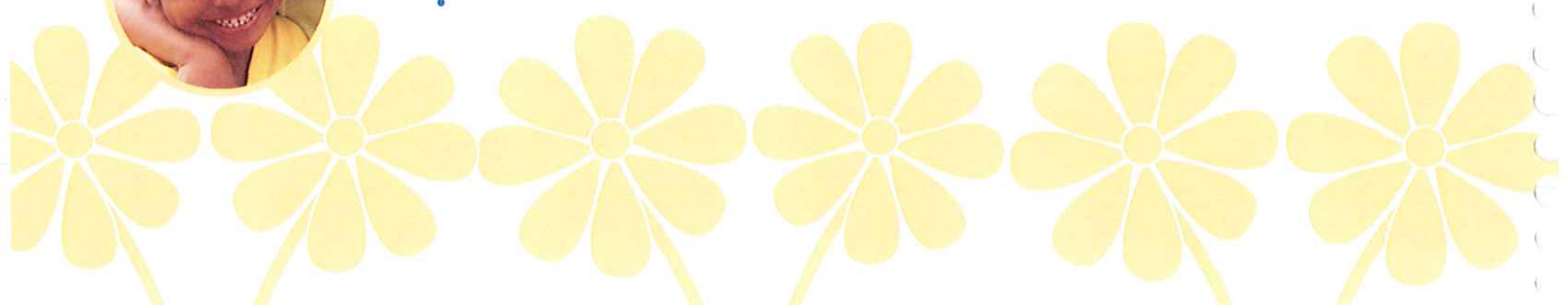
## Hooray For Me



### Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





# Lamb Tales

**Time: 10 Minutes**

## STORY THEME SELF-ESTEEM

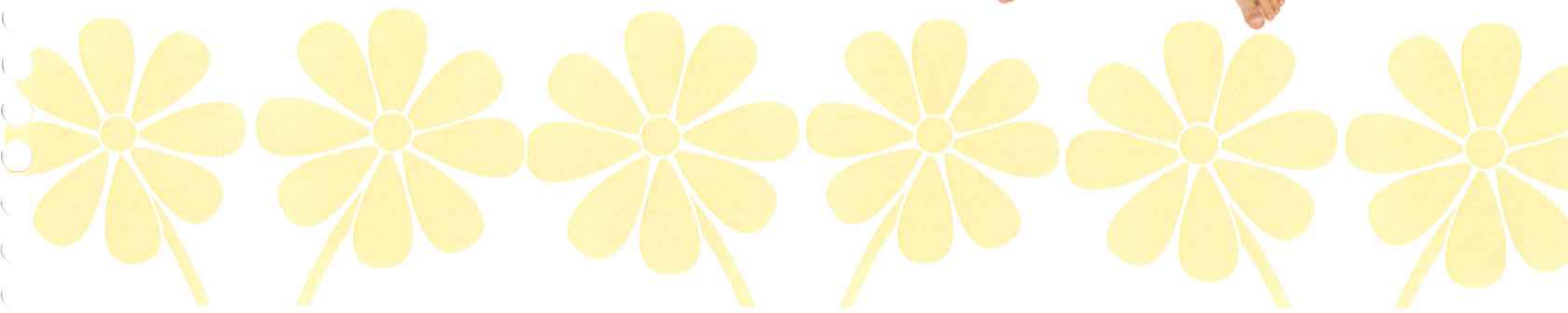
Have each child say something they are good at (i.e., coloring or skipping). Let them know that God made each of them special. Then read **About Me\*** (2005) by Allia Nolan. After the story, sing **What a Miracle** (1997) by Hap Palmer. (Lyrics and music for What a Miracle can be found at <http://songsforteaching.com/happalmer/whatamiracle.htm> or [www.mp3tunes.com](http://www.mp3tunes.com))

\*Additional Book Suggestions: **It's Okay To Be Different** (2001) by Todd Parr, **Hooray for You! A Celebration of You-ness** (2003) by Marianne Richmond, **Wow! It Sure is Good to Be You!** (2006) by Cynthia Jabar, **I Like Myself** (2004) by Karen Beaumont

**Meets requirements 1, 2 and 3 for  
Myself Program Requirement**

### You Will Need:

- *About Me* (2005) by Allia Nolan or book of your choice



### You Will Need:

- Yarn, four and ten inch pieces
- Buttons
- Paper lunch sacks
- Crayons or markers
- Glue



## Lamb Frolics

**Select one or more of the following activities:**

### Self-portrait Puppet — #1 Lamb Frolic

#### ART ACTIVITY

**Time: 5 to 10 Minutes**

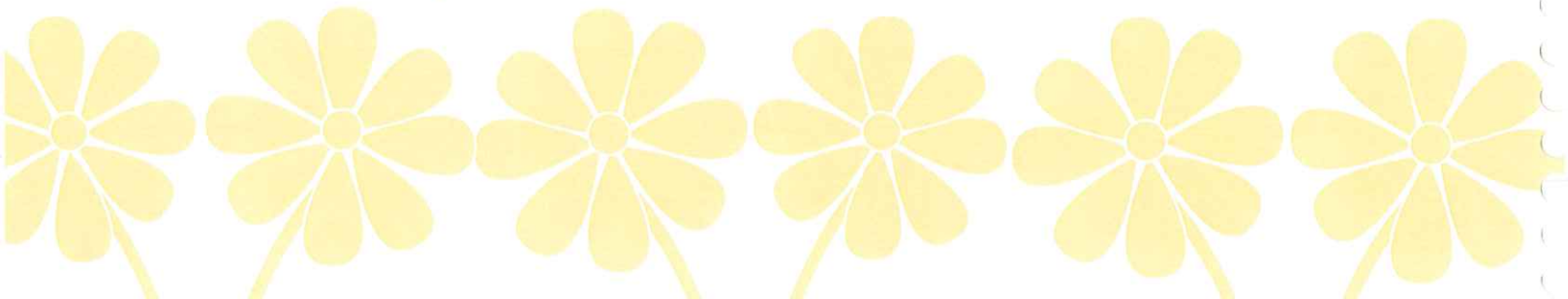
**Meets requirement 4 of Myself Program Requirement**

#### Before You Begin

Cut yarn into four and ten inch pieces. The yarn will be used for the puppets' hair, so make sure that you provide yarn in the colors of the children's hair. You also need buttons to use for eyes. These too should be in colors that represent the eye colors of your Little Lambs. Make a completed puppet for the children to see before they begin this project.

#### Direction

Show the children the puppet you made. Then let them create their own puppets by glueing on yarn for hair, buttons for eyes and using crayons to draw the rest of the details. The children may or may not make a puppet with their own hair and eye color. That's okay. Let them have fun and create the puppet any way they want.





## Unique Me — #2 Lamb Frolic

### SCIENCE ACTIVITY

**Time: 10 Minutes**

**Meets requirements 3 and 5 of Myself Program Requirement**

### Before You Begin

Set up the discovery stations.

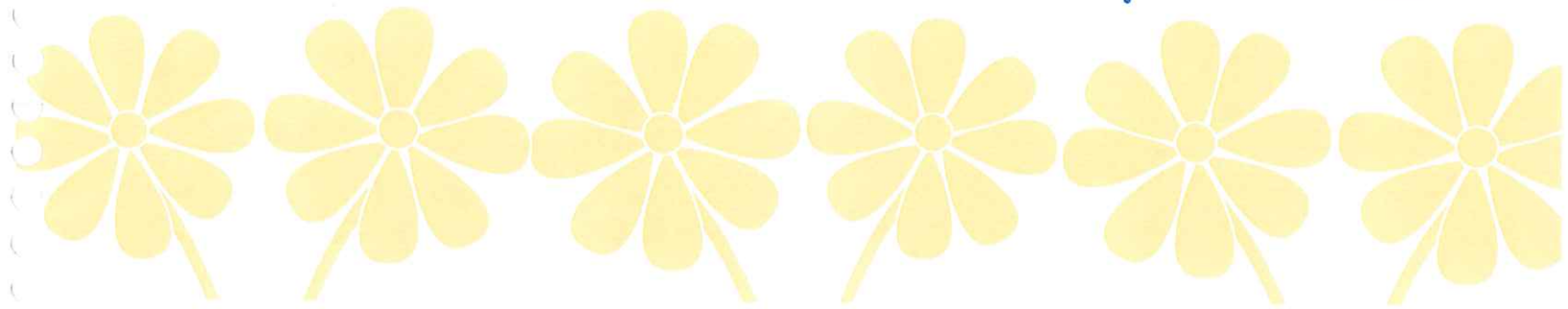
### Directions

Suggested stations for the children to discovery information about themselves:

1. **Weigh and measure** each child.
2. **Blow into a balloon** to see how big a breath they can take.
3. **Take their fingerprints** and then look at them with a magnifying glass.
4. **Taste different fruits and vegetables.** Give children a card with a picture of each of the foods they tasted and have them put a star sticker by each food they liked.
5. **Record their voices** and then have the children guess who's voice is on the tape. (You may want to do the recordings ahead of time.)

### You Will Need:

- Bathroom scales
- Yardsticks
- Balloons
- Ink pads & paper
- Magnifying glasses
- Samples of fruits & veggies
- Index cards
- Stickers
- Tape recorders





## I Can Be Anything — #3 Lamb Frolic

### DRAMA CENTER

**Time:** 10 to 15 Minutes

**Meets requirement 5 of  
Myself Program Requirement**

#### You Will Need:

- Pictures of people working
- Dress-up props

### Before You Begin

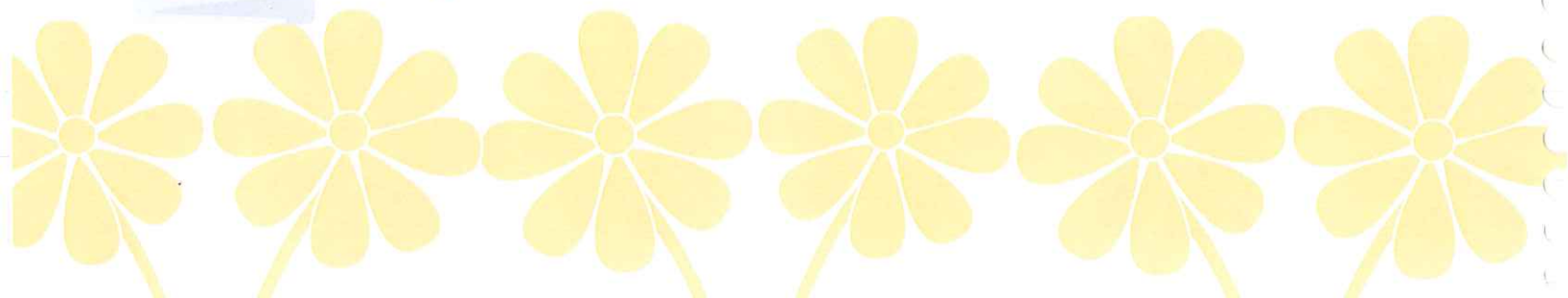
Find pictures of people doing different jobs. Make sure the pictures include men and women and people different ethnic backgrounds. Then gather items that the children can use to dress up and pretend to be the people you selected.

Suggestions for dress-up:

<b>Fire Fighters</b>	Rain coats and garden hoses
<b>Nurses</b>	Scrubs (cotton tops worn by nurses), Band-Aids, and stethoscopes
<b>Police Officers</b>	Badges, pens and paper to write tickets
<b>Chefs</b>	Aprons, spoons, bowls and measuring cups
<b>Artists</b>	Smocks and art supplies
<b>Construction Workers</b>	Hard hats, toy dump trucks, small hammers and wood
<b>Veterinarians</b>	Oversized white shirts (lab coat), stuffed animals, bandages, dog brushes

### Directions

Encourage the children to dress up and play.





## I Can Write — #4 Lamb Frolic

### LITERACY ACTIVITY

**Time: 5 Minutes**

#### Before You Begin

Print each child's name on a separate piece of paper. On additional sheets of paper, draw shapes - circles, squares and stars. Depending on the abilities of your Little Lambs, write letters of the alphabet or words on sheets of paper. For each letter of the alphabet, include a picture of something starting with that letter and four words, include a picture of the word.

#### Directions

Give the children lots of paper and crayons and let them copy their names, shapes and alphabet or words.

## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., Why is it good to be you? ) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)

#### You Will Need:

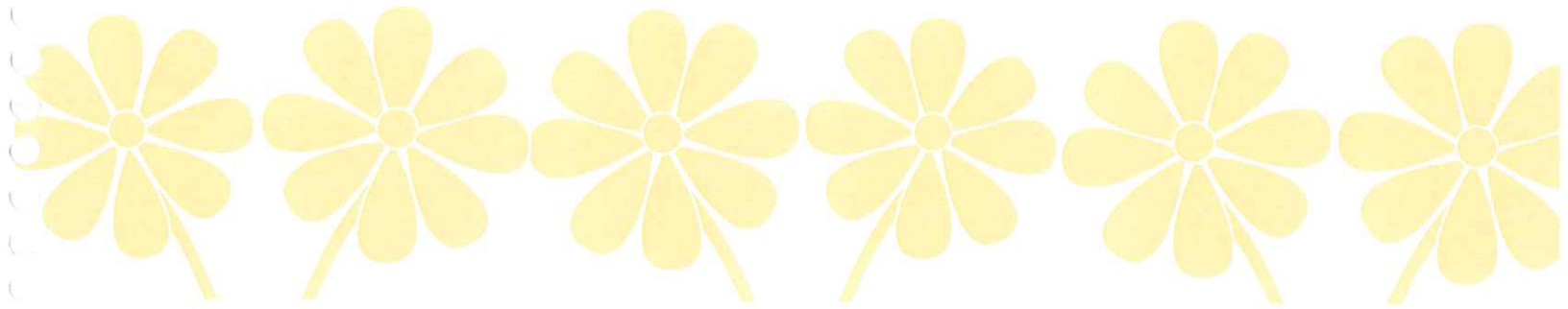
- Paper
- Crayons

Miguel

Lauren

Jamar

Aiko



## Meeting Length

### 60 to 75 Minutes

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

Star  
Earned  
Music



Program  
Requirements  
Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd* Theme Song



# Meeting Sixteen

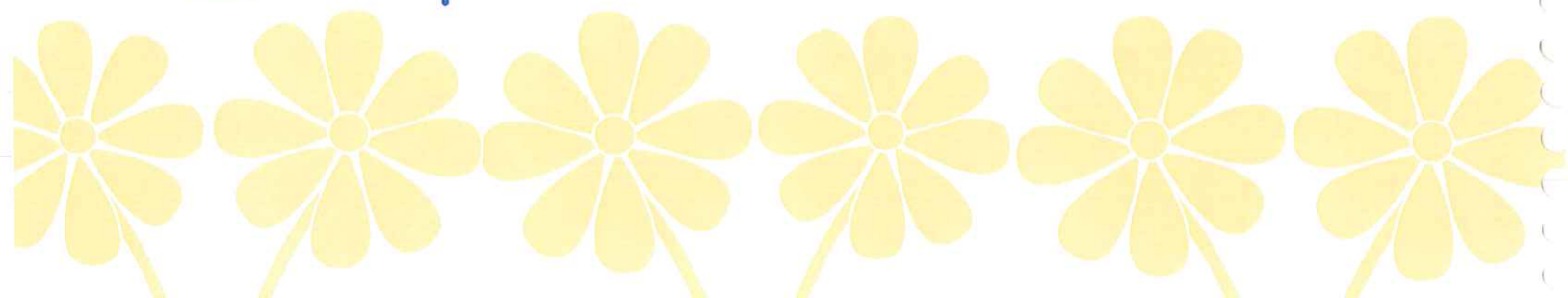
# 16

## Musical Me

## Gather the Flock

### Time: 5 Minutes

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)





## Lamb Tales

Time: 5 to 10 Minutes

### STORY THEME MUSIC

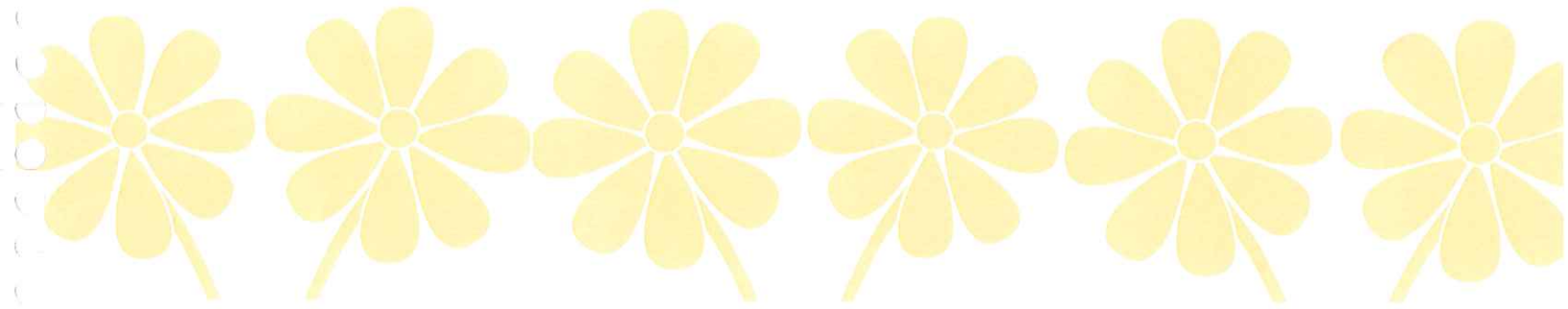
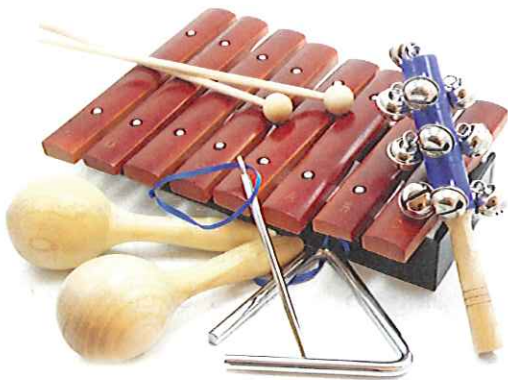
Begin by having an adult play an instrument. Explain that there are many ways to make music. Read *Ah, Music!* (2005) by Alike. Then ask the children if they are ready to make some music.

\*Additional Book Suggestions: *Violet's Music* (2004) by Angela Johnson, *I Know a Shy Fellow Who Swallowed a Cello* (2004) by Barbara Garriel

**Meets requirement 1 of Music Star**

#### You Will Need:

- *Ah, Music!* (2005) by Alike or book of your choice



## Lamb Frolics

Select one or more of the following activities:

### You Will Need:

- An adult to play the drums or other percussion instrument
- Scarves, medium-sized balls, bean bags, paper plates



### See Me Move — #1 Lamb Frolic

#### RHYTHM ACTIVITY

*Time: 10 to 15 Minutes*

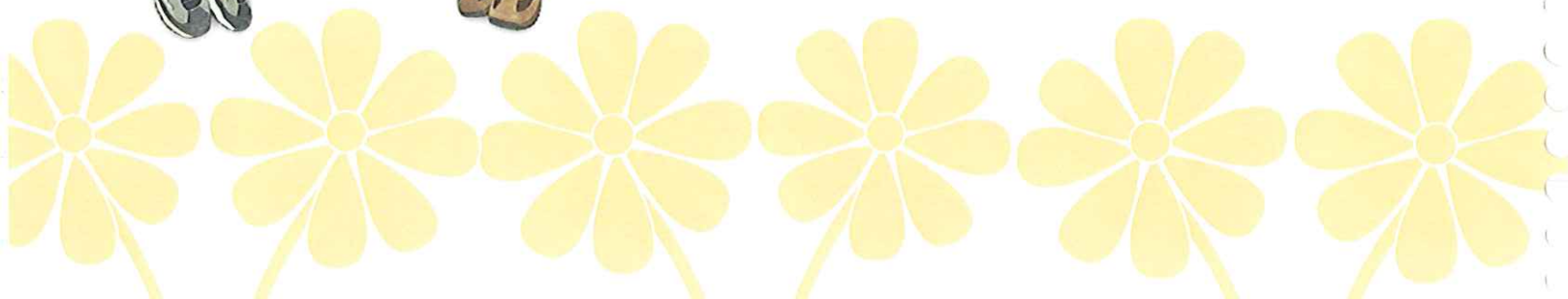
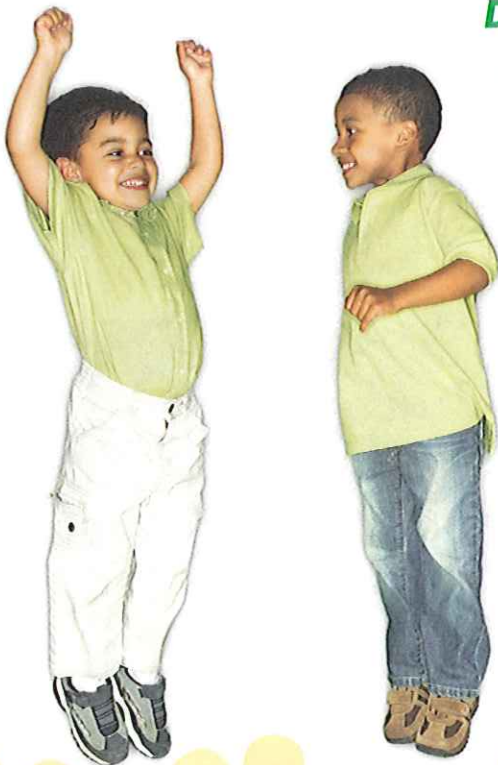
*Meets requirement 4 of Music Star*

#### Before You Begin

Arrange for someone to play the drums or other percussion instrument.

#### Directions

Begin by having the children hop in place to the drum beat. Start slowly, then increase the speed. Once the children have the hang of it, mix up the beat. Then try other movements to the beat: walking, tossing a light weight scarf in the air, bouncing a ball, tossing bean bags, clapping paper plates together, or toe touching.





## Making Music — #2 Lamb Frolic

### ART ACTIVITY

**Time: 5 to 10 Minutes**

**Meets requirement 2 of Music Star**

### Before You Begin

Decide which of the instruments in the directions section you'll have the children make. Then locate all of the supplies needed. The Stamping Sticks may take some extra time in order to locate the tubes.

**TIP:** For more great ideas of instruments to make, checkout *Musical Instruments* (1995) by Meryl Doney or *The Kids Can Press Jumbo Book of Music* (2001) by Deborah Dunleavy.

### Directions

Select one or more of the following musical instruments for the children to make:

**Rhythm sticks** – Australia, Zimbabwe & Mexico: *Percussion instruments that you hit together.*

Give each child two 8-inch wooden dowels to decorate with acrylic paint.

**Maracas** – The Carribean & Brazil: *Percussion instruments that you shake.*

Give child two 8-ounce empty water bottles with lids. Fill with a teaspoon or two of popcorn, beans, rice or small stones.

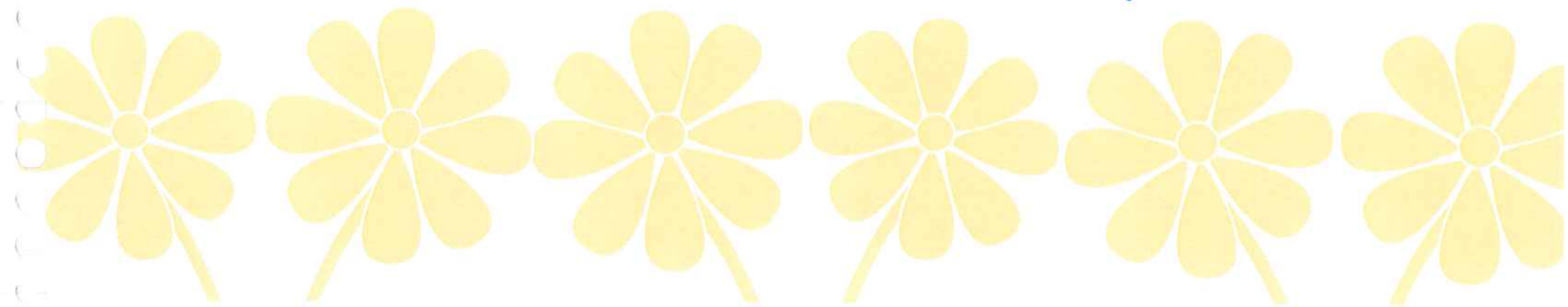
**Stamping Sticks** – Fiji & Australia: *Percussion instrument that you bang on the floor (not carpet).*

Strong cardboard tubes, 2 to 3 feet long - tubes used to mail posters work well or the cores from carpet rolls. **TIP:** A local carpet store is good place to begin looking for sturdy tubes. Before giving the tubes to the children, cover one end with a few layers of duct tape. This is the end that is hit against the floor. Decorate the tubes with paint or stickers.

### You Will Need:

Select from one or more of the following:

- **Rhythm sticks** – 8 -inch wooden dowels, acrylic paint, paint brushes
- **Maracas** – 8-ounce empty water bottles with lids and the labels (if any) removed. Bowls of popcorn (not popped), beans, rice or small stones
- **Stamping Sticks** – Strong cardboard tubes, 2 to 3 feet long; Duct tape; Acrylic or tempera paint and brushes or stickers



**You Will Need:**

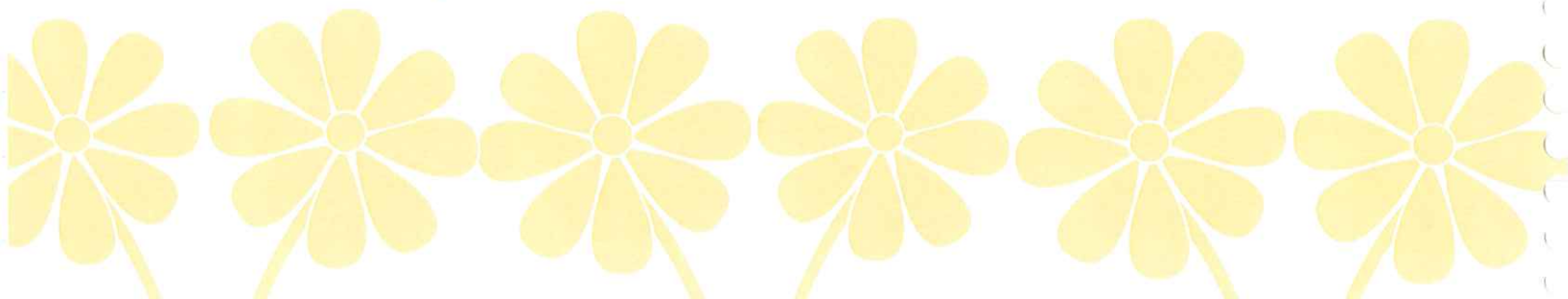
- Tape recorder(s)
- Head phones (optional)

**Sounds Around — #3 Lamb Frolic****ACTIVITY CENTER****Time: 5 to 10 Minutes****Meets requirement 4 of Music Star****Before You Begin**

Find a tape recorder(s). They can be difficult to locate since most people no longer use them. Some local libraries check out tape players. Record different sounds and have the children listen and guess what they hear. *Suggested sounds*—the wind blowing, water running, the Little Lambs as they are coming into the meeting, dogs barking, wind chimes, musical instruments, car horns, walking on gravel and rain.

**Directions**

Have all of the children listen to the sound at once, or they can use headphones at multiple stations. Have them guess the sounds.

**Hand Clap — #4 Lamb Frolic****RHYTHM ACTIVITY****Time: 5 to 10 Minutes****Meets requirement 3 of Music Star**



## Before You Begin

Deborah Dunleavy (2001) writes in *The Kids Can Press Jumbo Book Of Music* that African hand clapping is a very old part of African music. However, hand clapping rhymes have become a fun part of American children's culture, too. Some of your Little Lambs may already know some hand clapping songs that they can share with the group or you can challenge them with some new ones. If you don't know any hand clap games, check out *Miss Mary Mack: A Hand-Clapping Rhyme* (2003) by Mary Ann Hoberman and Nadine Bernard Westcott. The hand clap rhymes you pick may need to be simplified for children this age. **TIP:** Type up the words and directions to each hand clap song to share with the adults at your meeting.

## Directions

Teach the children the following (or one you already know) hand clap rhyme:

### Double, Double

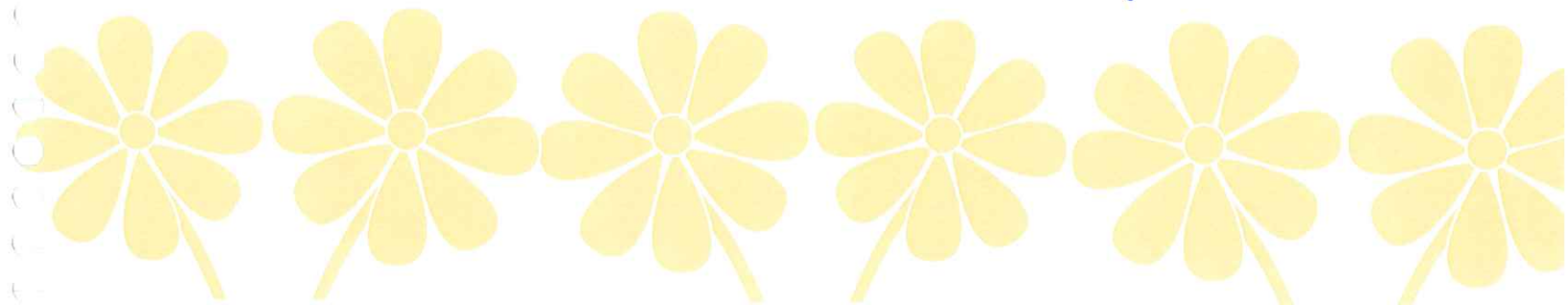
Double double this that,  
Double double that that,  
Double this, double that,  
Double double this that.

## Clapping directions for Double, Double

Hold your hands up, with fingers pointing to the ceiling. As you say the rhyme, turn your hands back and forth. When you say double, your palms face you, when you say this that, your palms face away from you. Each time you repeat the rhyme chant it a bit faster, until the children dissolve into a giggling heap! Or you can clap your hands together for each syllable of double and clap the palms of a partner for this that. Additionally, you can substitute any two syllable word for this that (i.e. pizza, cup cakes, ice cream.)

## You Will Need:

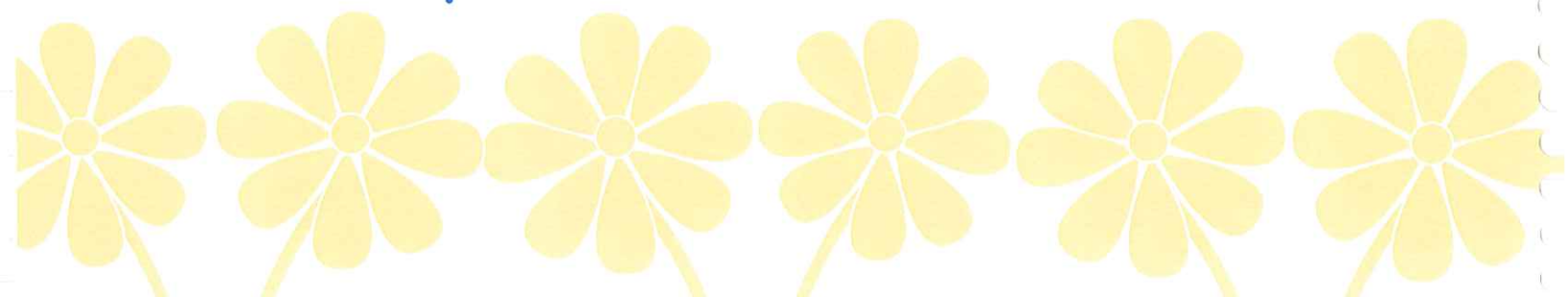
- Hand clapping songs
- Suggest resource: *Miss Mary Mack: A Hand-Clapping Rhyme* (2003) by Mary Ann Hoberman and Nadine Bernard Westcott



## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What's one way you can make music? ) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)





# Meeting Seventeen



## Goin' Buggy



### Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)

### Meeting Length

**60 to 75 Minutes**

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

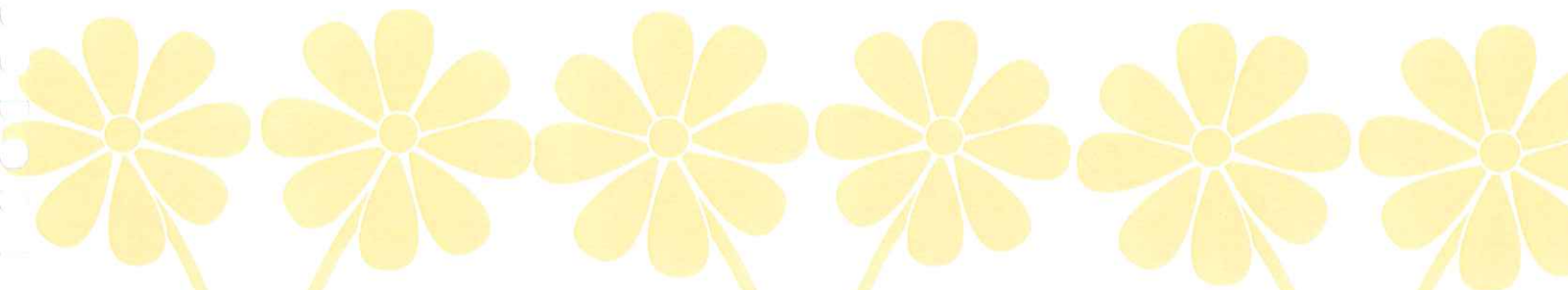
### Star Earned

**Insects**



### Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



**You Will Need:**

- *Ant* (2006) by Karen Hartley or book of your choice

## Lamb Tales

**Time: 5 to 10 Minutes**

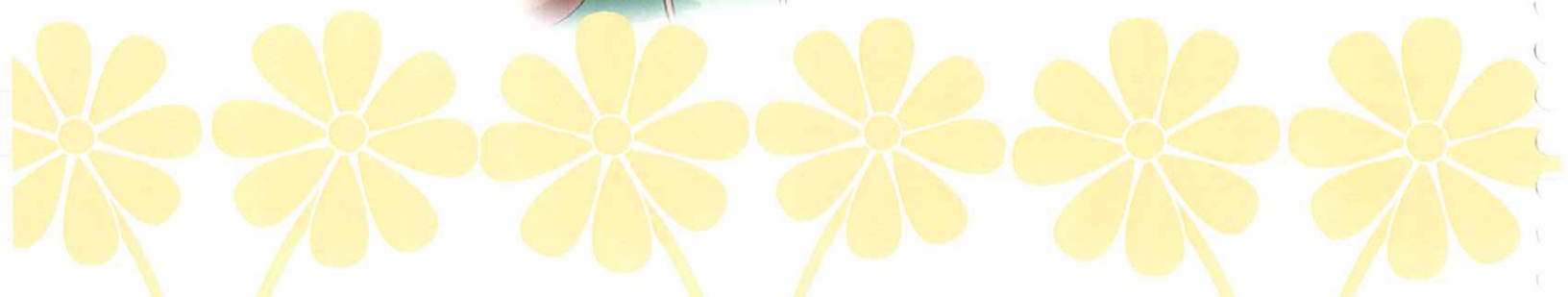
### STORY THEME

## INSECTS

Begin by showing the children a plastic insect. Ask them what they know about the insect or where they've seen it. Then read ***Ant***\* (2006) by Karen Hartley. Let them know that during Little Lambs they will be learning about some of God's smallest creatures.

\*Additional Book Suggestions: Hey, ***Little Ant*** (2005) by Phillip and Hannah Hoose, ***Honeybee's Busy Day*** (2007) by Richard Fowler, ***Big Book of Bugs*** (2000) by Theresa Greenaway

**Meets requirement 1 of Insect Star**





# Lamb Frolics

Select one or more of the following activities:

## Bugs in a Bottle — #1 Lamb Frolic

### SCIENCE ACTIVITY

**Time:** 10 Minutes

**Meets requirement 2 of Insect Star**

### Before You Begin

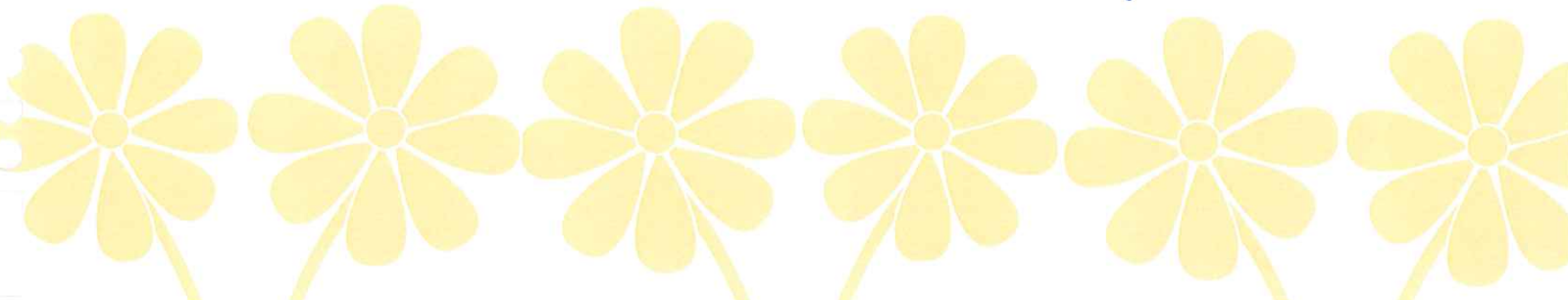
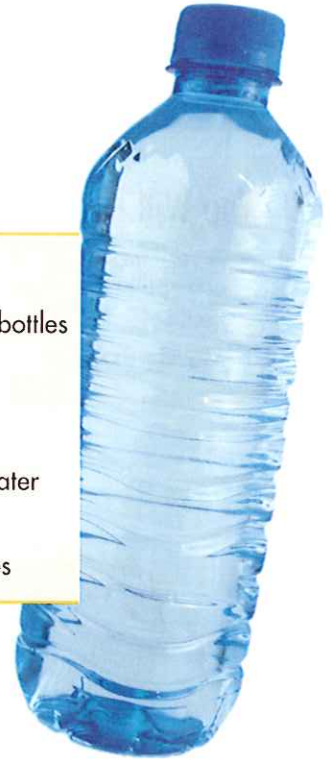
For this activity, you will use clear plastic pop bottles as insect homes. This means you need to fill the bottles with a small amount of soil or sand, a few leaves or twigs, and maybe a small container of water or sugar water. You'll also need to catch some live insects to put in the bottles. Don't forget to make small air holes in the bottles! **TIP:** If you aren't too excited about catching your own insects or you live in a bug free area, stop by a pet or bait shop. They are a good source for live bugs, especially crickets. Place enlarged pictures of the insects next to the bottles.

### Directions

Have the children observe the bugs. Provide magnifying glasses for an extra close look.

### You Will Need:

- Clear plastic pop bottles (with the caps on)
- Soil or sand
- Leaves or twigs
- Water or sugar water
- Pictures of insects
- Magnifying glasses



### You Will Need:

- A real worm or caterpillar (or picture)
- Masking tape



## Worm Wiggles — #2 Lamb Frolic

### GAME ACTIVITY

**Time: 10 Minutes**

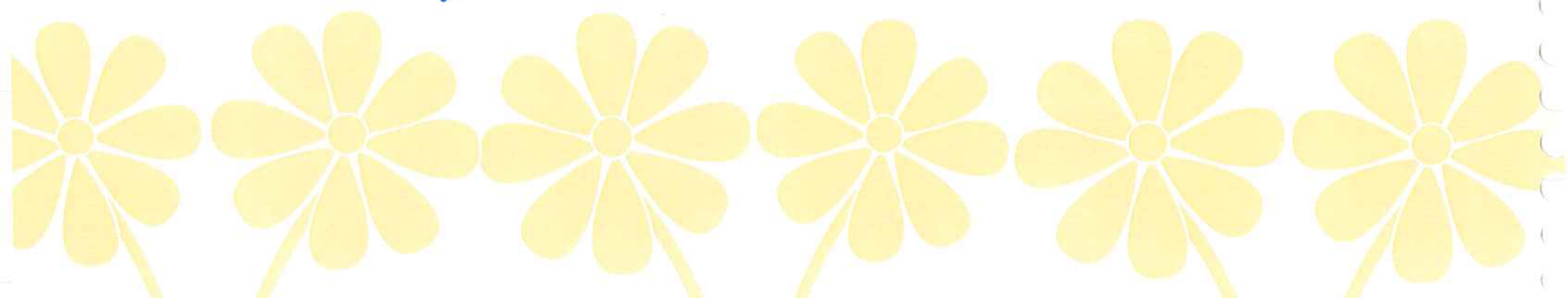
**Meets requirement 3 of Insect Star**

### Before You Begin

Find a picture of a worm or bring a real one to show the children. Mark a starting and finishing line with masking tape; each line should be very long because the children will all be wiggling to the line at once.

### Directions

Have the children lay on their stomachs with their arms at their sides and their legs out straight behind them. Then have them wiggle to the finishing line. Repeat.





## Bug Art — #3 Lamb Frolic

### ART ACTIVITY

**Time: 15 Minutes**

**Meets requirement 4 of Insect Star**

### Before You Begin

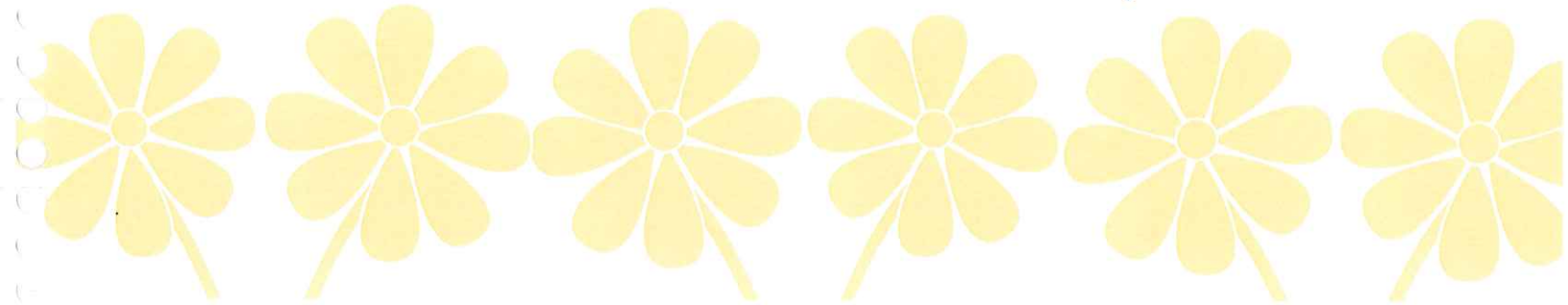
Get smooth black river rocks (about 3 to 4 inches long) from your local garden supply store or your local creek. The rocks don't have to be black, but they do need to be smooth and "paintable." Make a sample bug

### Directions

Show the children the bug you made. Then turn them loose to make their own by painting the rock with acrylic paint and gluing eyes onto it. Provide several different colors of paint and don't worry if they come up with a new type of bug.

### You Will Need:

- Smooth black river rocks (about 3 to 4 inches long)
- Acrylic paint, brushes and shallow containers for the paint
- Plastic eyes
- Craft glue





## Ants On A Log — #4 Lamb Frolic

### COOKING ACTIVITY

**Time: 10 Minutes**

**Meets no requirements but it's fun!**

### Before You Begin

Find out if any of the Little Lambs have food allergies. Cut celery stalks into 4 inch sections.

### Directions

Have the children use wooden craft sticks to put peanut butter, cream cheese or pimento cheese onto the celery stick (the log) and place raisins (the ants) onto the filling. Then eat.

### You Will Need:

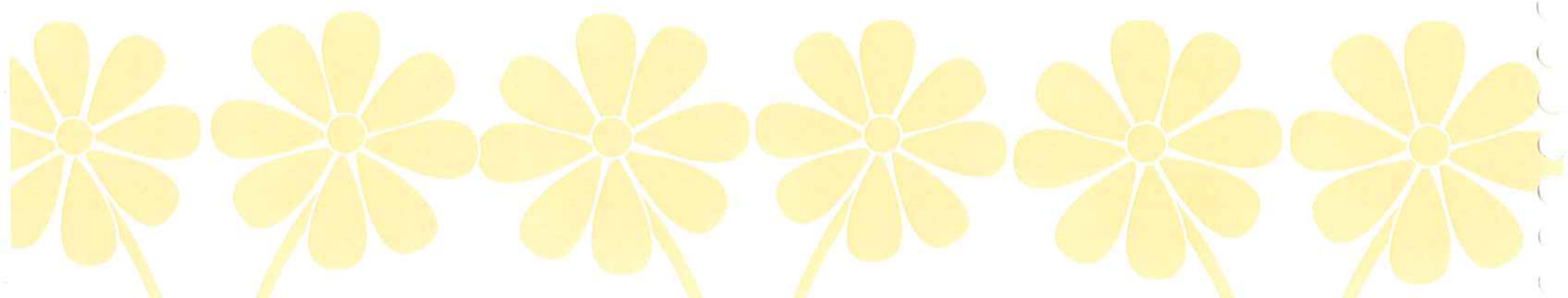
- Celery
- Wooden craft sticks
- Peanut butter, cream cheese or pimento cheese
- Raisins



## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What is one thing you learned about bugs? ) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)





# Meeting Eighteen

## Trains, Trucks, And Tots



### Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)

### Meeting Length

**60 to 75 Minutes**

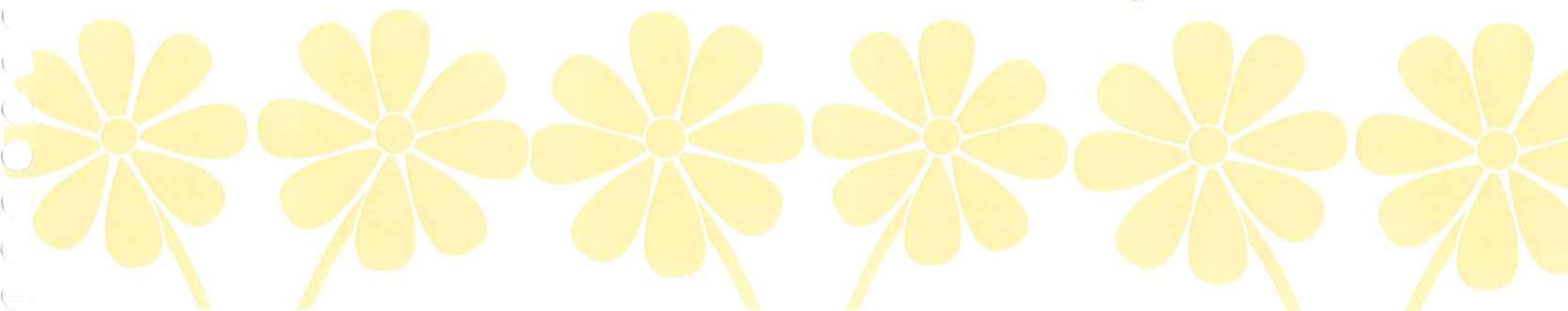
- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

### Star Earned Trains & Trucks



### Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



## Lamb Tales

**Time: 5 to 10 Minutes**

### STORY THEME

## TRUCKS OR TRAINS



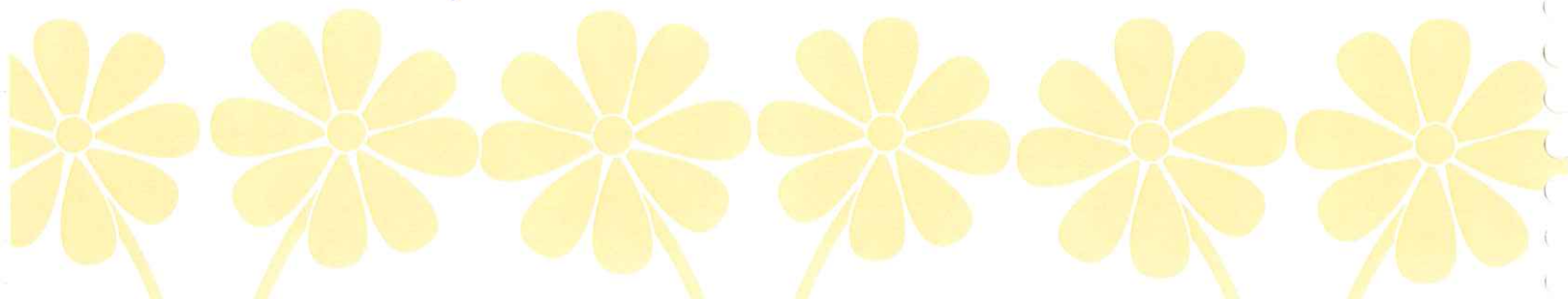
Begin by showing the children some pictures of trucks (or trains if that is the theme you select). Then read ***C is for Construction: Big Trucks and Diggers from A to Z***\* (2003) by Chronicle Books LLC Staff. End by telling the children that they will be learning more about trucks (trains) during the meeting.

\*Additional Book Suggestions: ***I Love Trucks!*** (1999) by Philemon Sturges, ***Trucks and Diggers One to Ten*** (2003) by Chronicle Books LLC Staff, ***Tonka Big Book of Trucks*** (1996) by Patricia Relf, ***Freight Train Board Book*** (1996) by Donald Crews

**Meets requirements 1 & 2 of Trains & Trucks Star**

### You Will Need:

- *C is for Construction: Big Trucks and Diggers from A to Z* (2003) by Chronicle Books LLC Staff or book of your choice





## Lamb Frolics

Select one or more of the following activities:

### Red Light, Green Light — #1 Lamb Frolic

#### GAME ACTIVITY

**Time:** 10 Minutes

**Meets requirement 3 of Trains & Trucks Star**

#### Before You Begin

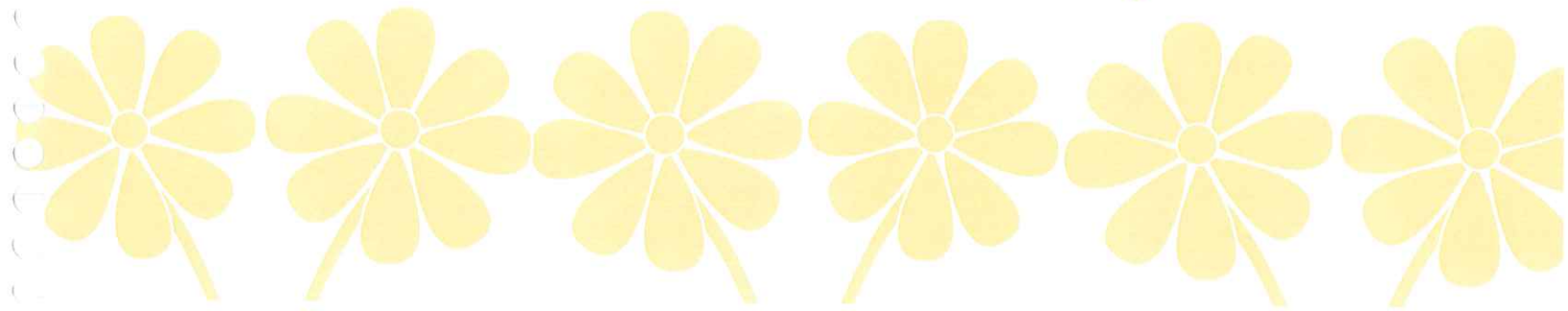
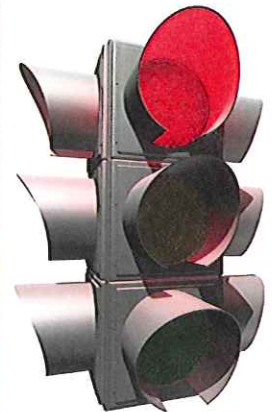
Cut two large circles out of construction paper, one red and one green. With masking tape, mark out a starting line and a finish line on the floor.

#### Directions

Have the children stand an arms width apart at the starting line. When you say green light and hold up the green circle, the children can begin walking toward the finish line. When you say “red light” and hold up the red circle, the children freeze in place. Switch back and forth from green to red until all of the children have crossed the finish line. You can try this with a variety of actions including hopping, crab crawling, rolling, taking baby steps or giant steps.

#### You Will Need:

- Red and green construction paper
- Masking tape



### You Will Need:

- Sand
- A large sheet or oversized tubs
- Toy trucks, dump trucks and other construction vehicles
- Pictures of trucks
- Small shovels and buckets
- Legos or other building blocks



## Construction Site — #2 Lamb Frolic

### SAND AND PLAY ACTIVITY

**Time: 10 to 15 Minutes**

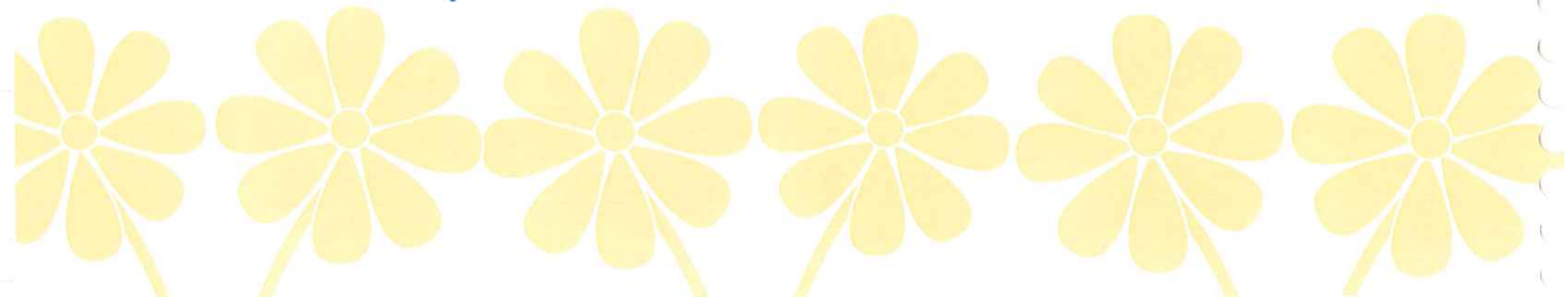
**Meets requirement 3 of Trains & Trucks Star**

### Before You Begin

Place sand on a large sheet or in oversized tubs. Borrow toy trucks, dump trucks and other construction vehicles from friends or church members or find used ones at your local thrift shop.

### Directions

Place pictures of trucks at work around the sand box area. Then turn the children loose to play. You might include some shovels, buckets and Legos or other building blocks.





## Take a Ride — #3 Lamb Frolic

### DRAMA ACTIVITY

**Time: 10 Minutes**

**Meets requirements of 3 & 4 of Trains & Trucks Star**

### Before You Begin

Create cars, trucks, trains, busses, boats or planes out of boxes. If you have the time, you can paint the outside of the boxes to look like the vehicle(s) you selected. If not, tape a picture onto the box. You can also place chairs in rows to simulate trains, busses and planes. Additionally, you might include some of the following props: construction paper "tickets," mini bags of pretzels, maps, oversized shirts for uniforms, caps, life jackets, steering wheels, horns, empty boxes (to load onto the trucks) and suitcases. Pictures of people using and working on the different types of transportation.

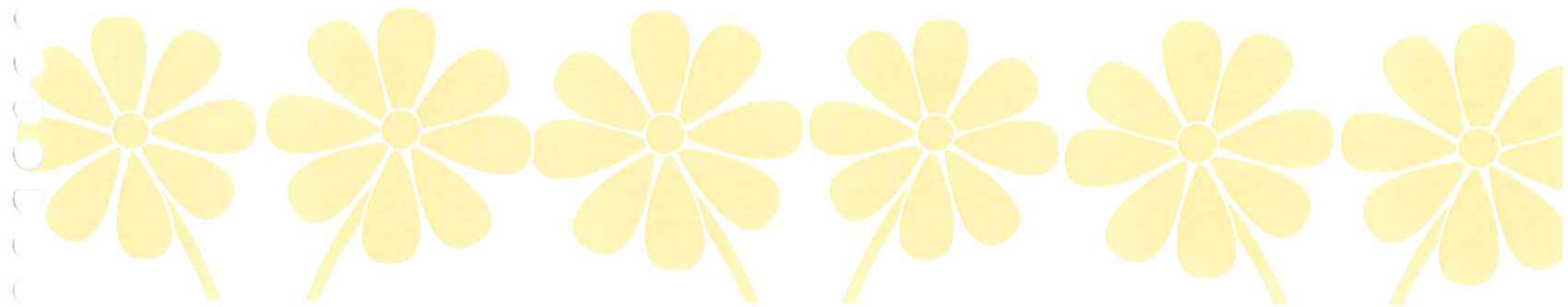
### Directions

Show the children the pictures of the people using the transportation method(s) you selected. Then encourage them to play with the props you provided.



### You Will Need:

- Boxes, a variety of large sizes
- Pictures of vehicles (trains, plains, boats)
- Child size chairs
- **Props:** construction paper "tickets," mini bags of pretzels, maps, oversized shirts for uniforms, caps, life jackets, steering wheels, horns, empty boxes (to load onto the trucks) and suitcases.
- Pictures of people using and working on different types of transportation



### You Will Need:

- A CD or recordings of transportation sounds



## Honk, Honk, Beep, Beep — #3 Lamb Frolics

### LISTENING ACTIVITY

**Time: 5 to 10 Minutes**

**Meets requirement 2 of Trains & Trucks Star**

### Before You Begin

You'll need sounds of transportation: train whistles, car horns, police sirens. You can download sounds at **Branden's Sound Effects** at <http://stonewashed.net/2.html> or purchase *Transportation Sounds* (2001) from Columbia River Entertainment and **Sound Effects, Vol. 1: Machines and Movement** (2005) from Empire Musicwerks at [www.amazon.com](http://www.amazon.com).

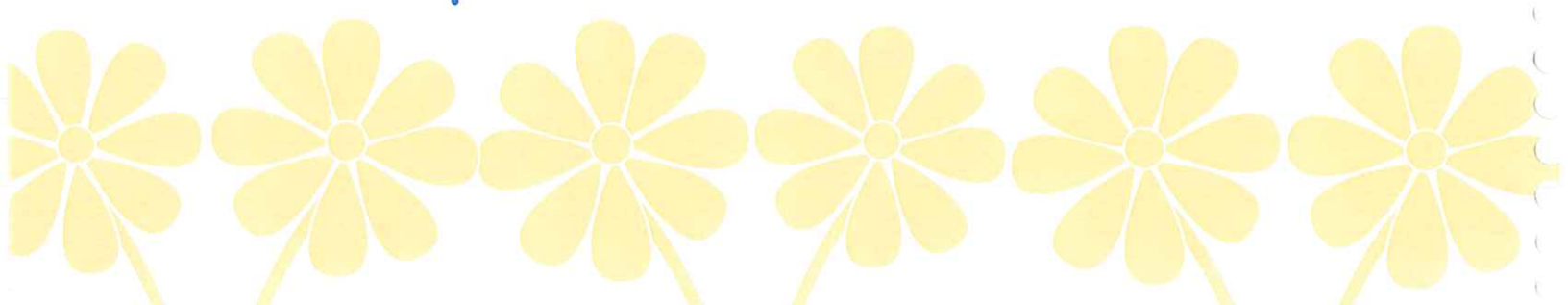
### Directions

Have the children set on the floor in a semi-circle. Play the transportation sounds and have the children guess what type of vehicle made the sound. You may also want to show them a picture of the vehicle once they've guessed what made the sound.

## Good-baa Little Lambs

**Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What was your favorite type of truck?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)





# Meeting Nineteen

## Starry Night

### Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)

### Meeting Length

**60 to 75 Minutes**

- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

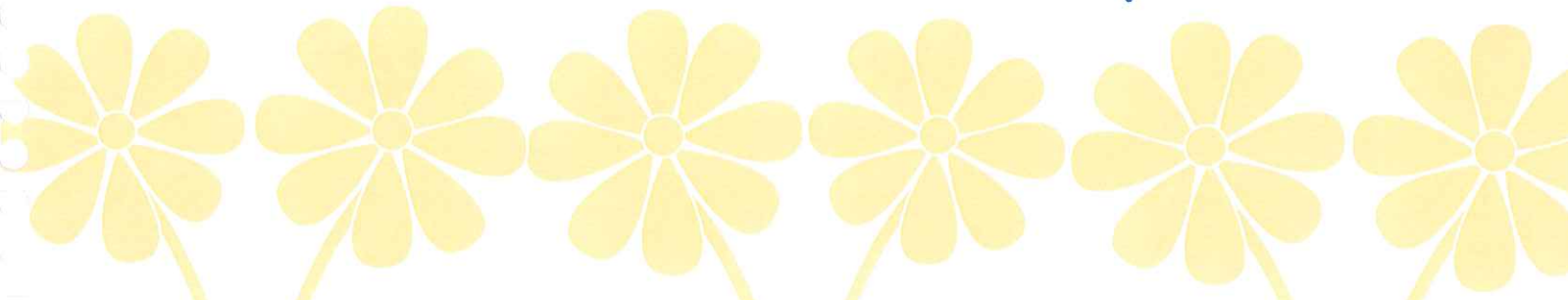
### Star Earned

**Stars**



### Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*



## Lamb Tales



**Time: 5 to 10 Minutes**

### STORY THEME STARS



Begin by holding up a star and sharing that stars can help people get places. Simply explain that people just walk or sail in a boat toward a star. (If your Little Lambs live in a city, you might want to show them pictures of the night sky filled with stars.) Then read ***Three Kings and a Star***\* (2005) by Fred Crump, Jr. Then invite the children to learn more about start during the meeting.

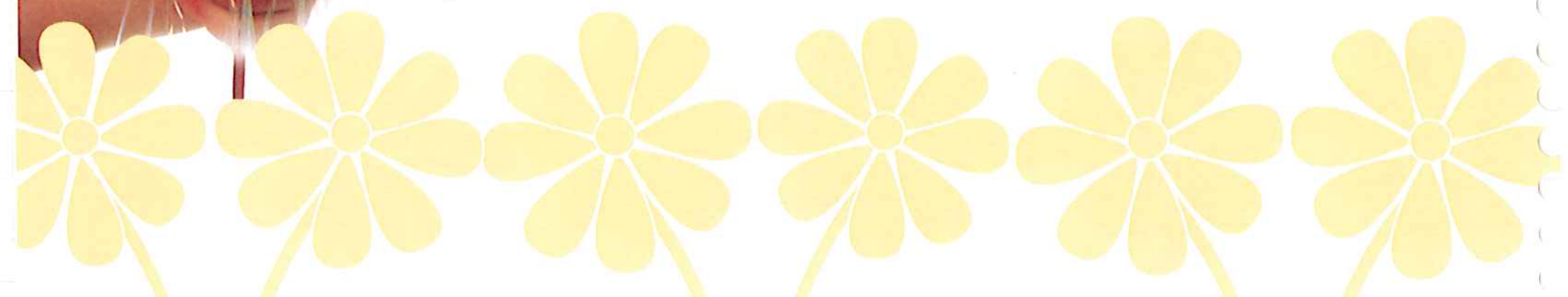


\*Additional Book Suggestions: ***They Followed a Bright Star*** (1994) by Joan Alavedra, ***One Shining Star: A Christmas Counting Book*** (2006) by Anne Kennedy, ***The Christmas Star*** (2006) by Paloma Wensell, ***Jump Into Science: Stars*** (2006) by Steve Tomecek, ***The Sun: Our Nearest Star*** (2002) by Franklyn Branley, ***Our Stars*** (2002) by Anne Rockwell. **NOTE** As with all the suggested books, be aware that the majority of the books are not Adventist publications. Watch out for statements about the creation of stars that contradict what you are trying to teach the Little Lambs about God's creation.

**Meets requirements 1 & 2 of Stars Star**

### You Will Need:

- *Three Kings and a Star* (2005) by Fred Crump, Jr or book of your choice





## Lamb Frolics

Select one or more of the following activities:

### Follow the Star — #1 Lamb Frolic

#### GAME ACTIVITY

**Time:** 10 Minutes

**Meets requirement 2 of Stars Star**

#### Before You Begin

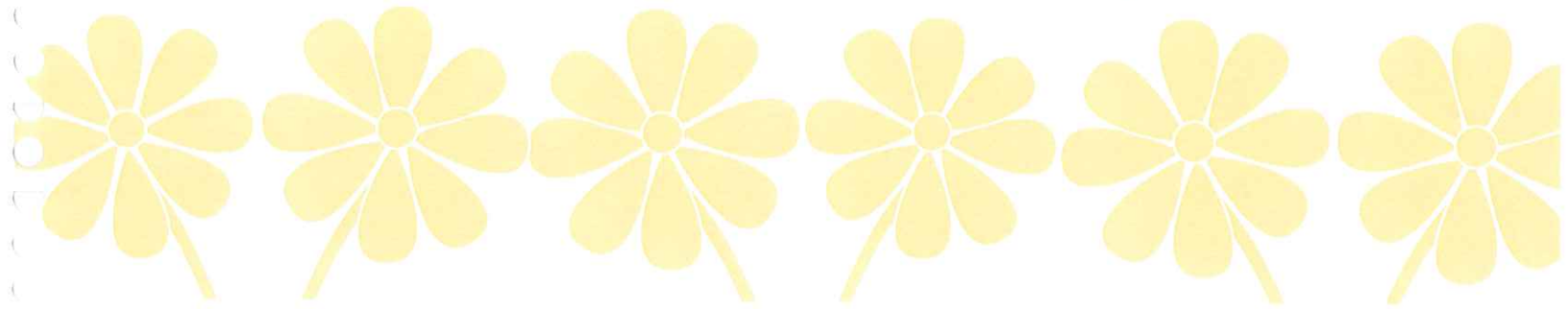
Make a large star out of construction paper or cardboard.

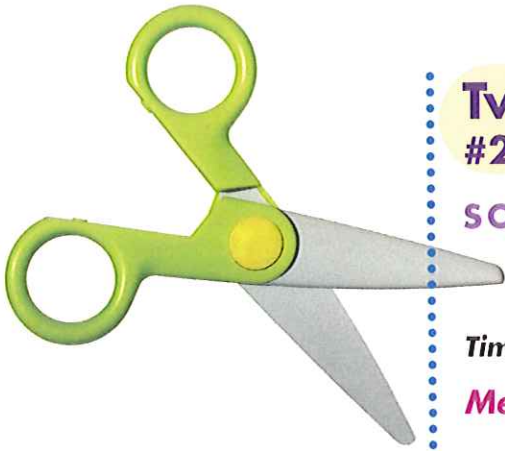
#### Directions

While you hold the star up high so all the children can see it, have the children follow you and mimic your actions. You might skip, climb up or crawl under some steps, run down the hall, or walk backwards. You can play this game inside or outside but make sure you have plenty of space.

#### You Will Need:

- Large paper or cardboard star





## Twinkle, Twinkle Big and Little Stars #2 Lamb Frolic

### SORTING ACTIVITY

**Time: 10 Minutes**

**Meets no requirements but it's fun!**

#### You Will Need:

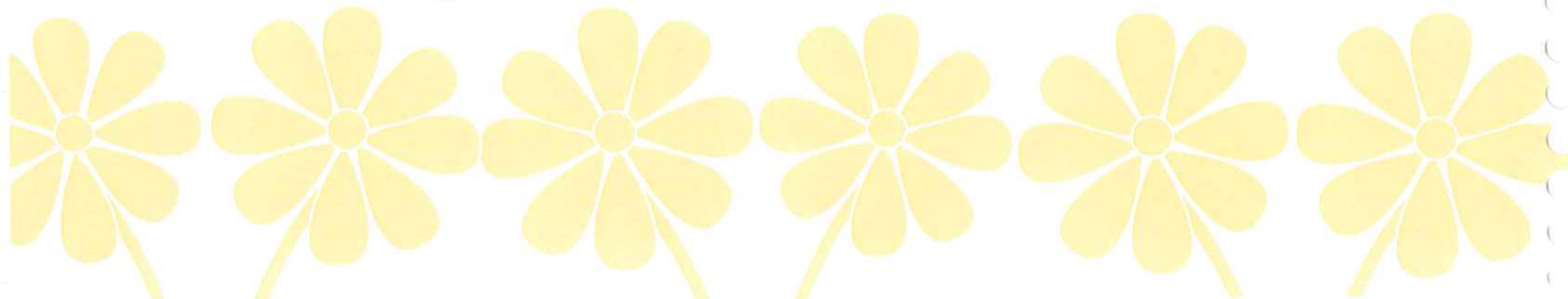
- Construction paper, sponges, felt, cardboard, wallpaper and sandpaper
- Boxes

#### Before You Begin

Cut out three different sizes (small, medium and large) of stars from a variety of materials: construction paper, sponges, felt, cardboard and sandpaper. To make this fun, provide a lot of stars in a wide variety of textures and colors. On the front of three boxes, outline a star in the size that goes into the box.

#### Directions

Have the children sort the stars by shape.





## Sparkling Stars — #3 Lamb Frolic

### CRAFT ACTIVITY

**Time: 10 Minutes**

**Meets requirement 4 of Stars Star**

### Before You Begin

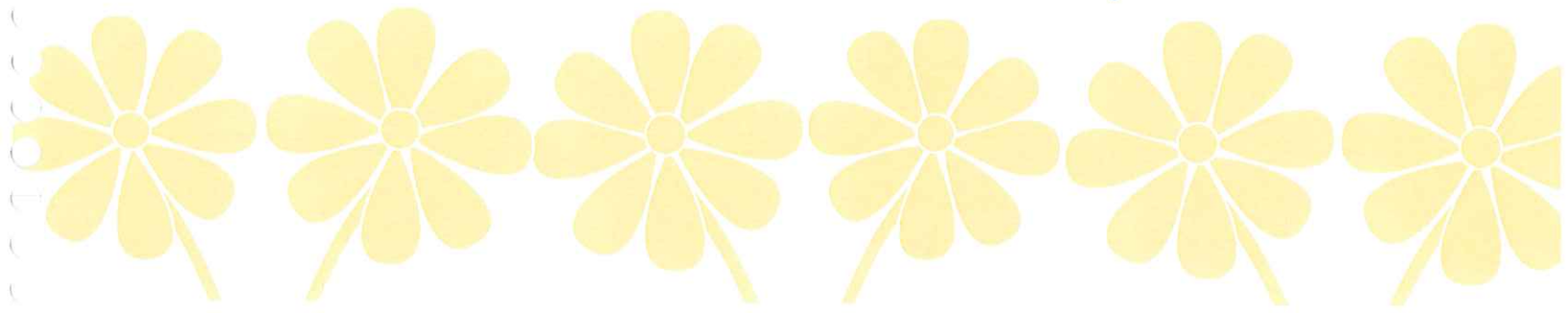
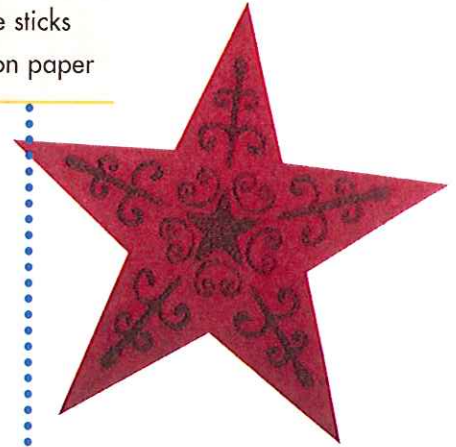
Cut a star into a 5 x 5 inch square of poster board to use as a stencil. You need one for each Little Lamb. You can also purchase star stencils at most craft stores. Get several colors of glitter glue sticks.

### Directions

Give each child a sheet of construction paper and a star stencil. Have them fill in the stencil with glitter glue. Once they've finished one star, have them repeat the process until their paper is filled with stars.

### You Will Need:

- Star stencils
- Glitter glue sticks
- Construction paper



**You Will Need:**

- Flash lights
- Styrofoam cups
- Ball point pens

**Night Sky — #4 Lamb Frolic****DISCOVERY ACTIVITY****Time: 5 to 10 Minutes****Meets no requirements but it's fun!****Before You Begin**

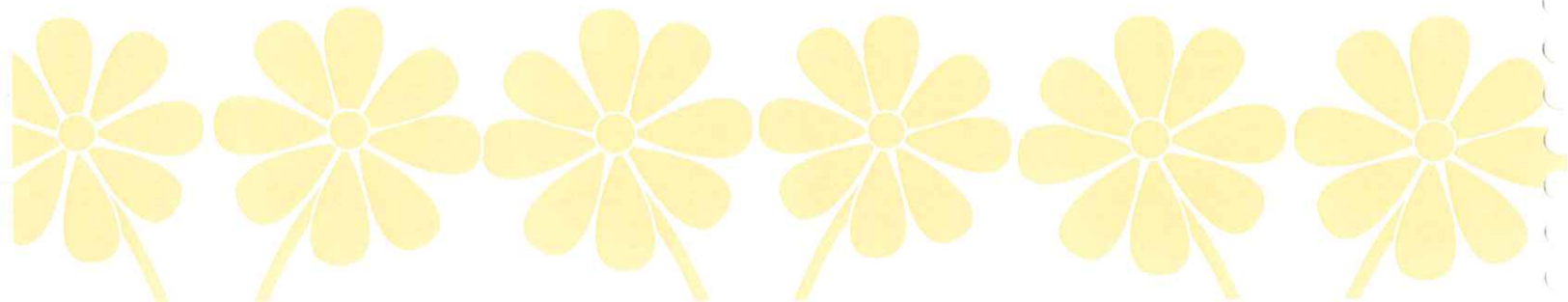
You'll need a flash light for each child, styrofoam cups, and ball point pens.

**Directions**

Have the children use the tip of a ball point pin to poke holes in the bottom of the styrofoam cup. For the next step, you'll need to darken the room, so let the children know that you'll be turning off the lights. It's a good idea to leave a dim light on so the children can still see. Then have the children place flashlight in the styrofoam cup and shine the light onto the ceiling to create their own night sky. **TIP:** Have extra cups ready in case some of the children punch too large of holes in their cups.

**Good-baa Little Lambs****Time: 5 Minutes**

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., Why did the three kings follow the star?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)





# Meeting Twenty



## Weather Or Not

### Gather the Flock

**Time: 5 Minutes**

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them to Little Lambs. Have the children stand in a circle and recite the Little Lamb Pledge and sing *Jesus is My Shepherd*. Don't forget to have the children place their right hand over their heart during the pledge. (Placing a red dot on their right hand makes this less confusing for them.)

### Meeting Length

**60 to 75 Minutes**

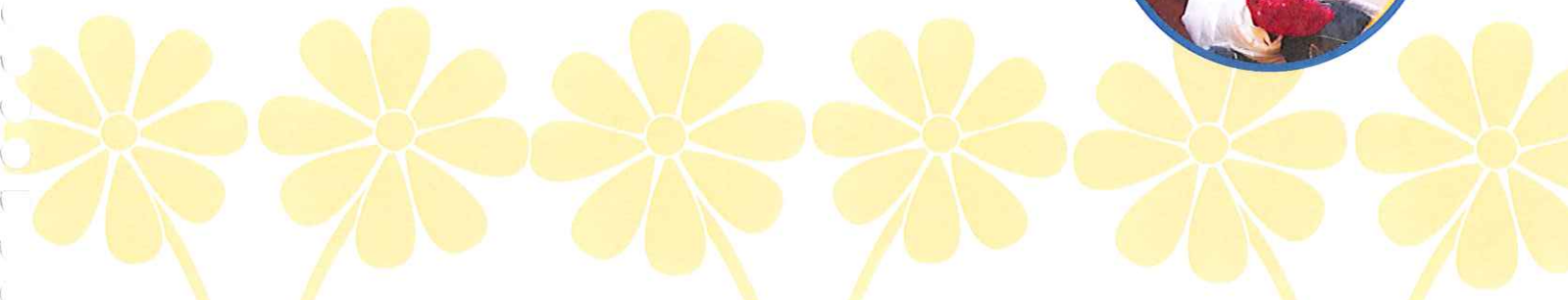
- Gather the Flock (5 min)
- Lamb Tales (5-10 min)
- Lamb Frolics (45-60 min)
- Good-baa Little Lambs (5 min)

Star  
Earned  
Weather



### Program Requirements Met

- Reciting the Little Lamb Pledge and singing *Jesus is My Shepherd Theme Song*





## Lamb Tales

**Time: 5 to 10 Minutes**

### STORY THEME WEATHER

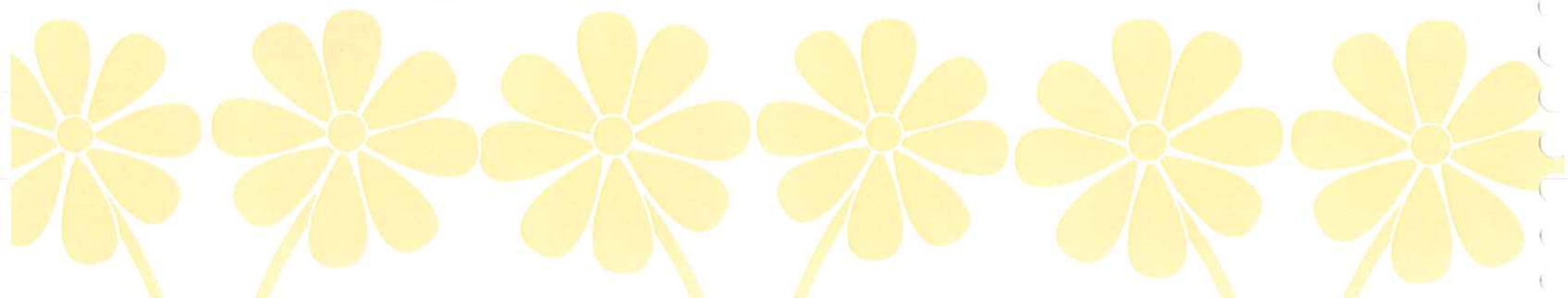
Begin by showing the children an umbrella, mittens and a scarf, and sunglasses. Then ask a child to select what she would need on a rainy day, ask another child what he would need on a snowy day and a third child what she would need a sunny day. Then briefly explain that weather is made of each of these, rain, cold, and sun. Then read ***Oh Say Can You Say What's the Weather Today?: All About Weather***\* (2004) by Tish Rabe. When the story's over, let the children know they will be learning more about weather.

\*Additional Book Suggestions: ***Weather ABC: An Alphabet Book*** (2005) by B.A. Hoena, ***The Weather/El tiempo*** (English and Spanish) (2001) by Gladys Rosa-Mendoza, ***What Will the Weather Be?*** (1993) by Lynda DeWitt, ***Where Does Lightning Come From?*** (2007) by June Preszler, ***Rain or Shine: All About Weather*** (2002) by Danielle Denega

**Meets requirements 1 & 2 of Weather Star**

### You Will Need:

- *Oh Say Can You See the Weather Today?: All About Weather* (2004) by Tish Rabe or book of your choice





## Lamb Frolics

Select one or more of the following activities:



### Clouds and Rain — #1 Lamb Frolic

#### SCIENCE ACTIVITY

**Time:** 10 Minutes

**Meets requirement 2 of Weather Star**

#### Before You Begin

Find pictures of icebergs, clouds and rain to place around this activity center. You'll also need to locate some desk lamps. Ask friends and family to save plastic liter bottles. You'll need one for each child. Make a sample rain gauge ahead of time.

#### Directions

**ACTIVITY 1** – Place ice cubes in a bowl with a little water. Place a bright light (a desk lamp works well) near the bowl and have the children observe what happens to the water when the ice cubes melt.

**ACTIVITY 2** – Have the children place a cotton ball into water and then squeeze the water out. Then place the cotton ball into a plastic baggie and seal the bag. Place the baggie near a bright, warm lamp (put not so close the bag melts). Encourage the children to use a magnifying glass to watch for the drops of water that appear.

**ACTIVITY 3** – Give each child a 2 liter plastic pop bottle with the top 3 or 4 inches cut off and a plastic ruler. Have the children put craft glue on the back of the ruler and then attach the ruler vertically inside the plastic bottle. Now they have their own rain gauge to take home and measure the rain.

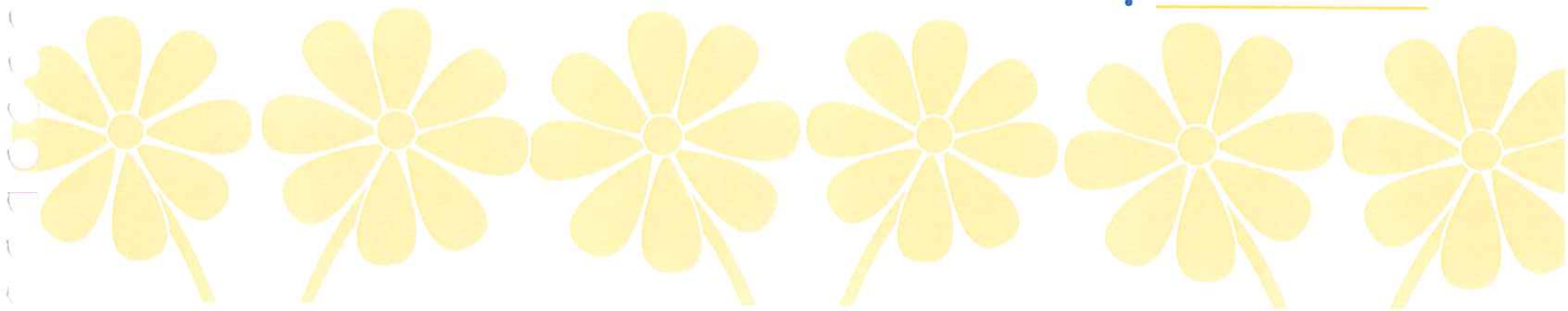
#### You Will Need:

- Ice cubes
- Bowls
- Desk lamps
- Cotton balls
- Plastic baggies
- Magnifying glasses
- 2 liter plastic bottles
- Rulers
- Craft glue



#### Tip:

- Check out *The Kids Book of Weather Forecasting* (2000) by Mark Breen for more weather activities.



## Hot & Cold — #2 Lamb Frolic

### GAME ACTIVITY

**Time:** 10 Minutes

**Meets requirement 3 of Weather Star**

### Before You Begin

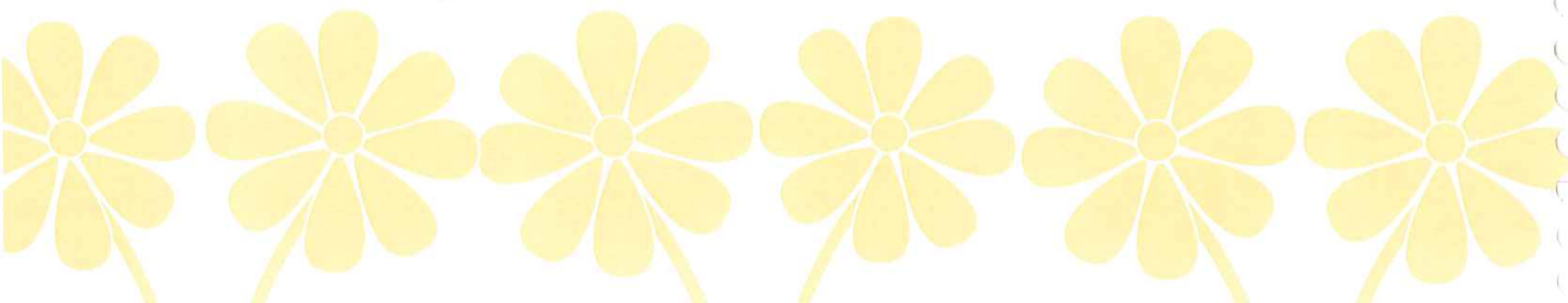
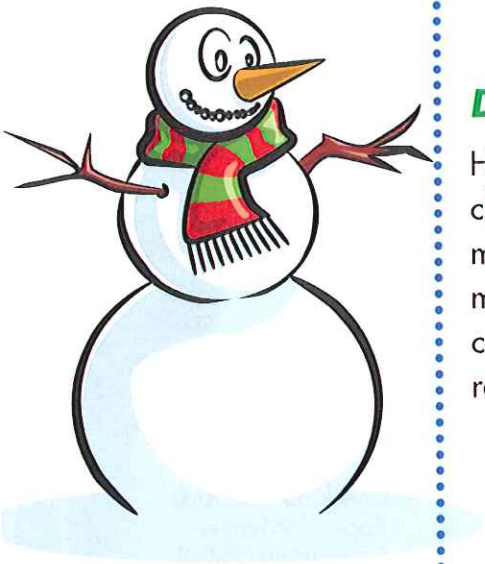
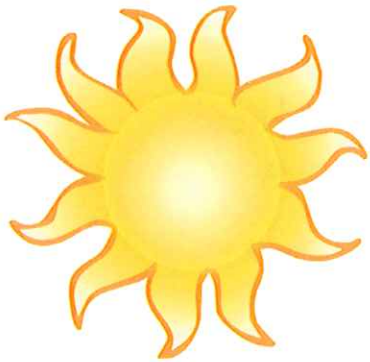
Create a large game on the floor. Depending on how many Little Lambs are in your club, you may want to make more than one game. You'll need a center row of yellow circles (8 inch diameter) and about 20 red and blue circles (8 inch diameter). Place the all of the red circles on one side of the yellow row of circles in 4 by 5 lines and the blue on the other side. At the outside edge of the red circles, place a picture of the sun or children on a hot day. On the blue outside edge, place a picture of a snowman or children playing in the snow. Cut out pictures of weather activities that make the temperature warmer or colder (sun, clouds, wind, rain, snow).

### Directions

Have the children stand on the yellow dots. One at a time, have each child take a turn pulling out of an envelope a picture of something that makes the temperature warmer or colder. If they pull out something that makes the weather warmer, they get to step towards the warm picture; if colder, they get to take a step towards the cold picture. Whenever a child reaches a picture, give them a sticker or a stamp on the hand.

### You Will Need:

- 8" yellow, blue and red circles
- Pictures of warm and cold weather activities
- Stickers or stamps





## Wind Art — #3 Lamb Frolic

### CRAFT ACTIVITY

**Time: 5 to 10 Minutes**

**Meets requirement 4 of Weather Star**

### Before You Begin

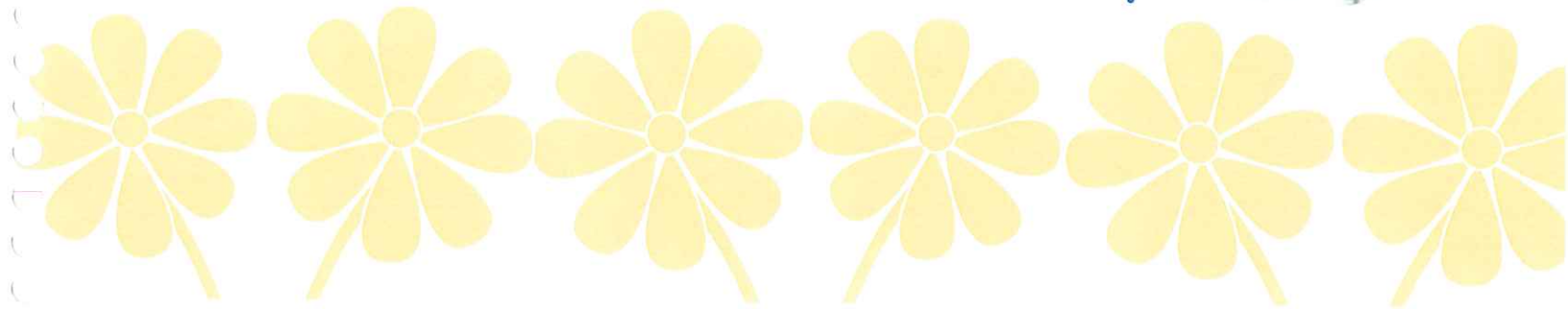
Select three colors of tempera paint and then thin them with water until they are the consistency of milk.

### Directions

Give each child a straw and a large sheet of construction paper. Then have an adult place a drop (about the size of a dime) of paint onto the paper. Have the children use the straw to blow on the paint. Repeat this using one or more of the colors, until the paper is covered.

### You Will Need:

- Tempura paint
- Straws
- Construction paper





## Fun In the Sun — #4 Lamb Frolic

### SAND & WATER ACTIVITY

**Time:** 10 to 15 Minutes

**Meets no requirements but it's fun!**



### Before You Begin

You'll need tubs filled with sand and tubs filled with water. You'll also need a variety of beach and pool toys (Shovels, buckets, plastic cups, etc.). Pictures of children playing at the pool or the beach make for a colorful backdrop to this activity. You can also place beach towels and umbrellas out for the children to play on and with.

### You Will Need:

- Sand
- Tubs
- Beach or pool toys
- Beach towels & umbrellas

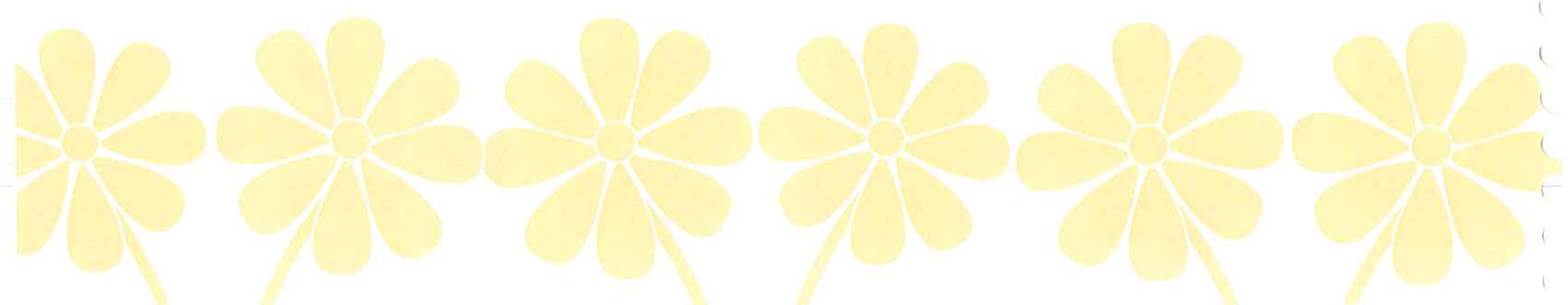
### Directions

Encourage the children to play in the sand and water.

## Good-baa Little Lambs

**Time:** 5 Minutes

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. (i.e., What makes the temperature colder?) Close with a circle prayer. (Good-baa Little Lambs Meeting 1 explains circle prayers.)





## Special Ceremonies

### INDUCTION

*(for the beginning of the year)*

One of the meetings during the first month of your program should include an "Induction" to the Little Lamb Program. This is a special meeting where the children and their parents/guardians are dedicated to the Lord.

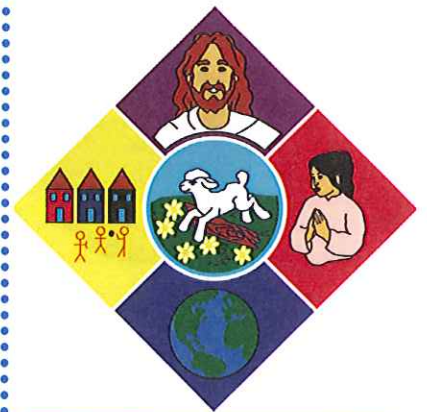
Little Lambs and staff should be encouraged to wear their uniforms to the Induction ceremony. At the Induction ceremony the leader(s) will present each Little Lamb with a Little Lamb scarf and slide. This presentation can either be a part of the lesson or immediately before the lesson.

If your program is part of an Adventurer Club, your Little Lambs will participate in the Club Investiture. Make sure that the Little Lamb pledge and song are included in the program.

The Induction service is a great time to invite family members and church members to participate in supporting the children of your church and community.

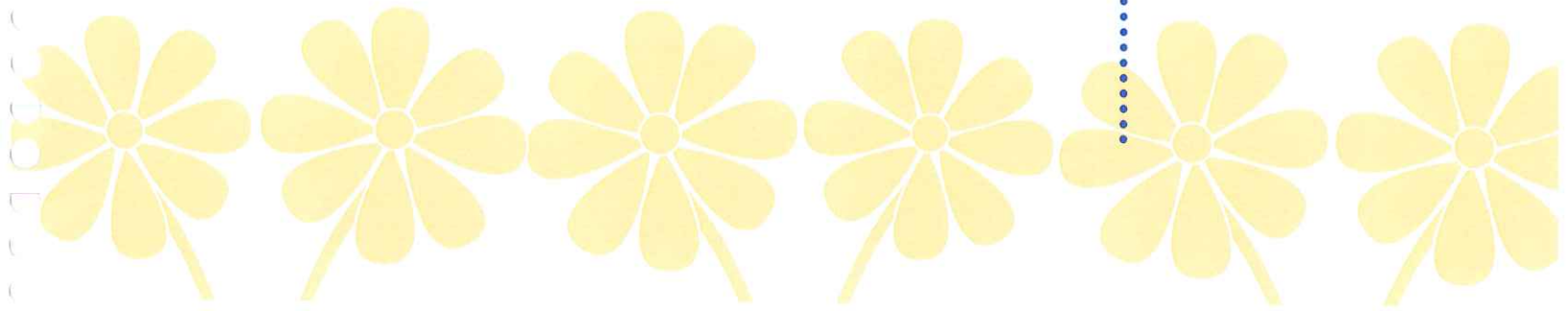
### FAMILY BLESSING

If your Little Lamb program is part of the Adventurer program, then make sure the Family Blessing service is included as part of the Induction or at a special ceremony just for the Family Blessing. For more information about the Family Blessing service, go to [www.adventurer-club.org](http://www.adventurer-club.org) or get the entire program from the Adventurer Club Manual.



### Little Lamb Puzzle Patch

- Start with giving the Lamb Circle Patch at induction and give each puzzle piece as the requirements are met throughout the year. Available from AdventSource. Catalog #009200





## INVESTITURE

*(for the end of the year)*

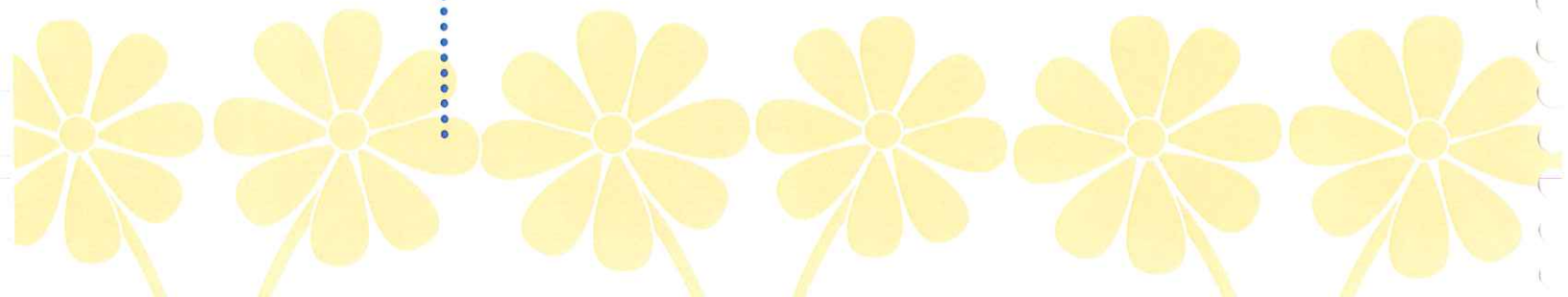
The last meeting of your program year should be the Investiture ceremony. This is a time when each Eager Beaver is recognized and affirmed for what they have achieved.

***For leaders who have been involved in Adventurer or Pathfinder Clubs, please note that Little Lambs receive their Stars as the requirements are completed in each lesson—not at the Investiture service.***

For Investiture all Little Lambs and staff should be in uniform and the leader(s) will present each Little Lamb with an Little Lamb pin which signifies that they have completed all the requirements of being an Little Lamb. Investiture is also a great time to give each child special recognition for the special gifts that Jesus has given them. Printing up fun, colorful certificates is a great way to give recognition ([www.crayola.com](http://www.crayola.com) is a good option).

## HERE IS A SUGGESTED LITTLE LAMB INVESTITURE PROGRAM

- Little Lamb song
- Pledge
- Prayer
- Special music (by Little Lambs)
- Demonstration of what has been learned (memory work, showing colors, showing crafts)
- Presentation of Little Lamb pins (and certificates if you choose to make customized certificates)
- Special music (by Little Lambs)
- Prayer of dedication





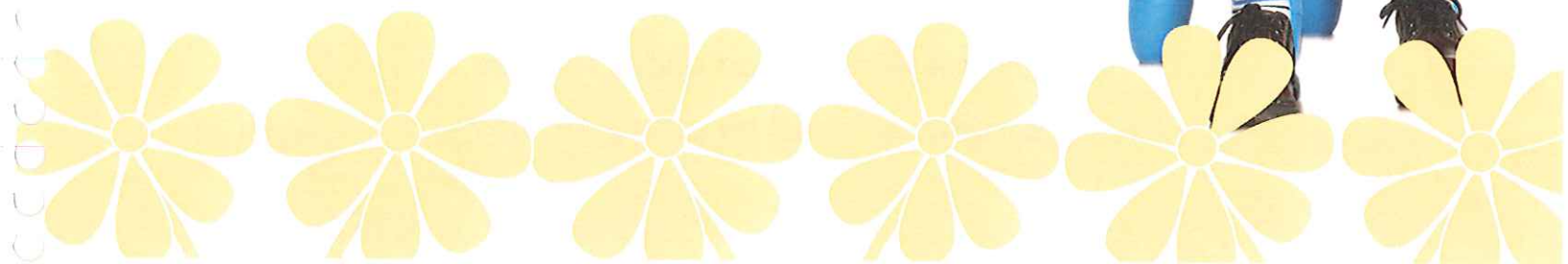
## Section Seven



# Resources



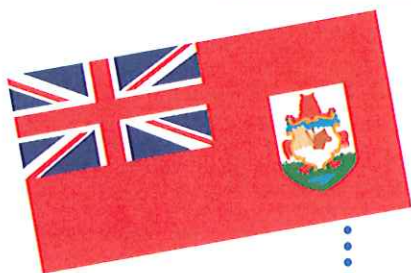
Little Lamb programs require that leaders identify and connect with resources and resource people. Here are some resources and photocopy masters that will make your job easier.





## Little Lamb Pledge

**Jesus loves me,  
and I want to do  
my best for Him.**



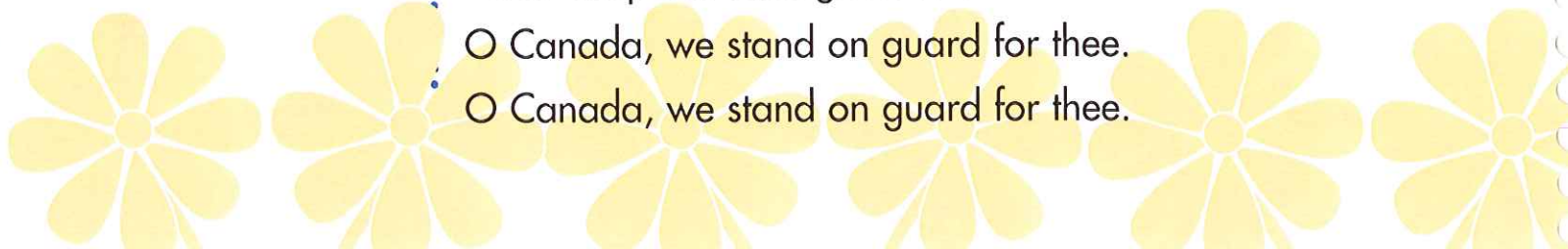
## National Anthem BERMUDA

God save our gracious Queen!  
Long live our noble Queen!  
God save the Queen!  
Send her victorious,  
Happy and glorious,  
Long to reign over us,  
God save the Queen.



## National Anthem CANADA

O Canada! Our home and native land!  
True patriot love in all they sons command.  
With glowing hearts we see the rise,  
The True North strong and free!  
From far and wide, O Canada,  
We stand on guard for thee.  
God keep our land glorious and free!  
O Canada, we stand on guard for thee.  
O Canada, we stand on guard for thee.





## National Anthem

### UNITED STATES OF AMERICA

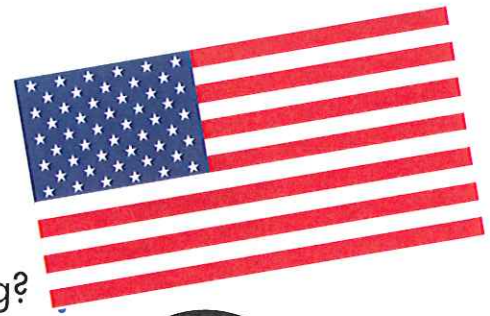
Oh, say can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming?

Whose broad stripes and bright stars, through  
the perilous fight,

O'er the ramparts we watched, were so gallantly  
streaming?

And the rockets' red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there.

O say, does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?



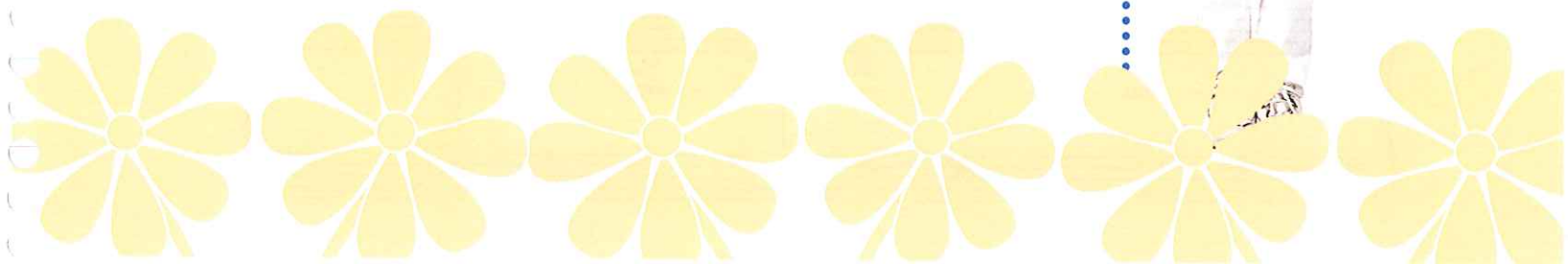
## Pledge of Allegiance

### UNITED STATES OF AMERICA

I pledge allegiance to the flag of the  
United States of America,

And to the republic for which it stands:

One nation, under God, indivisible,  
with liberty and justice for all.



# Jesus is My Shepherd

Mark Wakefield, Arr. Joann Herrington

Piano

I'm a lit - tle lamb to - day; Je - sus is my Shep-herd -

- - My Shep - herd loves me day to day; Je - sus is my

Shep-herd - - - I will fol - low where He leads; He gives me

ev - ery - thing I need; I'm a lit - tle lamb to - day -

Je - - sus is my Shep - herd





# Little Lamb Roster

Name of Little Lamb currently registered and active

Name	Address	Phone	Parent/Guardian	Permission/Medical form on file
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

# Little Lamb Requirements Completed in Each Meeting



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	complete outside of lesson time
<b>Little Lamb Program Requirements</b>																					
Recite the Little Lamb Pledge	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sing the My Shepherd Theme Song	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Earn six Little Lamb Stars	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>My God</b>																					
Sing a song about Jesus	✓											✓	✓								
Listen to a story about Jesus	✓											✓	✓								
Say three things you've learned about Jesus	✓											✓	✓								
Make a craft about Jesus	✓											✓	✓								
Complete an activity about Jesus	✓											✓	✓								
<b>My World</b>																					
Sing a song about creation							✓							✓							
Listen to a story about creation							✓							✓							
Say three things you've learned about creation							✓							✓							
Make a craft about creation							✓							✓							
Complete an activity about creation							✓							✓							
<b>Family</b>																					
Sing a song about families					✓																
Listen to a story about families					✓																
Say three things you've learned about families					✓																
Make a craft about families					✓																
Complete an activity about families					✓																
<b>Myself</b>																					
Sing a song about the body									✓							✓					
Listen to a story about the body									✓							✓					
Make a craft about the bodies									✓							✓					
Make a craft about bodies									✓							✓					
Complete an activity about bodies									✓							✓					





Name

Recite the Little Lamb Pledge

Sing the My Shepherd Theme Song

My God Requirements

1. Sing a song about Jesus
2. Listen to a story about Jesus
3. Say three things you've learned about Jesus
4. Make a craft about Jesus
5. Complete an activity about Jesus

My World Requirements

1. Sing a song about creation
2. Listen to a story about creation
3. Say three things you've learned about creation
4. Make a craft about creation
5. Complete an activity about creation

My Family Requirements

1. Sing a song about families
2. Listen to a story about families
3. Say three things you've learned about families
4. Make a craft about families
5. Complete an activity about families

Myself Requirements

1. Sing a song about the body
2. Listen to a story about the body
3. Say three things you've learned about the bodies
4. Make a craft about the bodies
5. Complete an activity about the bodies

Earn Six Little Lamb Stars

- 1
- 2
- 3
- 4
- 5
- 6

## FIELD TRIP/OUTING PLANNER

Outing/Destination \_\_\_\_\_ Number of Attendees \_\_\_\_\_  
 (Museum, Sea World, Zoo, etc.)

Planned Activities \_\_\_\_\_

(List all planned activities: Museum Study, Concert, Camping, Day Hike, Rock Climbing, Bicycling, etc.)

<b>TRANSPORTATION</b>	<b>√ ONE OR MORE</b>			<b>NOTES</b>
<b>Public Transportation</b>				
<b>Rental Vehicle</b>				
<b>School/Church Vehicle</b>				
<b>Private (Personal) Auto <i>(Not recommended)</i></b>				
<b>NOTE: A NO response may indicate a need for additional safety/risk management measures.</b>	<b>YES</b>	<b>NO</b>	<b>N/A</b>	
<b>Qualified Drivers</b> (Good driving record/current MVR, Age 21+, valid and current license per type of vehicle, etc. See NAD Working Policy — P50 26)				
<b>Vehicle(s) -- Safe Well-Maintained Condition</b>				
<b>Tires -- Proper Size and Rating</b>				
<b>Meet Safe, Legal Tread Wear Limits</b>				
<b>Vehicle Properly Insured</b>				
• <b>Special Vehicle Insurance Coverage (Mexico)</b>				
<b>Fire Extinguisher</b>				
<b>Emergency Road Kit</b> (Reflectors, etc.)				
<b>First Aid Kit</b>				
<b>Seat Belts Required</b>				
<b>Seating and Load Capacity Adhered To</b>				
<b>Transportation in the Back of Open Vehicles Prohibited</b> (Pickup Trucks, Flat Beds, etc.)				
<b>Follow-up Vehicles Provided</b> (Bike and Walkathons, etc.)				
<b>ADMINISTRATIVE</b>				
<b>Permission Slips</b>				
<b>Medical Release Forms</b> (Available for all children under 18)				
<b>Volunteer Forms Signed/Filed</b> (Child Abuse)				
<b>Activity/Site Approval by Proper Authorities</b> (State, County, City, Fire Marshal, Park Service, etc.)				
<b>Requirements by Proper Authorities Met</b>				
<b>Certificates of Insurance Obtained as Needed</b>				
<b>Accident Medical Insurance</b>				
• <b>Miscellaneous Accident</b>				
• <b>Volunteer Labor Construction</b> (as needed)				
• <b>Short Term Travel</b> (If outside U.S. and Canada)				
<b>Traveler s Advisory Checked</b>				



	YES	NO	N/A	NOTES
<b><i>SUPERVISION</i></b>				
<b>Adequate Number of Supervisors*</b> (Minimum of two required — Additional supervision based on risk)				<b>Number Required</b> _____
<b>Supervision Qualified for Activity</b>				
<b>First Aid Trained Staff</b>				
<b>Current CPR and Lifeguard Certification</b>				
<b><i>EMERGENCY PLANNING</i></b>				
(NOTE: In many regions, <i>weather</i> conditions can change dramatically in a short period of time — clear and warm to blizzard, cool to extreme heat. Check weather advisories and always plan for any potential weather extremes for the area visited.)				
<b>Emergency/Disaster Plan Prepared</b>				
<b>Cellular Phone</b>				
<b>Portable Two-way Radios</b>				
<b>Citizen Band and/or Marine Radio</b>				
<b>AM/FM or Weather Band Radio</b>				
<b>Additional Clothing Requirements</b>				
<b>Shelter Requirements</b>				
<b>Emergency Water</b>				
<b>Emergency Food</b>				
<b>Wool or Space Blankets</b>				
<b>Clothing and Equipment Lists Distributed</b>				
<b><i>ACTIVITY SAFETY</i></b>				
<b>Safety Equipment Available for All Participants</b> (Life Jackets, Safety Harnesses, Helmets, Knee and Elbow Pads, etc.)				
<b>Safety Equipment Required for All Participants</b>				
<b>Safety Equipment Checked Prior to Trip</b>				
<b>Safety Equipment Inspected Before Each Use</b>				
<b>All Work Projects Adhere to OSHA and International Standards (Strongest Shall Be Used)</b>				
<b>All Child Labor Laws Observed</b>				
<b><i>ADDITIONAL NOTES AND COMMENTS:</i></b>				

\* See supervision attachment pertaining to examples of supervision requirements for various activities.

Requested by \_\_\_\_\_ Date \_\_\_\_\_

Title \_\_\_\_\_

Approved by \_\_\_\_\_ Date \_\_\_\_\_

Title \_\_\_\_\_

**NOTE:** Safety elements included in this form are suggested as minimal considerations. Other additional measures will generally be required for every activity. The maintenance of safe premises, operations, activities and equipment are the legal responsibility of the supervising organization. Adventist Risk Management assumes no responsibility for the management or control of the insured's premises, operations and activities or for the safety elements or procedures used by the insured. Liability on the part of Adventist Risk Management for loss is hereby disclaimed.

# Little Lamb Registration Form



Child's Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

Parent(s) Name(s) \_\_\_\_\_

Address \_\_\_\_\_  
*Street City State/Prov Zip/PC*

Home Phone (\_\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

Church \_\_\_\_\_ School \_\_\_\_\_

### Approval /Consent of Parent/Guardian

As parent/guardian, we understand that the Little Lamb program is an active one which includes many opportunities for service, adventure, fun, and learning. I will support the program by:

1. Encouraging my Little Lamb to take an active part in all club meetings and functions.
2. Attending events to which parents are invited in support of my Little Lamb.
3. Assisting program leaders by serving as a helper when needed.
4. Not holding any individual program staff member liable in the event of an accidental injury.
5. Giving my permission for the above-named Little Lamb to attend Little Lamb activities.

\_\_\_\_\_  
*signature of parent/guardian*





# Little Lamb Health Record

Name \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_  
Street City State/Prov Zip/PC

Home Phone \_\_\_\_\_ Social Security Number \_\_\_\_\_

Date of Last Tetanus Booster \_\_\_\_\_

Allergies to drugs or foods \_\_\_\_\_

Any special medications or pertinent information \_\_\_\_\_

List any restrictions \_\_\_\_\_

## Telephone numbers where parents may be reached

Father/Guardian \_\_\_\_\_  
Name Home Phone Business Phone CellPhone

Mother/Guardian \_\_\_\_\_  
Name Home Phone Business Phone Cell Phone

Emergency phone (friend or relative) \_\_\_\_\_

Family Physician \_\_\_\_\_  
Name Business Phone

Physician's Address \_\_\_\_\_  
Street City State/Prov Zip/PC

Insurance Company \_\_\_\_\_ Policy# \_\_\_\_\_

## Authorization to Treat a Minor

I (we) the undersigned parent, parents or legal guardian of: \_\_\_\_\_  
Name of Little Lamb

In case of emergency, I hereby give permission to the physician selected by the club directors to hospitalize, secure proper treatment for, and to order injection, anesthesia or surgery for my child.

As parent or legal guardian of the applicant, I am in favor of him/her attending program functions and accept the conditions named. The health history stated is correct so far as I know, and the child herein described has permission to engage in all prescribed program activities except as noted. In addition I have read and understand the Emergency Authorization statement outlined above and give my full consent to the terms found therein. Permission for photocopying of this health record is granted.

\_\_\_\_\_ date

\_\_\_\_\_ signature of parent/guardian

.....  
 This section is for the notary to sign if your state requires it.

**Office Use Only** Date Received \_\_\_\_\_ Date Approved \_\_\_\_\_  
 Recommended  Not Recommended  Recommended w/conditions noted  
 Conf. Little Lamb Director Signature \_\_\_\_\_



# Little Lamb Staff/Volunteer Service Information Form

## Section I Date of Record

Name \_\_\_\_\_ Birth date \_\_\_\_\_  
 Address \_\_\_\_\_  
Street City State Zip  
 Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Church \_\_\_\_\_ Little Lamb Club \_\_\_\_\_  
 Marital Status:  Married  Single  Divorced Name of Spouse \_\_\_\_\_  
 Children: Name \_\_\_\_\_ Birth date: Month Day Year  
 1. \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 2. \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 3. \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Section II Health History

Do you now have or have you had any injury/sickness that might limit your involvement in Little Lamb activities?  Yes  No If yes, how would it hinder? \_\_\_\_\_

## Section III Educational Record

Highest Degree/diploma held \_\_\_\_\_ Year degree/diploma received \_\_\_\_\_  
 School granting degree/diploma \_\_\_\_\_  
 College major/minor \_\_\_\_\_

## Section IV Experience

List all experience (Pathfinders, scouting, Sabbath School, etc.) that might qualify you for Little Lamb leadership.

Position/Type of Work	Church/Organization	Date of Service
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

## Section V Star Instruction Ability

Please list the stars/crafts which you are interested in teaching. Circle: T-capable of teaching. A-able to assist. I-interested in teaming to teach.

Star/Craft	Star/Craft
_____ T A I	_____ T A I
_____ T A I	_____ T A I
_____ T A I	_____ T A I



Page 2 Little Lamb Staff/Volunteer Form



**Section VI Unlawful Conduct**

Have you been accused, charged, or disciplined for any unlawful sexual conduct, child abuse, and/or child sexual abuse?  YES.  NO. If yes, please explain, and, if possible, give the name and address of a reference/professional who can verify that you are now suitable for leadership.

Date & Place \_\_\_\_\_

Type of Conduct \_\_\_\_\_

Reference name, address and phone \_\_\_\_\_

**Section VII References**

Please list below three individuals who know you well enough to recommend you as a Little Lamb staff person.

	Name	Address	Phone
1. Pastor	_____	_____	_____
2. Local teacher	_____	_____	_____
3. Other	_____	_____	_____

**Section VIII Statement of Accuracy**

The above information is accurate to the best of my recollection. I understand this is strictly a volunteer position, and I will receive no remuneration for services and time volunteered.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Notes** • • • • •

Please make sure you have checked the appropriate box in Section VI and signed your name in Section VIII.

Mail the completed form to: Little Lamb Ministries, in care of your conference Pathfinder Director.)

Section VI deals with unlawful conduct. This section has been included to protect the Little Lamb Club members from abuse and protect the Seventh-day Adventist church organization from recommending any staff member who has a problem in this area.

If the conference Little Lamb director recommends the applicant, information in Sections I through V will be copied and sent to the local Little Lamb Club for the director to use in determining staff qualification. If the applicant has not been approved, none of the information will be forwarded.

When a local club director requests a recommendation from the conference Little Lamb director, he/she may not release any specifics and may respond only with 'recommended', 'not recommended', or 'recommended with conditions noted'.

All information on this application will become a permanent record and should include updates. In the event of accusations against the applicant, opportunity should be given for response by the accused. This response also becomes a part of the record.

We regret having to include a section on unlawful conduct, however, understanding the epidemic proportions of this problem, it becomes necessary to create a data base to protect children, parents, Little Lamb staff and the church.

### FIELD TRIP PERMISSION FORM

\_\_\_\_\_ Little Lamb Program  
(name of church)

I hereby grant permission for my child, \_\_\_\_\_, to participate in the church sponsored field trip/activity listed below:  
(First & Last Name)

Field trip/Activity \_\_\_\_\_

Departure Date \_\_\_\_\_ Time \_\_\_\_\_

Return Date \_\_\_\_\_ Time \_\_\_\_\_

I understand that all reasonable precautions will be taken to assure my child's safety and adequate supervision.

\_\_\_\_\_  
(Legibly Print Parent/Guardian Name) (Parent/Guardian Signature) (Date)

Home Phone: (\_\_\_\_) \_\_\_\_\_

Cell Phone: (\_\_\_\_) \_\_\_\_\_

### FIELD TRIP PERMISSION FORM

\_\_\_\_\_ Little Lamb Program  
(name of church)

I hereby grant permission for my child, \_\_\_\_\_, to participate in the church sponsored field trip/activity listed below:  
(First & Last Name)

Field trip/Activity \_\_\_\_\_

Departure Date \_\_\_\_\_ Time \_\_\_\_\_

Return Date \_\_\_\_\_ Time \_\_\_\_\_

I understand that all reasonable precautions will be taken to assure my child's safety and adequate supervision.

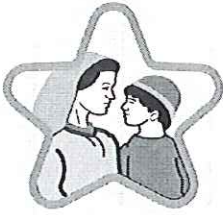
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(Legibly Print Parent/Guardian Name) (Parent/Guardian Signature) (Date)

Home Phone: (\_\_\_\_) \_\_\_\_\_

Cell Phone: (\_\_\_\_) \_\_\_\_\_



## Bible Friends Star Requirements



Little Lamb Names

1. Listen to a book about Bible friends.									
2. Sing a song about Bible friends.									
3. Play a game about Bible friends.									
4. Make a Bible friend craft.									

Notes:

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## Community Helper Star Requirements



Little Lamb Names									
1. Listen to a story about community helpers.									
2. Pretend to be community helpers.									
3. Play an action game using community helpers' skills. (i.e., climbing, running)									
4. Complete an art project about community helpers.									

Notes: \_\_\_\_\_

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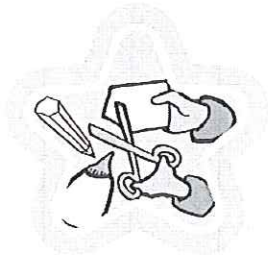
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## Finger Play Star Requirements



Little Lamb Names

1. Listen to a story about hands.									
2. Say three things you learned about hands. (i.e., thumbs help pick up things.)									
3. Say a poem and use your hand to act it out.									
4. Make a craft that uses your hands as part of the project. (i.e., fingerpaint, trace hands)									
5. Complete an activity using your fingers. (i.e., build something with blocks, knead bread.)									

Notes: \_\_\_\_\_

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## Music Star Requirements



Little Lamb Names

1. Listen to a book about musicians or musical instruments.										
2. Make a musical craft.										
3. Play a hand clap (rhythm) game.										
4. Play an action game to music. (i.e., bounce a ball to the beat of a song).										

Notes: \_\_\_\_\_

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## Special Helper Star Requirements



Little Lamb Names									
1. Listen to a book about being helpful.									
2. Sing a song about being helpful.									
3. Play a game about being helpful.									
4. Make a craft about being helpful.									
5. Help a family member with a special chore for one week. (i.e., feed a pet)									

Notes: \_\_\_\_\_  
\_\_\_\_\_  
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## Stars Star Requirements



Little Lamb Names

1. Listen to a book about stars.									
2. Say three things you learned about stars.									
3. Play an action game about stars.									
4. Make a star craft.									

Notes:

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## Trains & Trucks Star Requirements



Little Lamb Names

1. Listen to a book about trains or trucks.									
2. Say three things you learned about trains or trucks.									
3. Play an action game about trains or trucks.									
4. Pretend to drive or ride in trains or trucks.									

Notes: \_\_\_\_\_

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### Weather Star Requirements



Little Lamb Names										
1. Listen to a book about weather.										
2. Say three things you learned about weather.										
3. Play an action game about weather.										
4. Make a weather craft.										

Notes:

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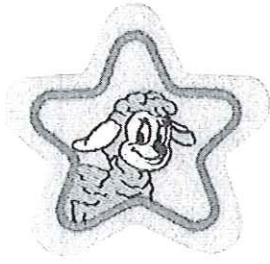
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## Woolly Lamb Star Requirements



	Little Lamb Names								
1. Listen to a book about lambs.									
2. Say three things you learned about lambs. (i.e., baby sheep are called lambs.)									
3. Play a game about lambs.									
4. Make a lamb craft.									

Notes: \_\_\_\_\_

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## Zoo Animals Star Requirements



Little Lamb Names

1. Listen to a book about zoo animals.									
2. Say three things you learned about zoo animals.									
3. Play a game about zoo animals.									
4. Make a zoo animal craft.									

Notes: \_\_\_\_\_

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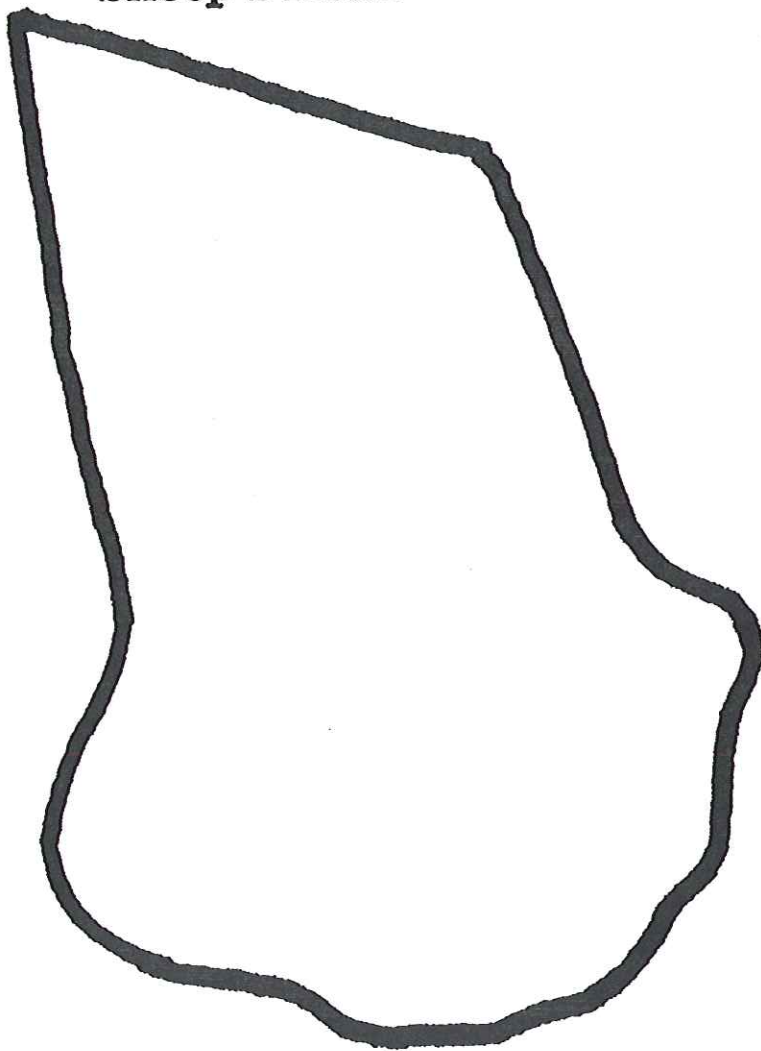
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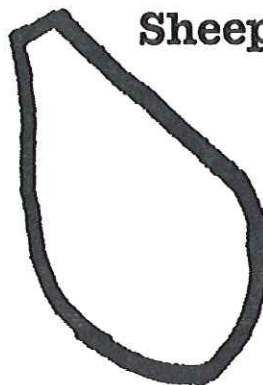
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## Paper Plate Sheep n' Lambs (p. 43)

**Sheep's Head**

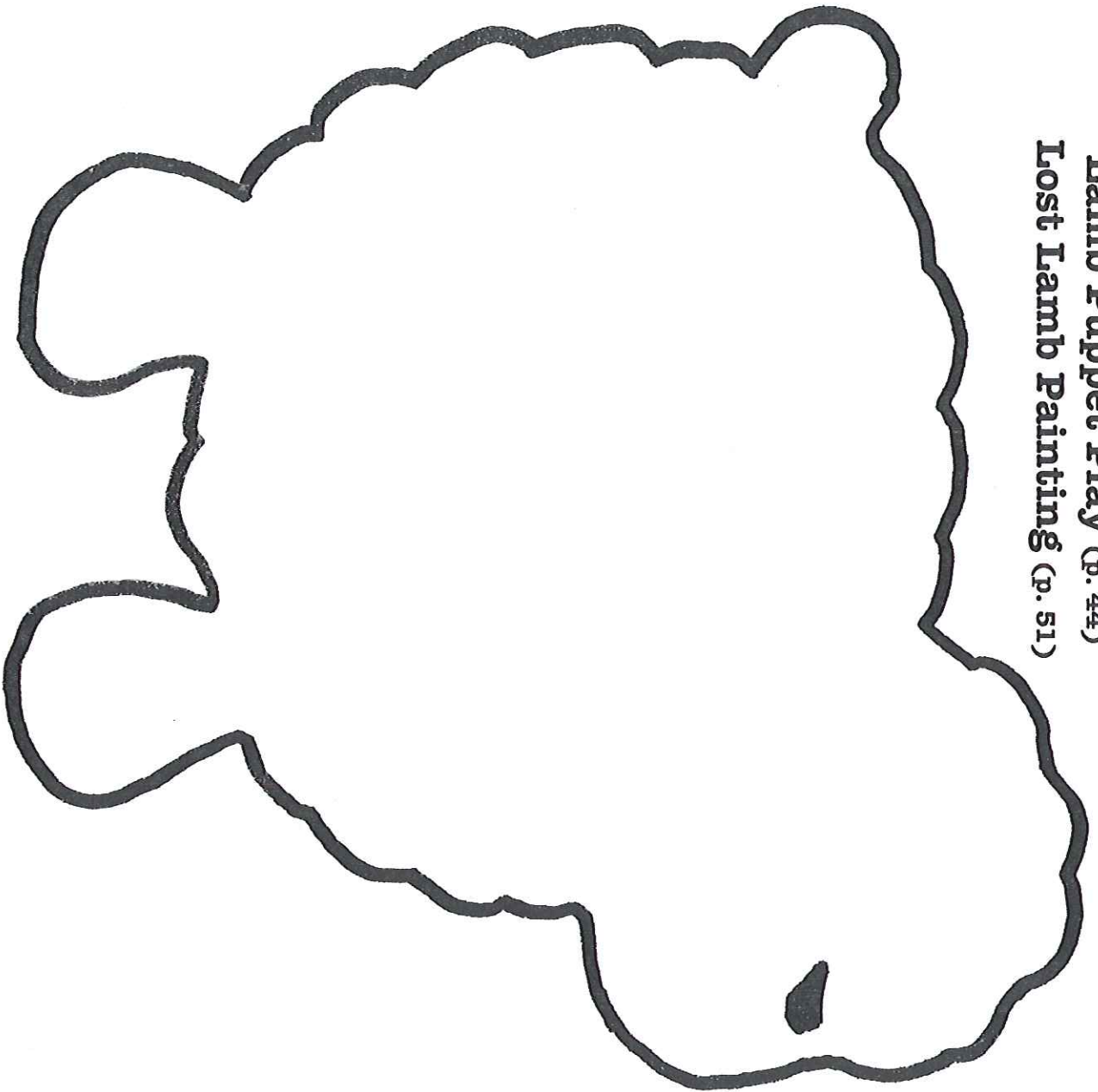


**Sheep's Tail**

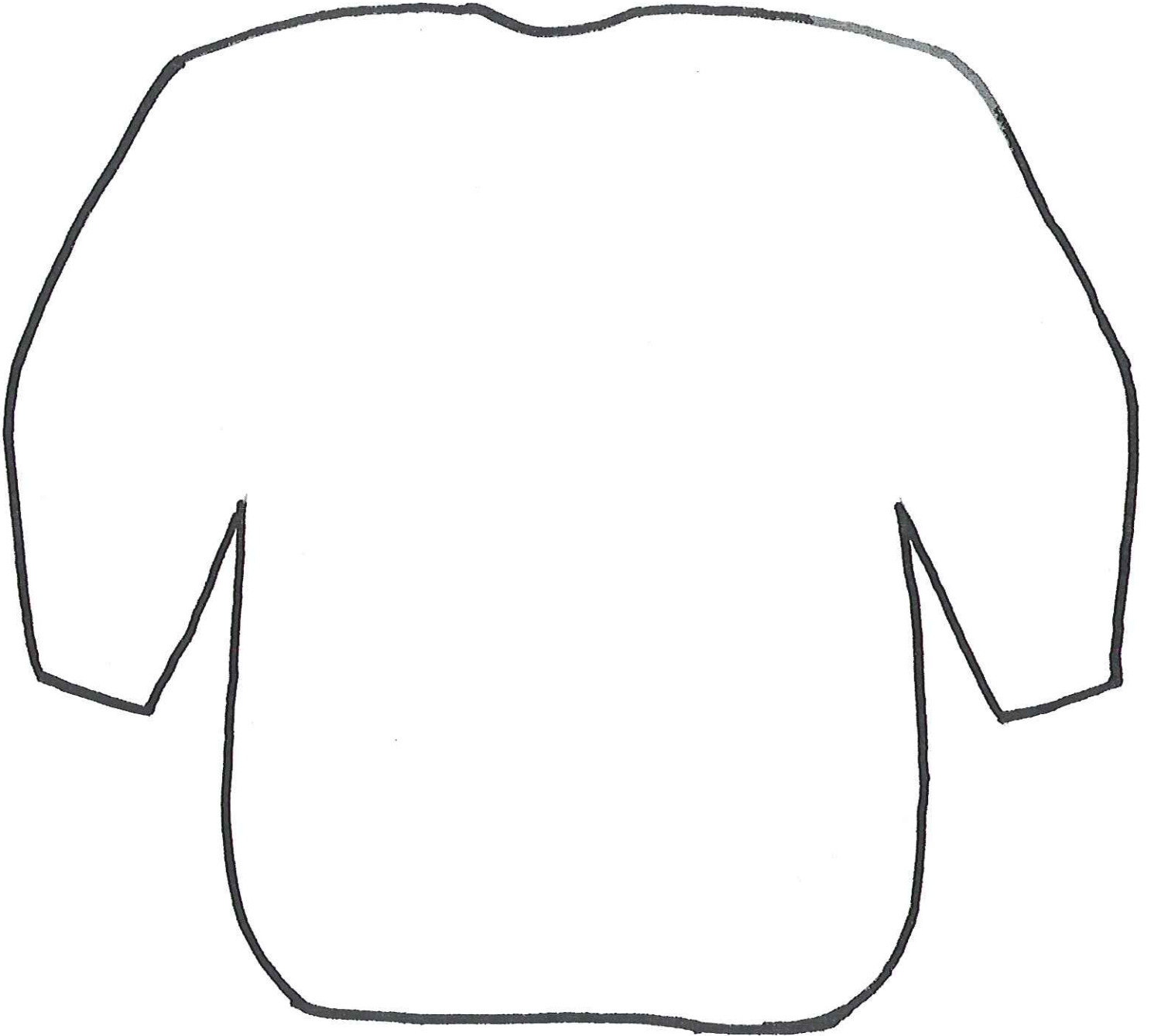




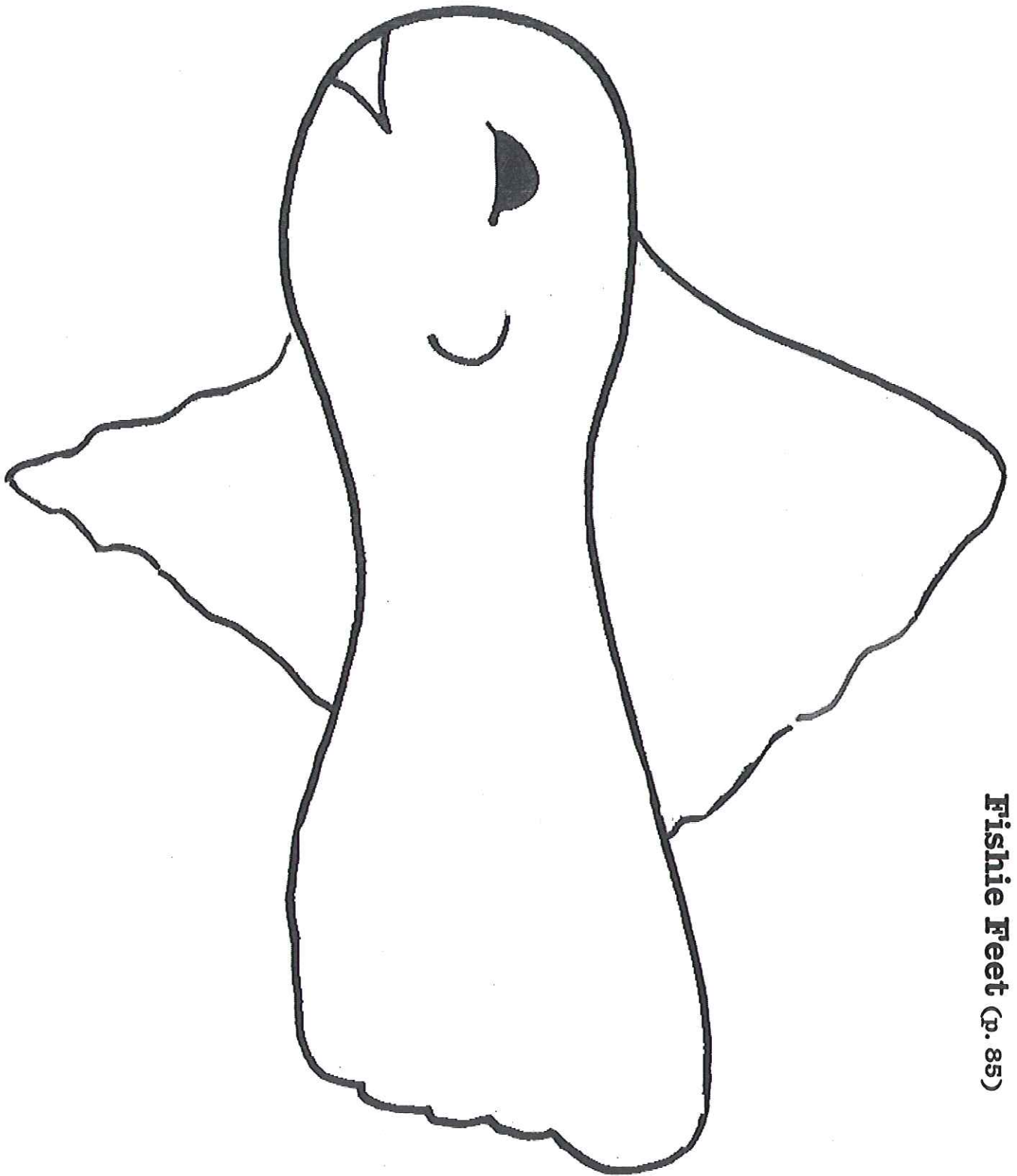
**Lamb Puppet Play (p. 44)**  
**Lost Lamb Painting (p. 51)**



**Sheep to Shirts (p.45)**

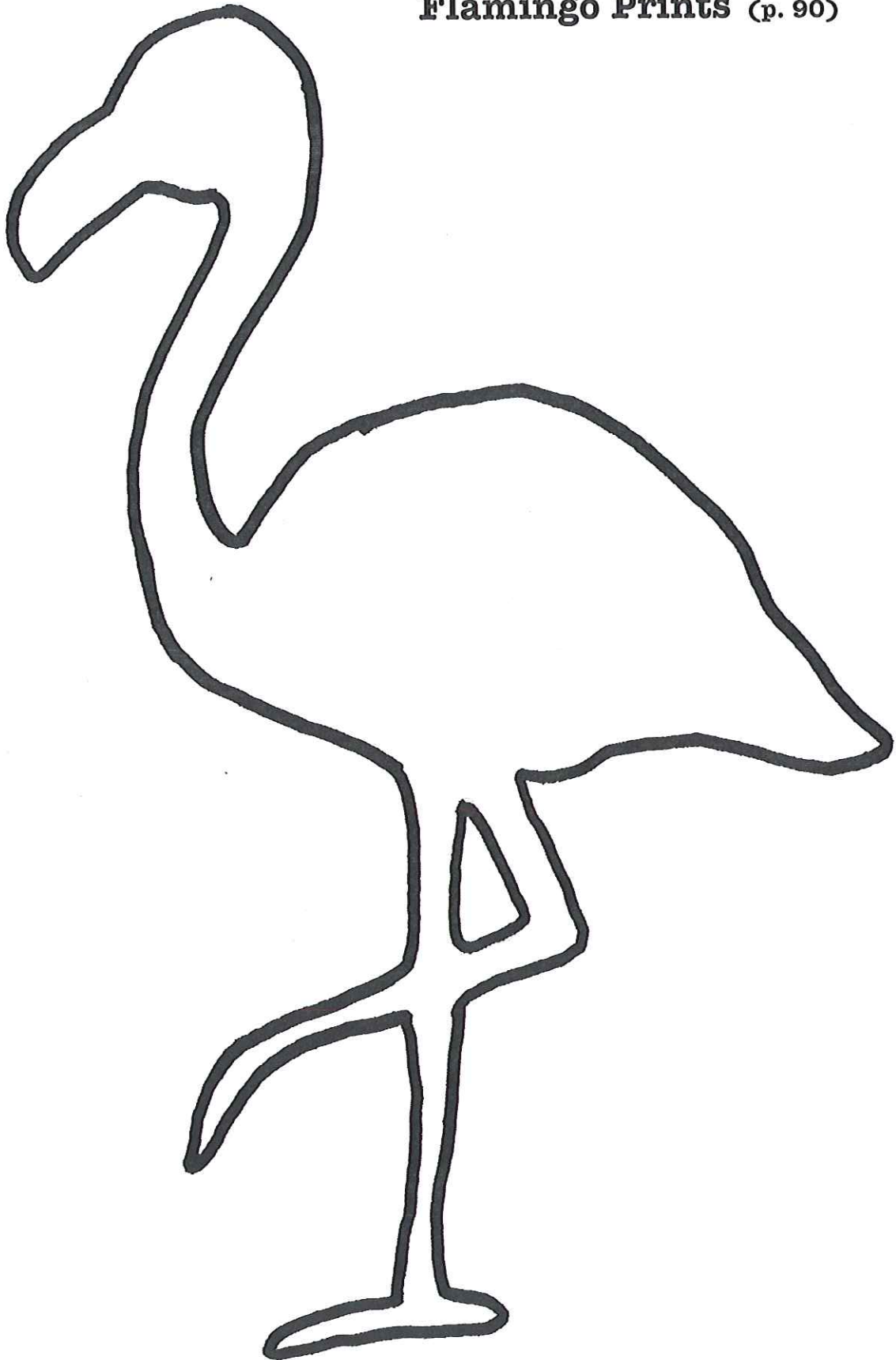






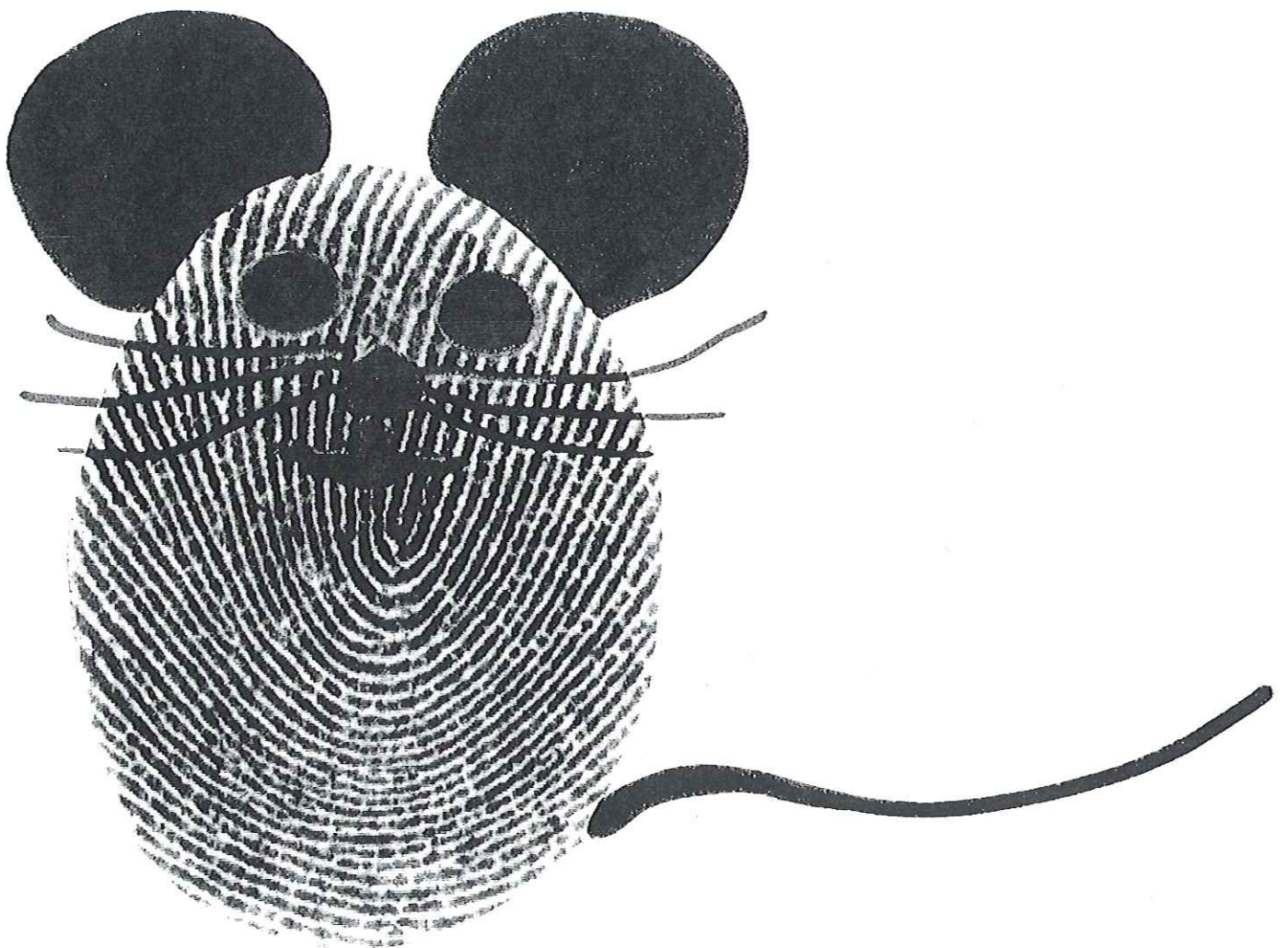
**Fishie Feet (p. 85)**

**Flamingo Prints (p. 90)**





**Mice Tracks** (p. 102)



# ORDER FORM FOR RESOURCES, UNIFORMS & INSIGNIA

AVAILABLE FROM [WWW.ADVENTSOURCE.ORG](http://WWW.ADVENTSOURCE.ORG)  
OR CALL 800.328.0525

## Little Lamb Books

Little Lamb Program	#001600	\$29.95
Little Lamb Activity Book	#001606	\$2.95
Sheep Have Lambs	#009080	\$7.95
Little Lamb Song (on Adventurer Song CD)	#000868	\$9.95

## Little Lamb Puppets

Lamb Hand Puppet	#009150	\$19.95
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## Little Lamb Stars

Star	Catalog#	Price
Bible Friends	#009205	\$0.95
Community Helper	#009215	\$0.95
Finger Play	#009217	\$0.95
Healthy Food	#009219	\$0.95
Healthy Me	#009220	\$0.95
Insects	#009222	\$0.95
Music	#009223	\$0.95
Special Helper	#009225	\$0.95
Stars	#009226	\$0.95
Trains & Trucks	#009227	\$0.95
Weather	#009229	\$0.95
Wooly Lamb	#009230	\$0.95
Zoo Animals	#009240	\$0.95
Little Lamb Stars (set of 13)	#009250	\$10.95

## Little Lamb Puzzle Patch

	#009125	\$2.95
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## Little Lamb Star Poster

	#001603	\$1.00
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## Little Lamb Record Chart

	#001604	\$0.95
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## Little Lamb Uniform

AWARD SASH	Catalog#	Price
Size		
Small (21 1/2")	#003711	\$4.50
Medium (24 1/2")	#003712	\$4.95

BLUE NECKERCHIEF	Catalog#	Price
Child Size	#009155	\$4.95
Adult Size	#009156	\$6.50

CLOTH SLIDE	Catalog#	Price
	#009105	\$1.95

PATCHES	Catalog#	Price
Uniform Patch	#009100	\$1.95
Adventurer World Patch	#002910	\$1.95

PIN	Catalog#	Price
	#000150	\$1.95

WALL BANNER	Catalog#	Price
	#001605	\$5.95

FIELD UNIFORM T-SHIRT	Catalog#	Price
Child Sizes		
XSmall (2/4)	#009299	\$6.95
Small (6/8)	#009300	\$6.95
Medium (10/12)	#009301	\$7.95
Large (14/16)	#009302	\$8.95

Adult Sizes	Catalog#	Price
Small (34/36)	#009303	\$9.95
Medium (38/40)	#009304	\$9.95
Large (42/44)	#009305	\$9.95
XLarge (46/48)	#009306	\$10.95
2XLarge (50/52)	#009307	\$12.95

WHITE STAFF SPORT SHIRT	Catalog#	Price
Size		
Small (34/36)	#001650	\$24.95
Medium (38/40)	#001651	\$24.95
Large (42/44)	#001652	\$24.95
XLarge (46/48)	#001653	\$24.95
2XLarge (50/52)	#001654	\$25.95

WOMEN'S LONG SLEEVE POPLIN SHIRT	Catalog#	Price
Size		
Small (34/36)	#001660	\$29.95
Medium (38/40)	#001661	\$29.95
Large (42/44)	#001662	\$29.95
XLarge (46/48)	#001663	\$29.95
2XLarge (50/52)	#001664	\$31.95

Order online at [www.adventsource.org](http://www.adventsource.org) or call for an Adventurer Club Catalog.

Shipping charges are calculated at the time of your order. Shipping charges are based on the size of your order and chosen method of shipping. Place your order at 1-800-328-0525 or online at [www.adventsource.org](http://www.adventsource.org).



## Contacts

### **Youth Ministries Department**

#### **North American Division of the Seventh-day Adventist Church**

12501 Old Columbia Pike

Silver Spring, MD 20904

Phone: (301) 680-6420

Fax: (301) 680-6464

E-mail: [info@adventistyouthministries.org](mailto:info@adventistyouthministries.org)

Web: [www.adventistyouthministries.org](http://www.adventistyouthministries.org)

*Local conference contact information can be  
obtained from your pastor or the Adventurer  
or Pathfinder club director.*

### **Adventist Book Center**

*(resources for children's ministries)*

800-765-6955

Web: [www.adventistbookcenter.com](http://www.adventistbookcenter.com)

### **AdventSource**

*(for additional Little Lamb resources and uniform supplies)*

5040 Prescott Avenue

Lincoln, NE 68506

Toll-free in Canada and United States: (800) 328-0525

Phone: (402) 486-8800

Fax: (402) 486-8819

Web: [www.adventsource.org](http://www.adventsource.org)

