



# Jesus calms the storm

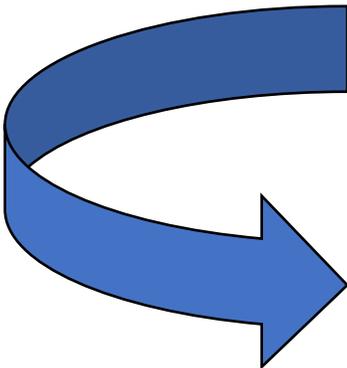
## Lower Elementary Lesson Plan



### ATTENTION GRABBER

*Materials needed: shaker instruments (optional)*

Have everyone in the family sit in a circle. Say that you are going to work together to make a “rainstorm”. Using your pointer fingers tap lightly on the rug making a “drip drop sound” start slow and then go faster! Then have everyone tap with their hands fast and slow. Pretend like your hands are rain beating against a house. If you want to add some clapping for thunder. If you have shaker instruments, then you can implement them as well.



ASK: HOW DO YOU FEEL DURING A BIG STORM?

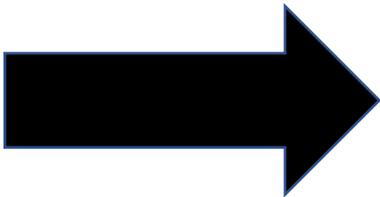
SAY: TODAY WE ARE GOING TO HEAR A TRUE STORY ABOUT JESUS WHO WAS IN A BIG STORM! LET'S FIND OUT WHAT JESUS DID IN THAT BIG STORM.



**Watch and Listen to the story**

**Materials needed: YouTube**

Bakerstown UMC - "Read Aloud:  
The Wind That Obeyed"



ASK: HOW CAN WE TRUST JESUS WHEN THINGS ARE SCARY?

**Two ways we can do this:**

1. ) PRAYER- WE CAN TALK TO GOD ABOUT WHAT MAKES US FEEL SCARED
2. ) PRAISE-WE CAN WORSHIP GOD AND TRUST THAT GOD IS WITH US- GOD IS ALWAYS GOOD!



# Worship

*Materials needed: YouTube*

**Play the song: We Trust: PSALM 20:7  
HAND MOTION video on YouTube and have  
your family sing along and follow the  
motions.**

## REINACT STORY THROUGH PLAY

Get creative! Using the materials you have at home: couch cushions, air mattress, laundry basket etc. make a boat.

Retell the story through play: have one person tell the story, one person act as Jesus one person be the disciples etc. Act out the Bible story in our living room!

**Say: the disciples were scared because of the great storm. Jesus was with them!**

**Jesus was able to calm the storm!**

**Jesus is with us too! We can trust in Jesus.**

## GAME

MATERIALS NEEDED: BED SHEET

Using a bed sheet have everyone grab an end and use it as a parachute- shake it to make waves, fast waves and slow waves and when someone says BE STILL then freeze.

Have your family take turns being the one to call out BE STILL!



**Prayer:**

**God help us when we are scared.**

**God help us when things feel stormy.**

**God be with us and bring peace.**

**We trust you!!**

**Amen**

## **Craft option #1:**

Materials needed: sidewalk chalk (white and blue) and black construction paper

Have children draw a storm on the black construction paper using the sidewalk chalk



## **Craft option # 2**

Materials needed: tinfoil, q-tips, white and blue paint

Have the children draw a storm on tinfoil using paint



## EXTENSION ACTIVITIES:



# STEAM-TORNADO IN A BOTTLE

Materials needed: a 2 liter bottle or mason jar, duct tape if using the bottle, vegetable oil, water and blue food dye (or whatever color you have)

Optional: glitter, tooth pick

Direction

Step 1: Have child pour water filling half of your jar or bottle

Step 2: place 3-4 drops food dye in the water

Step 3 (optional): place a few drops of glitter in your bottle

Step 4: fill the rest of your bottle with vegetable oil (use a funnel if you're doing a plastic bottle)

Step 5: if you're using a plastic bottle duct tape the top if you're using a mason jar screw on the lid

Step 6 (optional) add a toothpick to act as the boat

Step 7: shake up your jar and make a big storm



# FREEZE DANCE

Play a worship song of your choice (I like Seeds family worship or slugs and bugs for little kids Bethel kids or Power Up our VBS from last year)

→ have children dance around to the music, when you stop the music yell “BE STILL” and have them FREEZE.

