

Activity Day!

Outline & Printable Resources



This Month's Lesson:

A Foundation of Faith

Suggested Activity and Discussion for Kids

Depending on the size and makeup of your group, you may want to divide the children into age groups for the different activities.

Opening

- Prayer
- Pledge of Allegiance (*located in the General Resource pdf*) You can have one of the children hold a small flag or use a larger flag. This is a great opportunity to teach the children respect and proper care and folding of the flag.)
- Recite Preamble to the U.S. Constitution (*located in the General Resource pdf, doing this each day as a family will have your children memorizing it in no time at all.*)

Theme Story and Discussion: *George Washington His Legacy of Faith, Character, and Courage* By Demi

Activity: Faith is... the evidence of things not seen

Activity: America the Beautiful Song and Slideshow

Craft: Pillars of Liberty

Video, Discussion, and Coloring: The Monument to the Forefathers

Closing

- Read/Recite "The American's Creed" (*located in the General Resource pdf*)
- Prayer
- Announce the next month's theme and date/location for next Activity Day

Preparation and Materials Needed:

- Review the entire outline to consider how best to present the activities to each age group.
- Cut out the copies of the preamble and American's Creed to have on hand, or use copies from the previous Activity Day.
- Bring an American Flag for the Pledge of Allegiance.
- Borrow/purchase the book *George Washington His Legacy of Faith, Character, and Courage* By Demi (see note on this book in the suggested book list in **A Foundation Of Faith** pdf).
- Make sure a hardcopy or digital copy of the Bible is available to read Hebrews 11:1 – Faith is... the evidence of things not seen. Bring a fan, a teaspoon of salt and pepper (you can mix the two and bring in a container, or mix them during the activity), a spoon, a balloon, cloth (wool is best, but any cloth will do) for rubbing on the spoon and balloon to create static electricity, a snack food like cheerios, apple slices, animal crackers etc. You will also need access to an indoor water faucet (bathroom or kitchen sink works great).
- 1-2 weeks before Activity Day, ask the families who will be attending to learn the song **America the Beautiful**. You can use this YouTube video, or another to learn the song:
<https://www.youtube.com/watch?v=BHtBGJeuARQ>
Let them know that the group will sing the song together as part of this Activity Day. Also request that each family digitally send 1-5 pictures of their family/family members in beautiful places in America. Once you have received these pictures put them together in a slideshow to play while you sing the song together on Activity Day.
- Provide enough popsicle sticks on Activity Day for each child to use 7 for the Pillars of Liberty Craft. Also provide markers/crayons to label the three pillars and glue.
- Have an electronic device available to show the Carnali Crew YouTube video on the **Monument to the Forefathers**.

<https://www.youtube.com/watch?v=7FaV99H992M&t=311s>

Print coloring pages of the Monument to the Forefathers at matrixofliberty.com and provide crayons, markers, etc for the kids to use.

<https://img1.wsimg.com/blobby/go/e9a60406-0bb3-47de-8851-c5cbd357ba0b/downloads/MoLcoloringPages.pdf?ver=1628559569327>

Theme Story and Discussion: *George Washington His Legacy of Faith, Character, and Courage* By Demi

Discussion prompt questions:

- What were George Washington's ancestors like? Did his family believe in God? What happened in his first battle against the French? What happened in his next battle when he fought with General Braddock? What became Washington's position in the Continental Army? After the war, did he get to go home and live a quiet life? No? What happened? What message did he share in the address he gave when he was first elected president? What did he do at the end of his life that shows us he believed "all men are created equal"?

Activity: "Faith is... the evidence of things not seen." – Hebrews 11:1

This activity will provide some examples of real things that we can't see but we can tell they are real in other ways. Faith in God is like that too! We can't see God's love for us, or the strength that he blesses us with, but it is real and we can feel it strengthen our faith. Now we will experience some things together that are real and not seen:

- Blow a fan on each child individually or, depending on the size of the fan, have it blow across the whole group. Ask them what they feel. Explain that blowing air is a force we can feel, but we can't see. Like faith!
- Next, mix a teaspoon of salt and a teaspoon of pepper. Get a spoon and rub it against some cloth for 40 seconds. Hold the spoon over the salt and pepper, causing the pepper to stick to the spoon. Ask the kids what they see happening. Explain that we can't see the force that is causing the pepper to stick to the spoon, but it's real. We can tell because it's making pepper move when it usually wouldn't move. Our faith is evidence of things that we cannot see too.
- Blow up a balloon and rub it against a piece of cloth. Turn on a thin stream of water from the faucet and hold the balloon very near the stream, causing the water to bend toward the balloon. Ask the children what they see happening. Explain that they can't see the force moving the water, but they can tell there is a force there because they can see the water move. We can't see God's power, but we know it's real because we can feel it. Our faith is the proof of things not seen.
- Ask each child to close their eyes and hold out their hand. Give them a piece of food (could be a cheerio, apple slice, animal cracker etc.) and tell them to eat it. Explain that although they can't see the food with their eyes closed, they can feel it in their hand at first and then they can taste it once they've put it in their mouth. This proves to them that it's real. This is like when we follow the example of Christ and then feel our faith grow. The warm feelings of peace and hope we feel are proof from our loving Heavenly Father that the things we can not see are real.

Ask the kids if they learned anything through these exercises that they'd like to share.

Activity: America the Beautiful Song and Slideshow

Sing America the Beautiful together (you can play the YouTube video on page 2 while you sing if desired). Play the pre-prepared slideshow while you sing.

Craft: Pillars of Liberty

Popsicle stick craft showing the pillars of liberty.

Take one popsicle stick and lay it horizontally. Take three more and label them Faith, Virtue, and Patriotism. Glue these three popsicle sticks vertically to the horizontal popsicle stick. Glue a popsicle stick horizontally to the top of the three "pillars of liberty." Label the top popsicle stick Liberty. Glue two more popsicle sticks to the Liberty stick to form a triangle on top.

Video, Discussion, and Coloring: The Monument to the Forefathers

Watch the YouTube video (*see page 2 for the link*) by the Carnali Crew (episode 16 in their Across America series) describing the National Monument to the Forefathers located in Plymouth, Massachusetts (watch through 5:10), then use the free coloring pages at matrixofliberty.com (*see page 2 for the link*) and have fun coloring the figures found on the National Monument to the Forefathers. Take time after watching the video or while coloring to discuss the 5 figures, what they represent, and why they are important.