

“GREAT AND SMALL”

GUIDE TO THE MOST OKAYEST SUMMER EVER!

WEEK THREE: YOU BE YOU



VIDEO OF THE WEEK

Visit the FBCX Macon Kids YouTube channel to view this week's video, or [click here!](#)



SONG OF THE WEEK: YOU BE YOU

[Click Here
to Listen!](#)

There's nothing I'd rather do
Than sit around the house with you
And sing - sing-a-ling-a-ling
Ring-a-ling-a-ding-ding

There's nothing I'd rather say
Than would you like to spend the day
In a song? How can that go wrong?
You can even sing along!

"LA" CHORUS

There's no-one I'd rather be
Than a singer in a harmony with you
Would you like that too?
Do be do be do be do

There's nowhere I'd rather go
Than a place where we can do
Re mi fa so la
La dee da dee da dee da

You just have to go wherever that you
are gonna go
You don't have to do what
People say you should do
You just gotta help me be me and you
be you

You don't have to believe
You don't have to doubt
You don't have to go run around and
figure it all out
You don't have to what
People say that you should
You just gotta be who God made you
'cause God made you good

There's nothing I'd rather do
Than sit around the house with you and sing
There's nothing I'd rather say
Than would you like to spend the day in
the song



PRAYER EXPERIENCE: BODY PRAYER

Supplies: Just yourself!

Remember our Bible verse for this week-- "I will offer You my grateful heart, for I am Your *unique* creation, filled with wonder and awe," (Psalm 139:14a). The psalmist is offering a grateful heart, or thanking God-- that's a prayer!

We are going to offer the same kind of prayer this week, but not by simply talking. We are going to pray using our bodies! Find a comfortable place to sit or stand where you can still focus.

Take a deep breath in, and release it. Repeat this three times. Concentrate on what it feels like for the air to go in and out of your lungs. Remember that air gives us life!

Now wiggle your toes. Focus on what they feel like on the ground underneath. Think about all of the things you can do with your feet. What is your favorite thing to use your feet for? Think about these questions while continuing to take deep breaths in and out.

Now shake your knees. Think about all of the things you can do with your legs. What is your favorite thing to use your legs for? Think about these questions while continuing to take deep breaths in and out.

Now shake your torso (the middle part of your body). Think about what your tummy does, and how all of the organs inside you keep you going. What is your favorite organ? Why? Think about these questions while continuing to take deep breaths in and out.

Now wave your arms. Think about all of the things you can do with your arms. What is your favorite thing to use your arms for? Think about these questions while continuing to take deep breaths in and out.

Now wiggle your fingers. Reach around and touch something near you (that is not another person). What does it feel like? Think about all of the things you can do with your hands. What is your favorite thing to use

your hands for? Think about these questions while continuing to take deep breaths in and out.

Now gently roll your head back and forth. How many parts of your head can you name? Mouth, nose, eyes, ears, hair, and inside you have your brain! What do you like to taste? What do you like to smell? What do you like to see? What do you like to listen to? What do you like to think about? Think about these questions while continuing to take deep breaths in and out.

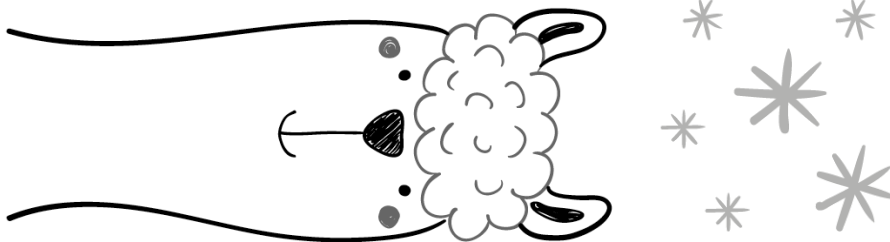
Now move your whole body around! Your body, mind, and heart all make up who you are. God made you unlike anybody else and loves you very much! You are good. Say, "Thank you God!"

Try screaming it: "THANK YOU GOD!"

Now try whispering it as softly as you can: "thank you, God!"

Now just silently with your heart: "Thank you God!"

Amen.



CREATIVE RESPONSE: PICTURE THIS

Supplies Needed: Access to one of the movies below

Optional Supplies: Your favorite movie snack!



Do you like watching movies? The fun characters and wild stories can draw us into a different world where anything is possible! Have you ever noticed that movies can teach you something about yourself or the world?



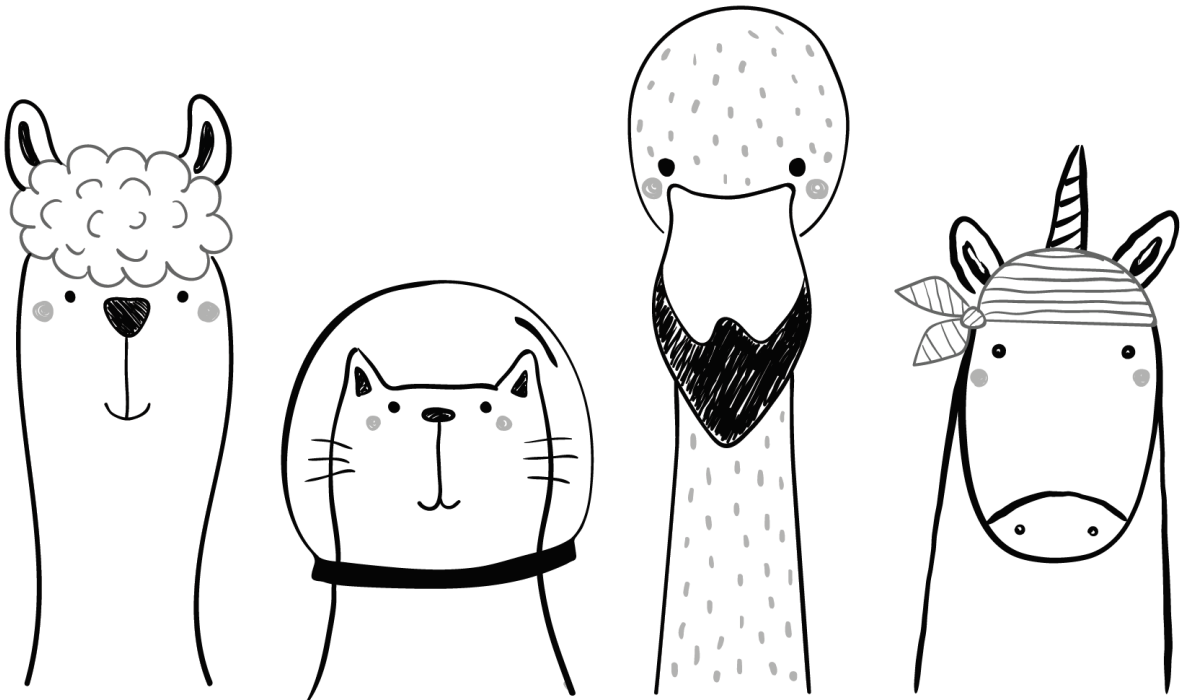
That's how you are going to watch a movie today. Start by picking one of the movies below (or watch one that you know connects well with You Be You).

- Animated Short
 - Purl (available on Disney+ or YouTube)
- Children's Movies
 - How to Train Your Dragon (available for streaming rental)
 - Brave (available on Disney+)
 - Mulan (available on Disney+)
 - A Bug's Life (available on Disney+)
 - Tarzan II (available on Disney+)



If you would like, break out some popcorn or your favorite movie snack. Make the room where you are watching cozy-- maybe lay out some pillows or build a blanket fort! While you watch, think about the following questions. You can also discuss them later with your family.

- Who is the main character? What are some of their character traits/how would you describe their personality?
- What do other people expect the main character to do? How do other people expect the main character to act?
- Does the main character meet those expectations? Is your answer the same in the beginning and end of the movie?
- What is it like when the main character acts how other characters want them to? What is it like when they are true to themselves?



CREATIVE RESPONSE: SELF-PORTRAIT CHALLENGE

WRITTEN BY AUDREY DICKISON

Supplies: Computer Paper, Pen, Crayons and/or Markers, Scissors, Glue, Mirror

Optional Supplies: Construction Paper, Magazines

To follow along with Ms. Audrey's video, [click here!](#)

Have you ever created a self-portrait? It is a great way to explore and learn about yourself! The self-portraits we are creating this week are not all about our outward appearances, they will also tell about how we feel on the inside, our interests, and how we are wonderfully and uniquely made by God.

First you will need one page of computer paper. Using the pen, crayons, or markers you have, fill this page with words, drawings, and colors that describe you. Be creative! Add clippings from magazines that describe you or things you like to do. Fill the page!

If you need help thinking of things to fill your page, here are a few questions to help:

- What is your favorite color?
- What is your favorite song?
- What would your act be in a talent show?
- What is your favorite season? Why?
- How do you show love?
- How are you feeling this week?
- What is your favorite subject to learn about?
- What is something you are proud of?
- When is a time that you have been brave?
- When is a time that you helped someone?
- If you could do anything this week, what would you do?
- If you could go anywhere this week, where would you go?
- What is your favorite thing about YOU?

Once your page is full, you might want to take a picture, because you are about to cut it up into pieces for your collage self-portrait!

Get out your scissors and start cutting different shapes - squares, rectangles, triangles, circles, or even funky and fun squiggly shapes.

Get a fresh piece of paper. Draw a big, perfectly imperfect oval, circle, or other shape to be your face. If you want to cut a face shape out of paper to glue down on the page, that also works! Start placing the cut-out shapes on the face for your eyes, your nose, your mouth, your hair... Use a mirror and pay attention to details. What do your eyebrows look like? Is your face happy? sad? mad? Do you wear glasses? Do you have freckles? Are you missing any teeth? If you need more shapes to use, cut more pieces from another piece of paper or magazine. Once the pieces are arranged how you want them, start gluing them down on the page. Let your artwork dry for about an hour.

Then, if you can, share your self-portrait with someone. Tell them what words and stories the pieces hold, tell them what ways God made you wonderful and special!



CHALLENGES OF THE WEEK

Before our Zoom call on Thursday at 10:00 am, we challenge you to:

- Learn this week's song: **You Be You**
- Wear the color of the week on our Zoom call: **GREEN**
- Memorize this week's scripture:
 - "I will offer You my grateful heart, for I am Your *unique* creation, filled with wonder and awe"
Psalm 139:14a (The Voice)

