

HHH1.2

**BIG PICTURE: HEAD**

**BIG IDEA: THINK ON THESE THINGS**

**BIG POINT:**

**HOW I CAN CHOOSE WHAT I THINK ABOUT**



### CONNECT TIME

If you could have any sort of cake what would you have? (e.g. Ice cream cake, chocolate cake)

### THE BIG QUESTION (To discuss in your KDG's)

1. Can we choose what to think about?
2. What can we do with negative (not good) thoughts?
3. How can we have peaceful minds?

### ACTIVITY SHEETS

Children complete the activity sheets in this time.

### THE BIG ACTIVITY

**Directions:** Help the children to decorate the label for their jar and choose some string or ribbon to tie around the neck of the jar. Children can then fill their jar with "good thought" slips, collecting one of each colour, folding it and placing it in their jar.

**Explanation:** I can choose what to think about. To be able to replace our negative thoughts with good thoughts from God's word we need to get to know God's word! Use this jar to practice taking good thoughts from God's word and carrying them with us to learn and think about. What we think about makes a big difference to our lives, so choose to think about good things and Godly things!

### BIG WORD

Don't live any longer the way this world lives. Let your way of thinking be completely changed. Then you will be able to test what God wants for you. And you will agree that what he wants is right. His plan is good and pleasing and perfect. Romans 12:2 (NIRV)

Give each child a Big Word page and help them to find the missing words and glue them on in the right places in the verse. Repeat the verse together a few times until everyone has it memorised.

**GAME** Balloon Race. Choose 4 players and mark out the playing area of two lines approx 5 meters apart. To win the players must get their balloon to the other end and back again the fastest by keeping their hands behind their back and blowing the balloon along the ground.

### PRAYER

Dear God, Help us to choose the right things to think about. Thank you that you give us good things to think about and so much to be thankful for. We give our worries to you and know that you will give our minds peace.

In Jesus name, Amen

# BIG ACTIVITY

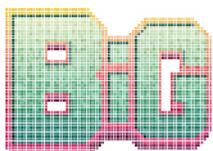
**Purpose:** To give children a tool that helps them to replace negative thoughts with good thoughts from God’s word.

## Supplies Needed:

Jar with lid or a small box for each child, scissors, string or ribbon, slips of coloured paper, labels and list of bible verses to choose from printed from print material files or for younger children pre-print the verses onto different coloured paper and cut the squares.

## Directions:

Children can decorate the label for their jar and choose some string or ribbon to tie around the neck of the jar. Children can then fill their jar with “good thought” slips, choosing verses and writing them out onto coloured paper, folding them and placing them in the jar. For younger children, use the pre-printed verses.



**I CAN CHOOSE  
WHAT I THINK ABOUT**

\_\_\_\_\_ 's  
good thoughts jar

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## VERSES TO CHOOSE FROM, OR WRITE DOWN YOUR FAVOURITES ☺

Isaiah 41:10(NIV) "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

John 16:33(NIV) "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Psalms 16:8 (NIV) "I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."

Jeremiah 29:11 (NIV) "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Romans 8:28 (NIV) "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

John 3:16 (NIV) "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

1 Peter 5:7 (NIRV) "Turn all your worries over to him. He cares about you."

Proverbs 17:22 (NIV) "A cheerful heart is good medicine"



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# BIG

CURRICULUM  
HEAD HEART HANDS

YOUR NAME \_\_\_\_\_

## BIG IDEA THINK ON THESE THINGS

**BIG WORD** Don't live any longer the way this world lives. Let your way of thinking be completely changed. Then you will be able to test what God wants for you. And you will agree that what he wants is right. His plan is good and pleasing and perfect. Romans 12:2 (NIRV)

I can choose what I think about. Circle the things you want to think about and cross out the things you don't want to think about.

GOD'S  
LOVE  
FOR ME

THINGS THAT  
MAKE ME  
  
SMILE

JESUS 

ADVENTURE!  
BEING ANGRY!!

Sadness 

my  
FRIENDS 

WORRY

 CUTE PUPPIES  
+ KITTENS

 My  
Family

GOD'S BEAUTIFUL  
CREATION 

Philippians 4:8 Shows us what we should think about.  
Colour each word in a different colour.

Finally, brothers and sisters, whatever is **TRUE**, whatever is **NOBLE**,  
whatever is **RIGHT**, whatever is **PURE**, whatever is **LOVELY**,  
whatever is **ADMIRABLE** —if anything is **EXCELLENT**,  
or **PRAISEWORTHY** —  
**THINK ABOUT SUCH THINGS.**

BIG POINT  
TODAY I LEARNT THAT...

I CAN CHOOSE WHAT I THINK ABOUT

PARENTS!

Use these questions to kick start discussion with your children!

1. Can we choose what we think about?
2. What sort of things do you like to think about?
3. What can we do if we find ourselves thinking about something we don't want to?