



## THEME: **Fear**

**ABOUT THIS CLASS:** The theme for this Frolic Family Faith Class is **Fear**. You will read the Frolic storybook titled *Rufus and the Scary Storm*.

# Prep Time

### **Fear in the Bible**

The Bible tells us story after story of people who faced frightening experiences. Daniel risked his life by praying to God instead of the king. Queen Esther risked her life by going to the king (without being summoned) to save the lives of her people. Young David took on nine-foot-tall Goliath with just five stones as weapons. The angel Gabriel visited Mary and Joseph and told them, "Do not fear," even as he told them about Jesus' impending birth. Later, Jesus helped his disciple Peter have courage to walk on water. Each story reminds us that things that might seem impossible are not impossible because God is with us and for us.

### **A Parent's View of the Theme**

Being entrusted with a tiny, helpless human is one of the greatest—and scariest—responsibilities bestowed on parents. After all, babies don't come with an instruction manual! There is also fear when unknowns enter the picture, such as a child born pre-term or with a worrisome physical condition. These fears are reasonable, yet manageable. There is a wealth of support available, such as family members, friends, healthcare providers, books, magazines, and websites, to guide us as we raise children. It's no easy task, and it is sometimes downright scary. However, God is present at every step of the wonderful journey called parenting.

### **A Child's View of the Theme**

As little ones explore the amazing world that God has created, some of that exploration will result in fearful situations. Fear is one of the first emotions young children feel. Leaving Mommy or Daddy, sleeping in a dark room, or hearing the bark of a big dog can be terrifying. The fear of unfamiliar situations and people is developmentally typical, starting in the first year when infants begin to show stranger anxiety. The good news is that our precious ones are never alone. God is always with them, even when they feel alone and afraid.



### **Bible Verse**

**"When I am afraid I will trust in you."**

—Psalm 56:3



### **Today's Ritual**

**No matter what I see,** (*Hold right hand above both eyes.*)

**No matter what I hear,** (*Hold hand up to ear.*)

**I will not fear** (*Shake head "no."*)

**because my God is near.** (*Point up.*)  
(*Hug yourself.*)





Make copies of the Coloring Page and place on a low table with crayons and blank paper.

### For Leaders

Fear Coloring Page on page 118, crayons, and blank paper

### Supplies

This center supports coloring skills. For toddlers.

# Let's Color Together

THEME: **Fear**



THEME: **Fear**

# Let's Color Together

## Caregivers, while you do this ...

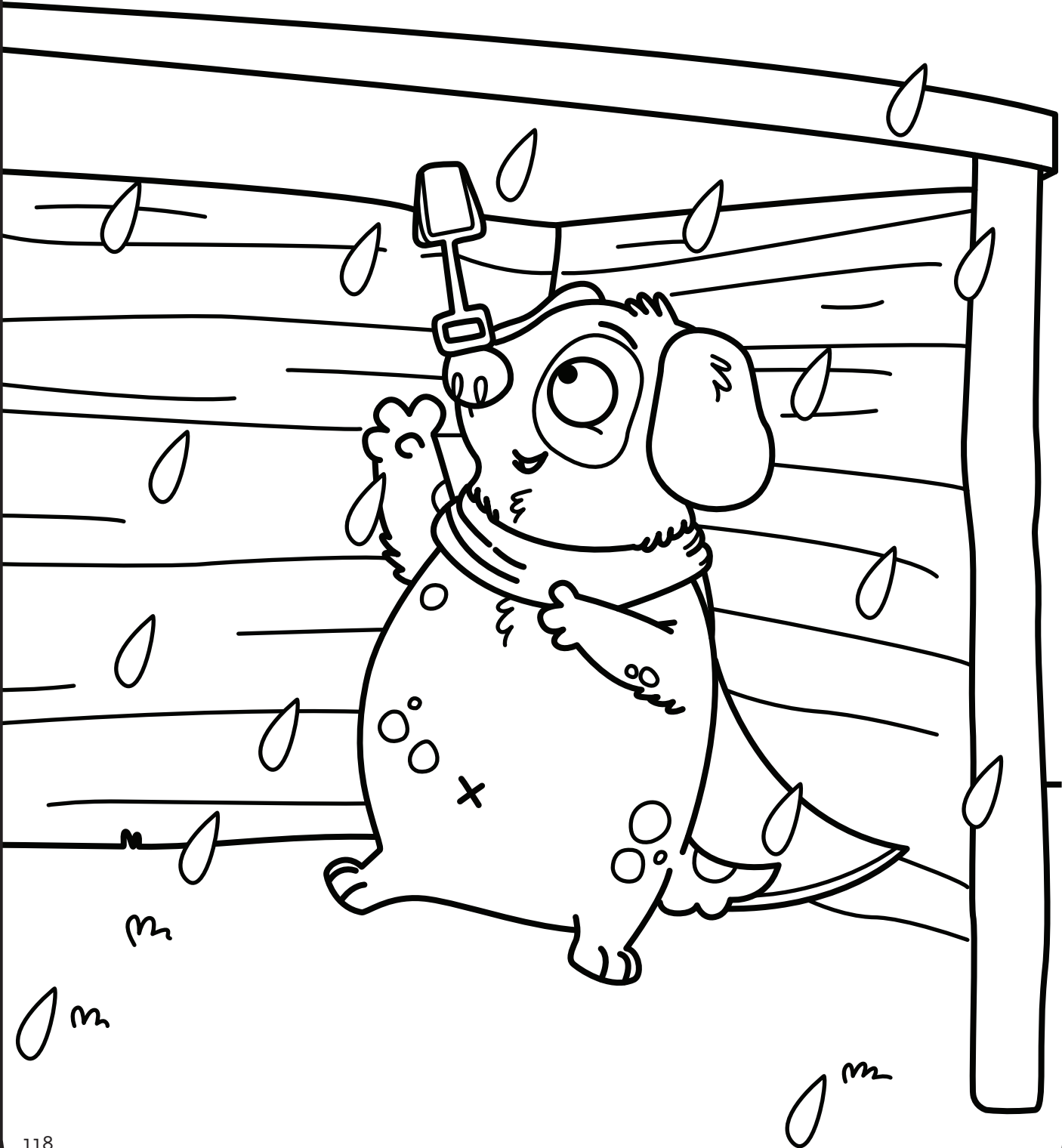
Encourage your child to color the images from the book. Delight in their colorful creations!

## Your child is learning this!

- When I color, I develop my fine motor skills.
- Using crayons helps me learn the names of colors.
- **When I color pictures from this story, I remember that God is with me when I'm afraid.**



Rufus felt like the bravest puppy in the world again!





Set capes out in an easy-to-access spot.

**For Leaders**

Child-size capes

**Supplies**

This center supports **imaginative play**. For toddlers.

## Super Kids

THEME: **Fear**

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH™

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH™

THEME: **Fear**

## Super Kids

### Caregivers, while you do this . . .

Help your child select a cape to wear. Assist them as needed with putting on the cape. Talk with your child about how brave they are. Role-play different scenarios, such as jumping high, flying like a plane, tiptoeing across the room, and posing like a superhero.

### Your child is learning this!

- When we talk about bravery, I learn I can be brave.
- When I role-play, I use my creativity in new ways.
- **When we talk about God always being with me, I am reminded that I'm not alone.**





Set out the mirrors on a low table or the floor.

### For Leaders

Nonbreakable, handheld mirrors

### Supplies

This center supports **emotional expressiveness**. For infants and toddlers.

## Mirror, Mirror

THEME: **Fear**

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH

THEME: **Fear**

## Mirror, Mirror

### Caregivers, while you do this . . .

Hold the mirrors so that your child can see his or her reflection. Invite them to experiment with making scared faces. Then have them make a brave face. Say, "There's [name of child]. You're so brave!"

### Your child is learning this!

- When you sit with me, I feel safe and loved.
- When I make faces in the mirror, I am learning how to express myself.
- **When you say that I'm brave, I learn that God helps me to be brave.**





Place a few soft blankets on the floor.

**For Leaders**

Baby blankets

**Supplies**

This center supports **secure attachment**. For infants.

## Here I Am!

THEME: **Fear**

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH

THEME: **Fear**

## Here I Am!

### Caregivers, while you do this ...

Use one of the blankets to partially cover your face. Then remove the blanket and say, "Here I am!" Repeat, this time covering your entire face. Allow your baby to remove the blanket as developmentally able.

### Your child is learning this!

- When you play peek-a-boo with me, I feel secure, knowing that you're still there.
- When I remove the blanket, I am learning to explore.
- **Even though I can't see God, I know that God is with me.**





Set out an assortment of puppets.

**For Leaders**

Hand puppets

**Supplies**

This center supports **empathy**. For toddlers.

## Puppet Comfort

THEME: **Fear**

frolic  
FAMILY  
LITTLE STEPS.  
BIG FAITH.

frolic  
FAMILY  
LITTLE STEPS.  
BIG FAITH.

THEME: **Fear**

## Puppet Comfort

### Caregivers, while you do this . . .

Choose a puppet to role-play different scenarios toddlers might be afraid of (for example, dark, rain, barking dog, being separated from parents). Talk with your child about how they can comfort the puppet and how, when they are afraid, God comforts them.

### Your child is learning this!

- I learn empathy when I help comfort the puppet.
- When I role-play, I learn that others have feelings too.
- **When someone is afraid, I am reminded that God can comfort them, and me too.**





Set out the supplies on a low table.

### For Leaders

White paper, child-safe scissors, and washable markers

### Supplies

This center supports **fine motor skills**. For toddlers.

## I Can Talk to God

THEME: **Fear**

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH™

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH™

THEME: **Fear**

## I Can Talk to God

### Caregivers, while you do this . . .

Talk with your child about how they can pray to God when they're scared. Use a marker to trace their hands on the white paper, and give children time to color the hands. Cut them out, then write, "I can talk to God when I'm scared."

### Your child is learning this!

- When I use scissors, I am developing my fine motor skills.
- I learn that talking to God is praying!
- **When I talk to God, I am reminded that God is there and always hears me.**







Set out an assortment of musical instruments. Play "God Is So Good," track 13 on the Frolic Faith Music CD.

### For Leaders

CD player, Frolic Faith Music CD, musical instruments

### Supplies

This center supports **listening** and **physical development**. For toddlers.

## Victory Parade

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH

THEME: **Fear**

frolic  
FAMILY  
LITTLE STEPS  
BIG FAITH

THEME: **Fear**

## Victory Parade

### Caregivers, while you do this . . .

Explain that today we will celebrate bravery with a fun parade! Allow the children to choose an instrument and play it as they parade around the room.

### Your child is learning this!

- As I listen to music, I learn that celebrating is fun!
- While marching, I am using my listening skills and strengthening my muscles.
- **When I am brave, I celebrate God being with me.**

