



THEME: **Getting Hurt**

ABOUT THIS CLASS: The theme for this Frolic Family Faith Class is **Getting Hurt**. You will read the Frolic storybook titled *Ava and the Big Ouch*.

Prep Time

Getting Hurt in the Bible

Illness, injury, and God's healing power are present throughout the Old and New Testaments. In Luke, ten men who are suffering from leprosy ask Jesus to heal them, and they are healed. In Mark, Jesus heals a man who is paralyzed after his friends carry him many miles to where Jesus is teaching. On the day of Jesus' crucifixion, he is tortured and nailed to a cross, then three days later he is resurrected! In moments of physical and emotional pain in the Bible, God is always present—comforting, healing, and loving those who are hurting.

A Parent's View of the Theme

We all get hurt at one point or another. Some are big injuries and some are small. Parents may remember times when they were little and got hurt. Some may have positive memories of those who helped them when they were hurt. Some may remember their fear of trying that activity again. Children need encouragement to try an activity again, even if they have gotten hurt doing it. Turning our thoughts toward God is a great way to show our children that even as adults, we need to ask for help.

A Child's View of the Theme

As children grow they are figuring out how to use their bodies, which means they might get hurt. Infants might tip over when they are learning to sit up; toddlers might fall when they are learning to walk. Getting hurt, whether it's a big injury or a small one, can be traumatizing for a child. Validating the child's fears and pains can help them know that things will be okay. Talking about how God is with us and that we can ask for help tells children they are not alone.



Bible Verse

"He heals the broken-hearted and binds up their wounds."

—Psalm 147:3



Today's Ritual

Model these words and actions for families, and have them repeat after you.

If I get hurt, (*Have everyone hold their knee like it is hurt.*)

I can ask God (*Point up to the sky.*)

to help me be brave. (*Stand strong and tall.*)



Ava climbed up the trunk very carefully.



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 I can ask God to be with me when I get hurt.**



River Splashing

Caregivers, while you do this . . .

Together, set up the rocks so the figurines can walk across the "river." Invite your child to rearrange the stones. While exploring, pretend that one of the figurines gets hurt. When this happens, comfort the figurine with hugs, kisses, and a prayer.

Your child is learning this!

- Moving small items strengthens my hands and develops my fine motor skills.
- When I pretend to walk across the stones with the figurines, I am using my imagination.
- **When I learn to problem-solve, I remember that God helps me find my way.**



Big Ouch

Caregivers, while you do this . . .

Pretend the stuffed animal has a "big ouch," and invite your child to help it feel better. Put bandages on the animal. Give it a hug. Say a prayer with it. Parents with infants can give their child a stuffed animal to interact with.

Your child is learning this!

- When I take care of the stuffed animal, I am learning how to care for others.
- I am learning empathy when I help the stuffed animal feel better.
- **When someone is hurt, I can offer to help, just like God helps me.**



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Who Got Hurt?

Caregivers, while you do this . . .

Talk about how praying to God helped Ava feel better after she got hurt. Take turns pretending to get hurt and comforting each other. Each time, touch the body part that got hurt, and say, "If you hurt your [insert body part], God is with you. Thank you, God, for being with me when I'm hurt."

Your child is learning this!

- When I offer to comfort someone when they're hurt, I am learning about empathy.
- I can use my imagination to pretend to get hurt and to help others.
- **When I am hurt, I know that God has brought people into my life to help take care of me.**

