



## THEME: Asking for Help

**ABOUT THIS CLASS:** The theme for this Frolic Family Faith Class is **Asking for Help**. You will read the Frolic storybook titled *Rufus Loses His Cape*.

# Prep Time

### Asking for Help in the Bible

Our faith ancestors turned to God to ask for help. When they were lost, lonely, grieving, or confused, they asked God to help and guide them. When Hannah wanted a child, she prayed to God for help. When the Israelites were afraid or suffering, they cried out to God to help them. In the New Testament, crowds of people flocked to Jesus to ask for help and healing. Against social norms, Jesus helped the poor, women, outcasts, people with diseases, children, and those possessed with demons. The biblical story was and continues to be one of God helping God's people.

### A Parent's View of the Theme

Parenting is a rewarding but challenging experience. Being responsible for another life is hard work! Many parents feel like if they can't do it alone and need to ask for help, they've failed. This can lead to feelings of isolation, stress, and frustration. Many parents don't realize that it's okay and important to ask for help—from spouses, relatives, friends, and church communities, but also from God. God graces us with community and constant love so that we can always turn to God—and to the people God has placed in our lives—to support us through this part of our journey.

### A Child's View of the Theme

Every child is unique. Some children seem to demonstrate their need for independence right from birth. Other children are always asking for help, even for something they can do themselves. All children need loving help and guidance throughout their lives, especially in these early years. Recognizing their need for help and honoring their budding independence can be a delicate balance. Some days will go well, while other days will be a struggle. But every day is an opportunity to model for children how they can always turn to God for help.



### Bible Verse

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

—Matthew 7:7–8



### Today's Ritual

Tie a scarf on your child like Rufus's cape and say these words together.

**God helps us when we're little.** (*Crouch or hold child low.*)

**God helps us when we're big.** (*Hold child up high.*)

**We can ALWAYS ask God for help!** (*Spin with child.*)





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

### For Leaders

Asking for Help Coloring Page on page 40, crayons, and blank paper

### Supplies

This center supports coloring skills. For toddlers.

## Let's Color Together

THEME: Asking for Help



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## Let's Color Together

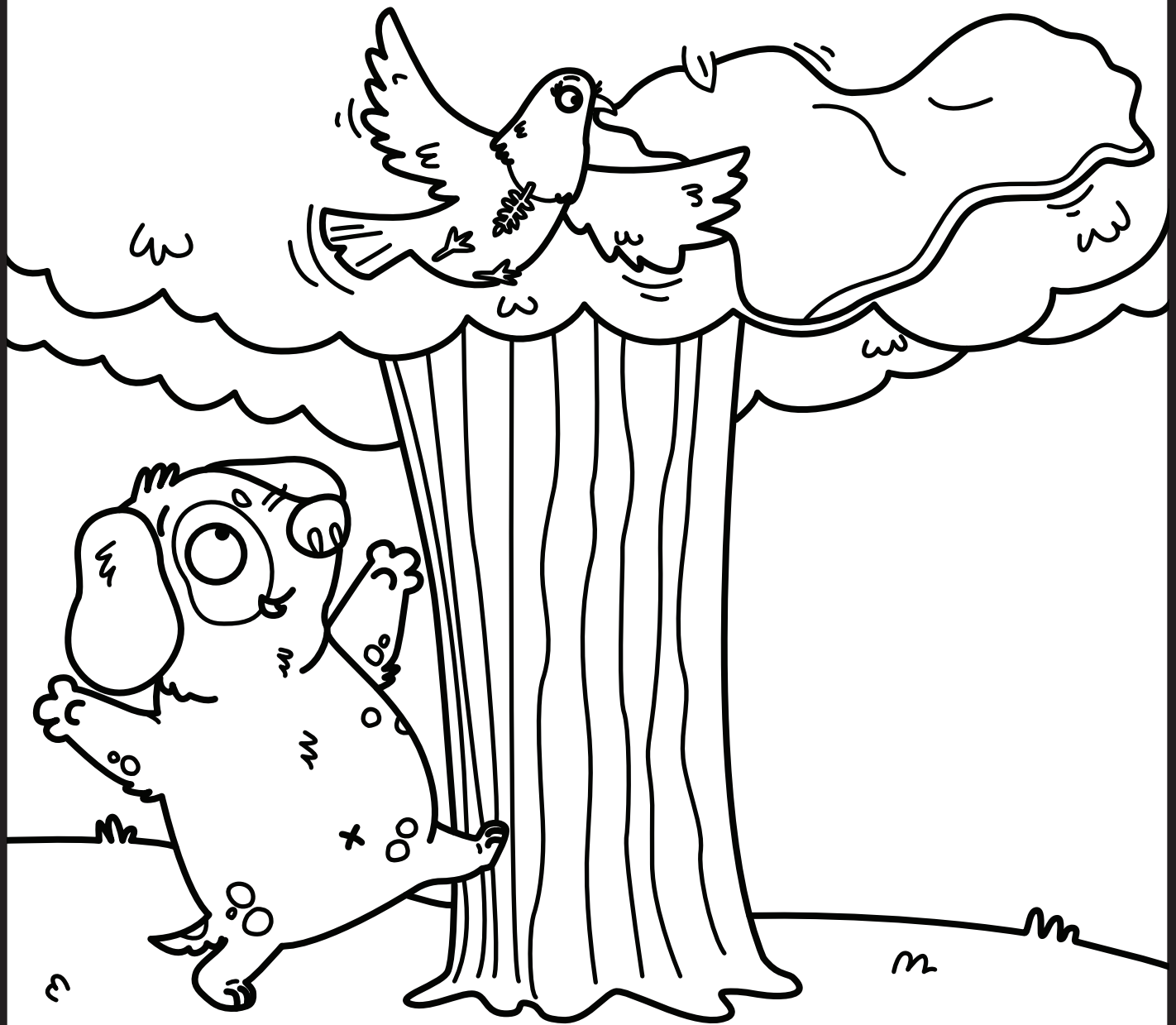
### Caregivers, while you do this ...

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 for help.**





There was his cape, fluttering in the wind! It must have blown away when he tried to take a nap!



Set out toys, but remove one piece, such as a ring or puzzle piece, so the child cannot see where it is but the parent can find it.

### For Leaders

Toys that have multiple parts such as stacking rings or puzzles

### Supplies

This center supports language development and problem-solving skills. For toddlers.

## Help, Please!

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## Help, Please!

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

Help your child put together or play with the toy. When they notice that a piece is missing, say, "Oh no! Something is missing. Who can you ask for help?" Encourage your child to ask you for help, and praise them when they do. Retrieve the missing piece of the toy and finish putting it together.

### Your child is learning this!

- When I play with puzzles and stacking rings, I am learning hand-eye coordination.
- When I notice something's missing, I am practicing visual search.
- **When I ask for help, I am practicing language skills.**





Place the heavy books inside the basket. Make two circles with painter's tape or place two hula hoops on the floor about 6 feet apart. Place the basket in one circle.

**For Leaders**

Basket with handles, heavy books, and painter's tape or hula hoops

**Supplies**

This center supports large motor skills, language skills, and cooperation. For toddlers.

# Heavy Lifting

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# Heavy Lifting

**Caregivers, while you do this . . .**

Tell your child that you need to move the basket from one circle to the other circle. Pretend that it is too heavy for you and ask them to help you. When you have worked together to move the basket, celebrate and thank your child for helping you.

**Your child is learning this!**

- When I carry a basket with my caregiver, I am practicing working together to reach a goal.
- When I help carry the basket, I learn that big books are heavier than small books.
- **When my caregiver asks me for help, I learn language skills.**





Hide the teddy bear somewhere in the room at child height and at least partly visible. For larger groups, hide multiple bears.

### For Leaders

One or more teddy bears

### Supplies

This center supports vocabulary development and visual search. For toddlers.

## Search and Find

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## Search and Find

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

Tell your child that there's a teddy bear missing somewhere in the room. Then ask them to help you search for it, using words like *under*, *over*, and *behind*. When you find it, ask your child to help you hide it for the next people.

### Your child is learning this!

- When you describe where you are looking for the teddy bear, I learn new words.
- When I search for the teddy bear, I learn to use my eyes to find something.
- **When we work together, I learn that I can trust you to help me.**

