God Made My Body

**Lesson Scripture Focus**

**Lesson 5**
God Made My Arms  
Genesis 1:27; Psalm 139:13-16  
♥ God made my arms.

**Lesson 6**
God Made My Hands  
Genesis 1:27; Psalm 139:13-16  
♥ God made my hands.

**Lesson 7**
God Made My Legs  
Genesis 1:27; Psalm 139:13-16  
♥ God made my legs.

**Lesson 8**
God Made My Feet  
Genesis 1:27; Psalm 139:13-16  
♥ God made my feet.

**Lesson 9**
God Made All of Me  
Genesis 1:27; Psalm 139:13-16  
♥ God made all of me.

**Bible Words**

“God made me” (based on Genesis 1:27).

**Possible Responses by Children During Unit 2**

Children will

- know God made their bodies.
- smile and/or clap hands; be happy to hear that God made their bodies.
- sing or listen to songs about God making them.
- become familiar with the words God and God made me.
- point to their arms, hands, legs, and feet.
- thank and praise God for making their arms, hands, legs, and feet.
- say “God made me.”

**Bible Background for the Teacher**

God created the earth and filled it with trees, flowers, birds, fish, and animals. But God wasn’t finished creating until He made a man and a woman. God planned that only people would be made in His image. And only men and women were made to have a relationship with God.

God planned for men and women to have arms and hands, legs and feet. God’s plan meant that people would have the abilities to praise Him. His plan also meant that people would have the abilities to serve others. In Psalm 139:14, David praises God and says, “I praise you because I am fearfully and wonderfully made.” We should praise Him too. Lead the little ones you teach to praise God for making their arms, hands, legs, and feet.

**HeartShaper Materials for Unit 2**

**Toddlers & 2s Teacher’s Convenience Kit CD**

- “Oh, I Love to Pat the Bible,” track 1
- “God Made Me,” unit 2 track 3
- “Can You Sing?” track 4
- Active music, tracks 7 and 8
- Quiet music, tracks 9 and 10
- “God Made My Body” activity, unit 2 track 12
- Family Together Time take-homes, issues 5-9
- Reproducible coloring pages and figures

**Visuals**

- sheet 1 unit 2 poster, sheet 3 peekaboo photos, sheet 4 unit 2 song, poster and leaves, God Made My Body board book

**Teddy the bear puppet**

Download a FREE newsletter each quarter written to help you adapt lesson activities to meet the needs of kids with special needs. Available at www.heartshaper.com.

Stickers and Storybooks

For stickers and storybooks that can be used with this unit’s activities, go to www.heartshaper.com. Easy to order; fun to use.
Bible Time
Story for Unit 2

Focus

God made me.

Bible Words

“God made me” (based on Genesis 1:27).

God Made My Body (longer version)

Based on Genesis 1:27 and Psalm 139:13-16

The Bible Time story, “God Made My Body,” can be told in two ways: (1) Use the shorter stories printed within the weekly lessons, or (2) Tell the story in its entirety each week. The entire story is printed below.

Bible Time can be done in a variety of ways. You can do Bible Time
• with individual children.
• with a few children at a time on carpet squares.
• with children on chairs at a table.
• with children in built-in seats in a table or clip-on chairs.
• in your own creative way.

Encourage verbal children to sing the songs with you. Ask other teachers and helpers to sing too! The songs “Oh, I Love to Pat the Bible” and “God Made Me” (unit 2) are recorded on the CD.

Materials
Teddy the bear puppet, hand mirror, Bible, squirt bottle filled with water, piece of soft fabric, doll baby, CD tracks 1 and 3, CD player

Sing this song several times as each child pets or hugs Teddy the bear puppet:
(tune: “The Farmer in the Dell”)
I like to go to church. I like to go to church.
With all the other boys and girls, I like to go to church.

At the end of the song, clap and ask everyone to clap. SAY: We’re glad to be at church! We’re glad you’re at church today. Hold the mirror in front of each child. SAY: We’re so glad ___ is at church today. And we’re so glad ___ is at church today. Do for each child, using each child’s name.

Show your Bible. ASK: What is this? Encourage verbal children to say “Bible.” We love our Bible. Let’s pat our Bible. Hold the Bible in front of each child. Let each child pat the Bible while singing “Oh, I Love to Pat the Bible” (Track 1) several times:
(tune: “Did You Ever See a Lassie?”)
Oh, I love to pat the Bible,
The Bible, the Bible.
Oh, I love to pat the Bible,
For it is God’s Word.

SAY: Our Bible tells us that God made you (point to children) and me (point to self). Sing “God Made Me” (track 3) and encourage children to point to their arms, hands, legs, and feet:
(tune: “This Old Man”)
God made me. God made me.
Thank You, God, for making me.
With my arms and hands
And legs and feet.
Thank You, God, for making me.

SAY: God made our arms. Ask children to touch their arms. Rub a soft piece of fabric on each child’s arms while singing this song:
(tune: “The Farmer in the Dell”)
God made my little arms.
God made my little arms.
Thank You, God, for my arms.
God made my little arms.

SAY: God made our arms. Our arms can hold a doll baby. Let each child hold and hug the doll baby while singing:
(tune: “The Farmer in the Dell”)
My arms can hold the doll.
My arms can hold the doll.
Thank You, God, for my arms.
My arms can hold the doll.
SAY: **God made our hands.** Ask children to touch their hands. Touch a child’s hand. SAY: **God made your hands, ___**. (Use each child’s name.)

Let’s clap our hands. Clap hands while singing this song: (tune: “The Farmer in the Dell”)

- **God made my hands to clap.**
- **God made my hands to clap.**
- Thank You, God, for my hands.
- **God made my hands to clap.**

SAY: **God made our hands to feel.** Use the squirt bottle to squirt your hands with a little water. **What am I spraying on my hands?** Encourage verbal children to respond. **Water!**

*Cool water.* Let’s all feel some water on our hands. Squirt each child’s hands with water while singing: (tune: “The Farmer in the Dell”)

- **God made my hands to feel.**
- **God made my hands to feel.**
- Thank You, God, for my hands.
- **God made my hands to feel.**

SAY: **God made our legs.** Ask children to touch their legs. Touch each child’s legs. **God made your legs, ___**. (Use each child’s name.) Ask children to kick their legs while singing this song: (tune: “The Farmer in the Dell”)

- **God made my legs to kick.**
- **God made my legs to kick.**
- Thank You, God, for my legs.
- **God made my legs to kick.**

SAY: **God made our legs to walk.** Show the doll baby. **The doll baby has legs. She can walk like we do.** Walk the doll in front of each child while singing (or have children walk in place):

(tune: “The Farmer in the Dell”)

- **God made my legs to walk.**
- **God made my legs to walk.**
- Thank You, God, for my legs.
- **God made my legs to walk.**

SAY: **God made our feet.** Ask children to touch the toes on their feet. SAY: **Now, wiggle your toes.** Help children wiggle their toes while singing:

(tune: “The Farmer in the Dell”)

- **God made my feet and toes.**
- **God made my feet and toes.**
- Thank You, God, for my feet and toes.
- **God made my feet and toes.**

Sing “God Made Me” (track 3) and have children point to their arms, hands, legs, and feet:

(tune: “This Old Man”)

- **God made me. God made me.**
- **Thank You, God, for making me.**
- **With my arms and hands and legs and feet.**
- **Thank You, God, for making me.**

SAY: **The Bible says God made me.** Encourage all children to point to themselves and verbal children to say the Bible Words with you.

Hold the mirror in front of a child. SAY: **God made you, ___ .** **God made your body.** Do this with each child, using each child’s name.

Fold your hands and encourage children to fold their hands. PRAY: **Thank You, God, for making each one of us. In Jesus’ name, amen.** Encourage verbal children to say the prayer with you. They may say “thank You” or “God” or most of the prayer.

Have Teddy say good-bye as each child pets or hugs the puppet.
Activities for Babies 12 Months and Younger

If there are no babies in your class, copy and give this to a teacher who will use these activities with babies.

Scripture: Genesis 1:27; Psalm 139:13-16

Focus: ♥ God made my body.

Bible Words: “God made me” (based on Genesis 1:27).

Possible Responses by Babies: Babies will hear that God made them, smile, and be happy to hear about God making them.

Use these activities with individual babies to help them explore the theme, ♥ God made my body. Some of these activities can also be found on the Unit 2 poster in the Toddlers & 2s Teacher’s Convenience Kit.

Hello God Time  Pat the Bible
Help each baby pat the Bible as you say in rhythm:

- Arms and legs, hands and feet;
- The body God made for you is so neat!

SAY: God made you, ___. (Use each child’s name.) God made your arms, hands, legs, and feet. Point to these parts on the baby as you name them.

Floor Time  Reach for the Toy
Place a baby on the floor and place a favorite toy just out of reach. Encourage the baby to reach for the toy. While the baby is reaching for a toy, SAY:

- Reach and hold. Reach and hold.
- God made two arms and hands for you
- To reach and hold!

Hug and Hold Time  God Made You
Hold a baby in your lap. Point to her arms, hands, legs, and feet while singing this song to the tune “Are You Sleeping?”:

- Hands and feet, hands and feet,
- Arms and legs, arms and legs.
- God made ___, (use the child’s name)
- God made ___. God made you. God made you.

Hug and Hold Time  Thank You, God
Hold a hand mirror up to a baby or hold the baby in front of a mirror. Point at the baby in the mirror. ASK: Who is that? That’s ___. (Use the child’s name.) PRAY: Thank You, God, for ___. (Use the child’s name.)

- Where are your feet? Can you kick your feet? Help the baby kick his feet. PRAY: Thank You, God, for ___’s feet. (Use the child’s name.) ASK:
- Where are your hands? Can you wave your hands? Help the baby wave his hands. PRAY: Thank You, God, for ___’s hands. (Use the child’s name.)
**God Made My Hands**

**Scripture:** Genesis 1:27; Psalm 139:13-16  
**Focus:** God made my hands.  
**Bible Words:** “God made me” (based on Genesis 1:27).

**Heart to Heart Teacher Devotion**

Think of what your hands help you do throughout a day. They may help feed you, cook meals, do laundry, operate a computer, drive a car, care for a baby, make a bed, write a letter, make a phone call, and lots more. The list seems endless, doesn’t it?

The next time you eat, thank God for the hands He made so that you could cook and then eat the food you’ve prepared. The next time you drive a car, thank God for the hands He made so that you could drive to work or church or a friend’s home. Take a day and try to thank God for everything your hands can do. The list will be endless. Fold your hands in thanks.

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### Lesson 6 at a Glance

#### Activity Time

**1st Hour**

**Unit 2 Activities**
- poster, books and puzzles, song

**Materials**
- sheet 1 unit 2 poster, sheet 4 unit 2 song poster, God Made My Body board book, CD, books and puzzles, CD player
- large box, large crayons, sheet of plastic or shower curtain
- sheet 3 peekaboo photos, glue, poster board

**Extra Hour**

**Unit 2 Activity**
- “Can You Sing?”
- “This Is the Way”

**Materials**
- CD, CD player
- CD (Family Together Time issue 6)

#### BIBLE TIME

Help children know that God made their bodies, especially their hands.

Bible Time can be done several ways and whenever best fits your schedule. If you do the longer story on pp. 36 and 37, you will need more items.

**Materials**
- Teddy the bear puppet, hand mirror, Bible, squirt bottle filled with water, CD, CD player

Bible Time can be done several ways. If you do one of the other story options, you will need different items.

**Materials**
- Teddy the bear puppet, Bible, mirror, CD, CD player, God Made My Body board book

#### DISCOVERY TIME

**Fun with Blocks**
- blocks

**Fun with Dough**
- modeling dough, child-size rolling pins, cookie cutters

**Tracing Hands**
- light-colored construction paper, dark crayon, large crayons, address labels

**Saying Good-bye or Transition to Extra Hour**
- bubble solution, beads, string, puzzles, CD (Family Together Time issue 6)

**Puppet Fun**
- “Thank You, God”

**Taking Care of Babies**
- doll babies and accessories

**Feeding Myself**
- plastic or foam bowls, applesauce or vanilla pudding, plastic spoons, dry cereal, napkins

**Texture Collage**
- clear adhesive covering, scissors, clear tape, construction paper, various collage items

**Saying Good-bye**
- CD (Family Together Time issue 6)
**Activity Time** (25–30 minutes)

Do these activities with individual children or a few children at a time to help children explore the theme, *God made my hands.*

**Welcome**

- Welcome each child by name.
- Follow check-in procedures (name and security tags, etc.).
- Play soft music in the background (Tracks 9 and 10).
- Lead each child to an activity.

**Unit 2 Activities**

Use these activities anytime during your session. Children will enjoy doing them each week.

**Poster:** Before class, display the unit 2 poster in your room. Ask children to point to the girl’s arms. **SAY:** *God made our arms. Where are your arms? What can you do with your arms? Can you toss a ball?*

**Books and puzzles:** Use the *God Made My Body* board book and other books and puzzles that show pictures of children. Look at books with interested children, and help children do puzzles. Talk about how God made us.

“*God Made Me*” song: Before class, display the Unit 2 song poster in your room. Play “God Made Me” (for unit 2) from the CD. Sing with individual children or small groups. Encourage children to point to their arms, hands, legs, and feet.

**Coloring Big**

Place a large box on a sheet of plastic or shower curtain. Invite the children to color the box with the crayons. **SAY:** *You’re using your hands to color the box. *God made your hands. It’s fun to color with the hands God made for us.* Ask verbal children to name the colors of crayons they’re using. If no large box is available, tape a large sheet of paper over a table and let children color.

*1s will enjoy scribble-coloring on the box. 2s will do the above and name some colors.*

**Peekaboo Pictures**

If you did not use this activity in lessons 1 or 3, prepare it now. Press out the pictures, fold on the scored lines so that the pictures are inside, and glue the folded pictures to the poster board.

Put the poster board on the floor or on a table. **SAY:** *Use your hand to lift the paper. What do you see?* Encourage verbal children to respond. Touch a child’s hand. **God made your hands.** Point to the child. **God made you.** Point to yourself. **God made me.** Encourage verbal children to say the Bible Words with you while pointing to themselves.

*1s will enjoy lifting the flaps and looking at the pictures. 2s will do the above, may name what they see, and say Bible Words.*

**Focus**

- God made my hands.

**Bible Words**

“*God made me*” (based on Genesis 1:27).

**Materials**

- sheet 1 unit 2 poster, sheet 4
- unit 2 song poster, *God Made My Body* board book, CD track 3, books and puzzles, CD player

**Teaching Tip**

It’s best not to use washable crayons. If children taste them, the colors will come off in their mouths.

**Materials**

- large box, large crayons, sheet of plastic or shower curtain

**Transition to Bible Time**

Use a cleanup song or signal to transition to Bible Time.

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God Made My Hands, Lesson 6
Focus

God made my hands.

Bible Time (shorter version: 5–10 minutes)

Use this Bible Time or the longer version found on pages 36 and 37 to help each child know that God made my hands.

Materials

Teddy the bear puppet, hand mirror, Bible, squirt bottle filled with water, CD tracks 1 and 3, CD player

Tips About Bible Time

The songs “Oh, I Love to Pat the Bible” and “God Made Me” (unit 2) are recorded on the CD. Call Teddy by name. Children will love to hear the name of their furry friend!

Expert Tip

“A teacher with heart seeks ways to help each child learn according to how God created him.”

—Jody Capehart, author of Teaching with Heart

After children have gathered for Bible Time, sing this song several times as each child pets or hugs Teddy the bear puppet:

(tune: “The Farmer in the Dell”)

I like to go to church. I like to go to church. With all the other boys and girls, I like to go to church.

At the end of the song, clap and ask everyone to clap. SAY: We’re glad to be at church! We’re glad you’re at church today! Hold the mirror in front of a child. SAY: We’re glad ___ is at church today. And we’re glad ___ is at church today. Do this with each child, using each child’s name.

Show your Bible. ASK: What is this? Children should say “Bible.” We love our Bible. It tells us about God. Let’s pat our Bible. Hold the Bible in front of a child. Let each pat the Bible while singing “Oh, I Love to Pat the Bible” (track 1) several times:

(tune: “Did You Ever See a Lassie?”) Oh, I love to pat the Bible, the Bible, the Bible. Oh, I love to pat the Bible, for it is God’s Word.

SAY: Our Bible tells us that God made you (point to children) and me (point to self). Sing “God Made Me” (track 3) and encourage children to point to their arms, hands, legs, and feet:

(tune: “This Old Man”) God made me. God made me. Thank You, God, for making me. With my arms and hands and legs and feet. Thank You, God, for making me.

SAY: God made our hands. Ask children to touch their hands. Touch each child’s hand. God made your hands, ___. (Use each child’s name.)

Let’s clap our hands. Clap hands while singing this song:

(tune: “The Farmer in the Dell”) God made my hands to clap. God made my hands to clap. Thank you, God, for my hands. God made my hands to clap.

SAY: God made our hands to feel. Use the squirt bottle to squirt your hands with a little water. What am I spraying on my hands? Encourage verbal children to respond. Let’s all feel some water on our hands. Squirt each child’s hands with water while singing this song:

(tune: “The Farmer in the Dell”) God made my hands to feel. God made my hands to feel. Thank You, God, for my hands. God made my hands to feel.

SAY: The Bible says that God made me. Encourage verbal children to say the Bible Words with you. Hold the mirror in front of a child. SAY: God made you, ___. God made your hands. Do this with each child.

PRAY: Thank You, God, for making our hands. In Jesus’ name, amen. Encourage children to say the prayer with you. Have Teddy say good-bye as each child pets or hugs the puppet.
Discovery Time (15–20 minutes)

Do these activities with individual children or a few children at a time to help children continue exploring the theme, God made my hands.

Fun with Blocks
Set out blocks and let children have fun with them. Hand a block to a child. SAY: Here's a block. You can hold it in your hand. While children stack blocks, sing the following to the tune of “The Farmer in the Dell”:

___ is using her hands. ___ is using her hands.
Thank You, God, for ___’s hands. ___ is using her hands.

Make sure you sing for each of the children who build with blocks.

SAY: Your hands can do a lot of things. God made your hands. God made you. And God made me. Encourage verbal children to say the Bible Words with you.

1s will have fun with blocks and enjoy hearing their names.
2s will do the above and say the Bible Words.

Fun with Dough
Before class, make some modeling dough. You may want to use the recipe from lesson 3. Set out some dough and show the children how to use their hands to poke and press the dough. SAY: I’m glad God made our hands so we can feel things. Doesn’t the dough feel good? God made your hands. Older children may enjoy using child-size rolling pins or cookie cutters with the dough. Tell children not to eat the dough, even though the homemade dough will not harm them.

1s will enjoy feeling and poking the dough.
2s will do the above and may use rolling pins and cookie cutters.

Tracing Hands
Before class, write at the top of papers “God made my hands.” Write “God made me” on address labels. SAY: God made my hands. I’m going to trace around my hand. Lay your hand on a piece of paper and trace around it with a dark crayon. Then ask a child to put her hand on a piece of paper so that you can trace around it. You may have to gently hold the hands of younger children in place. Then let the children color their hand pictures. For a child who doesn’t want her hand traced, simply draw a hand and let the child color it. SAY: God made your hands. Look how big your hands are. When children finish coloring, give them Bible Words stickers to add to their pictures. Encourage verbal children to say the Bible Words as they press on their stickers.

1s will let you trace their hands, scribble-color, and press on a sticker.
2s will do the above and say the Bible Words.

Saying Good-bye
For children who are leaving, give parents craft activities and copies of Family Together Time issue 6 from the CD. Tell parents something their children enjoyed. Tell each child good-bye.

NOTE: Family Together Time is also available online for families to download. See www.heartshaper.com.
Focus
❤️ God made my hands.

Extra Hour Activity and Bible Time
(25–35 minutes)

Do these activities with individual children or a few children at a time to help children explore the theme, God made my hands.

Bible Words
“God made me” (based on Genesis 1:27).

Welcome
• Welcome new children by name.
• Follow check-in procedures (name and security tags, etc.).
• Check and change diapers and/or have restroom time.

Unit 2 Activity “Can You Sing?”
Play “Can You Sing?” from the CD. Encourage children to sing and do the motions with you. After the song, point to or touch children’s heads. SAY: God made you, ___. (Use each child’s name.)

“This Is the Way”
Sing the song from Family Together Time. Do the actions slowly and invite children to do them too.
Use a cleanup song or signal to transition to Bible Time.

Bible Time
Use this Bible Time, the one found on page 47, or the longer version found on pages 36 and 37.
Sing this song as each child pets or hugs Teddy the bear puppet:
(tune: “The Farmer in the Dell”)
I like to go to church. I like to go to church.
With all the other boys and girls, I like to go to church.
At the end of the song, clap and ask everyone to clap. SAY: We’re glad to be at church! We’re glad you’re at church today! Hold the mirror in front of a child. We’re so glad ___ is at church today. And we’re so glad ___ is at church today. Do this with each child, using each child’s name.

Show your Bible. ASK: What is this? Children should say “Bible.” We love our Bible. It tells us about God. Let’s pat our Bible. Hold the Bible in front of each child. Let each pat the Bible while singing “Oh, I Love to Pat the Bible” (track 1) several times:
(tune: “Did You Ever See a Lassie?”)
Oh, I love to pat the Bible, the Bible, the Bible.
Oh, I love to pat the Bible, for it is God’s Word.

Read the story from the God Made My Body board book, showing the pictures. Emphasize that God made hands. Sing “God Made Me” (track 3) and encourage children to point to their arms, hands, legs, and feet:
(tune: “This Old Man”)
God made me. God made me. Thank You, God, for making me.
With my arms and hands and legs and feet.
Thank You, God, for making me.

SAY: The Bible says God made me. God made you, ___. God made your hands. PRAY: Thank You, God, for making us. In Jesus’ name, amen. Have Teddy say good-bye as each child pets or hugs the puppet.
Extra Hour Discovery Time (20–25 minutes)

Do these activities with individual children or a few children at a time to help children continue exploring the theme, God made my hands.

Focus

❤ God made my hands.

Puppet Fun Thank You, God

Use Teddy to talk to individual children or a small group of children. SAY: I can clap my hands. Teddy should clap his hands. Can you clap your hands? I can pat you on the head. Teddy should pat a child on the head. Can you pat me on my head? I’m glad God made our hands. Yeah! Teddy should clap his hands.

Taking Care of Babies

Encourage the children to take care of the doll babies. With younger children, model ways they can care for the babies such as feeding, rocking, or pushing the stroller. With older children, you can make verbal suggestions.

As the children play, talk about how they are using their hands. SAY: You’re using your hands to feed the doll. You’re using your hands to cover the doll with a blanket. I’m glad ❤ God made your hands. God made you (point to a child) and God made me (point to self). Ask verbal children to say the Bible Words with you.

1s will imitate some actions in caring for the dolls.

2s will do the above and follow your verbal suggestions.

Feeding Myself

Give each child a bowl of applesauce or pudding and a spoon. Let them feed themselves. SAY: You’re such a big girl! You can hold your spoon with your hand and feed yourself. ❤ God made our hands so we can eat.

Place a small amount of dry cereal beside each child’s bowl. Encourage the children to use their hands to pick up the cereal and put it in their bowls. You used your hands to pick up the cereal. I’m glad ❤ God made my hands!

1s and 2s will enjoy using spoons to feed themselves.

Texture Collage

Before class, cut clear adhesive covering into pieces a little smaller than the construction paper. Peel the backing off the clear adhesive covering, and tape the pieces onto the construction paper, sticky side up.

Lay out some items children can stick onto the papers. As they create, talk about the textures they feel with their hands—soft, sticky, smooth, rough, bumpy, hard, fluffy. Ask verbal children to say how the items feel.

SAY: You can feel soft things with your hands. You can feel rough things with your hands. ❤ God made your hands.

1s will stick and unstick the items and listen to you describe the textures.

2s will do the above and may say how objects feel.

Saying Good-bye

Give parents copies of Family Together Time issue 6 from the CD and craft activities their children may have done. Tell each child good-bye.

Materials

- Teddy the bear puppet
- doll babies and accessories such as strollers, high chairs, cradles, blankets, empty powder and lotion containers, baby bottles, toy food
- plastic or foam bowls, applesauce or vanilla pudding, plastic spoons, dry cereal, napkins
- clear adhesive covering; scissors; clear tape; construction paper; various collage items such as paper scraps, fabric scraps, ribbon, yarn, cotton balls, scraps of sandpaper (option: use double-sided tape instead of the clear adhesive covering)

NOTE: Family Together Time is also available online for families to download. See www.heartshaper.com.