

A vibrant header graphic featuring a large, stylized splash of blue water in the center. Above the splash, the words "STARFISH & DOLPHINS" are written in a bold, white, sans-serif font with a blue outline. The background is a mix of orange and blue with abstract shapes and a small starfish icon in the upper right.

STARFISH & DOLPHINS

WEEK 4 | October 25, 2026

Today's Bible Story: Ruth Helps Naomi — Ruth 1:1–19

Key Question: Who wants me to help others?

Big Idea: God wants me to help others.

Memory Verse: *"Love your neighbor as yourself."* • Matthew 22:39

SOCIAL: Time for fun!

ACTIVITY: Helping Straws

What You Need: "Helping Straws" Activity Pages (one set, printed on cardstock), Smoothie straws (3 of each color: purple, blue, yellow, green, orange, red), Plastic preschool tongs

What You Do: Mix up the straws and lay them on the floor in a messy grouping. Give each child a turn to pick up a straw using the tongs. Hold up the Activity Page with the same color border as the straw they picked up, and ask the question on the page. (e.g., for a red straw, show the page with the red border and ask, "How can you help at home?")

What You Say: I love helping others! At home, we can help by sweeping the floor, and at school, we can help by listening to the teacher. I want to think of other ways we can help people. Let's play a game that will help us do that! We will take turns picking up straws with these tongs. I'll ask you to think of a way you can help, based on the color straw you choose. Let's play! (Child picks up a straw.) You got a red straw! Great job! (Hold up red Activity Page.) How can you help at home? (Let child respond. Give prompts as needed.) That's a great way to help! (Continue playing by giving each child a turn.) You thought of such wonderful ways to help others. Today we're going to hear about someone who helped someone in their family.

MEMORY VERSE: Practice the Verse

What You Need: Bible, Fun stickers

What You Do: Open the Bible to remind the children that our verse comes from the Bible.

What You Say: Are you ready to practice our Bible verse? (Let children respond.) Okay, let's all say it together. "Love (hug self) your neighbor (point all around) as yourself (thumbs to chest)" Matthew 22:39. (Open hands like a book.) Now, who wants to try saying it by yourself? (Reward each child with a sticker for saying the verse.)

LARGE GROUP: Time to Praise & Worship God

Worship: Inviting people to respond to God. **Story:** Communicating God's truth

SMALL GROUP: Time to connect with the children! **PRAY:** Praise God, Thank God!



STARFISH & DOLPHINS

CRAFT: My Suitcase

What You Need: “My Suitcase” Activity Page (1 half page per child, printed on cardstock), “My Bag – Stickers” Activity Page (multiple sheets, printed on OL2088 labels), Pipe cleaners (2 per child), Hole punch, Crayons

What You Do: Fold the Activity Pages in half, punch holes at the top of each buckle, and give each child a “suitcase.” Encourage them to put stickers of items they’d like to pack on the “inside” of their suitcase. Encourage them to color the outside of their suitcase with crayons. Close the suitcase, and thread pipe cleaners through the sets of holes on both sides to make the handles.

What You Say: Ruth helped Naomi go on a really long trip. What do you have to do before you go on a trip? *(Let children respond.)* Yes! You have to pack your bag! *(Give each child a “suitcase.”)* If you were going on a trip, what kinds of things would you want to pack? *(Let children respond.)* Let’s pack these pretend suitcases! I have all sorts of things here *(hold up stickers)* that you can pack inside your suitcase. You can color the outside of your suitcase too. When you are done, we will help you add your pipe cleaner handles! We are all ready for a long trip! I hope you remember how Ruth helped Naomi and how God wants you to help others too. **[Key Question] Who wants me to help others? [Big Idea] God wants me to help others!**

ACTIVITY: Freeze Dance

What You Need: Classroom Music

What You Do: Encourage the children to spread out in the open space of the room. Play the music and encourage the children to dance. Stop the music and have the children “freeze” and say, **[Big Idea] “God wants me to help others!”**

What You Say: Today we learned that **[Big Idea] God wants me to help others. [Key Question] Who wants me to help others? [Big Idea] God wants me to help others!** Let’s play a game to help us remember that. I’m going to play some music. While the music is playing, everyone, dance! But when the music stops, everyone has to freeze. Then we’ll all say, **[Big Idea] “God wants me to help others!”** Are you ready? Let’s play. *(Play the music.)* Everyone, dance! *(Allow children to dance around.)* Remember that when the music stops, everyone has to... *(stop the music)* freeze! **[Key Question] Who wants me to help others? [Big Idea] God wants me to help others!** Great job! Let’s play again. *(Play the music.)* Keep dancing. *(Allow children to resume dancing.)* *(Child’s name),* look at those cool dance moves! *(Stop the music.)* Everyone, freeze! **[Key Question] Who wants me to help others? [Big Idea] God wants me to help others!**