



# Christian Olympics



2 and 3 Year Olds  
Teacher's Guide

**The apostle Paul said that the Christian life is like running in a race. In this lesson, we will discuss being prepared to run, obeying the rules, shining your light when you run, having the right attitude when you run, and finishing the race.**



## Did you know?

Every game has people who:

- Set the rules
- Compete in the game
- Judge the competition
- Give the prize

Who does these in the Christian race?

### **Christian Olympics**

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## **Christian Olympics Teacher's Guide Ages 2-3**

### **Lesson Introduction**

#### **Opening Playtime**

Preschoolers have difficulty sitting in chairs for long times and need a little playtime. As such this lesson begins with play time and makes use of play activities throughout.

Activities are intended to be done away from the table and chairs.

Begin by singing the song, "The Wheels on the Bus" and use appropriate hand motions. If possible, sit in the floor in a circle.

The wheels on the bus go round and round, (Arms in circular motion)  
round and round, round and round.

The wheels on the bus go round and round,  
all the way to Bible school.

Additional verses:

The doors on the bus go open and shut. (Hands make doors open and close)

The lights on the bus go on and off. (Hands open and shut)

The wipers on the bus go back and forth. (Arms back and forth)

The kids on the bus go yak, yak, yak. (Hands mimic puppets talking)

The babies on the bus go wah, wah, wah. (Fists wipe eyes)

The mommies on the bus go shhh, shhh, shhh. (Index finger to mouth)

Settle the children down by singing "Tiptoe". This song helps children learn that they are to behave and be quiet when worshipping God and studying His word. Sit in a circle and have the children make the hand motions with you.

Tip-toe, tip-toe, in God's house. (Walk fingers gingerly on the floor)

C D E C D E F

Tip-toe, tip-toe, in God's house.

B C D B C D E

Tip-toe, tip-toe, in God's house.

C D E C D E F

Quiet as a mouse. Shhhh. (Get quiet, put index finger to lips)

G F E D C

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## **Obey the Rules**

**Key points:** We should seek authority for what we do in the Bible.

**Reference text:** John 14:15b

**Supplies required:** A Bible for each child and one for the teacher

### **Lesson Text**

Do you want to run in a race? Before we can race, we must first learn the rules. Jesus has a special race for us, and he has rules for us to follow. Can you guess where Jesus put His rules?

[ Hold up a Bible ]

That's right! In the Bible! Let's touch the Bible.

[ Give each child a Bible to hold and open. ]

Jesus' words are in the Bible. Let's open the Bible and see Jesus' words.

[ Help children open their Bibles. ]

Where are Jesus' words?

[ Let children answer. Help if necessary. ]

Jesus' words are His commandments. Jesus said if we love Him, we will keep His commandments. Jesus' commandments are the rules we must obey. Can you say, "keep My commandments"?

[ Help the children repeat Jesus' words. ]

[Repeat] Where are Jesus' rules?

[ Let children answer. ]

We should always look in the Bible to see what Jesus' rules are.

### **Singing**

Sing the song, "The B-I-B-L-E". Have the children hold their Bibles while singing.

### **Activity: Bible-May-I**

Play **Bible-May-I**. This is a modified version of the children's game Mother-May-I. Have the children each hold a Bible in their hand for this game and line up. The teacher should have an open Bible in hand. Pick things for the children to do. Teach the children to ask, "Bible, may I" before doing the what they hear.



### **Get Ready to Run!**

**Key points:** Teach the children to prepare for the Christian race.

**Reference text:** Matthew 25:1-13

**Supplies required:** Several sets of shoes, including high-heals and sneakers; Masking tape; Sneaker handwork (pg 1), glitter glue, and ribbons cut to length for each child. Optional: construction paper.

### **Lesson Text**

Have you ever run in a race? Racing can be fun. I wonder what we need to do to be ready to run a race. First, you need to put on the right shoes! I wonder which shoes are the right ones for running. How about these?

[ Hold up shoes that are very inappropriate for running. Let the children try them on and try to walk in them. ]

How about these?

[ Iterate through several types of shoes. End with some sneakers. ]

These seem to be good for running. Now that we've found the right shoes, we have to put them on! Let's pretend to put on our running shoes.

[ Hand motions putting on shoes and tying laces. ]

Now we need to get to the starting line. Let's line up and get ready!

[ Make a "starting line" out of masking tape. Have the children line up on the starting line. ]

Now we are ready so when I say "GO!" you can run the race!

[ Say "GO!". Have the children run in place for a few minutes. Then stop. ]

What do you think would happen if you didn't have your running shoes on and were not at the starting line when the "GO!" signal was given? Do you think you could start the race?

### **Handwork**

Let the children decorate the sneakers with glitter glue. Glue on ribbons for the shoe laces. Optional: If printed on card stock, sneakers can be cut out and hung up by the laces. OR, can be cut out and mounted on construction paper.





## Shine Your Light When You Run

**Key points:** Jesus said we are to let our lights shine so others can see

**Reference text:** Matthew 5:16

**Supplies required:** Flash light; small flash lights or homemade torches; “Christian Olympics” handwork (pg 2) and crayons or water paints for each child; “Carry Your Light” handwork (pg 3), gold foil, and red/orange construction paper for each child.

### Lesson Text

Jesus says when we run, we are to let our lights shine to others can see.

[ Hold up a flash light. Let the children take turns holding the flash light. ]

By letting our lights shine, Jesus means that we should do good things so other people will want to love Jesus too. What are some good things we can do?



Let your light shine before others.  
Matthew 5:16

[ Help the children answer: be kind, help Mommy, share toys, etc... ]

Jesus says we shouldn't hide our light.

[ Cover the light with your hand. ]

If I hide my light, can you see it? Let's practice letting our lights shine while we run our race.

### Activity: Singing with Lights

Give each child a small flashlight or a homemade torch (see instructions on page 10 for making torches). March around the room while singing the song, “This Little Light of Mine”.

### Handwork

Color or paint with water-paints the cartoon picture of a boy carrying an Olympic torch.

Use pattern in handwork packet to precut gold foil torch base and red and orange construction paper shaped like flames. Help the children glue the base and flames to make a torch.





## **Finish the Race**

**Key points:** If you finish the race, you will receive a prize!

**Reference text:** Revelation 2:10b

**Supplies required:** Toy crown; “Run to Win” handwork (pg 6), crown, fireworks stickers, and (optionally) gold ribbon for each child; glue; hand or finger puppets and paper crowns for each child.

### **Lesson Text**

In most races, only some people win. Would you be sad if you didn't win?

[ Make a sad face. ]

Jesus says that in His race, EVERYONE who finishes is a winner! Isn't that great? Do you want to be a winner? Can you guess what the prize is for winning Jesus' race?

[ Let the children guess different things. ]

A golden crown! Can you imagine everyone getting a golden crown?

[ Show the toy crown. Let children take turns trying it on. ]

The important thing is that we finish the race so we can get our prize. Sometimes we will trip over things. Have you ever tripped over a toy and fallen down? Jesus says if we fall down, we need to get back up and run some more. Let's practice falling down and getting back up.

[ Have the children run in place, pretend to fall down, and then get back up. Encourage them as they get up and try again. ]

### **Handwork**

Let the children decorate the picture of the child crossing the finish line. Remind the children of the golden crown that is our prize as they glue crowns on the head of the runner. Let the children put fireworks stickers in the air to show the celebration when we win. Optional: glue gold ribbon on the finishing line ribbon.

### **Activity: Puppet Race**

Let the children have a “race” with puppets. Each child puts a puppet on their hand and makes the puppet race the others to get to a finish line. At the end of the race, each child receives a paper crown.



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## Review

**Supplies required:** “Christian Olympics” handwork (pg 7) and stickers for each child.

Review the key points with the children while they work on the closing handwork. Thank the children for coming and invite them back next year.

## **Handwork**

Help the children put the sticker runners on the page. Put the “danger” items in the middle of the race. Talk about how we have to recognize and get around the danger to get to the other side and finish the race.



Let us run with endurance the race that is set before us.  
Hebrews 12:1

## **Singing**

Sing “Goodbye Children” (to the tune of “Goodnight Ladies”).

[Waving]  
Goodbye children. Goodbye children,  
Goodbye children. We hate to see you go.




[Hand motion to come back ]  
Be sure to come back on Sunday morn',  
On Sunday morn', on Sunday morn',  
Be sure to come back on Sunday morn', and bring a friend with you!





**Supplies**

The following is a list of needed supplies and suggested sources as of 05/29/2006:

Item	Source
<p>Activity (p6): Singing with Lights</p> 	<p>Oriental Trading Company <a href="http://www.orientaltrading.com">www.orientaltrading.com</a></p> <p>Item # IN-36/184 Cost: \$4.95 per dozen</p> <p>(See alternate paper torches below.)</p>
<p>Visual Aid (p7): Toy Crown</p> 	<p>Oriental Trading Company <a href="http://www.orientaltrading.com">www.orientaltrading.com</a></p> <p>Item # IN-25/867 Cost: \$2.95 each</p>
<p>Activity (p7): Hand Puppets</p> 	<p>Oriental Trading Company <a href="http://www.orientaltrading.com">www.orientaltrading.com</a></p> <p>Item # IN-6/1023 Cost: \$14.95 per dozen</p> <p>(Alternative: Multi-cultural version Item # IN-6/1156 Cost: \$14.95 per dozen)</p>
<p>Prizes (p7): Paper Crowns</p> 	<p>Oriental Trading Company <a href="http://www.orientaltrading.com">www.orientaltrading.com</a></p> <p>Item # IN-25/105 Cost: \$2.95 per dozen</p>

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### **(Optional) Paper Torches for “Singing with Lights” (pg 6)**

Materials: Empty paper towel rolls, red, orange, and yellow tissue paper, tin foil.

1. Wrap an empty paper towel roll in tin foil.
2. Cut tissue paper with jagged edges.
3. Loosely roll the tissue paper together and make a “knot” end.
4. Stuff the knot end of the tissue paper into the paper towel roll.
5. Fluff the jagged edges to make “flames”.