



GOING ON A PICNIC | WEEK 3 | NOVEMBER 16, 2025

Preschool Lesson

Manna and Quail

Bible Story: *Manna and Quail* • I can thank God for food • *Exodus 16*

Memory Verse: “I will give thanks to the LORD with my whole heart.” Psalm 111:1 ESV

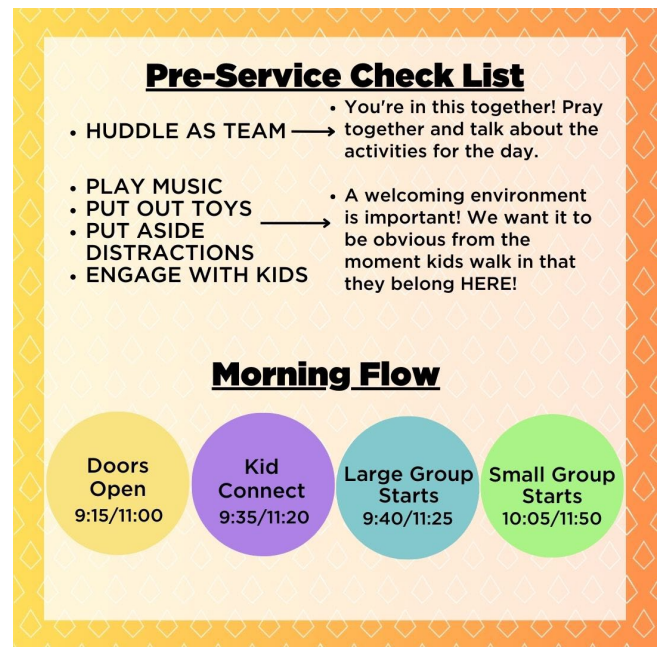
Key Question: Who can thank God for everything?

Bottom Line: I can thank God for everything.

Basic Truth: I am made by God to worship Him (to live in a way that shows Him love and honor).

LEADER BIBLE STUDY

Have you ever noticed that being thankful is something we have to practice? But complaining about what we have and don't have, well, that just seems to come naturally. It's true for all of us, which is why we are taking our preschoolers on a picnic this month! We want to help our preschoolers see that the whole world is like a gigantic picnic filled with countless things we can thank God for, because we can thank God for EVERYTHING! Imagine if our preschoolers began seeing everything around them as an opportunity to thank God— people, Creation, food, toys, home, help—all of it! They can thank God for everything with their whole heart! And so can we. So please join us this month as we pray for our preschoolers and parents, as well as those of us who lead them. Pray that we will take time to look at the world around us and practice thanking God for all we see, because we can thank God for everything.



Story Focus: God's people, the Israelites, have been walking in a hot desert for a long time, and they are very hungry because they don't have any food. God knows that the Israelites need food. God loves His people and wants to take care of them. So, God gives the Israelites food to eat! God sends meat at night and bread in the morning, and there is more than enough food for everyone. We can thank God for the food we eat. Who can I thank for everything? I can thank God for everything.

KID CONNECT

WELCOME TIME

(VIDEO: ARRIVAL MUSIC)

Play intro music in the background as you greet preschoolers and follow the KidCity check-in procedures. Set out a few favorite theme-related toys, such as puzzles and blocks.

OPENING ACTIVITY

(No Supplies)

Kid Connect time is spent building relationships with the kids. Gather your Small Group together for some intentional connecting time before Large Group. You can do small activities while you chat together (like coloring or building with blocks) or just sit and listen to each other. Ask your kids relationship-building questions like:

- How old are you?
- Do you have a favorite stuffed animal?
- Do you have a brother, sister, or pet? What are their names?
- What do you like to play at home?
- What's your favorite food/color/animal/ice cream flavor?

Transition to Large Group...

LARGE GROUP

COUNTDOWN

(VIDEO: COUNTDOWN)

Show the countdown video as the children clean up and transition to Large Group.

SETTING UP FOR SUCCESS

(CG: EXPECTATION SLIDE, BASIC TRUTHS SLIDE, MEMORY VERSE VIDEO; BIBLE)

LGL: "Hello my friends! How are you today? Come and sit with me. I am so glad you are here! My name is [your name]. I'm excited to spend time with you today! We are getting ready to sing and dance and hear a true story from the Bible. Before we do let's go over our rules and truths.

"Here in KidCity we have three rules. How many rules do we have? (*Kids respond.*) That's right! Three rules. Let's go over our rules now. (*List rules while counting on fingers*)

1. **Be kind.** We can be kind by using our indoor speaking voices, by staying on our blankets (or whatever space you have), and by obeying our leaders.
2. **Be safe.** We can be safe by walking around the classroom and keeping our hands to ourselves.
3. **Have fun!** We are going to have SO much fun, and that's because you are here!

"Can everybody follow those rules today? (*Kids respond.*) Great! KidCity is a place where we learn

about God and Jesus! And there are three big truths that we want you to know. Let's say them all together! Are you ready?

1. **I am made by God.** What is it? *(Kids repeat.)*
2. **I am loved by God no matter what.** What is it? *(Kids repeat.)*
3. **I am made for a purpose!** What is it? *(Kids repeat.)*

"It's time for our memory verse. Let's watch our memory verse motions and do it along with them!"

Show memory verse motion video and then practice without it.

'I will give thanks *(move flat hand forward from chin)*
to the LORD *(point up)*
with my whole heart,' *(tap heart twice)*
Psalm 111:1." *(Open hands like a book.)*

"Ok, now let's sing and worship God!"

WORSHIP

(VIDEO: ALL I WANNA DO, ATTITUDE OF GRATITUDE)

Sing the worship songs together.

INTRO SKETCH

(Story Box with Beginner's Bible, Stuffed Ollie the Owl, "Thank You Card" Activity Pages (11x17 Flip on Short Edge) for Current Week (W1 Family, W2 Friends, W3 Food, W4 People Who Help Me))

LGL brings the story box with the Bible to the center of the room.

"I have my story box ready. I'm SO excited to see what we are learning about God today. Let's see what I have in here..."

Pull out the Bible

What is this? *(Pause for responses.)* Yes, it's the Bible! The Bible is God's word and God's word is always true. The Bible has many stories that make one BIG story, and we (you and me) are part of that story.

There is something else in our story box today. Let's see what it is!

Pull out Ollie and the "Thank You Card" for Current Week

Hello Ollie! Can everyone say, "Hello Ollie!" *(Pause for responses.)* What does Ollie have today? Do you know what this is? *(Pause for responses.)* It's a THANK YOU CARD! A thank you card is a way to say "thank you" with a picture or note. *(Hold up the thank you card.)* This is a thank you card to God. Should we open it up and see what we are thanking God for today? *(Pause for responses then open the card to reveal the pictures.)* What's inside? What are these pictures of? *(Pause for responses.)* Yes, they are pictures of food we eat. We can thank God for food. We're going to hear

about some people who were hungry and needed food in our story today. Let's get ready to watch!

Let's click on our listening ears (tug on each ear, one at a time, as you make a click, click sound), let's put on our looking eyes (bring your hands, one at a time, to your eyes like binoculars as you say shook, shook) and let's put our hands that have been move and praising Jesus quietly in our laps.

Now we are ready. Let's watch todays true Bible story."

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WATCH THE BIBLE STORY

(VIDEO: BIBLE STORY, BOTTOM LINE)

"What a great story! Let's thank God for our story today. Thank you, God! *(Pause for response.)* Yes, thank you God! God takes care of us and gives us food. In our story today, God gave the Israelites food to eat when they were hungry. We can thank God for food. This month we are learning that we can thank God for everything.

When I ask you, 'Who can thank God for everything?' I want you to say, *[Bottom Line]* 'I can thank God for everything.' Are you ready? *(Pause for responses.)* 'Who can thank God for everything?' *[Bottom Line]* 'I can thank God for everything.' YES! *[Bottom Line]* 'I can thank God for everything.'

SAY THE BASIC TRUTH

(CG: BASIC TRUTH SLIDE)

Let's look at our Basic Truth for today. It says, 'I am made by God to worship Him (to live in a way that shows Him love and honor). We worship God by being thankful, having an attitude of gratitude for everything God does. Let's say thank you God one more time. Ready? *(Pause for responses.)* Thank you, God!

PRAY

"Let's get our hands ready to pray. *Open them, close them, open them, close them, give a little clap. Open them, close them, open them, close them, fold them in your lap.*

Dear God, You are so good! Thank You for everything you do for us. Thank You for the food we eat. Help us share what we have with others. We pray in Jesus' name. Amen."

TRANSITION TO SMALL GROUP

SMALL GROUP

Bible Story: *Manna and Quail* • I can thank God for food • *Exodus 16*

Memory Verse: “I will give thanks to the LORD with my whole heart.” Psalm 111:1 ESV

Key Question: Who can thank God for everything?

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TOSSING BREAD (2's-5's)

(Umbrella/Basket/Large Plastic Bowl – 1 per group, Pom-Poms – 30-50 per group)

What You Do:

Before the Activity: Scatter pom-poms on the floor in an open area of your room.

During the Activity: Place umbrella (upside down)/basket/bowl on the floor in the middle of your area. Ask the children to collect as many pom-poms as they can and throw them into the umbrella/basket/bowl. Once all the pom-poms have been collected and thrown into the umbrella/basket/bowl, encourage the children to stand closely around you. Then lift the umbrella/basket/bowl over everyone's head and let the bread fall out. Repeat as desired.

After the Activity: Connect Bottom Line to the Bible Story.

What You Say:

Before the Activity: “Friends, come stand over here with me. I have something super-fun for us to do today! See all the pom-poms on the floor? Let's pretend they are pieces of bread. When I say, 'bread,' I want you to collect as many as you can and put them in the umbrella/basket/bowl.”

During the Activity: “Ready? (Open the umbrella and place it upside down on the floor.) Bread! When you have a pom-pom, throw it in the umbrella/basket/bowl. (Pause.) Keep going until all the bread is collected and thrown into the umbrella/basket/bowl. (Pause.) Okay, friends, come in close. (Carefully lift the umbrella/basket/bowl then turn it over above everyone.) Whoa! Look at all the bread! That was so much fun!”

After the Activity: “In our Bible Story today, we heard how God gave His people, the Israelites, meat to eat at night, and bread to eat in the morning. They were so happy to have food. Friends, you and I can thank God for food we eat because we can thank God for everything. **Who can thank God for everything? [Bottom Line] I can thank God for everything!**”

THANKFUL FOR FOOD (2's-5's)

(“Thankful for Food” Activity Page – 1 per child, Yellow and Brown Tissue Paper Squares – 2-3 of each color per child, Crayons, Glue Sticks – 2-3 per group)

What You Do:

Before the Activity: Copy “Thankful for Food”, one per child. Cut tissue paper into one-inch

squares. Write each child's name on their paper.

During the Activity: Encourage children to color their pictures then glue the tissue paper squares or confetti onto their picture.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: "Friends, let's make some story art to help us remember God's people, the Israelites. They walked in a hot desert for a long time; they were unhappy and hungry."

During the Activity: "Look! This side (point to the night scene) shows the Israelites at nighttime, and this side (point to the day scene) shows Israelites in the daytime. Color your pictures. (Pause.) God loved His people and wanted to take care of them. God knew they needed food so He told their leader, Moses, that He would send meat at night and bread in the morning. Wow, God is so good! That night they had plenty of meat to eat for dinner! Everyone was so happy to have food. Scrunch up some brown tissue and glue it to the nighttime picture. (Pause.) The next morning, there were small pieces of bread all over the ground for the people to eat! Glue some yellow pieces of paper to the ground on the daytime side. (Pause.) Great job! Every day, God made sure the people had meat to eat at night and bread to eat in the morning. Wow, God gave the Israelites food to eat!"

After the Activity: "Friends, we can thank God for all kinds of food! We can thank God for everything! Let's thank God together. Thank You, God, for everything. (With children.) Thank You, God, for everything. **Who can you thank for everything? [Bottom Line] I can thank God for everything.**"

MEMORY VERSE WITH MOTIONS

(Memory Verse Motions Poster – 1 per group)

Say the memory verse using motions from the Memory Verse Motions poster. Repeat several times and encourage children for their efforts.

'I will give thanks *(move flat hand forward from chin)*
to the LORD *(point up)*
with my whole heart,' *(tap heart twice)*
Psalm 111:1." *(Open hands like a book.)*

PRAY

"Let's pray together. *(Have kids "put both hands up in the air, clap them together once [keep hands clasped], and then lower them down to their lap.")*

Dear God, You are so good. Thank You for giving food to the Israelites and thank You for giving us food too. You are the best, God, and we love You. In Jesus' name. Amen."

PARENT PICK UP ACTIVITY – READ THE STORY

(The Beginner's Bible)

What You Do:

- Open up the Beginner's Bible to today's story (Food from Heaven, page #116) and read it to your small group.

CONNECT WITH PARENTS/INFLUENCERS

(First Look Placemats - 1 per child)

Hand out placemats and encourage parents/influencers to review the Preschool lesson with their child this week.