



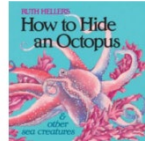
# *Grace and Truth Ministries*

*Prep School*

## Jonah and the Whale



## Class One – Hiding



Suggested Reading: *How to Hide an Octopus* by Ruth Heller

- Discuss what **camouflage** is (Wikipedia defines it as the use of any combination of materials, coloration, or illumination for concealment, either by making animals or objects hard to see, or by disguising them as something else)
- Discuss how each animal in the book tries to hide



Suggested Reading: *Jonah and the Very Big Fish* by Sarah Fletcher

Put up the pictures of Jonah, the boat, the town, and the fish when necessary  
Compare the animals in *How to Hide an Octopus* with Jonah. –

- How did the animals try to hide?
- How did Jonah try to hide from God?
- Were any of them successful in hiding from God?

God is **omniscient** – He knows everything! It is impossible to hide from God

**Activity: Whale Pop-Up Card**



# jonah and the whale

[keepinglifecreative.com](http://keepinglifecreative.com)







keepinglifecreative.com





## HOW TO MAKE A WHALE POP-UP CARD

From <https://iheartcraftythings.com/fathers-day-pop-up-card.html>



### SUPPLIES NEEDED FOR POP UP WHALE CARD:

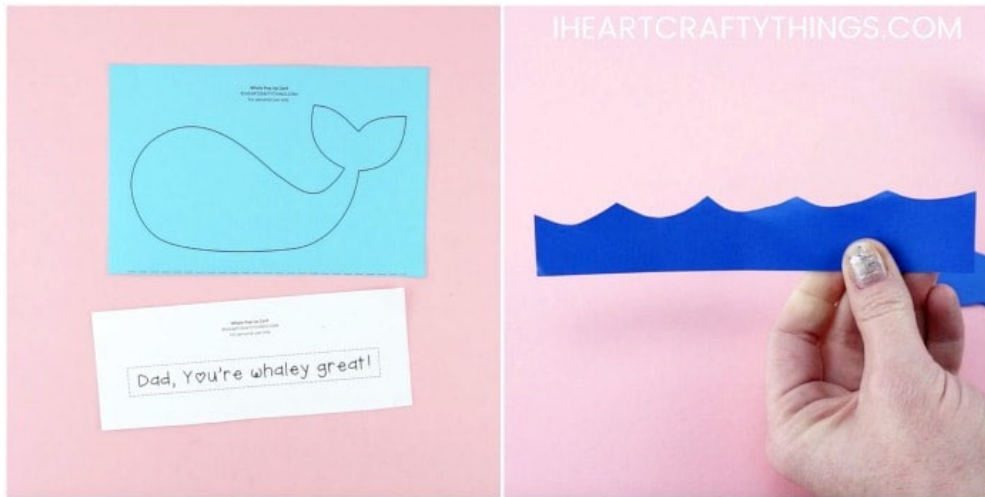
- Pop Up Card Template (at end of these instructions)
- dark blue cardstock
- light blue cardstock
- white cardstock
- googly eyes
- black marker
- white chalk marker (You could also use a white crayon or white colored pencil)
- scissors
- glue stick

### INSTRUCTIONS FOR MAKING FATHER'S DAY CARD:

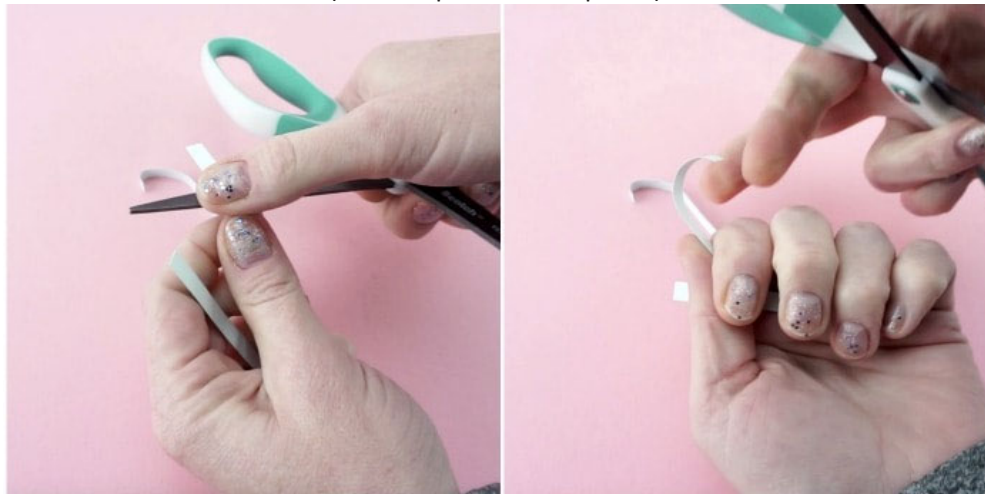
**Step 1:** Begin printing out the free pop up card template and card message – if desired - (at the end of this document). Print the whale template on light blue cardstock and the card message template on white cardstock. You could also print both on white cardstock and let children color the whale piece with crayons. Cut out each of the pieces of the template.



**Step 2:** Cut scallop shapes along the top of a dark blue cardstock rectangle (6-inch x 1-inch) to create ocean waves.



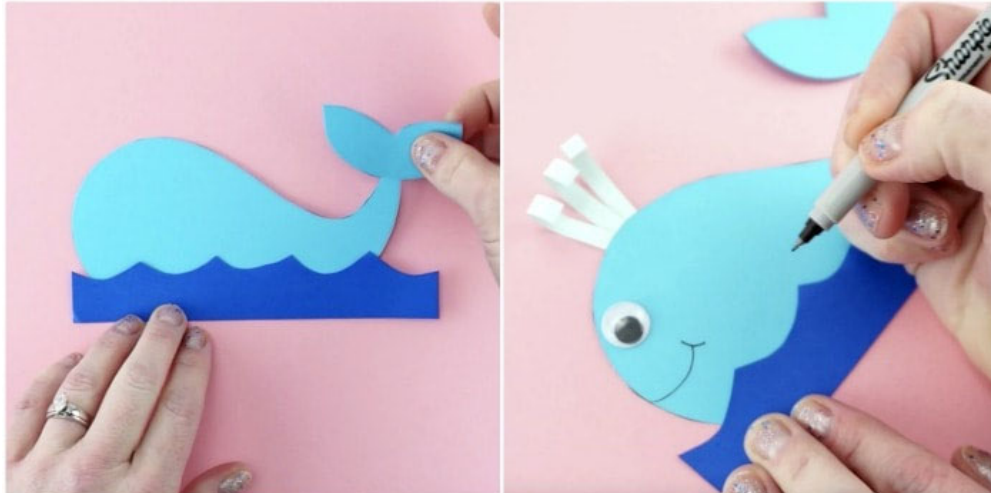
**Step 3:** Then cut out three small rectangle strips from a light blue cardstock for the water being blown out of the whale hole. Scrape the end of each of the paper strips along the blade of your scissors to make them curl at the end. (Adult supervision required)



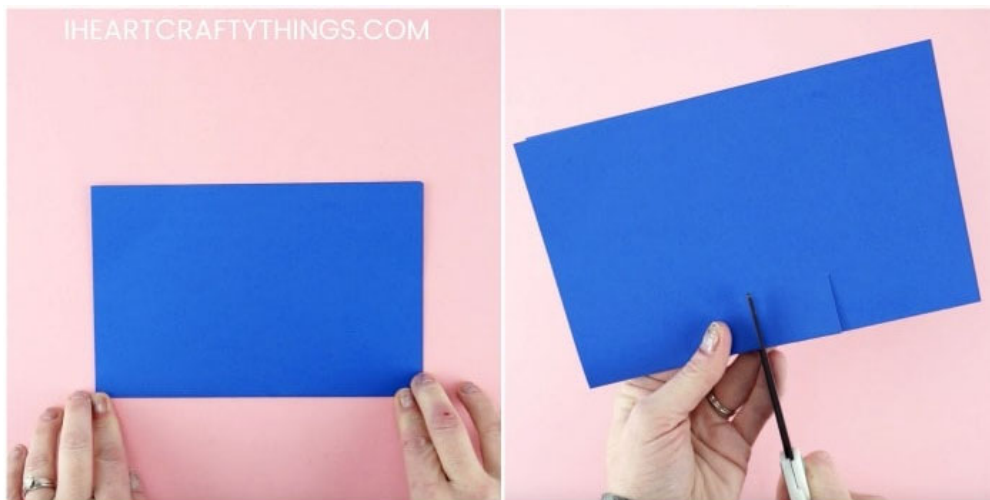


**Step 4:** Glue the ocean wave piece at the bottom of your whale. Then glue the three water strips on the back and top of the whale.

**Step 5:** Add a googly eye onto your whale. Then use a black marker to draw a smile on your whale.



**Step 6:** Fold a piece of dark blue cardstock in half to make a folded card. Use scissors to cut two slits in the middle of the folded side of the card 1-2 inches apart from each other. Make each of the slits about 1 1/2-inches in length.



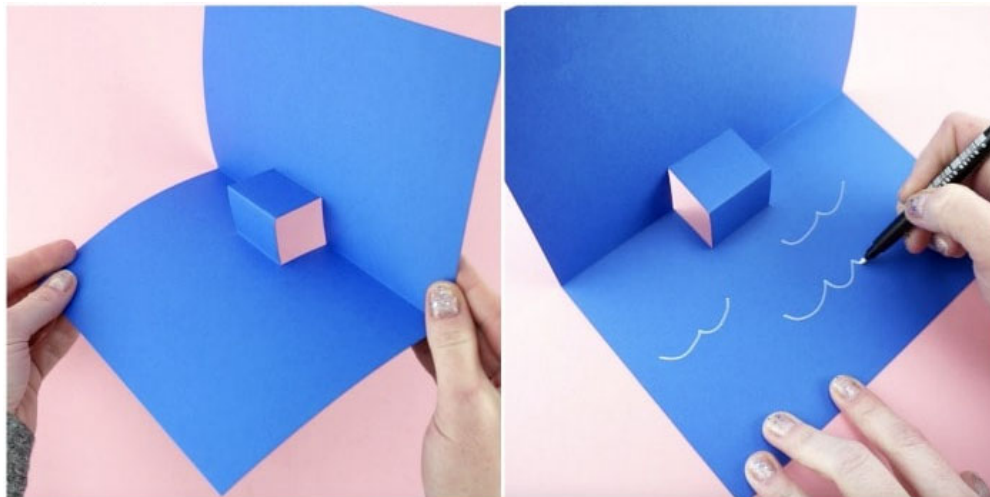


**Step 7:** Fold down and crease the section in the middle of the card that was created by cutting the slits.



**Step 8:** Carefully open up the blue cardstock again. Invert the section of paper you just folded down and close your card again along the crease. When you open up the card, the inverted section should stand upright in the crease of the card, making the pop out for your whale.

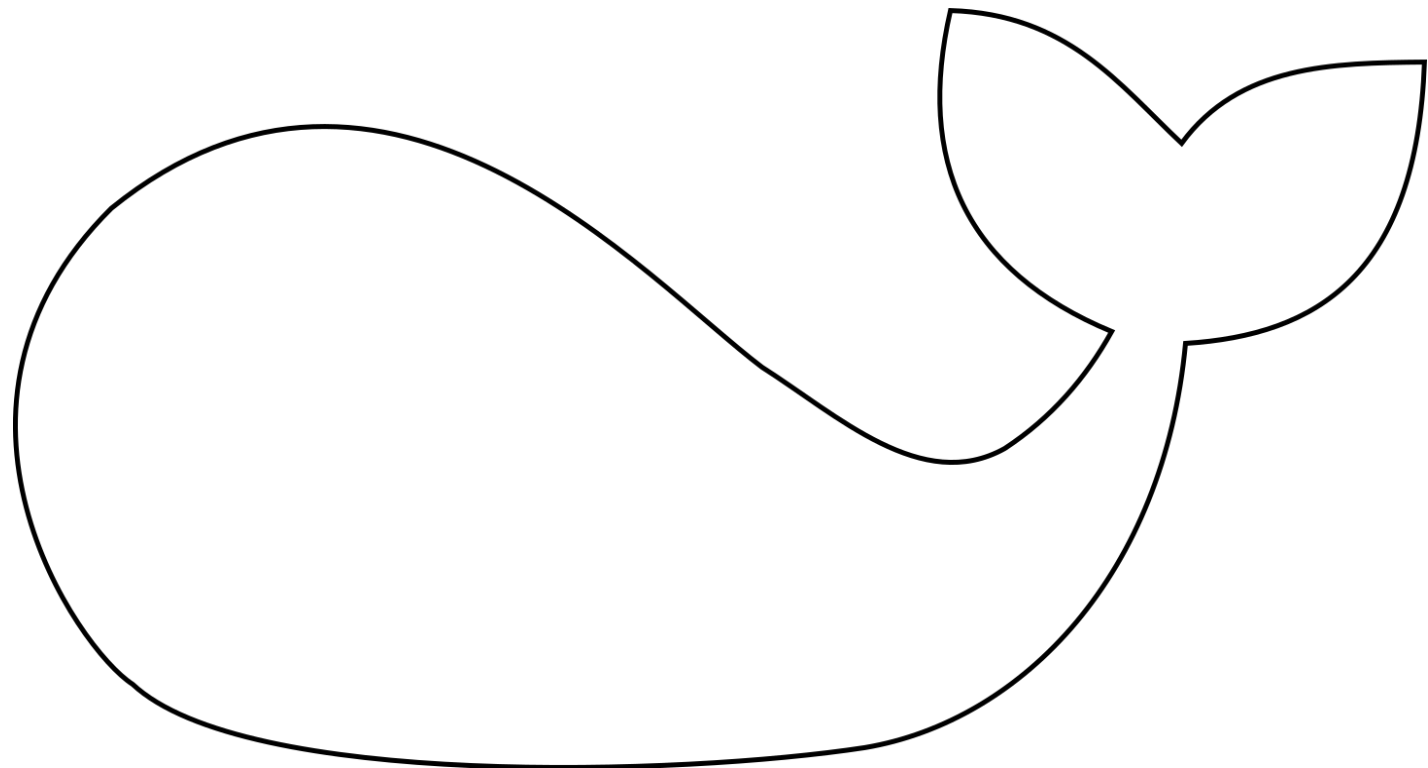
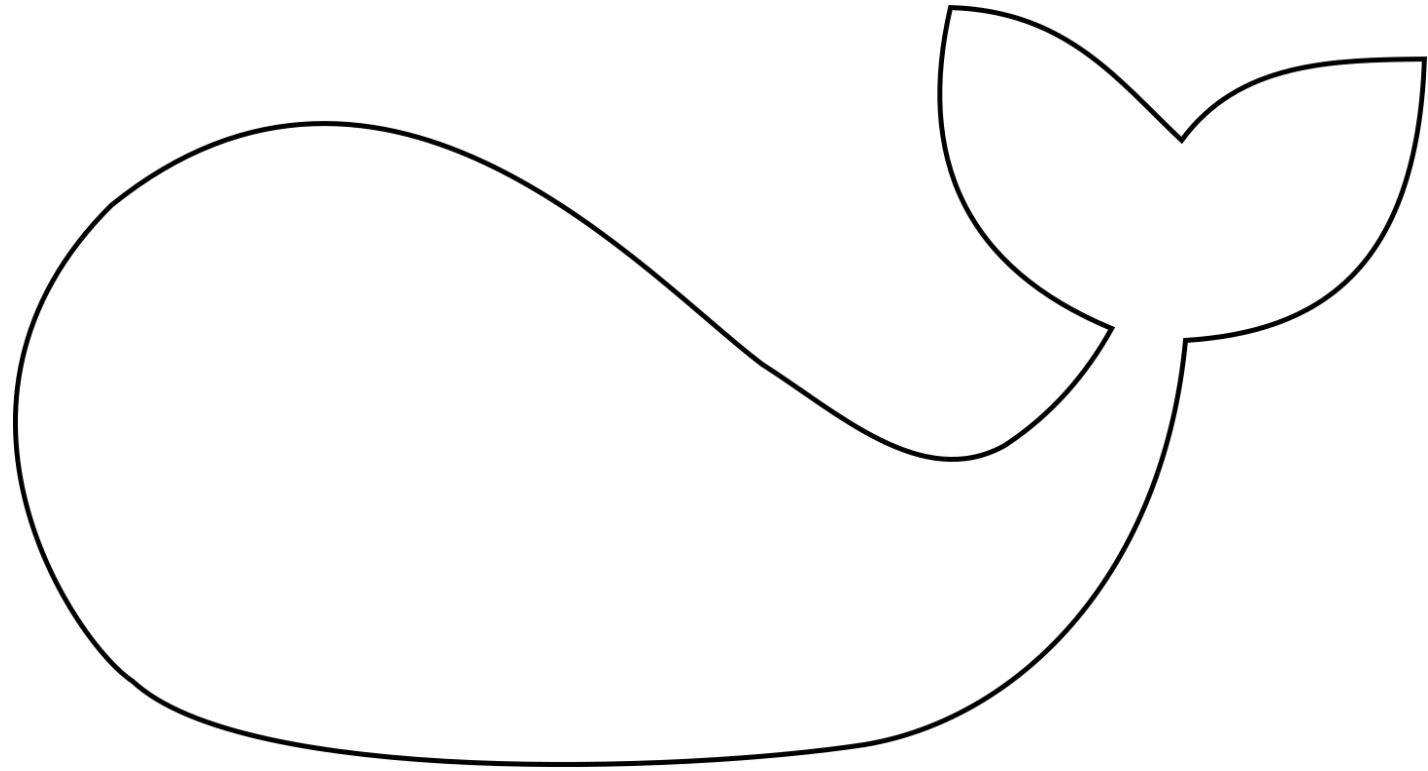
**Step 9:** Use a white chalk marker to draw ocean wave squiggles all over the top and bottom of your pop up card. You can also include a few on the waves your glued at the bottom of your whale. As an alternative, you could also use a white crayon or colored pencil.



**Step 10:** Add glue on the pop out section on the inside of your card and attach your whale to it. Then glue your greeting card message onto the inside of the card.







I WHALEY LOVE YOU DAD!

Dad, You're whaley great!

I WHALEY LOVE YOU GRANDPA!

Grandpa, You're whaley great!

I WHALEY LOVE YOU POP!

Pop, You're whaley great!

I WHALEY LOVE YOU!

You're whaley great!



## Class Two – My Way vs. God’s Way

Introduce My Way vs. God’s Way. Describe the difference between the two

- My Way – anger, whining, doing things for me – I want, poor me, not my fault
- God’s Way – love, joy, peace, patience, kindness, gentleness, faithfulness, goodness, self control



Suggested Reading: *Jonah and the Fish (Flipside Stories)* by Dandi Daley Mackall

- This time have the children put up the pictures of Jonah, the boat, the town, and the whale/fish as they happen in the story.
- Throughout the story pause and ask the kids if what is going on is Jonah’s way or God’s way (or the Fish’s way or God’s way)

### ACTIVITY: JONAH AND THE WHALE CRAFT

<https://meaningfulmama.com/jonah-whale-craft-teaches-lesson-obedience.html>



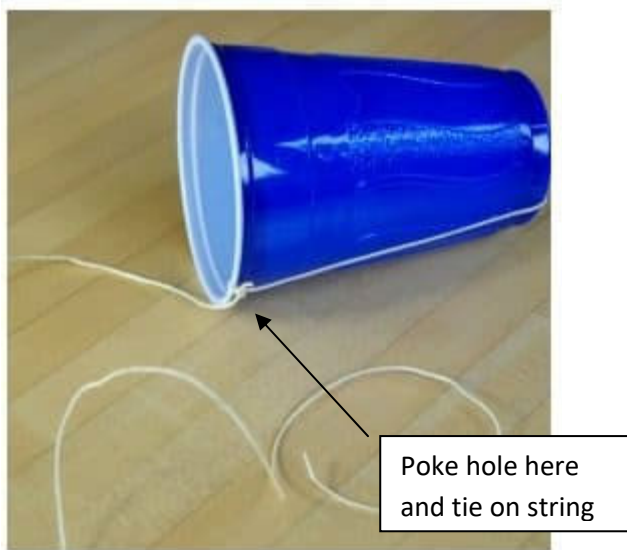
You Will Need:

- Two blue plastic cups
- Two googly eyes
- 2-3 foot long string
- White balloon
- Flour or sand
- Hot glue or adhesive dots
- Sharpie
- Sharp scissors (grown up use only)

1. Cut a one inch slit in the bottom of the blue Solo cup. If you are working with a number of kids in a school or Sunday school environment, you will want to prep this part for them.



2. Poke a hole at the edge of the cup. Thread the string through the hole and tie it on.



3. Using the tail template at the end of these instructions, cut out a tail piece from a second blue plastic cup. Depending upon the age of your kids, they might be able to do this on their own.

4. Using hot glue or glue dots, attach the eyes and tail. To attach tail, slide the tail into the slit you made in step 1 and secure with hot glue. You may wonder if you can use white glue. I wouldn't. It takes so long to dry, and it's not very strong.



5. Fill a white balloon with flour (or sand) so that it is just filled. Tie it off.

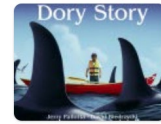


6. Have kids draw a person on the balloon with Sharpie.
7. Tie your Jonah balloon to the end of the string.
8. Try to get your whale to swallow Jonah!



## Class Three – Obeying God

Reread one of your Jonah books, having the kids put up the pictures of Jonah, the boat, the town, and the whale/fish as they happen in the story.



Suggested Reading: *Dory Story*, by Jerry Pallotta and David Biedrzycki

- Compare this story with Jonah
  - How are the boy and Jonah similar (they both disobey)?
  - What happens to Jonah and the boy when they disobey? Is it fun?

### Activity – Jonah Bottles



You Will Need:

- Clear water bottle with label off
- Blue food coloring
- Shells, glitter, beads
- Fish or whale cut from blue or red plastic (we used a red Solo cup)
- Jonah figure cut from clear plastic (we used a transparency sheet, but a clear plastic cup will work too)
- Super glue
- Strip of paper with Jonah saying
- Tape
- Optional: Sticker letters

1. Put your whale, Jonah, shells, beads, and whatever else you want into your bottle.
2. Fill the bottle full of water – leave ~ 1" at the top.
3. Put a few drops of blue food coloring into the bottle of water (lighter is better).
4. Super glue lid onto bottle.
5. Cut out paper with Jonah saying and tape around bottle
6. Optional – use sticker letters to write "Jonah" down the side of your bottle
7. Shake up bottle and enjoy.



Today Jonah taught me to Love and obey God

Today Jonah taught me to Love and obey God

Today Jonah taught me to Love and obey God



## Class Four – Feelings

Adapted from <https://www.preschool-plan-it.com/preschool-feelings-theme.html>

God gave us emotions to enjoy life. Because we have **volition**, we can choose to use these emotions to sin too! Will you choose to use your emotions to follow God's Way or My Way?

You Will Need:

- The emojis (at the end of these instructions) printed on cardstock
- 16 popsicle sticks
- Glue

Cut out each emoji and glue each to its own popsicle stick

Have the children identify each emotion

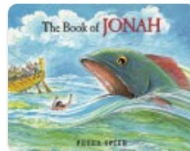
Which emotions are God's Way and which ones are My Way?

Which emotions can lead to My Way?

- Boredom can lead to disobedience of parents
- Being sad can lead to self pity

Hold up the "How do you feel Today?" paper and ask the children if they can tell you how they feel today.

Jonah felt strong emotions, or feelings, throughout his journeys.



Suggested Reading: *The Book of Jonah*, by Peter Spier

- Throughout the reading of the story below, pause at relevant sections and have the children guess what Jonah is probably feeling at that time. For example:
  - When God first told Jonah to go to Nineveh, what did Jonah probably feel to make him want to run away?
  - How did Jonah likely feel in the boat during the storm?
  - How did Jonah likely feel while in the belly of the fish? When he was spit up on land?

### Activity – Preschool Feelings Theme Art

- Read through the activities and determine which activities would be most relevant to your child/group.

## Preschool Feelings Theme Art



### Happy Face, Sad Face

Come up with situations throughout the day that make you feel emotions, and name the emotion that commonly results. For example:

- You need to go to bed early. Which emotion do you feel?
- You find your favorite toy that you thought was lost. Which emotion do you feel?

If the emotion led to sin, discuss ways that you can react differently next time (apply God's word/promises to your problems!).

### Paint a Feeling

Materials Needed: Paint, brushes and paper!

This is a completely free art choice. Just let them paint! No expectations, no "adult decided" outcome! When they are done, ask them to name their picture with a feeling.

"Let's name our pictures with a feeling. When you were painting today, how were you feeling, happy, sad, angry, scared, etc. and why"

Hang paintings with their descriptions.

# Preschool Feelings Theme Circle Time Ideas

Circle Time is such a great time for children to learn the social skills of being together as a large group AND to learn more about your theme!

## **If You're Happy and You Know It!**

Classic Song! Make up additional lines for different emotions that you think of! It might help to have a Feelings or Emotions poster or chart at your circle area to refer to.

## **How Are You Feeling?**

In advance, make a chart with different emotions going across the top row (one emotion for each column).

Cut out a piece of paper with each child's name on it.

Give each child their name paper.

Ask each child how they feel today, pointing to each emotion and naming it for them.

The child comes up and tapes their name under the emotion that describes how they feel.

EXTENSION: Ask each child what made them feel that emotion today (a friend yelled at me, etc.)

EXTENSION: Count up the number of children in each column and list it. Discuss which emotion has more children's names, which one has less.



## **Mirror, Mirror**

Pair the children up. One child makes an emotion face and their partner identifies the emotion and duplicates it.

## **Fingerplays and Songs**

### **Feelings**

*Sung to Twinkle, Twinkle, Little Star*

I have feelings (point to self)

So do you (point to children)

Let's all sing about a few.

I am happy (smile).

I am sad (frown).

I get scared. (Wrap arms around self and make scared face).

I get mad (make a fist and shake it or stomp feet).

I am proud of being me (hands on hips, shoulders straight, smile)

That's a feeling too, you see.

I have feelings (point to self)

You do, too (Point to children)

We just sang about a few.

EXTENSION: There are sign language motions for this song. Perform a Google search to find them!



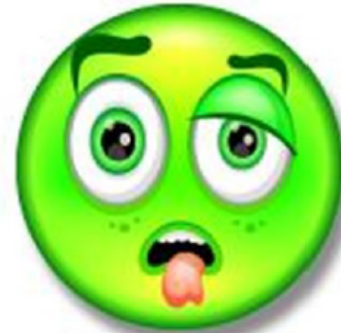
Excited



Sad



Angry



Sick



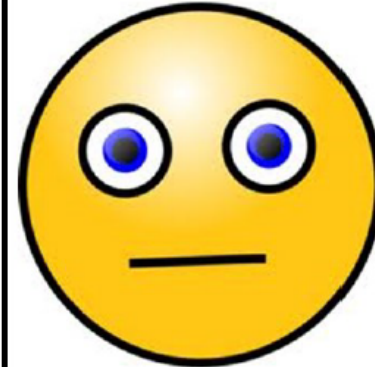
Surprised



Happy



Unhappy



Bored



Tired



Confused



Proud



Afraid



Embarrassed



Hurt



Hungry



Shy



# How do you feel today?

