

Elementary

START
HERE!

FLIP THIS PAGE OVER
TO GET STARTED!

Elementary

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HOW DOES ALL OF THIS WORK?

Easy. Every box includes a challenge card and activity pack for each kid and an instruction pack for each age group (1 per family). The challenge card "drives" all the content. Three activities to complete each week, three activities to complete this season. Check out all the activities below!



WATCH IT - WEEKLY VIDEO CONTENT

Every week, you're invited to Kidsrock at Home or you can watch the weekly Bible story videos on our website:
www.highrockonline.org/lentbox



DO IT - WEEKLY ACTIVITY

Every week, we provide a "Do It" activity in your box. Detailed instructions are provided (Instruction Pack) and many of the materials needed are included (Activity Pack.) These activities are designed to be fun, interactive ways for you to engage with your families and explore the week's theme further.



TALK ABOUT IT - WEEKLY ACTIVITY

Every week, we provide a few questions for you to ask a grown-up. Once they give their answer, they'll ask you the same questions. It's a fun and easy conversation!



MEMORIZE IT

During Lent we'll focus on a different memory verse each month that forms the foundation of the themes we hope you come away with. Memorizing them as a family is a great way to reinforce those themes!



EASTER IT

On Easter Sunday celebrate the resurrection of our Lord with some treats, activities, and a video that the whole family can engage with together.



FAMILY TIME IT

As we prepare to celebrate Jesus escaping the tomb, gather your whole family for a fun-filled escape room experience. Clues, puzzles, videos, hidden items! Will you be able to solve them all?!

COMPLETE YOUR CHALLENGE CARD

Three activities every week and three activities this season. Color in the corresponding stars on the Challenge Card. Complete at least 15 stars to collect a prize and if you do all 21 stars you'll get a special prize! How fun is that?

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LENT WEEK ONE *Elementary*

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★ DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family:

GOING THE EXTRA MILE

GATHER THIS: From your box: Scenarios sheet (find it here in the Instructions Pack), flying superhero. From home: 2 pieces of paper, marker, tape safe for walls.

DO THIS :

- Using a marker, on one paper write “Kindness” and on the second paper write “Go the Extra Mile”.
- Tape papers on opposite sides of a room (or if weather permits do this outside for even more space!)
- Have a grown-up read the scenarios aloud. If you think the scenario is someone showing kindness, use your flying superhero and fling it to the “Kindness” sign. If the scenario is showing someone going the extra mile (doing even more) then fling your superhero to the “Go the Extra Mile” sign.
- Collect your superhero flyer after each scenario is read.
- After you’re finished, have fun with your superhero stretch flyer. See how far you can get it to fly!



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LENT WEEK ONE ELEMENTARY, continued

READ THIS:

In our Bible Story today, the Jewish people were required under Roman law to carry HEAVY loads of Roman soldiers' gear. That doesn't sound like something we would want to do, much like some of the chores in our game. But Jesus told everyone to not just do it without grumbling or complaining, but to go even farther than the one mile they were required to go.

Every single day, we have SO many opportunities to show kindness to others. But what about going beyond that? What about going the extra mile? Jesus challenges us to not just do the minimum amount of kindness but to be kinder than you have to be.



TALK ABOUT IT

- How can you be kinder than you have to be this week to the people around you? (Your family members, your classmates, teammates, or co-workers, the stranger behind you in line, or the person behind the counter?)
- Read through the Lent BINGO squares and talk about which ones you'd like to try this week. Plan which celebration you'd like to try if you do get BINGO!

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DON'T FORGET YOUR MONTHLY CHALLENGES



MEMORIZE
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EASTER
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FAMILY TIME
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MEMORIZE
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EASTER
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FAMILY TIME
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LENT WEEK TWO *Elementary*

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★ DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family:

KINDNESS CHAIN OF A DIFFERENT KIND

GATHER THIS: From your box: slips of construction paper, "Spot the Difference" activity page. From home: tape or stapler, coloring materials, a pencil.

DO THIS :

- Gather the 4 strips of colored paper.
- On one strip of paper, write your own name. Tape or staple that slip of paper into a circle with your name facing outward.
- Think of someone different from you and write that person's name on another strip. This could be someone who doesn't like the same movies or toys you do, someone you don't get along with at school; or someone whose family is different from yours. Tape or staple that paper into a circle with their name facing outward.
- Write two kind things on the other slips of paper - one kind act per slip of paper - that you think you can do FOR that person.
- Starting with the circle with YOUR name, loop one of the pieces of paper with the kind action on it through yours to make another circle. Tape or staple it.
- With the second slip of paper with a kind act on it, slip through both the first kind act circle AND the circle with the other person's name on it. Tape or staple.
- In the end you will have a paper chain with 4 connected circles on it.
- Now, as a challenge, do those kind things this week.
- When you're done with your Kindness Chain, take a few minutes to complete the "Spot the Differences" game. Can you find all 13 differences?!



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LENT WEEK TWO ELEMENTARY, continued

READ THIS:

One of the things that's probably MOST important to remember when it comes to kindness is that kindness is for EVERYONE. So it's worth it to develop your spotting skills and make plans for how to be kind to the people you spend the most time with as well as for the people you don't know well at all or don't have things in common with. It's for your best friend and the quiet kid in your class. It's for all the kids who LOVE dogs and the kids who prefer cats. It's for the kids who cheer for the Red Sox and those who root for the Yankees! You don't have to be best friends with everyone, but you do need to be kind to everyone. Since EVERYONE is valuable to God, we show God's love to others when we value them, too. God made us all so special and wanted us to be different so we could learn from each other. So don't be like the priest or Levite who walked right by the hurt man, refusing to show kindness. Be like the Samaritan and choose to be kind to people who are different from you. God can help you.



TALK ABOUT IT

- Who is your neighbor?
- Why do you think it's sometimes easier to show kindness to our friends than it is to show kindness to others who we don't know as well or are different from us?
- Read through the Lent BINGO squares and talk about which ones you'd like to try this week. Plan which celebration you'd like to try if you do get BINGO!

DON'T FORGET YOUR MONTHLY CHALLENGES



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EASTER
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FAMILY TIME
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LENT
WEEK THREE
Elementary

 **WATCH IT**

Join Kidsrock at Home, Sundays at 9:00am via Zoom or watch the Bible Story on the Lent Box web page.

 **DO IT - WEEKLY ACTIVITY**

Next, here is a quick activity to do with someone in your family:

THE PATIENCE GRID

GATHER THIS: From your box: "The Patience Grid" activity page, 3 wrapped Starburst to use as game tokens, Patience Scenarios (from Instruction Pack). From home: marker (optional).

DO THIS :

- Get some family members to play along and see who is the most patient!
- Put the "Patience Grid" in the middle of the group. Give each person a Starburst game token. (If you have Starbursts that are the same color, use a marker to write initials on the wrapper so you know whose is whose.)
- Place your Starburst token on the Start line. The start line is at the TOP of the grid.
- Read the situations from your Patience Scenarios sheet out loud one at a time.
- Anyone who thinks it would be SUPER HARD to wait in that scenario moves their token forward 2 blocks toward the finish line at the bottom of the page. If you think it would be KINDA HARD, move forward 1 block, and if you think it would be NOT HARD to wait, keep your token where it is.
- At the end, see who is closest to the START line! That's the winner - the person practicing being most patient!
- Finally, everyone who played can eat the Starburst. Thanks for waiting!

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LENT
WEEK THREE
Elementary

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LENT WEEK THREE ELEMENTARY, continued

READ THIS:

Do you like waiting? Was it hard to wait for the chance to eat those Starburst game tokens?! It can be really hard to wait, especially for something we really look forward to or when something is hard. No matter what it is you have to wait for, God is always with you. You can trust Him while you wait, just like Simeon did in our Bible story. When you have to wait, remember God is with you. Just like Simeon, we can have patience and wait, because we know God is in control and His plan for us is good.



TALK ABOUT IT

- What is a patient person like? What is an impatient person like?
- When have you lost your patience? What can you do to make things right or better after you've lost your patience?
- Read through the Lent BINGO squares and talk about which ones you'd like to try this week. Plan which celebration you'd like to try if you do get BINGO!

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EASTER
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FAMILY TIME
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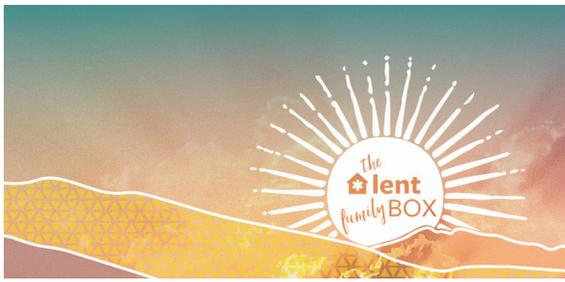
MEMORIZE
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EASTER
IT



FAMILY TIME
IT



LENT WEEK FOUR *Elementary*

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Join Kidsrock at Home, Sundays at 9:00am via Zoom or watch the Bible Story on the Lent Box web page.

★ DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family:

BACK IN THE JAR!

GATHER THIS: From your box: “Back in the Jar” Instructions (from Instruction Pack,) plastic cup, yarn, ping pong ball. From home: tape, permanent markers (optional).

DO THIS :

- Have you ever had to wait to eat your favorite cookie until AFTER dinner?! In this game you will get to practice patience by putting your cookie back in the cookie jar!
- Using markers, decorate your ping pong ball to look like your favorite cookie. (For example, draw on chocolate chips or rainbow sprinkles!)
- Follow the instructions provided to build your own “Back in the Jar” game.
- Once you’re finished, move the cup back and forth to swing the ping pong ball “cookie” and try to get the cookie back in the cup! (For younger kids, you may need to ask an adult to cut the yarn a little shorter.)
- Challenge a family member to a contest. See who can get the cookie back in the jar the most times in one minute!
- While you’re playing with your new game, be sure to talk with a family member about the “Talk About It” questions on the back.

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LENT WEEK FOUR ELEMENTARY, continued

READ THIS:

Waiting is a good time to remind yourself about what is true. When you have to wait to eat your favorite cookie until after dinner, you know the truth is that you would get full before you ate the stuff that's really good for you! When you're waiting for your mom to finish her work so she can spend time with you, you can remember that she loves being with you and she keeps her promises. When you're waiting for your teacher to finish a conversation with another teacher, remember that your teacher is awesome! She won't make you wait forever! No matter what waiting games come your way this week, when you have to wait, remember what's true.



TALK ABOUT IT

- What are some things you believe, without a doubt, to be true about God?
- What can you think about when it's hard to wait?
- Read through the Lent BINGO squares and talk about which ones you'd like to try this week. Plan which celebration you'd like to try if you do get BINGO!

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DON'T FORGET YOUR MONTHLY CHALLENGES



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EASTER
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FAMILY TIME
IT



MEMORIZE
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EASTER
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FAMILY TIME
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LENT
WEEK FIVE
Elementary

WATCH IT

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DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family:

ACT IT OUT!

GATHER THIS: From your box: brown paper bag with "Take Your Pick" paper strips inside, pack of cookies (contains allergens).

DO THIS :

- Gather some family members to play along.
- Have one person reach into the bag, choose a paper strip, then read it aloud.
- Have the person who pulled out the strip act out an impatient response. Try just using your body to act it out, no sounds!
- Ask yourselves, "What could this response cost me?"
- Then, act out a better, patient response. Take turns with your family members so each person gets to be the actor.

READ THIS:

Goodness! Those impatient responses could really cause us all a lot of trouble—just like it did for Esau! Patience means that we wait for what's best. It's not settling for a quick fix. If you don't wait, it could cost you. I bet Esau wished he would've had more patience! I'm thankful we have the Bible to help us know the wise way to live!

Now that you've learned how to be more patient with those great acting skills, enjoy a cookie ... but you're gonna have to be patient with it too! Take one provided cookie, put it on your forehead and get it to your mouth just using your face muscles to move it! Go slow and be patient, you don't want it to drop on the floor!

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LENT WEEK FIVE ELEMENTARY, continued



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- Why do you think waiting is SO hard for everybody, adults included?
- What are some situations you really want to do better at when it comes to waiting with a good attitude?
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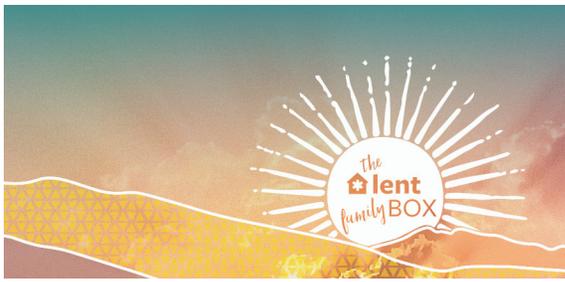
MEMORIZE
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LENT
WEEK SIX
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DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family:

CELEBRATION RACE

GATHER THIS: From your box: party blowers (2), cotton balls (2). From home: masking tape, yardstick or long piece of yarn (to make a line on the floor).

DO THIS :

- Get a family member to play with you.
- Each person needs their own party blower and cotton ball.
- Set up a line on the floor using masking tape, a yardstick, or a piece of yarn approximately 6 feet away from your starting position.
- Line up and spread out a bit behind your starting position.
- Place your cotton ball on the starting line and using your party blower, push the cotton ball down toward the finish line. When you blow on your party blower, it should unroll and the air from the end should push the cotton ball forward.
- See who can get to the finish first!
- Play again, if you'd like!



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LENT WEEK SIX ELEMENTARY, continued

READ THIS:

Today's Bible story was about celebrating! But also about waiting. For hundreds of years, God's people had been waiting for a Savior. Every year at Passover, they celebrated how God had freed them from slavery in Egypt. And they looked forward to how God would one day rescue them again. They welcomed Jesus into the city with a big celebration, waving palm branches! Waiting doesn't always have to be boring. If we look hard enough, there is joy and celebration to be found, even in challenging times. When you are tempted to be irritated or impatient this week, remind yourself that you can celebrate even when you're waiting!



TALK ABOUT IT

- Why is it good to find something to celebrate while you're waiting and trying to be patient?
- Name three things you can celebrate every day no matter what.
- Read through the Lent BINGO squares and talk about which ones you'd like to try this week. Plan which celebration you'd like to try if you do get BINGO!

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DON'T FORGET YOUR MONTHLY CHALLENGES



MEMORIZE
IT



EASTER
IT



FAMILY TIME
IT



MEMORIZE
IT



EASTER
IT



FAMILY TIME
IT