

Have fun learning and playing  
with your preschooler!

First, watch  
this week's  
video!



### Bible Story

Manna  
(Exodus 16)

### Remember This

"I will give thanks to the  
Lord with my whole heart."  
Psalm 111:1, ESV

### Say This

Who can you thank  
for everything?  
I can thank God  
for everything.

## Activity

### Fun Food

#### What You Need

Small squares of paper and a towel

#### What You Do

Lay the towel flat on the floor. Place the small pieces of paper on top of the towel to represent manna.

Ask your child to stand on one side of the towel while you stand on the other side. Together, lift the towel. Invite your child to shake their arms so the towel moves very fast. Encourage them to try to bounce the manna. Replace the "food" and repeat several times.

Say, "God gave food to the people in our Bible story. He put the manna for them on the ground. Let's pretend the paper on our towel is like the manna in our story. Let's shake our towel and bounce our food high so we can thank God for our food.

"Awesome job! We can thank God for EVERYTHING! **Who can you thank for everything? I can thank God for everything!"**



## Prayer

"Dear God, You are a big, awesome, wonderful God. Thank You for giving the Israelites the food they needed each day in the desert. Thank You for giving us what we need, too. Thank You for always loving us. In Jesus' name we pray, amen."