

THOUGHTFULNESS

OVERVIEW

lesson 22



BIG IDEA

Thoughtfulness considers and gives attention and care to others and their feelings first. It is an attitude of the mind that turns into action. Thoughtfulness can include common courtesy, generosity, putting others first, consideration, respect, and good manners.

KEY VERSES

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

MATERIALS LIST

- PVC pipe 24" (or balloons)
- wool fabric (or fuzzy fabric)
- bubbles, straws, aluminum can, water, Styrofoam cup, string, sewing needle, tinsel
- stickers (see object lesson)
- copies of coloring page
- balls
- cones or other means of creating goal zones





PREPARATION

This lesson uses the properties of static electricity to demonstrate attraction and repulsion similar to how thoughtfulness or lack of thoughtfulness can be socially attractive or repulsive. Practice several of these experiments ahead of time to decide which work best for your team. There are many videos online that show these experiments in action.

All of these experiments require the use of a plastic rod such as 24 inches of 1" diameter PVC pipe. A balloon will also work if PVC is not an option. Wool or other fuzzy piece of fabric is also required. Have fun!

EXPERIMENTS AND STORY

Obedient Bubbles

Items: bottle of bubbles (or water + liquid soap), straw, flat surface such as a table top, plastic rod, wool fabric

Do: Pour some bubble liquid out on a flat surface such as a table. Gently blow through a straw into the bubble liquid to create a large bubble. Rub the plastic rod or balloon with the wool. Bring the plastic rod slowly toward the bubble. The bubble should be attracted and move toward the plastic rod.

Racing Cans

Items: plastic rod, wool fabric, empty aluminum cans, flat surface

Do: Lay the can on its side. Rub the plastic rod with the wool cloth. Bring the rod slowly toward the can. The can should be repelled start rolling away from the rod.

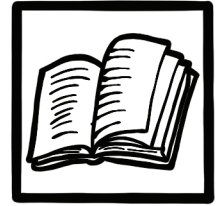
Optional: Bring two volunteers up and give them identical sets of materials. Place the cans at one end of a table. Have the volunteers race to roll their cans off the table using just static electricity.

Water Bending

Items: Bottle of water, Styrofoam or paper cup, pencil, plastic rod, wool fabric.

Do: Poke a hole at in the bottom of the cup. Fill the cup with water and make sure a thin stream of water pours from the bottom. Rub the plastic rod with the wool. Bring the rod slowly toward the water. The water should be attracted to the rod and bend toward it.





Dancing Straws

Items: 10 straws, 10 pieces of 12 inch string, sewing needle, wool fabric.

Do: Thread the needle and poke it through the end of a straw. Tie the end of the string to the end of the straw. Repeat with remaining straws/string. Hold the straws evenly upside down so that the string hangs down. Tie the loose ends of the string into a single secure knot. Lay the straws flat on a surface side by side. Rub with wool fabric. Pull the strings up by the knot. The straws should repel and move away from each other.

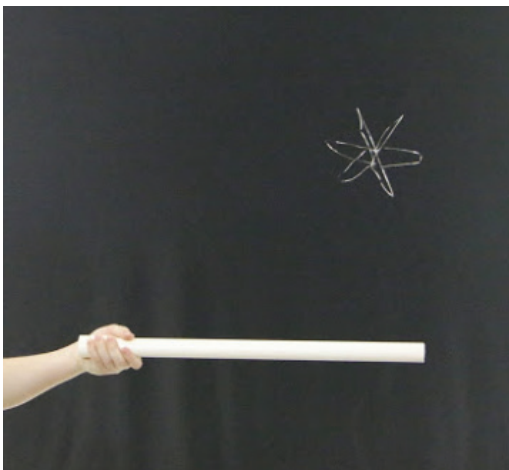
Floating Orb

Items: 6 pieces of mylar tinsel (Brite Star brand from Amazon works well), PVC rod, wool fabric.

Do: Tie Arrange 6 strands of mylar tinsel together and tie them together in a knot at one end. Tie them together again about 6 inches (15cm) from the first knot. Cut the loose mylar strands off just past each knot. Charge the PVC pipe by rubbing it back and forth through your hair for 10 seconds. Hold the mylar orb (by the knot) above the charged pipe and let it drop and touch the pipe. The orb should jump up and hover above the pipe.

The Knight and his Horse - a story

Once there was a knight who went to war with a wonderful horse. The horse maneuvered deftly, rode quickly, and saved his master from many scrapes. The knight fed his horse the best quality of feed. He kept the horse's feet trimmed and shod. The horse was always well groomed. When the war was over, the knight left his horse in the stall, feeding him only straw and paying little attention to him. The horse became thin and weak. Time passed and a neighboring country invaded. In great haste, the knight brought out his horse, brushed him, saddled him in trappings of war, donned his own armor and attempted to ride him. The horse collapsed under the weight of the heavy armor. "I am sorry," said the horse, "You will need to go to war on foot. You have transformed me from a horse of war into a stick horse. How can you expect me in one day to be transformed into a horse of war again?" Thoughtfulness, if it is practiced often, is an invisible force that can prepare us for an unknown future.



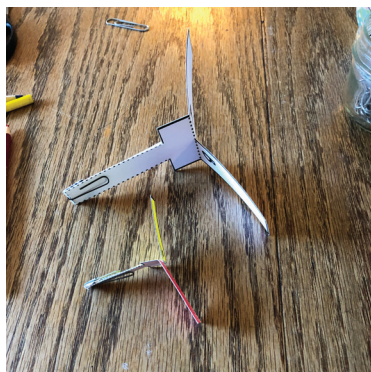
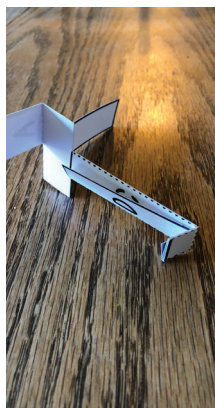
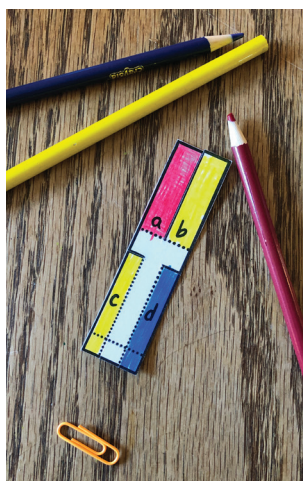
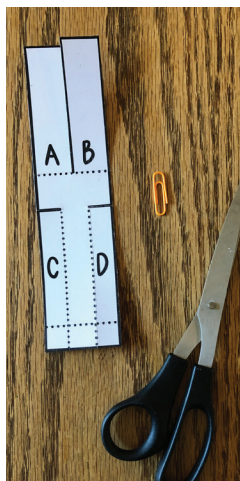
DISCUSSION QUESTIONS

- What experiment was the most surprising?
- When we interact there are invisible forces or attitudes such as thoughtfulness and respect that we can sense from one another. Name some negative invisible forces. Name some positive invisible forces.
- What was the knight's attitude toward the horse?
- Read Philippians 4:8. List things that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy.



DESCRIPTION

Color, cut, fold and fly! Make these nifty little helicopters out of paper and paper clips. Does the large or small chopper fly better?



PREPARATION

Print helicopter templates onto cardstock

DIRECTIONS

1. Cut out a rectangular template
2. Color both sides
3. Cut along solid lines
4. Fold piece A along the dotted line until it is perpendicular to the base
5. Fold piece B the opposite way along the dotted line
6. Fold piece C toward the center
7. Fold piece D toward the center
8. Fold bottom and secure with a paper clip
9. Toss as high in the air as you can and watch it hover down

SIMPLIFIED CRAFT OPTIONS

- Pre-cut the templates
- For easier folding score the fold lines using ruler and pencil
- Print template onto colored cardstock



KNIGHTS, HORSES & CAVALIERS

Have the kids divide up into pairs. The pairs will work together for the entire game. Create a large circle with partners facing one another so there is a circle within a circle.

Play:

To start partners will go around in their assigned circle to the right, so both circles should go opposite ways, they keep going around the circle until the facilitator makes a call, at this time they must find their partner and get into position as soon as possible.

There are three calls:

Horses: When this is called one partner gets on all fours on the floor, and the other sits on the "Horse"

Knights: When this is called one partner gets on one knee, and the other person sits on their partner's knee, and raising their right hand as if they are holding a sword to the air.

Cavaliers: When this is called one partner jumps in the arms of their partner

Rules:

This is competition so try to get in the position as quick as possible.

Last team in the position is out, and they help judge.

HAND SOCCER TAG

Make a goal at each side of the playing field. Split the teams evenly.

The object of the game is to throw the ball into the goal without going over the goalie's head while trying not to get tagged.

Players pass the ball to their teammates until a player has an open shot. But if they get tagged they have to shoot for the goal from where they are standing..

To make the game more exciting with larger groups, have more than one ball.

