



Step Up

Lessons 1-3

Noah and the Flood

Noah was a good man who tried to do the right thing. But in the time when Noah lived, he was the only man on earth who was doing the right thing. All the other people on earth were doing evil things and hurting each other. This made God very sad. So, God said that he was going to send a flood to the earth that would destroy every living thing on earth because he was upset he ever made them. But God decided to save Noah and his family.

God told Noah to build a boat and fill it with two of every kind of animal and bird. Noah did just that, and then Noah and his whole family boarded the boat and waited for the flood to come. The rain fell hard for forty days and forty nights. Water covered the whole earth, and the boat floated safely on the surface. Water covered even the highest mountains on earth, but Noah and his family were saved.

God remembered Noah and all the animals on the boat. God sent a wind to blow across the earth and the flood began to go away. After 5 months, the boat came to rest on a mountain top. A few months later, the other mountains could be seen. Forty days later, Noah opened a window and released a raven. The bird flew back and forth until the flood had dried up. He also sent a dove out to see if it could find dry ground. But the dove couldn't find a place to land because there was still water on the ground. So, the dove returned to the boat. After another 7 days, Noah sent the dove out again. This time it came back with an olive leaf, so Noah knew that the floodwaters were almost gone. A week later, he sent the dove out again and it didn't come back.

So many months after the flood began, Noah opened the doors of the boat and saw that the ground was

drying. He waited two more months and at last, the earth was dry.

Then God said to Noah, "Leave the boat, all of you. Release the animals so they can be fruitful and multiply throughout the earth." So, Noah, his family, and all the animals finally left the boat.

Noah built an altar to the Lord to make a sacrifice to God. God was pleased with Noah's offering and said to himself that he would never again destroy every living thing on earth. God blessed Noah and his sons and promised them that he would never send another flood. He gave them the rainbow in the sky as a sign of this promise to Noah, his family, and all mankind.

"Trust in the Lord with all your heart; do not depend on your own understanding.
Seek his will in all you do, and he will show you which path to take."
Proverbs 3:5-6 (NLT)

Word of the Week: PLAN

<https://www.signingsavvy.com/search/plan>

Questions of the Week

1. When Noah was alive, he was the only man on earth who did what?
 - a. ate all his vegetables.
 - b. was doing the right thing.
 - c. tithed the right amount.

2. How many animals of each type did Noah have on the boat?
 - a. just 1
 - b. 2 of every kind
 - c. a handful of each type

3. What did God say after Noah's offering?
 - a. He would never again destroy every living thing on earth
 - b. He wanted Noah to bring more offerings
 - c. He loved Noah and was proud of him

Sensory Activity:

Shoe Box Maze

What you will need: Large open area, 8-10 shoe boxes (you can do more if you like), different textured items to put in the shoe box (cotton balls, rice, beans, foam packing peanuts, dirt etc.)

How to play:

- Take the different textured items and place them separately in each box (one box for cotton balls, one box for sand, etc.).
- Place the different boxes close enough to each other that your child can walk from one box to another.
- Have your child take off their shoes and socks and walk from each box with their bare feet.
- To make it more difficult you can move the boxes around and change it up by having them in a straight line or making them cross feet to step in the boxes.

Benefits of Activity:

- Stepping into the different boxes improves motor planning.
- Putting their feet in the different textures works on improving tactile discrimination.
- Remember to talk to your child about the story of Noah. Just like they had to have a plan when they were stepping into the different boxes, God had a plan for Noah, and Noah had faith in God's plan for him.