



**“Armor of God”: Instructor Guide &
Elementary Program Outline**

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Recessandresults.com/REJOICE

A program of Rejoice at Recess, LLC

Mission: ***Saving the world, one recess at a time.***

Before you begin:

Welcome to Recess & Results®; Thank you for being an active part of the mission to “save the world, one recess at a time”! A few things to remember:

- Please prepare fully for each class PRIOR to the start of class. Know the lesson for the day and arrive full of energy!
- You are the professional. While Recess & Results® provides the basic formats and guidelines for class, each group of kids is different. Thus, use your own adaptive creative abilities when leading Recess & Results® classes.
- Obtain and review health history forms and waivers for each participant PRIOR to the first day of class. Pay close attention for asthma, diabetes, and other limitations. Use professional judgment for doctor’s clearance that may be required for participation. Any questions should be directed to your Recess & Results® representative BEFORE the first-class date.
- Each class begins with a warm-up in the form of an obstacle course for the children to move through. Encourage children who arrive early to begin the course, therefore creating an upbeat energy from the moment participants walk into class. Be creative and have fun with the design of the obstacle courses. The goal in using this every class is to remain consistent so that children know what to expect each day and can jump in as soon as they arrive. However, participants should not complete the exact same obstacle course each session; although it can be similar, it should vary a bit from class to class allowing for new challenges and movements.
- Each class includes an educational component. You are the professional and expert. Understand the lesson and be prepared to teach it / answer questions from children and parents before and / or after class.
- Remember to stress the importance of staying hydrated and encourage water as the drink of choice.
- Understand the emergency procedure for your partnering facility.
- You are the role model for the children you are leading; “walk the talk” and set the example of healthy lifestyle choices.
- Everyday is a GREAT day!! Come to class full of energy, with a smile, and ready to have fun! You will learn just as much from your class as they will learn from you. Ask God to guide you and allow you to be open to receive, flexible, and most of all... to HAVE FUN!

Class Rules

1. Always try your best.
2. Treat others how you want to be treated.
3. Respect your leaders. (No talking when the teacher is talking).
4. Have FUN!!

Lesson 1 – Team God!

Materials Needed for Today:

- Obstacle Course Equipment
- 10 cones
- Beanbags
- Playground ball
- 4 small softballs
- Bluetooth for music

Objective: Introduce what it means to put on the full armor of God. Children will demonstrate the concept of “not giving up- going to the finish” according to Ephesians 6:12 by participating in various relay games.

“This is no afternoon athletic contest that we’ll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels.” Ephesians 6:12 (*The Message translation*)

Introduction (7 min) – When it’s time for class to start gather the children in a circle. “Welcome to Recess & Results[®] everyone! I am so glad you joined me today! Let’s start our class today by playing a game in order to introduce ourselves. We are going to say our name with our favorite superhero. Have kids gather in a circle. Each child should stand in a lower squat position to play this game. When I roll the ball to you, you will say your name and your favorite superhero for the first round. During the second round, let’s say another person’s name with their superhero name and roll the ball to them.

Warm Up & Stretch (7 min) Next explain that you will begin each class with a warm up activity to get everyone’s blood moving. “Does anyone know how to play the game Follow the Leader? Great! We are going to use this game to warm-up today. For those who haven’t played just do what I do and have fun!” Play follow the leader allowing children to take turns being the leader.. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include: slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc. When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy. **Explain and review class rules.**

Water Break (stress the importance of being hydrated, remind children to bring their water bottles every class!)

Mini-Education (3 min): “Boys and girls, can you give me a thumbs up if you would like to actually be a superhero? My thumb is up because I think it would be neat to have superpowers and most of all get a really cool costume to wear. Right??? In the Bible, the Apostle Paul wrote the book of Ephesians while he was in a Roman prison. He talks about the armor of God because soldiers wore a protective suit called armor when they went to battle. As Christians, we are given spiritual armor. You cannot see it, it’s invisible but it works the same way as the armor that Roman soldiers wore.

God has an enemy, the devil, who doesn’t want others to be on God’s team. To protect ourselves from the devil, God wants us to wear our invisible armor. He wants us to give our all and never give up against devil. Now, we are going to show how we don’t give up by playing some games. Let’s all put our hands in and on the count of 3 let’s shout, “Team God!”

Main Activities (25 min):

Zig Zag Relay

Set up Make 2 separate zig zag line with 5 cones each. At the end of the line, place a hula hoop with as many bean bags as you have students. Divide the class into two teams. When the instructor blows the whistle, the first person in each line will run and touch the 1st cone, 2nd cone, and so on until they get to the end of the zig zag, run to the hula hoop, and pick up a bean bag. The player will then run back in a straight line to the start so that the next team player can go. The first team who has collected all of their bean bags and bring it back wins. Determine who the winning team is when all members are sitting down in a line. Repeat for two more rounds to declare the best 2 out of 3.

Recess Review: Friends, you all did a fantastic job! You had to push it out to the end in order to get back to your team, right? You did not give up but instead gave it your all, just as Jesus calls us to. Way to go! Let's switch up the teams so we can play one more relay but first, let's take a water break.

WATER BREAK

Throw, Clap, Catch Relay

Set up Make 2 separate lines - setting out 2 cones with a softball size ball on top in both lines. Set a hula hoop at the end of each line with a ball in it. Encourage teams to cheer on their teammates. Divide the class into two teams. When the instructor blows the whistle, the first person will pick up the ball on each cone, toss it up in the air, clap 2 times before catching it (put ball back on the cone). Run to the hula hoop and throw the ball up in the air as high as they can, catch it, leave the ball inside the hula hoop and straight back to their team. Determine who the winning team is when all members have done the relay and are sitting down in a line. *variation - can repeat the relay and challenge the class to toss the ball up with additional claps.

WATER BREAK

RECESS REVIEW: During this time ask the class which relay was their favorite. Why? Regardless of which relay was your favorite - you tried your very best which happens to be one of our rules and it's what God calls us to do too! Give yourself a pat on the back! How about a game of tag?!?!?

Survivor Tag

Everyone finds their own space around a designated play area. Everyone is (it) at the beginning of each round. The object is to try to tag each other but to avoid being tagged. If a player gets tagged by an opponent, they have to sit down until the person that tagged them gets tagged. In this case, the player stands up and is back in the game.

Play multiple rounds lasting 2 to 3 minutes. If a player is still standing when the whistle blows, they get a point for that round. Challenge the class by changing the method of movement such as skipping, hopping, or galloping.

Water Break

Recess Review: I love the way you all demonstrated the unique ways God created you through your movements and personality! Next we are going to play one of my all-time favorite games - TUNNEL TAG!

Cool Down / Stretch (7 min) "Jesus lead me" (played like "mother may I?") Pick a child to be the leader – who stands

one end of the playground. Everyone else stands at the other end. The goal of the game is to get to Jesus 1st. The leader tells each person in turn to move a certain distance in a special way, example: take 5 steps, take 10 baby steps, take 2 giant strides

Before moving each person must say “Jesus lead me. May I.....(decides how many steps to ask for permission)?” – if they move without saying “Jesus Lead Me”, they go back to the start. The child who is the leader responds with yes or no. If no then the leader says how many steps the player can move forward.

So far so ordinary. But then kids get creative and invent crazy movements. They can choose other movements such as...

lampposts – you lie down and stand up where your head reached

frog hops – bending right down and hopping

squashed tomatoes – same as a frog hop but with a fart noise for each hop

scissors – scissoring your legs while jumping forward (tricky)

crab steps – walking sideways

Stretch

Wrap-Up (3 min): Class, we got off to a great start today! I had so much fun playing games with you all today. We learned that God has given us an invisible armor so that we can defeat the devil. We were also reminded that we should always pray and ask Jesus to guide our steps. It says in the book of Ephesians chapter 6 verse 12 (*The Message translation*) “This is no afternoon athletic contest that we’ll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels.” God wants us to finish and to never give up because we are on His team!

Lesson 2: The Belt of Truth

Materials Needed for Today:

- Obstacle Course Equipment
- Potato Sacks
- Balloons with Letters TRUTH!
- String for balloons
- Belts with tags, with one TRUTH written on each tag
- plastic grocery bags
- Bluetooth for music

Objective: Kids will learn the Biblical definition of truth and the meaning of the belt of truth as referenced in Ephesians 6:14 by playing various outdoor games.

Introduction (5 min) – When it's time for class to start gather the children in a circle. "Welcome back to Recess & Results® everyone! It's great to see you again! Have kids gather in a circle. Let's start our class today by calling out each other's name before tossing the ball to someone. After a couple of rounds, invite the kids to the obstacle course.

Warm Up & Stretch (5 min) - Play follow the leader through the obstacle course, allowing children to take turns being the leader. Make sure to play upbeat music and add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include: slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc. When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy.

review class rules.

Water Break (stress the importance of being hydrated, remind children to bring their water bottles every class!)

Mini-Education (3min) - Last week we talked about the armor of God. As Christians, we are given spiritual armor. You cannot see it, it's invisible but it works the same way as the armor that Roman soldiers wore. (Show the class a poster of a Roman Soldier and the parts of his armor.) Today we are going to look at the belt otherwise known as the belt of Truth. What does truth mean? Allow kids to answer. Truth in the Bible is God's opinion on any matter. Truth is our core support. Go ahead and put your fist below your stomach. Your core is the area around your trunk and pelvis, comprised of the abdominal muscle groups. A strong core helps your balance, your stability. Let's play some games that will help us to be mindful of a strong core and the belt of truth.

Main Activities (30 minutes)

Potato Sack Race - When the whistle blows, players rush about 5 to 10 feet to the line of burlap sacks. Pull the sack over both feet and hold about waist to mid-chest height.

Hop toward the finish line (about 20-30 feet depending on the age of the participants).

The first participant to reach the finish line WINS!

Water Break

Recess Review: Friends, you sure did hop your hearts out! Imagine if you had a belt to keep your sack up. How much easier would it have been to move forward? Roman soldiers had a belt to hold his tunic up so that it didn't get in the way. It could even hold a soldier's sword. The belt was a useful piece of clothing. Let's play our next game so that you can get more of an idea what a tunic might have looked like!

Tag A Belt - Divide the class into 2 teams and have them line up in a single file behind a designated cone. Each child in line gets a flag with a truth written on it. Have one student of each team wear a flag belt while standing at the opposite end of the field. When the whistle blows, each team member runs to their teammate, tapes their flag onto a belt, and then runs back to the end of the line. The first team to finish the "belt of truth" wins the relay!

Recess Review: Ask the winning team to read all the truths on the belt and discuss together.

Balloon Stomping - Divide the class into equal teams designated by specific colors (i.e. Red group, blue group), each team with the designated color balloons. Every player ties a balloon to their ankles. When the whistle blows, team members stomp on each other's balloons until they pop it. Each child reads a letter on the piece of paper that came from inside their balloon. After all balloons are popped, each team put the letters together. The first team to spell "TRUTH" wins.

Recess Review: WOW, it was so much fun to see such awesome teamwork during both of these games. We can rely on each other and on God's truths! What is one truth that God says about you? What are some lies you have heard? How do lies make you feel? We can fight the lies with our belt of truth! Let's grab some water and then play our last game.

WATER BREAK

Bag Tag - Every child tucks in at least 3 plastic grocery bags in their waistband at the beginning. When the whistle blows, children run in a designated area, pulling grocery bags from other children and placing it in their own waistband, while trying to avoid having their own bags stolen. When the whistle is blown again, children freeze and then count the number of bags they have. The player with collected the most bags, wins!

Recess Review: While this was a fun game, isn't it good to know that no one can ever take our belt of truth from us?! Now let's play a game about a fox just for fun before we finish our class ok?

Cool Down - Play "What time is it Mr. Fox?" One child becomes Mr. Fox and stands at one end of the field. Other students line up horizontally at the opposite end of the field. The fox turns their back away from the class. Each child asks the fox "What time is it Mr. Fox?" The fox tells the child and the child moves forward the specific number of steps. i.e. 11 o'clock, child moves 11 steps. When the fox yells feeding time as one of the answers, all the children turn around and run as fast as they can back to the starting line in order to avoid the fox tagging them before they make it safely.

Stretch

Wrap-Up (2 min) Class, It was so much fun playing games today! We learned that the Bible has God's truths in it. We learned that our cores help us balance. The belt of truth allows us to stand firm against the schemes of Satan. The truth is our core support. God loves us so much b/c He give us truths that we can find in our Bibles and He has given us an invisible belt of truth. Pretty cool, right? Enjoy the rest of your day! See you next time!

Lesson 3: Breastplate of Righteousness

Materials Needed for Today:

- Obstacle Course Equipment
- Belts with tags
- Beachball
- Hula Hoops
- Jump Ropes
- Small balls
- Bluetooth for music
- Download the song, Armor of God by Go Fish

Objective: Understand the meaning of RIGHTEOUSNESS and what we can do to protect our hearts both physically and spiritually.

“Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness.”

Ephesians 6:14

Warm Up & Stretch (7 min) - Welcome everyone back to Rejoice At Recess. Allow those arriving early to practice using the hula hoops and/or jump ropes in a designated area. Say to the kids, “Now let’s warm up with our obstacle course.” Line up the kids at a corner cone and tell the class, “I am going to be the leader first, so you can follow me and then we will switch it up by having others become the leader. Let’s go!” Add challenges to keep it entertaining. **EXAMPLE:** Instruct children to pay close attention and to freeze at the sound of the whistle and make a silly face. Once frozen – call out a new challenge. (Challenges include: slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc.)

When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy. **Review class rules.**

Water Break

Mini-Education (3min) - Last time we were together we talked about the invisible armor God has given us and we specifically talked about the Belt. “Do you remember what kind of belt? You’re right, the belt of truth. It reminds us that Satan fights with lies but we are clothed with God’s truth. Today, we are going to play games that remind us of the Breastplate of Righteousness. Righteousness is a big word and it basically means ‘right living’. Satan tries his best to attack our hearts so that we want to live a different way other than showing our love for God. Saying bad words, disobeying our parents, being mean to our brothers and sisters are ways that not only hurt others but it can hurt our hearts because we know it’s not the right thing to do. The Breastplate reminds us that we are forgiven and always accepted by God. It reminds us to protect our hearts. Speaking of hearts, let’s play some games that will get our hearts pumping!

Main Activities (30 minutes)

Tail Tag

Give each child a belt with two flags (aka “truth tails”) Explain to them that these belts can remind us of the belts that Roman soldiers wore. Strips of material were attached so that they could move easily and not get overly heated on hot days. At the sound of the whistle, everyone runs in a designated area, attempting to pull tails from other players’ belts and toss them onto the ground. Stop when the whistle blows. The winner is the last one with a “tail”.

Water Break

Recess Review: Boys and girls, you all worked really hard. Place your hand over your heart, do you feel it beating faster? We played hard, exercising our hearts by running to getting each other tags on the ground. Do you notice all of these truths (written on the tails)? Remember, no one can ever take the belt of truth from us. It is an invisible gift from God we can use to fight the enemy!

Swipe The Ball: Lay down a jump rope, horizontally, in the middle of a play area. Place a beach ball on the middle of the jump rope. Divide the class into two equal teams and have them stand on opposite ends of the field. Assign each child a consecutive number and then repeat with the other group of kids. Students must listen carefully so that when a coach calls out a number, the 2 kids with this number run to the middle, be the first one to pick up the beach ball and run back to their team without being touched by their opponent. One point is awarded for swiping the ball and 1 point is awarded to the player if he/she tags the opponent before they cross the line back at his/her team. Continue to call out numbers until all children have had at least one chance. Count points in the end and announce the winner.

Water Break

Recess Review: You all did a great job practicing righteous (or right living) during that game. You were truthful about your score, you showed great sportsmanship, and you gave respect to your friends. That is all a part of righteous living!

Musical Balls: Mark a large playing area with cones. Place balls in a hula hoop in the middle the area, adding up 2 less than the amount of children playing. Have the kids form a large circle around the balls. Play music and have the children move around the circle in different ways (run, skip, hop, walk, tip toe, etc) until the music stops. At this time, everyone runs to grab a ball. The two people who don’t get a ball must tag a friend that does have a ball. Once this happens the game starts again. Variations: change the number of balls in the circle. Change the way people who have balls can move. Change the way the taggers must tag other kids.

Water Break

Cool Down Marching ON Dance Off: Have the kids form a large circle using the cones in the previous lesson. Play the song, “Armor of God” by Go Fish. Kids around the circle march to the tune. One child at a time takes turns showing off their moves by dancing in the middle of the circle.

Stretch

Wrap-Up (2 min) Class, we had a blast today while we were getting our hearts pumping. We learned that righteousness means right living. The next piece of armor is a breastplate which reminds us to protect our hearts so that we can do the right things to please God. Next time we will learn how are shoes become an invisible piece of armor of God. Let’s pray.

Lessons 4: Shoes of Peace

Materials Needed for Today:

- Obstacle Course Equipment
- Ankle bands
- Beanbags
- Socks
- Kitchen tongs (2)
- Oven mitts (2 sets)
- Bluetooth for music
- Playground ball

Objective: Children will learn the significance for the shoes of peace and its role in the Armor of God according to Ephesians 6:15 *“and having shod your feet with the preparation of the gospel of peace”* Ephesians 6:15

Introduction (5 min) – When it’s time for class to start gather the children in a circle. “Welcome back to Recess & Results[®] everyone! Did you come to recess with your invisible armor on? We are going to talk about the next piece of armor and learn another Bible verse about it. But first, let’s warm up our bodies before we play hard!”

Warm Up & Stretch (5 min) - Play follow the leader through the obstacle course, allowing children to take turns being the leader. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include: slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc.

When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy. **Review class rules.**

Water Break

Mini-Education (3min) - Quickly review the previous lessons by asking children what the belt and breastplate represent on the armor of God (truth and righteousness). Today we are going to take a look at the shoes of a warrior. Who put their shoes on this morning when you left the house? Sounds like a silly question but it’s a great example because if you think about putting on your shoes when you GO somewhere... the shoes of our armor remind us to GO with peace. What does peace mean? Peace is a sense of being calm. God wants us to walk in peace, to get along with others so that we can share Jesus. Now let’s use our shoes of a warrior to run over to those cones so that we can play our first game.

Main Activities (30 minutes)

Stinky Socks: *set up* Divide the class into two separate teams and have them line up in single file lines behind their team cone. The first child in each line, puts on a pair of oven mitts and holds a set of kitchen tongs. At the sound of the whistle the team member runs down to a pile of socks, grabbing one sock with their tong and then running back to place

it in their hoop (washing machine). The player passes the oven mitts and tongs to the next player in line and they repeat until all of the socks have been taken to the wash machine. Have each team count up the number of their socks. The most socks wins the round!

Recess Review: Friends, I noticed you all ran FAST! And it seemed like you felt strong with shoes of a warrior on your feet. What if you have to play this game in ONLY your socks – no shoes? Maybe you should slip and fall more, or maybe it would have been harder and maybe even hurt you. Remember, the shoes of a warrior give us a firm foundation so we can go in PEACE.

3 Legged Race: Divide the class into two teams, each behind a designated cone. Each team divides into groups of 2 – standing side by side and attaching a strap around their ankles (one person’s right leg to the other person’s left leg.)

At the sound of the whistle, the first set of teammates walk together to a cone at the other end of the field, circling the cone and then hurrying back to their team. These repeats until all pairs have completed the relay. The first team that completely finishes the race, wins!

Water Break

Recess Review: Share a little bit of history. Here’s the cool thing, soldiers in a battle line would not only stand foot to foot together like you did with your teammates but they would stand shoulder to shoulder. It was a really tight formation bringing strength to the entire army. The line would be steady and strong! If one soldier lost their footing, creating a hole in the formation, the entire line would weaken which would make it easier for their enemy to attack. The shoes served a really good purpose to the soldiers on the battlefield, just like they do to us today! Now, let’s hit play another game!

Block The Ball: All the players form a circle facing each other, legs wide apart with the sides of their feet against their neighbors’ feet. Players put their hands on their knees and must keep them there unless the ball comes towards them. Use one ball and have a player stand in the center as “it.” The center player attempts to kick the ball gently through the legs of the players in the circle, using changes of direction to fool the other players. If a player has the ball go between their legs, they become “it” and the game repeats. Play a few times with creative variations.

Water Break

Cool Down– Praise Jesus Pokey – just like Hokey Pokey but instead “we all Praise Jesus when we turn ourselves around”. “We put our _____ in” (belt of truth, warrior shoes, praise hands, praying knees, healthy bodies).

STRETCH

Wrap-Up (2 min) Boys and girls, it was a blast playing games with you today. You ran as fast as your feet would take you and you worked hard with your teammates as you learned about shoes of Peace. Until we meet again, think about how God can bring you peace each time you put on your shoes. Let’s Pray.

Now let’s put our hands in and on the count of 5, let’s yell PEACE. Great job! Enjoy the rest of your day and go in peace.

Lesson 5: Shield of Faith

Materials Needed for Today:

- Obstacle Equipment
- Poster of warrior and pieces of armor
- 2 Laundry Baskets
- Beanbags
- Soft balls
- Paper plates
- Sheets of paper
- Bluetooth/Music

Objective: Students will learn what it means to have faith and how it relates to the shield as described in Ephesians 6:16 *“in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.”*

Introduction (3 min) – Welcome back to Rejoice At Recess! I am happy to see you here! Last week we talked about the “Shoes of Peace.” We need to put on our shoes ready with the gospel of peace and tell our friends and neighbors all about Jesus. We will talk about another piece of armor today but first let’s use our feet to warm up with our obstacle course.

Warm Up & Stretch (5 min) Complete a couple rounds around the obstacle course by playing follow the leader. Allow children to take turns being the leader. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc.

When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy.

Review class rules.

Water Break

Mini-Education (5 min): Show the kids a poster of a warrior and the pieces of armor. Today we are going to focus on the shield a warrior used. What is a shield? (allow kids to answer). Yes that’s right. It protects us from the “bad guys” in a battle. Part of the Armor of God is the “shield of faith.” What does faith mean? It means to trust in God, even though we can’t see him. **Read Ephesians 6:16 aloud.** Yikes! Flaming darts! That sounds scary! But if we have all this armor on, and we know God is with us, then we don’t need to be scared right? The shield is special because it can cover any area whenever it needs to. It’s an extra level of protection that Jesus gives us. We are going to play a game in which each team has to protect their bases. Let’s go!

Main Activities (25 min):

Basket of Beanbags: Divide the class into two groups. Have each group start out the game at opposite sides of the

playing area with a laundry basket and equal number of beanbags. The object of the game is for them to act as a shield around their basket to keep beanbags out; while other team members are trying to throw beanbags into their opponent's basket. (The teams need to designate players as shields and others as throwers.) **OPTIONAL:** Give players shields often found at Dollar Tree or Target or be creative and give them a brown paper bag (folded) or paper plate they can pretend is a shield). At the sound of the whistle the teams have approximately 60 seconds to attempt to get the most bean bags in the opponent's basket. The team with the least number of beanbags in their basket wins. Play at least two rounds so that teammates can change roles of shields and throwers.

Recess Review: "You all did a fantastic job and I saw lots of **team work** by shielding your team basket and protecting the "attack" of the enemy. In the next game, you will use your shields to protect you from flaming arrows – let's play!

Faith Ball: Give every child a paper plate shield. (A paper plate with a handle made of masking tape on the back.) Have the class stand in a horizontal line. Gently toss soft balls at the children. (Not towards their heads, of course.) The kids have to use their shields to block the "arrows" flying toward them. Once they are hit, they are out and they become arrow throwers. The last one standing wins! Once the game is over, play another round by using a variety of sizes of paper plates. Give some kids dessert plates and others serving plates, for example. Consider giving a couple of kids no shields at all. This helps to demonstrate that the bigger our faith is, the harder it is to be attacked.

***Recess Review and Water Break:** "Did you all have fun? Yes, me too!" Our shields represented faith and the bigger our faith or in other words, the more faith we have, God can protect us from the devil's flaming arrows or schemes that take our focus away from Him. I can't wait to share the next game with you!

The Bees Knees: The objective of this game is to try and sting(tap) the knees of each other. Remind kids of our #2 rule - Respect yourself and others at all times. We will have a chance to truly practice this rule. Be sure to demonstrate what a light tap looks and feels like. In this game the players have to shield their knees to defend the stings by using their hands. Divide the participants into pairs and ask each pair to bend down, facing each other. Let the stinging game begin. After a successful strike, the players will break the contact and will prepare to start again. The round will end when someone scores three stings/strikes. The participants find new partners and begin the game again.

***Recess Review:** Great job showing each other respect! The more you accurately used your hands as shields, the less you got stung, right? We want to use our invisible shields to guard against the stings of Satan.

Cool Down / Stretch (5 min) Give each child a piece of paper. They must keep the paper in the air without touching it...only allowed to blow air under it. Air is something we cannot see, so the children must trust it exists – much like Faith.

STRETCH

Wrap-Up (2 min): I had a great time learning and playing with you today! We have learned about the Breastplate of Righteousness, Shoes of Peace, and Shield of Faith – and there is more! Isn't it great all the armor God gives us to protect us? Having FAITH is so important and the bible says we can grow our faith by learning more about Jesus and talking to Him in prayer. Let's bow our heads and go to him in prayer. ****Add closing prayer - Let the Lord lead you! **** End the class by huddling up, all hands in, and on the count of 3, let's shout FAITH!!!

Lesson 6: Helmet of Salvation

Materials Needed for Today:

- Obstacle Equipment
- Poster of warrior and pieces of armor
- 2 soft playground balls
- A plastic hat / helmet
- Beach ball
- 2 jump ropes
- Romans 6:23 verse cards
- Bluetooth/Music

Objective: Children will learn the fifth piece of armor is the helmet of salvation according to Ephesians 6:17a, “*And take the helmet of salvation...*” As the helmet protects the head, our hope in salvation protects our minds from the lies of Satan.

Introduction (3 min) – Welcome back to Rejoice At Recess boys and girls! I can’t wait to play some fun games with you today. Can anyone remember what we talked about last week? When we have our shield of faith we know God will protect us and defend us against sin and Satan. Before I reveal the 5th piece of armor to you, let’s go to the obstacle course so that we can warm up our bodies and be get ready to play!

Warm Up & Stretch (5 min) Complete a couple rounds around the obstacle course by playing follow the leader. Allow children to take turns being the leader. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc.

When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy.

Review class rules.

Water Break

Mini-Education (5 min): Show the kids poster of a warrior and the pieces of armor. Let’s take a look at a new piece of armor, the helmet. We all know what a helmet is, right? If you ride a bike or a skateboard or scooter then it’s important you wear a helmet. Why? Why do football players and motorcyclists wear helmets? Because they look so cool? No! To protect their head and brain – both are important parts of your body that allow us to think. In fact, our brain controls everything we do! Did you know soldiers wore helmets too? Today we are talking about a special helmet... the helmet of salvation. Salvation means saved. Jesus died on a cross to save us from sin, so we can live forever with Him in Heaven. The helmet of salvation reminds us of the hope we have in Jesus and protects our minds from the lies of Satan. Let’s play some games that will help us understand the helmet of salvation!

Main Activities (25 min):

Ball Crawl: The point of the game is to try and roll a ball with your head all the way to the finishing point. Once there the participant picks it up and brings it to their teammate, who does the exact same thing. First team done wins!

Recess Review: After the game, gather the kids together for water. “You did an awesome job moving those balls with your head. I also noticed how exciting it was to see you cheer on your teammates.” Instead of using a soft, playground ball... what if used a heavier ball like a bowling ball? Then we would have to wear a helmet so that we couldn’t hurt our heads, right? The Helmet of Salvation God gives us is an invisible helmet that helps protect our brains from all kinds of attacks. Here’s a cool fact about the brain... When awake, the human brain produces enough electricity to power a small light bulb.” Now let’s use our energy to play tag!

Helmet of Salvation Tag: Designate a relatively small playing area and mark boundaries with cones or tape. Select a child as a “tagger” (perhaps 1 tagger for every 6-8 kids playing). The taggers’ goal is to tag as many kids as possible. When a child is touched by a tagger, the child must sit down immediately.

Designate a child to hold onto a hat. (Explain to the kids that it is unhealthy to share hats so please just hold onto the hat.) Explain that the child with the “helmet of salvation” (aka the warrior) can’t be touched by the tagger. The warriors job is to free kids who have been touched by the tagger and are sitting down. Warrior offers the helmet of salvation to kids who are sitting. The warrior runs to kids who are sitting and ask, “Do you want a helmet of salvation?”

* The child who is seated can say, “No, thank you” OR “Yes, I’ll take it!”

* If the seated child says, “No, thank you,” then the warrior can run to free another child.

* If the seated kid says, “Yes, I’ll take it!” then the warrior must give his/her hat to the seated kid. The warrior (who is now helmet-less) must now try to avoid being touched by a tagger. The child who accepted the helmet becomes a the new warrior and He / She must put on the helmet and run to free someone else.

Water Break

***Recess Review:** “Did you all have fun? Fantastic! This game reminds us that Jesus died for each one of us, but we have to choose to follow Him and be saved so that we can live forever with Him.” Here is another fun fact about our brains... “Did you know that the human brain has enough memory to hold three million hours of television.” God gave us such magnificent brains! Let’s play another game – are you ready?

Bat the Ball: Designate an area with 4 cones. In the middle of the rectangle, place a jump rope (or two) to divide the area in half. Divide the class into two teams. Each team must work together in order to bat the beach ball over to the other team. If the ball is hit out of bounds or bounces on the ground, the other team scores a point. Play a couple rounds as time permits. Add more beach balls to increase intensity.

***Recess Review:** Great job working together with your teams. Tell the kids that batting the ball to the other side, is like removing yourself from temptation. For example, you might not want to sit next to a friend if you can’t keep your hands to yourself or talk while the teacher is talking. Or I personally have to remove junk food away from me because it is tempting to eat too much of it. What are some ways that you remove yourself from temptation? Yes, let’s all work on batting away temptations so that we can spiritually protect our minds. Did you know that you have about 70,000 thoughts a day? Pretty cool!

Cool Down / (5 min) Share the verse from Romans 6:23, “For the wages of sin is death, but the free gift of God is eternal

life in Christ Jesus our Lord.” Split this verse up by writing parts of it on separate index cards. (Enough for all kids to have a card.) pass out the cards before beginning the cool down. In this activity, children will pass a ball around a circle. Play the song “Armor of God. When the music pauses, the child with the ball puts the card in the middle of the circle and then passes the ball around the circle until the leader pauses the music again. This will continue until all the cards are revealed. Then, as a class work as a team to put the verse together.

Wrap-Up (2 min): It was so much fun to play games with you all today! Remember how powerful our minds are. God has given each of us the helmet of Salvation but it is up to us to use it in order to protect our minds and do the right thing so that we can glorify God. Let’s pray.

Boys and girls, we have one more piece of armor and then we are going to learn exactly what will activate our entire body of armor. Can’t wait to see you next time!

Lesson 7: Sword of Spirit

Materials Needed for Today:

- Obstacle Equipment
- Poster of warrior and pieces of armor
- 2 Pool Noodles
- Playground Ball
- Chalk or painters tape
- Fitness ladder
- Bluetooth/Music

Objective: Children will learn about the sword of the spirit as it is written in Ephesians 6:17 “... *and the sword of the Spirit, which is the word of God*”.

Introduction (3 min) – Welcome back to Rejoice At Recess boys and girls! Give me a thumbs up if you are as excited as I am to be at recess today. Awesome! Can anyone remember what piece of armor we focused on last week? (Show them the poster of the warrior) We talked about the helmet of salvation, how cool it is that God made our brains, and that we need to protect them, physically and spiritually. We also talked about salvation. It means to be saved and Jesus came to save us from sin. Thank you Jesus! Today, we are going to talk about the sword of the spirit but first let’s warm up our muscles by doing the obstacle course.

Warm Up & Stretch (5 min) Complete a couple rounds around the obstacle course by playing follow the leader. Allow children to take turns being the leader. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc.

When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy.

Explain and review class rules.

Water Break

Mini-Education (5 min): Show the kids poster of a warrior and the pieces of armor. This is our last piece of armor, and it’s super cool because it serves as armor AND a weapon! It is called the Sword of the Spirit. Armor is all about defense - protecting you from something. Football players wear pads and helmets to protect their bodies during the game. A sword can both protect, AND keep harm away. A sword can cause harm with it’s sharp edges. What is the sword of the spirit? It says it in verse 17: “the word of God”. Which is what? The Bible! God’s Word! We want to take the Bible with us and read it often so that we can be ready to use it. When we know the word of God, it protects us just a sword offers protection. The Bible gives us an advantage to overcome evil and do what is right.

Let’s play a game in which you will have a chance to practice both offense and defense – shoelace tag!

Main Activities (25 min):

Shoelace Tag: Remind kids of the 2nd rule of Recess: Treat others how we want to be treated. Ask for 1 volunteer or pick a child to come stand next to you to demonstrate the game BEFORE giving each player a ½ pool noodle. Hold 1 pool in your hand and give one to the child you selected. Stand facing each other. The goal of the game is to hit the opposite players shoelaces with your pool noodle. Players can move around as much as they like, but they must always remain facing one another. The player with the most shoelace hits at the end of one-minute wins. Switch up the groups and repeat a few times. Make it harder by playing with one hand behind your back, on one foot, by jumping only, etc.

WATER BREAK

Recess Review: Great job! Was that easy or hard?? If we think of the noodles like our sword of the spirit we can imagine we were using it to fight during battle. I love how you displayed good sportsmanship, respect for others, and self-control by gently using your swords. In life we can also use our sword of the spirit in a respectful way by learning God's word so that we can carry it around with us in order to fight a battle against tough situations like how to solve an argument with a friend or why it's important to obey your parents.

Rock, Paper, Scissors Ladder: Lay a ring ladder on the ground. Divide the class into two groups. The first child in each group goes head to head by hopping from opposite sides of the ladder. When the two kids meet up and can't go any further, they play rock, paper, scissors. The winner must share the bible verse of the day to continue on. If they do, the player that loses the round has to run a lap around the play area and then gets back in the same line. Play until all children have gone multiple times, changing up the movements as you go.

Water Break.

Recess Review: What a fantastic job! You might not have had swords to beat your opponent but it sure was fun to win each round. You know when we can read and even recall scripture from our Bibles it can bring a sense of joy and comfort to know that God is with always with us and remember because of God, we are all winners! Let's go spread the light of Christ in our next game of tag.

Sword of the Spirit Tag: Designate two kids to be "it," one is the "tagger" and the other is a warrior. Let the kids know the boundaries of the playing field. Both the tagger and the warrior get to hold a 1/2 size pool noodle. The tagger tries to "win" by tagging all participants with their pool noodle. If a child is tagged, they freeze until the warrior frees them with the Sword of the Spirit, gently touching them with the sword and repeating the verse of the day or offering a nice compliment. Compliments can include good friend, always smiles, funny, etc. Switch the taggers in 1-minute increments. Play a couple rounds as time permits.

Water Break

Recess Review: Wasn't it an awesome feeling to see how the sword of the spirit helps to free us and protect us during battle? And it's also good to spread the light of Christ by complementing each other. Let's cool down a bit - Follow me for the next game.

Cool Down / Stretch (5 min) Play the game What time is it Mr. Fox? Mr. Fox starts out at one end of a field, room, or designated area with his back to the group. The group at the other end then yells out "What time is it Mr. Fox?" Mr. Fox then calls out a time that is on the even hour (1 o'clock – 12 o'clock). The group then takes that many steps. When the

group gets to where the fox is, but not past him, and asks the time, the fox can yell “Midnight!” The fox then turns and chases the group back to where they started or tries to cross the line where the fox was standing. Those that the fox catches become an honorary fox and help catch people. The last one left becomes the next fox.

STRETCH

Wrap-Up (2 min): I had such a blast playing games with you today! We learned that the sword of the spirit reminds us to know God’s word so that we can be on the offense in order to overcome tough times and make decisions that will please God. Let’s pray together and ask God to help us use our swords to honor Him!

Next time, we are going to learn what is the most important thing we can do to activate our armor. See you next week!

Lesson 8: Unlocking the Armor

Materials Needed for Today:

- Obstacle Equipment
- Poster of warrior and pieces of armor
- Playground Balls
- Beanbags
- Hula Hoops
- Cones
- Bluetooth/Music

Objective: Children will review the entire Armor of God as described in Ephesians 6:10 -19. They will also learn that our spiritual armor can be unlocked through prayer as stated in Ephesians 6:18, “...PRAY at all times in the Spirit...”

Introduction (3 min) – Welcome back to Rejoice At Recess boys and girls! I am so glad that you are here today. We are going to be wrapping up our unit on the Armor of God. Last week was the final piece, the sword of the Spirit. (Show them the poster of the warrior) Raise your hand if you remember what the sword represents. The sword represents the word of God, right? Learning the word of God helps us to grow closer to God and defeat our enemy-Satan. We are going to learn from the word of God about how to activate our spiritual armor. But first, let’s hit the obstacle course to warm up our bodies in order to get ready to play some games.

Warm Up & Stretch (5 min) Complete a couple rounds around the obstacle course by playing follow the leader. Allow children to take turns being the leader. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc.

When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy.

Explain and review class rules.

Water Break

Mini-Education (5 min): Show the kids poster of a warrior and the pieces of armor. Let’s quickly review the armor of God. I am going to read out the Bible verses from Ephesian 6:10-19. Go ahead and point to each piece when I mention it in this scripture. (Pause before reading verse 18, and then mention to the kids to pay close attention.) After reading it... say “What does the Bible tell us to do at all times?” “That’s right, pray!” Without prayer, our armor can NOT be activated – it would be like we don’t have any armor on at all! Does this mean prayer is super important? YES!!! Let’s say a prayer before we play our 1st game. (Pray with the kids as the Spirit leads you.)

Main Activities (25 min):

Rob The Nest: Divide children into groups of 2-4, creating teams. Each team starts out in opposite corners of the playing area (or opposite points if more than 4 teams) with a hula hoop placed on the ground in their team “base” (the hula

hoop is the “nest” where they will place balls aka “eggs”).

Place several balls (at least 1 / participant) inside another hula hoop located in the center of the playing area. At a signal, the first person from each team goes up to get 1 ball from the middle hoop. When they return, the next person goes up (like a relay). When all the balls are gone, the teams may "steal" from other teams for approximately 30 seconds. It's important for at least 1 child to defend their team hoop while others attempt to take balls from other teams. Blow your whistle, signaling the end of each round, and students return to their corners. The team with the most balls, wins the round. Reset and play 2 more rounds, getting creative with changing how the players move (backwards, hopping one leg, no hands, etc).

Water Break

Recess Review: Great job everyone! I love how you worked as a team. “It was important to work together so that you could protect your nest of eggs. Not only does God give us armor, but He also gives us friends and family to protect us. His word tells us that “two are better than one” and that “it is not good for man to be alone”. Godly friends are important, but they also know about, and have the Armor of God! Look at your friend and say, I am glad Jesus gave me you! Great! Let’s play another game!

Shoelace Team Tag: (NOTE: This is played like shoelace tag from the last class – but in teams of 2). Remind kids of the 2nd rule of Recess: Treat others how we want to be treated. Ask for 3 volunteer or pick 3 kids to come stand next to you to demonstrate the game BEFORE giving each player a ½ pool noodle. Choose one of the children to be on your team, and the other 2 to be on a team together, reminding them that God’s word says it is not good for man to be alone. Have the team members stand side by side, facing the other team (also standing side by side). Hold 1 pool noodle in your hand and give one to each of the children you selected. Teams stand facing each other. The goal of the game is to hit the opposite team players shoelaces with your pool noodle. Players can move around as much as they like, but they must always remain facing one another. The player with the most shoelace hits at the end of one-minute wins. Switch up the groups and repeat a few times. Make it harder by playing with one hand behind your back, on one foot, by jumping only, etc.

WATER BREAK

Recess Review: Great job! Was that easy or harder having a friend you can trust fighting with you? If we think of the noodles like our sword of the spirit we can imagine we were using it to fight during battle. I love how you displayed good sportsmanship, respect for others, and self-control by gently using your swords. In life we make sure we put on the full armor of God, and surround ourselves with friends who have armor to help protect us!

Minute Madness: Make a line in the middle of the play area with cones. In the middle of each cone, place a ball and/or beanbag. Divide the class into 2 teams. When you blow a whistle, both teams approach the line and pick up a ball or beanbag one at a time and throw it over to the other side as far as they can. Continue to encourage teams to pick up the objects and throw it back to the other team’s side. At the end of a minute, have each team count up the number of objects on their side. The team with the least amount of objects, wins the round. Play another round if time permits.

Water Break

Recess Review: It would have been nice to actually be wearing armor in case you accidentally got hit by a ball or beanbag, right? Just like balls and bean bags being thrown in your direction, in our lives we are constantly being thrown what we call “curve balls” that calls our attention away from God. For example, if a friend tries to talk you into doing

something you know is wrong, you need to stand up to your friend. Not only because it's wrong, or that your parents will be disappointed, but God will be sad too. Remember boys and girls, that we each have invisible spiritual armor of God so that we can face any obstacles thrown our way. Let's cool down a bit.

Cool Down / Stretch (5 min) Praise Jesus Pokey (played like Hokey Pokey but use the armor of God instead of body parts). Example: "We put our shoes of peace in, we put our shoes of peace out..... "We all praise Jesus when we turn ourselves around..." Repeat for all pieces of Armor and end with "We put our strong bodies in...."

Wrap-Up (2 min): I had such a blast playing games and learning about the Armor of God with this group. How do we activate our spiritual armor? That's right, we need to pray to God! Let's pray together now (Let the spirit lead you in prayer.)

* Optional * Award an Armor of God certificate to each participant.