



Recess Rubies

Girls Character Building Series

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

Each Rejoice at Recess class is comprised of:

- FUN! “Play with a purpose”: Each class is 95% movement and incorporates moderate – vigorous physical activity.
- Fitness: Each R&R class includes movements that develop strength, endurance, and flexibility (uniquely incorporated into age-appropriate games and disguised as play)
- Faith: A bible-based lesson building Godly confidence, Godly character, and Godly friendships alongside healthy habits that keep our temples strong!

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Class 1 Esther: Courageous

Materials:

- Obstacle course equipment
- Balloons (3-5 / person)
- Ball + pins (paper towel rolls, milk cartons, solo cups)
- paper
- markers

Key verses: Esther 4:14, Proverbs 31:25

Objective: To learn how to obtain courage through the Biblical heroine Esther

Introduction:

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Warm Up: Obstacle course. Warm up with an obstacle course, chanting I Will Statements throughout.
I Will be brave! I will be bold! I'll show courage no matter what! It never gets old!

Stretch + Mini Education:

Today will learn about what makes Esther courageous and how we can show courage too!

Read / Recap Esther 5. Esther was the Queen of Persia and she kept the Israelites from being harmed by the King. She also had to reveal to the King that she was indeed Jewish. For her that would've meant her life without being summoned, but the life of the Jewish community was on the line. Esther asked the Jewish community to fast and pray before she goes to the king. Because of her faith and her courage her life and the life of the Jews were spared. For Ester this was probably a scary surprise. But not to God. It was all part of God's plan for her life.

Have you ever been scared? Were you able to demonstrate courage like Ester did? What stopped you? What could you have done differently? Let's play some games to learn more about courage ok?

Activity #1: Each girl gets 3-5 balloons. Ask them to write a fear, something that scares them, on each balloon. Encourage them to be honest, and not to hold back. This is a chance to learn that everyone has fears, some of them the same as others, some very different, but that God gives us each the power to overcome them. Once finished all the balloons to a large box or holding area on one end of the playing area. Everyone will line up on the opposite end of the playing area. Taking turns they run to the balloons, grab one, bring it back to the starting line saying "The fear of _____ has no hold on me! God gives me courage not fear!" Then they pop the balloon and the next participant goes, repeating until all the balloons (i.e. fears) are gone.

Water Break

Recess Review: How does it feel to conquer your fears?? Can you imagine going before the

President of the United States asking to spare someone's life and that act could cost you yours? How would you feel? Maybe similar to how Ester felt right? But God gave Ester courage and He will give you courage when you need it too! Acknowledging your fears, and declaring God's courage over them is a powerful way to overcome! Now let's go bowling!

Activity #2: Set up bowling pins (plastic bottles, toilet paper rolls, etc) on one end of the room, and mark a starting line about the length of a bowling alley away. Participants take turns bowling with the goal of knocking down all the pins. As you're knocking down the pins, I want you to think of God as the ball and the things you're afraid of as the pins (if you want you can even label the pins with the things you're afraid of).

Recess Review: The bible tells us we don't fear, because God is always with us, and He is stronger than anything that could stand in our way - just like a bowling ball is strong enough to knock down all those pins! Esther 4:14 encourages us to remember that "perhaps this is the moment for which we were created." Even though things may seem to be a scary surprise for us, they are not to God. And God always gets a strike! Proverbs 31:25 says "*She is clothed with strength and dignity, and she laughs without fear of the future.*" When we are scared, we can remember Jesus is with us, and He gives us courage + strength to defeat our fears. He also gives us friends. Remember Esther had the Jewish community to fast and pray for her, so she also had the power of other believers. And you can use that power too by asking your friends to pray for you. Let's do an activity that helps us feel strong and not scared!

Activity#3: Think of some physical activities that may be hard for you to do (i.e. situps, running, riding a bicycle). List 5 of them. Turn them into "I will" statements (I will do 5 push ups). Spend 10 minutes practicing on that list.

Water Break

Recess Review: How did it feel to overcome and reach your goal? Did you think about your "I will" statements? Our 1st rule of recess reminds us to always try our best. Even if we are scared, or feel like we might not be good at something, we do everything to the best of our ability for the glory of God, trusting He will help us! If we always try our best, He will do the rest! It takes courage to set a big goal, and to trust that God will help you achieve it! Remember Proverbs 31:25 says "*She is clothed with strength and dignity, and she laughs without fear of the future.*"

Stretch + Cool down: What did you learn about courage today? Think back to the time you were scared that you shared at the start of class today. Did you learn anything today that would you make you respond differently?

Wrap up:

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
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Prayer + Goodbye

Mother/Daughter Activity Extension: Make a courage jar. Decorate the jar and the popsicle sticks. Make "I will" statements and place them in the jar. Every morning pick a stick and try to do that statement for the day.

Recess Rubies Class 2: Loyal

Materials:

- obstacle course equipment
- hula hoops
- 3 pillows (option for indoor class)

Objective: Learn what it means to be loyal through the Biblical heroine Ruth

Key Verses: Proverbs 3:3, Ruth 1:16

Welcome + Introduction

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
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Warm Up: Obstacle course

Use I Will Statements (Peas porridge hot rhythm) during the obstacle course.

I Will be brave! I will be bold! I'll show LOYALTY no matter what! It never gets old!

Stretch + mini education: Stretch all major muscle groups. "Today we will learn about how Ruth showed loyalty and how you can be loyal too! [**Tell the story of Ruth and Naomi**](#) What does it mean to be loyal? Think of your favorite toy or favorite blanket. It might be old, maybe a little dirty, but it's your favorite. Now imagine someone telling you that you have to get rid of it, how would you feel? You would probably feel sad because you love for that special thing. That's a feeling of loyalty, and it feels even stronger when it comes to people like family and friends. When we are loyal to someone or something we 1) keep our promises 2) demonstrate kindness in words in actions, and 3) stay faithful & friendly even if it's not popular. Just like Ruth showed loyalty to Naomi when she stayed with her. Let's play some games to learn more about loyalty ok?"

Activity #1: Hula relay. One person gets in the hula hoop and wears a blindfold. The other grabs the hula hoop promises to help her friend find her way. The one without the blindfold leads her through an obstacle course, encouraging her and telling her when to jump, step over, run, go slow, etc. The team must make it through the obstacle course, run back to the start line, switch places and repeat.

Water Break

Recess Review: Being a loyal friend takes practice and commitment. Being a loyal friend means you keep your promises - and when you do, people know they can trust you. In this game you promised to help your friend through a challenge when they felt stuck (blindfolded), and you did! Keeping that promise, and showing kindness built trust. Can you think of a time to keep another promise? Great job showing loyalty! Let's play another game!

Activity #2: Hula hop. Give the group 3 hula hoops (or pillows) and give them the challenge of getting everyone in the group from one side of the playing area to the other. The challenge is they can

only move by hopping in hoops, and all hoops must start on the same end of the playing area.

Recess Review: Great job working together and staying loyal to each other! Proverbs 3:3 reminds us “do not let kindness and truth leave you”, and you did a great job practicing that today. Kindness and truth (being honest and keeping promises) are how we stay loyal. Let’s play another game.

Activity #3: 3-legged Hula Hoop race. Partners each put one foot inside a hula hoop. They raise the hoop just above their ankles and take steps to the side so that the pressure from each side of the hoop holds it in place (similar to a 3 legged race, but the hula hoop divides the partners). The goal is for the team to zig zag through the cones and back to the starting line without the hoop falling. Each time it does, they pick up, reposition it, and start again where they are, encouraging each other along the way. **If playing at home this could be a 3-legged race with legs tied together with necktie or bandana).

Congratulate teams that finish successfully. If anyone gives up, talk about whether they agreed to give up together, or if one team member lacks loyalty to the other.

Recess Review: Just like God gave Naomi Ruth, He also gives us loyal friends and women we can count on to stick by us in life (for a reason, season, or lifetime). We should always treat them like a special gift from God. You all practiced doing that in the games we are playing today. Can you think of 1 person God has given you that shows you loyalty? Who are you loyal to?

Dance Party: Let’s praise God for the loyal people He has blessed us with by dancing and praising Him!

Stretch + cool down: Stretch all major muscles group and as you do, ask the girls “What did you learn about loyalty today?” Discuss.

Wrap up Recess Rubies chant: (stomp, stomp, clap rhythm;teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
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Closing Prayer + Goodbye

Mother / Daughter Activity Extension: Make a loyalty poster. Draw an outline of a person and label the different body parts and the characteristics of being loyal (ex. by the heart you would put “caring”, by the hands “serve others”).

Recess Rubies Class 3: Confident

Materials:

- obstacle course equipment
- cones or cups
- poster board (1 / person)
- construction paper cut in the shape of rubies (10 / person)

Objective: Understand what it means to be confident, and to show Godly confidence through the Biblical heroine Deborah

Key Verses: Proverbs 31:10

Welcome + Introduction

Today we will learn about a woman named Deborah, and how she displayed Godly confidence and you can too!

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!

Confident and giving, I strive to be!

Recess Rubies! That's me!

Warm Up: Obstacle course using "I Will Statements" to Peas porridge hot rhythm throughout.

I Will be brave! I will be bold! I'll show loyalty no matter what! It never gets old!

Stretch + Mini Education: Stretch all major muscle groups and read or recap the [story of Deborah found in Judges 4.](#)

1. Deborah was a wife.
2. Deborah rescued the Israelites from a mean king.
3. Deborah was a prophet of God.
4. Deborah was a leader (of Israel).
5. Deborah is the only female judge mentioned in the bible
6. Deborah became a military leader.
7. Deborah was a songwriter leading her people in worship after the victory had been won.
8. She had confident authority - but it did not come from her, it came from God.

What does it mean to be confident? Think of some traits of people who are confident. Can you name some? Can you think of a woman you know that is confident? What makes her appear confident to you?

Activity #1: One way we can build confidence is to ask God to help us become better at things that are hard for us. As we practice and improve, our confidence grows! Go back to the list of physical activities that are hard for you to do from the first class (i.e. situps, running, riding a bicycle). Spend 10 minutes practicing that list and your "I will" statements.

Water Break

Recess Review: God might call us to do things that are hard for us. Just because it is hard, doesn't mean we can't do it. Just like Deborah, your strength and your authority comes from God. By yourself, you may not be able to do what God has called you to, but with Him, you can do all things. You don't have to be enough by yourself because He is enough and He is with you.

Activity #2: Use cones, cups, or chairs to mark off a circle and have participants stand around the circle. Join them around the circle and start off this activity by filling in this sentence yourself - *"If I were an animal, I would be a _____, because they are _____, _____, _____ just like me!"* and then move like your animal around the circle back to your spot. Ask the girls if they agree with what you said? If they do, encourage them to cheer loudly! Now tell the girls you are going to take turns letting everyone share and after they do, they move like their animal around the circle back to their spot. Each time someone shares, the rest of the group will shout together "YES YOU ARE!!!" and clap + do quick feet for them until they make it back to their place in the circle. Change up the next round by saying *"I look up to _____ (role model), because they are _____, _____, _____, just like I want to be!"*

Recess Review: I loved hearing about your strengths and about the ways you want to grow! You are all beautiful and important, and God has a special plan for each of you. Our confidence comes from knowing that Christ has given us all we need to fulfill the plans He has for us. His word says in Proverbs 31:10 that we are "far more precious than rubies", and if He says it, it is true right?! Do you believe that?? YES!!! And when we believe that truth, it gives us confidence! Let's play another game.

Activity #3: Give each participant 5 "Rubies" cut out of paper, and a small piece of posterboard with their name on the top. Starting on one end of the room, they will write something they believe about themselves on the gem, and run it down to the other end of the room to put it on their posterboard. Repeat until all Rubies have been added to their posterboard. Next give each girl 5 more Rubies to add to others' boards.

Recess Review: Take these posters home and hang them somewhere you can read them out loud to yourself everyday, and then pray for God to give you the humble confidence needed to reach your dreams and the plans He has for you.

Stretch + Cool down: Stretch all of the major muscle groups and discuss the question "What is confidence?". How can we build our confidence? (Saying the things on our Rubies boards out loud each day, Reading God's truth about us, asking Him to help us when we practice things that are hard, surrounding ourselves with Godly friends who speak God's truth about us.)

Wrap Up Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)
Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!

Confident and giving, I strive to be!

Recess Rubies! That's me!

Mother/Daughter Extension: Send blank Rubies home with each girl for their moms to write something to add to their board. Encourage girls to make a board with / for their mom also, so they can read their statements together each morning and pray together.

Recess Rubies Class 4: Strong

Materials:

- Obstacle course
- circuit training cards
- bean bags or balled socks + basket
- paper plates
- string + 2 chairs or cones to tie it to
- Yoga mat, blanket, towel, or comfortable spot
- "Here I am to Worship"

Objective: To learn to identify physical, mental, and spiritual strength through the Biblical heroine Hannah.

Key Verses: 1 Samuel 2:1, 2 Corinthians 10:5,

Welcome + Introduction: Today we will learn about how a woman named Hannah stayed strong when dealing with a bully and how you can stay strong too! 1 Samuel 2:1 "My heart exults in the Lord; my strength is exalted in the Lord."

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free!

I have courage, yes I do! Strength and kindness, obedience, too!

Confident and giving, I strive to be!

Recess Rubies! That's me!

Warm Up: Obstacle course saying "I Will Statements" throughout (Peas porridge hot rhythm)

"I Will be brave! I will be bold! I'll show strength no matter what! It never gets old!"

Stretch + Mini lesson: Stretch all major muscle groups. Read or recap the story of Hannah found in Samuel 1.

- Hannah couldn't have children.
- Peninah taunted and bullied her, but Hannah didn't retaliate. She took her pain to the only one who could alleviate it — God.
- When Hannah was seen praying to God, religious leaders thought something was wrong with her!
- Hannah prayed "My heart exults in the Lord; my strength is exalted in the Lord."
- Hannah didn't get angry or defensive. Instead she responded calmly with self-control.
- WOW! Hannah was strong.

Has someone ever been mean to you? It is hard not to want to be mean back right? Hannah teaches us that in moments like that, strength and self-control (and her worth) came from the Lord.

What does "My heart exults in the Lord; my strength is exalted in the Lord" mean? (exult: delights in, express joy or triumph) (Exalted: made powerful). This means Hannah loved the Lord and she knew that He is the one who gave her strength and power.

A lot of times when we think of strength we think of muscles, and physical strength. But Hannah showed spiritual strength when she responded calmly to those who were mean to her. Have you ever shown spiritual strength? Let's build some physical strength right now and then we'll talk more about the differences.

Activity #1: Silly Circuits (physical strength). Place 5 stations around your space 1)jumping jacks, 2)punch, punch, kick, kick 3)over + under (jump over the string and then crawl under it 4)plank twist 5)ball toss. Complete each circuit until you hear the whistle. When the whistle blows, go crazy! Think of a new creative way to do your exercise until the whistle blows again - FREEZE! Move to the next station and repeat. (each station should last about 30 sec, with a 30 sec break).

Recess Review: Great job! Was that challenging for you? Building physical strength is not easy. In fact, if it is easy, you are NOT getting stronger. In order to build strength, we must challenge ourselves. Push past what is easy and keep going. That is how we get stronger, physically, and also spiritually. Let's do another activity that will help us get stronger.

Activity #2: Paper plate punch (mental strength). Hold a paper plate out in front of you, let it go, and punch at the same time. Try to punch the plate. Practice this for a few minutes. Then start on one end of the playing area. The goal is to move to the other end, punching your plate, picking it up, and punching again, the entire way to the other end of the room. If you miss, start again. Participants should encourage one another along the way.

Recess Review: Way to go! Was that easy or hard? What did you notice about the things you told yourself in your head during this activity? Did anyone think "I will never be able to do this", or "How dumb!", or "Oh that's super easy". And where the things you told yourself true? Did they make it easier or harder to complete the activity? Did they make it enjoyable or miserable? The bible tells us that we can control our thoughts. 2 Corinthians 10:5 says "*We demolish strongholds and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*" The bible says "We can do all things through Christ who gives us strength" so if our thoughts don't match us, we must take control of them and make them obedient to Christ by repeating TRUTH - what He says, until that thought replaces the lie. Make sense? Let's practice mediating on TRUTH as we strengthen ourselves mentally and spiritually.

Activity #3: "Be Still and Know" (spiritual strength) Find a comfortable spot and sit or lay in a comfortable position (either criss cross applesauce, with back tall, in child's pose, or flat on your back with your palms up and feet fallen out to the side). Let's close our eyes and take a few deep breaths here - in through the nose, and out through the mouth. As you breath, try to quiet your mind. Try not to think about anything. If something pops into your head, just think "Jesus", until that is the only image you see or think you hear. A few more breaths. Good! Can you see Jesus in your mind?? What does He look like? What is He doing? Is He saying anything to you? Just focus on Him for a few more breaths. Now I want you to repeat... "My strength is exalted in the Lord"... "My strength is exalted in the Lord" ... "My strength is exalted in the Lord". The bible tells us that when we are weak, He is strong, and so we can be happy when we feel weak, because we know He is there with us, giving us strength. "My strength is exalted in the Lord". If there is a time you can think of right now that makes you feel weak, and you need Jesus to help you, just ask Him now. He knows your thoughts so you don't have to say it out loud if you don't want to, but if you do, go ahead and pray.

Open your eyes and stretch out!! Let's finish up our class today.

Stretch + Cool Down: Stretch all major muscle groups and as you stretch discuss the following: 1) What is strength? 2) When you find yourself in a situation like Hannah, what steps will you take? 3) Do you feel stronger today?

Wrap Up Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)
*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He
set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Mother/Daughter Extension: Encourage kids to repeat the "Be still and know" activity at home with their parents, or participate in a 7 min soul care session found on the Recess & Results YouTube channel as a way to build strength.

Recess Rubies Class 5: Kind

Materials:

- pillow case or potato sack
- Paper bag filled with cut outs of faces with emotions
- Soccer balls or playground balls

Objective: Understand what it means to be kind, and demonstrate kindness through the Biblical heroine Abigail

Key Verses: Matthew 5:43-44, Proverbs 15:1

Welcome + Introduction: Today we will learn about how to use our words wisely. Think about a time where an argument was about to ensue. What did you do? What did you say?

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Warm Up: Complete obstacle course while chanting *I Will be brave! I will be bold! I'll show kindness no matter what! It never gets old!*

Stretch + Mini Lesson: You all have heard the saying "Kill 'em with kindness" or "You can get more bees with honey than with vinegar" this couldn't be more true with the story of Abigail. Read or recap the story of Abigail found in 1 Samuel 25. See Abigail had a husband that would "add fuel to the fire". Because of his "loose lips" they were on the brink of being attacked by King David. But Abigail was wise with her words and acted quickly with kindness. And it was her kind act and wise words that saved them.

How do you think you would feel if you were in danger because of someone in your family?? And how do you act when you feel angry, or frustrated, or annoyed? Do you act with kindness? That is really hard to do sometimes right? Let's play a game.

Activity #1: Managing emotions - place a bag filled with cutouts of "faces" that have emotions (sad, angry, frustrated, confused, happy, nervous, calm) drawn on them on one end of the room. Girls will sit on a pillow case and scoot down (or stand in a sack and jump) to grab an emotion, and bring it back to the starting line. Once there, they will identify the emotion, and then a situation that makes them feel that way. What is your normal reaction when you feel this emotion? What promise of God can you remember when you feel this way, that will help you respond in kindness (to yourself and others)?

Recess Review: Managing our emotions can be very hard to do. But God gives us the power of the Holy Spirit, and that power gives us self control, meaning we can choose how we act despite how we feel, just like Abigail demonstrated. To activate that power all we need to do is take a deep breath and pray - or we can just say "Jesus". When we do that, Jesus helps to calm us down and act with kindness. Now let's have some fun getting more Bees with honey!

Activity #2: Bees Knees. Partners stand face to face, and bend down and put their hands on their knees. At the sound of the whistle, they try to tap the knee of their opponent, while avoiding being tapped. They are only able to move side to side. Try saying nice things to your opponent as you are playing. Is it easier or harder to get a tap?

Recess Review: Great job showing kindness! Let's practice this again in our next game.

Activity #3: Kindness Kicks: Girls will get into pairs of 2 or groups of 3. Spread out, they will kick a soccer ball back and forth to each other. Each time they do, they will say something nice about the person they are kicking too.

Recess Review: Not everyone we come in contact with will be kind. Some people will call us names, say lies about us, or act mean or rude ways. God says we should respond with kindness no matter what. "Treat others how you want to be treated". Matthew 5:43-44 "Love your enemies, and pray for those who persecute you". It's not always easy, but with the power of the Holy Spirit helps us to be kind.

Stretch + Cool Down: Stretch all major muscle groups and discuss the following: The Bible tells us in Proverbs 15:1 that "A gentle answer turns away wrath, but a harsh word stirs up anger". What does this mean to you?

Wrap Up Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)
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Mother/Daughter extension: Collect some rocks. Paint them and write a kind word on them. Put them around your neighborhood, perhaps your neighbor's yard to spread kindness. You can also make a card and write something nice and put it in your neighbor's mailbox.

Recess Rubies Class 6: Talented

Materials:

- Obstacle course equipment
- streamers, scarves, beach balls (for dancing)
- 3 gifts / participant (brought from home - see activity #3)

Objective: Girls will identify their talents and ways they can use them through the story of Miriam

Key Verses: Matthew 5:16, Psalm 139:14

Welcome + Introduction: God made each unique, and gave us each skills, gifts, and talents that aren't quite like anyone else. Today we will learn about how to use our gifts by learning about a Prophetess named Miriam.

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Warm up: Obstacle course! During the obstacle course girls will take turns chanting:

I Will be brave! I will be bold! I'll use my talents no matter what! It never gets old!

Stretch + Mini Lesson: Stretch all major muscle groups. Talk about Miriam as being the sister of Aaron and Moses. She was the one that helped to make sure Moses was saved when he was put in a basket in the river. But we learn even more about her later in Exodus 15:19-22 (Read / recap).

- Miriam had many gifts
- God used Miriam for a great purpose when she was very young - maybe around your age when she helped save her brother Moses.
- Later the Bible tells us that Miriam is a Prophetess - a female prophet.
- A prophet is an inspired teacher or proclaimer of the will of God (Oxford dictionary).
- Miriam was also a leader of the women, and had musical talents.
- Miriam used her gift of leadership to direct people to the Lord, and used her musical talents to lead others in praising the Lord. She was an influencer for God!

Does anyone here have talents similar to Miriam? Are you a leader? Do you have musical talent? What talents do you have? How is God using them today to bring glory to Him? Let's talk more about this as we play our first game.

Activity #1: Praise Dance! We learn that Miriam leads others in praise + worship to the Lord. Let's praise today as well! Turn up your favorite worship music, grab some streamers, scarves, or anything to dance with, and let's give it all to God! If you have special dance moves, or you love to sing, please use your talents proudly in honor of Him!

Recess Review: Psalm 139:14 says that we are ALL wonderfully and fearfully made. We all have special gifts, and not all of our gifts are the same. But we can all use our gifts to bring glory to God just Miriam used her gifts of leadership and singing.

Activity #2: Let your light shine! All girls line up on one side of the room with the instructor in the middle. The goal is to make it to the other side of the room. The instructors call out talents / gifts, one by one. If you have that gift, you take a GIANT step forward, head held high and shoulders back, bolder shouting "THAT'S ME - THANK YOU JESUS!!" (loud + proud). If you do not, you simply stand still. This game allows us to learn about the confidence of kids, and helps them to reflect on themselves while also learning about others. Once the first person makes it to the other side, all the kids meet them there and the game starts again as they go back the other way.

Recess Review: Matthew 5:16 says "*Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.*" Being confident in the gifts and talents God gave you is different from bragging right? We must always remember our talents come from God, and are meant to be used to honor Him! Let's learn more about our gifts in another activity.

Activity #3: Each participant should have 3 wrapped gifts that parents put together for them. Inside each should be something that represents a skill or talent that a parent sees in them. During this activity girls will collect their gifts, and then open them and decide whether they agree that they have the talent and state how they can use it to serve others and bring glory to God. **OPTION 1:** Hide the gifts around the house. At the sound of "GO" the kids will search for their gifts one by one and bring them back to their designated spot in the playing area. Once they have collected the gifts, they wait patiently for the other players to find theirs (or help them to find them all). Together they will take turns opening their gifts and sharing how they can use it to serve others. **OPTION 2:** Mix up the gifts and place them scattered around the playing area. Girls must jump in potato sacks around the playing area to find their gifts, collect them, and take them back to the starting line. Once they have collected the gifts, they wait patiently for the other players to find theirs (or help them to find them all). Together they will take turns opening their gifts and sharing how they can use it to serve others.

Recess Review: Miriam's mom knew she had a special purpose and talents, and she encouraged Miriam to use them even when she was young. Who encourages you today? Sometimes other people see talents in us that we don't see in ourselves. God puts those people in our lives to encourage us and help us trust Him!

Stretch + Cool down: Think about how you are using your gifts and sharing them with others. How are you influencing others?

Wrap Up Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)
*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Mother/Daughter Extension: Make an All About Me book or poster. List 5 things you're good at and take pictures or draw yourself using those talents in a way that brings glory to God (1 / page, or spread all around your poster). Hang your poster next to your mirror, or leave your book by your bed so you can remind yourself each day.

Recess Rubies Class 7: Focused

Materials:

- obstacle course
- mat, towel, or blanket
- cones + bean bags, or balled socks

Objective: Determine the correct areas of focus in our lives by learning about Mary & Martha

Key Verses: Matthew 22:37

Welcome + Introduction: Today we will learn about how to prioritize, or focus on the things that are most important in our lives. We are going to learn about two sisters named Mary & Martha today, and how Jesus taught them an important lesson about prioritizing time with Him.

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Warm Up: Complete an obstacle course while chanting: "I Will be brave! I will be bold! I'll prioritize no matter what! It never gets old!"

Stretch + Mini Lesson: Stretch all major muscle groups. Read Luke 10:38-42 and discuss.

- Mary and Martha were sisters.
- Both were friends of Jesus and loved by Him
- They had very different personalities, and different priorities or focus,
- The Bible tells us that while Mary sat at the feet of Jesus listening intently to his words, Martha was busy getting things ready at the house.
- Martha got annoyed with her sister because she wasn't helping and she complained to Jesus
- Jesus said? **41** "Martha, Martha," the Lord answered, "you are worried and upset about many things, **42** but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Mary & Martha were very different right? What seemed different about them? Was anything the same? Do you have a sister? Or a very close friend that feels like a sister (a sister in Christ)? I am sure you can think of some things that are the same, and also some things that are different about you right? Have you ever had chores to do, but you wanted to play outside instead? Or been so hungry that you didn't pray before you eat? The story of Mary & Martha reminds us that Jesus is the MOST important and that sometimes if we get too busy, we can miss our time with Him.

Activity #1: Minute Madness. Divide the playing area with cones (or string or cups) down the middle, with an even number of players on each side of the line. Place bean bags, soft balls, or balled socks on the line, and ask participants to go to the edge of the playing area (staying on their side with their team). At the sound of the whistle, girls will run and try to throw all objects onto the other side of the playing area. Each team works to keep their side "clean" while the other team is working to mess it up.

At the end of the 1 minute, see which team has less objects on their side of the line - they are the winner! Repeat.

Recess Review: We live in a busy world. Do you feel like you are busy? Are your parents busy? God wants to be first in our life, but sometimes we get too busy and forget to make time with Him the most important like Martha did. What can you do to make sure God is first in your life?

Activity #2: Fall at His feet. Each girl has 2 plastic bags tucked into the side of their pants. The goal is to capture others' bags, without losing their own. No one is ever out. So if a bag is captured, all players keep going. The last person with a bag wins. When you hear the whistle and I say "Fall at his feet", you must stop playing and kneel to pray. Ready??

Recess Review: Great job! Do you talk to Jesus throughout the day? Sometimes we think prayer has to be sitting down with our hands folded - and that is a great way to show respect to God by focusing on prayer. But prayer can also be communicating with God all throughout the day, via our mind and our hearts. Sometimes we pray out loud, but we can also pray with our hearts and our minds. What can you do to remind yourself to pray and prioritize Jesus throughout the day?

Activity #3: "Be Still and Know" (prioritize time with God) Find a comfortable spot and sit or lay in a comfortable position (either criss cross applesauce, with back tall, in child's pose, or flat on your back with your palms up and feet fallen out to the side). Let's close our eyes and take a few deep breaths here - in through the nose, and out through the mouth. As you breathe, try to quiet your mind. Try not to think about anything. If something pops into your head, just think "Jesus", until that is the only image you see or think you hear. A few more breaths. Good! Can you see Jesus in your mind?? What does He look like? What is He doing? Is He saying anything to you? Just focus on Him for a few more breaths. The bible tells that God wants to be first in our life. He wants to spend time with us, He wants us to know Him and believe that He is always with us, guiding us via the voice and prompting of the Holy Spirit that lives inside of us. Let's take a moment to thank Jesus for something we are grateful for today. Just right where you are, in your mind, say "Jesus, thank you for _____." And now let's take a few minutes to just be quiet and still, and listen to see if we hear the Holy Spirit speak in our minds or our hearts. (2-3 minutes of quiet with a slow worship song playing softly in the background).

Ok friends. We are going to finish class. Take another minute to thank Jesus again - and then open your eyes and open and stretch out!! Let's finish up our class today.

Stretch + Cool Down: Stretch all major muscle groups. Remember, the Bible says that we are to love the Lord our God with ALL of our heart, mind and soul. What does that mean? How will you prioritize to make sure God is first in your life? What is your favorite way to spend time with God?

Wrap Up Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)
*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Mother/Daughter Extension: If you haven't already, put together a daily schedule that helps make sure you prioritize time with God. Discuss what should come first and why.

Recess Rubies Class 8: LOVED

Materials:

- obstacle course equipment
- Recess Rubies characteristics poster

Objective: Girls will acknowledge they are a loved daughter of the king, "far more precious than rubies".

IMPORTANT NOTE: Be sure to review the training "Brining kids + families to Christ" found in the VIP before this class.

Key Verses: John 3:16, Romans 10:9

Welcome + Introduction: Today I want you all to leave knowing how important, special, and LOVED you are! I have loved getting to know each of you and am excited to witness God's plans for you unfold. You are daughters of a KING! "Far more precious than rubies" - WOW!!! We are going to talk about that today.

Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)

*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
Confident and giving, I strive to be!
Recess Rubies! That's me!*

Warm Up: Complete an obstacle course chanting: *I Will be brave! I will be bold! I'll prioritize no matter what! It never gets old!*

Stretch + Mini Lesson: We have learned so much together from stories of great women in the bible. Who was your favorite? What do you remember most? ****Discussion****

Today like I said, I want you all to know how loved you are. We are not going to talk about a woman today, but instead a man. A man named Jesus. And why God sent Him to earth. The bible tells us in John 3:16 "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." WOW! God loves us - all of us - me, you, you, and you - SO MUCH that He sent his SON to die for us. So that we would not have to suffer for our sins - Jesus did that for us. If you ever feel alone, or like no one understands you, I want you to know that God is there. You are never alone, and He understands everything you are feeling. He literally saved you, and made a way for you to live with Him forever in a glorious paradise called Heaven!

Activity #1: Girls choice! Play a favorite game from one of the past classes.

Recess Review: Romans 10:9 tells us that "If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved."

Activity #2: Cross Tag! One person is "it" and the others try to flee. If tagged, they stand with feet together and arms out (as if on a cross), and say "Jesus is Lord". Once they do that, they are saved (free) and they become the tagger.

Recess Review: Romans 10:9 tells us that *"If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved."* Do you believe that? Does anyone have questions about that? Would anyone like to declare this today, and take the free gift of eternal life that God gave us because He loves us so much? Pray with the group.

Activity #3: Celebration Dance party! Gather in a circle, turn up the music and dance! After a minute or so start calling the names of girls to come in the middle of the circle - as they do, share 3 things you love about them as everyone continues dancing. Do this until all girls have had a chance in the middle.

Recess Review: As we close this series lets go over the Recess Rubies characteristics (show a poster board, chalkboard, or sign that lists all the characteristics). God says you are "far more precious than rubies". What do you think that means? Which characteristic that we learned about together are you going to work on? Which Bible heroine is your favorite? Why?

Wrap Up Recess Rubies chant: (stomp, stomp, clap rhythm; teacher chants, students repeat)
*Recess Rubies hear me roar! Recess Rubies watch me soar! I love God and I love me! I love Jesus, He set me free! I have courage, yes I do! Strength and kindness, obedience, too!
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Mother/Daughter Extension: Make Recess Ruby bracelets and each time you see it, it can be a reminder of who God says you are!