

Ten by Ten Movement Activity

SUPPLIES

- Worship music

SET UP

Arrange your room or go outside so there's an area with plenty of open floor space to move around and play. Play the music during this time.

RELATE

This is a time to have fun moving around! Friends, I love when we get to move around and play together. We heard the number 10 a lot in The Big God Story today, so we're going to have some more fun with the number 10. We're going to do 10 things, 10 times!

Make sure each child has enough room to move around, and then lead the children through the 10 different actions. Feel free to invite volunteers to help you as you go. Keep the music going the whole time and have fun!

1. Spin in a circle 10 times
2. Take 10 steps back
3. Take 10 steps forward
4. Give 10 hugs to yourself
5. Do 10 jumping jacks
6. Touch your toes 10 times
7. Give 10 high fives
8. Say "Jesus loves me" 10 times
9. Stand up and sit down 10 times
10. Free dance for 10 seconds