



Morning Stretch

Day 2

Bible Point: Jesus loves me! Thank you, Jesus!

Bible Verse: "For the Lord is good; God's love endures forever, and his faithfulness to all generations." Psalm 100:5

Story: Woman at the Well - John 4:1-26

Materials Needed:

- Everyday use: Yoga mats or carpet squares, one per kid
- Well, water bucket, and a cup

Set Up:

- Place yoga mats/ carpet squares out in groups of hop, skip, and jump
- Create a well scene from the Bible story

What to do:

Introduce it!

- **Crew Check In:** Instruct crew leaders to take out their crew leader check in sheet out and get ready for the morning! (See crew leader check in sheet for details.)

Music: *I've Got the Joy, Joy, Joy*

- **Intro Question:** Welcome everyone to Morning Stretch! In our Bible story for today, we learn about how Jesus loves everyone.. Quick turn to your crew leader, and discuss this question: What is love?
- **Shout Out:** Each group picks their best answer that they came up with, and shouts it out.
- **Define it:** What is love? There are 4 types of love: kissy/ romantic love, friendship, brotherly/ sisterly love, and sacrificial love. With Jesus, it is sacrificial love!

Learn to Bible Point:

Leader says: Jesus loves me!

Participants say: Thank you, Jesus!

Music: *This Little Light of Mine*

Get to it!

Say: Today in our Bible story, we learn how Jesus loves people! How good that makes people feel! So let's stretch out and learn the story.

Music: Body moving music for morning calisthenics: (could be a drum, piano, or guitar)

- 10 seconds of running in place to get the heart going
- [Bear Breath](#) to get our lungs moving (inhale for 3 seconds and a loud exhale!)
- Learn 3 basic poses for storytelling yoga. Click links for an image. Practice the images before the “storytell it” section.

[Star Pose](#) - Jesus

[Squat Pose](#) - Woman

[Happy Baby Pose](#) - Well

Storytell it!

One day, Jesus (star) went to town to get a drink of water from the well (happy baby pose).

Jesus (star pose) met a woman (squat pose) at a well (happy baby pose).

Now, there was no sink to get a drink from way back when but only a well (happy baby pose)

What’s that? A well (happy baby pose) is a deep hole in the ground where water is found.

People would come to the well (happy baby pose) to get water from it every day.

On this day, the woman (squat pose) came to the well (happy baby pose) to fill her bucket with water to take back home. The woman (squat pose) told Jesus (star pose) everything about her life - how lonely she was, how she had made some mistakes, and even her wildest dreams! In return, Jesus (star pose) asked her for a drink of water from the well (happy baby pose). Jesus (star pose) told the woman (squat pose) that she was a beloved child of God, and he became her friend. The woman (squat pose) believed Jesus (star pose). She told everyone about Jesus’ (star pose) love for all!

Let’s practice the Bible point:

Leader says: Jesus loves me!

Participants say: Thank you, Jesus!

Music: *My God is Big, so Strong, and So Mighty*

Debrief it!

- **Huddle Questions:** What happened in the story for today? Who needed some extra love? Do you need extra love sometimes? How might you feel God’s love near you?

Music: *Jesus Loves Me*

- **Practice the Bible Point**

Leader says: Jesus loves me!

Participants say: Thank you, Jesus!

Bible Buddy (hold up Sunny poster)

Say: Sunny, the Sun Fish, our Bible buddy for today, reminds us that Jesus loves the whole world, and so can we!

Pray it out!

For each crew, have the participants and leaders place their mats/ carpet squares in a circle.

With a drum, play an even beat while kids hop, skip, or jump from mat to mat, square to square.

Say this prayer:

Dear God,

Today

we hop-hop-hop, (everyone hops)

we skip-skip-skip, (everyone skips)

we jump-jump-jump (everyone jumps)

as we pray, and thank you for Jesus who comes to play,

with us now and every day!

Amen.