



From Darkness to Sun and Stars

Lesson 1: From darkness God created light, sun, moon and stars.

God created light on the first day of creation. On the fourth day he filled the day with the sun and the night with moon and stars. Infants and toddlers can relate to going to sleep at night and waking in the day.

Scripture: Genesis 1:3-5, 14-19 “...God called the light “day,” and the darkness he called “night.”...God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars.”

Class Schedule

(45 minutes)

Welcome Time (15 minutes)

On the mat in the soft corner. Time to settle in and free play. Music or singing.

Bible Time and Lesson (20 minutes total)

At the table

- **Bible Time**
- **Lesson:** Talk about the fact that God made sun, moon and stars. Experiment with light and dark with torches/flashlights. Sing “Twinkle, Twinkle Little Star” or “This Little Light of Mine”. Pretend putting babies and animals down to sleep and then waking them up.
- **Craft:** (optional) Black & light blue paper for day/night. Make something with stars.
- **Snack:** Star-shaped biscuits or white bread with marmite or chocolate

Closing (10 minutes)

On the mat in the soft corner Quiet activities to settle down. Quiet music or nature sounds.

Teaching Items to Collect

(Some are in the Theme Boxes)

- Peep tubes (tins that children look into to view what is inside):
 - Light
 - Sun
 - Moon and Stars
- Glittery silver star on a stick.
- Star stickers
- Various toy dolls, animals and blankets (You will pretend to put them to sleep while it is night-dark and wake them when it is morning-light.)
- Torches/Flashlights
- Fairy lights
- Prism
- Cardboard tubes to look through
- Sunglasses to talk about the bright sun.
- Yellow ball for sun



1. Welcome Time

(15 minutes) *On the mat in the soft corner*
Time to Settle in and free play.

Today focus the conversation on light and dark and make a point to talk about it as you play “peek-a-boo” using a blanket or dark cloth. Make a point to talk about dark and light.

- Bubbles/toys/picture books
- Welcome each by name
- Mirrors, Peep Tube, Vehicles
- Bell to indicate class is about to start

2. Bible Time

When you move to the table spend the first 5 minutes in routines that you repeat each week.

- Pat the bible
- Place star stickers in the bibles.
- Find Jesus picture (sticker) in bible. Take time to talk about Jesus as our friend.
- “Read”- God loves ____.
- B-I-B-L-E

Vocabulary:

- Dark
- Light
- Bright
- Sparkle
- Black
- White

Sensory:

- Dark/light
- Sparkle

3. Bible Lesson

(15 minutes) *At the table*

- Guide the children in exploring the world of light and dark.
 - Cover eyes with hands. Everyone “hide” together for a very short time under a dark blanket or towel.
 - Turn torches/flashlights on and off. Shine the light on various items. Notice the shadows and how the light reflects and makes things sparkle.
 - Use a prism or look through a tube.
- Use guided play to learn about the sun, moon and stars.
 - Place glitter in a clear bottle of water and let the children turn it and watch sparkles.
 - Stick star stickers on paper or on the children’s clothing.
 - Use a yellow ball or a picture of the sun and let children follow it with their eyes as you stretch to lift it high in the air and talk about the sun rising and setting.
- Craft (optional): Use round sponges to paint a white moon on black paper. Decorate with star stickers.
- Prayer: Fold hands and close eyes to pray.
- Snack: Sprinkle round crackers with yellow sprinkles.

4. Closing

(10 minutes) *On the mat in the soft corner.* Quiet activities to settle down

- As you settle down hide the toy star in the pillows and let the children find it.
- Have fairy lights in a box and turn them on and off as children look inside.
- Cuddle the baby dolls and “pray with them” as you put them to bed.



Suggested Songs for this Lesson:

Note: Infants and toddlers enjoy the rhythm and melody of song but they are not critics of the teacher's abilities! It's fine if you sing the same tune every time, make up your own tune or even just say the words in a poetic or fun way. Just have fun with it and put the children's needs above your own shyness.

Sleep! Little Bunny

Down inside the hollow log.
The baby *bunny's sleeping.
The bunny likes to take a nap.
Sleep! Little bunny.

**Substitute any animal and sleeping place*

Tune: Pop! Goes the Weasel

Action: Show toy animal sleeping (or picture of one) as you sing. Each time lay your head on your hands and close your eyes to mimic sleeping.

Night-Night Little _____

Night-night little *dog
God loves you.
He watches over you all night through.

**Substitute animals or children's names.*

Tune: Bah-bah Black Sheep

Action: Sing as you cover each toy animal with a blanket and quietly sing them to sleep. This song is nice to use when you put the baby dolls to sleep too.

Star Light Star Bright (poem)

Star light, star bright
First star I see tonight.
I know that God, in all his might.
Has made the stars I see tonight.

Action: Recite while viewing pictures or cut-outs of stars. Another idea is to cut out a star and mount it on a craft stick. Children can wave the stars as you say the poem.

Sleep! Little Bunny

Down inside the hollow log.
The baby *bunny's sleeping.
The bunny likes to take a nap.
Sleep! Little bunny.

**Substitute any animal and sleeping place*

Tune: Pop! Goes the Weasel

Action: Show toy animal sleeping (or picture of one) as you sing. Each time lay your head on your hands and close your eyes to mimic sleeping.

Are You Sleeping?

Are you sleeping? Are you sleeping?
Little *dog. Little *dog.
Listen to our singing. Listen to our singing.
Wake up dog! Wake up dog!

**Substitute any animal or child's names.*

Tune: Frere Jacques/Are Sleeping, Brother John.

Action: Mimic sleeping by yawning, covering the toy animal with a blanket. After this dramatic activity you can all "sleep" a bit and then mimic the excitement of waking up for a new day. Do this over and over if the children enjoy it. This never gets old for little ones.

Poem: I See the Moon

I see the moon and the moon sees me.
God bless the moon and God bless me.

Action: Recite while viewing pictures or cut-outs of the moon.



Twinkle, Twinkle Little Star

Twinkle, twinkle little star.
God has made you like you are.
Up above the world so high.
Like a diamond in the sky.
Twinkle, twinkle little star.
God has made you like you are.

Tune: Twinkle Twinkle Little Star

Action: Spread fingers as you sing first 2 lines. Point up for "world so high". Form a diamond shape with your fingers. Finish with spreading your fingers again.

Who Can Make a Star?

Oh, who can make a *star?
I know I can't, can you.
Oh, who can make a star?
I know it's God, 'tis true.

**Substitute moon, sun, etc.*

Action: Recite while viewing pictures or cut-outs of the moon.



Items for Teaching this Lesson



Viewing Tube. Large tin lined with black paper. Children look through to see light or stars at other end.



Cut-out of light at end of viewing tube.



Torch/Flashlight. Turn this off and on for children to see light.



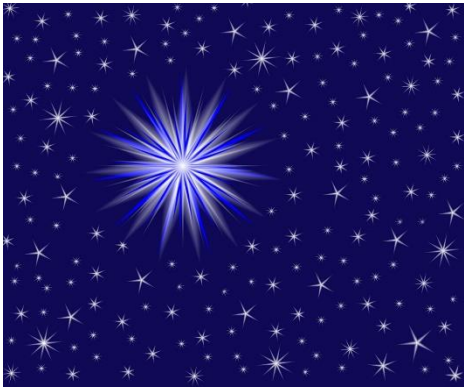
God made light on the first day.



Pictures of the sun.



Pictures of the moon.



Pictures or stickers of stars.



God made sun, moon, stars on the 4th day.