

Master Supplies List for All Preschool Games

Our preschool curriculums uses many games. The good news is, they are simply made and they are re-used throughout the whole curriculum. Make sure you save the games you make and it will save you a lot of time later.

This is the full list of the games and the supplies needed in the preschool curriculums. I **would highly suggest you do this!** Get the prep work over with at the beginning and coast your way through years of enjoyment! Store them in ziploc bags or baskets and pull them out when needed. So simple!

Bible Verse Games

Lily Pad Jump

- Cube-shaped cardboard box,
- paper,
- glue,
- marker

Animal Cube

- Cube-shaped cardboard box,
- paper,
- glue,
- marker

Simon Says How

- Cube-shaped Cardboard box
- Paper, glue, and a marker

Bean Bag Catch

- 1 bean bag per every 2 children (or every child)
- NOTE: Can also fill socks with beans and tie open end to make beanbags.

Slap, Clap and Stack

- 10 or 12 Blocks or other stackable objects

Freeze 'n' Say

- Music and CD/Tape player

Fill 'er Up

- 1 bean bag per child
- NOTE: Can also fill socks with beans and tie open end to make beanbags.
- Cardboard box or laundry basket
- Carpet squares, 1 per child

Loud and Soft, Big and Little

- none

Bible Verse Games

Roll 'n' Toss

- Cube-shaped Cardboard box
- Paper, glue, and a marker
- 1 bouncy ball per 2 children

Duck, Duck, Goose

- none

Detective Mission Madness Practice

- Detective Gear, such as a trench coat, sunglasses, and a hat

Block Clapping

- 2 wooden blocks per child, preferably about 3"x 2", as found in many children's block sets

Meet, Greet, and Keep It Up

- 16 oz cups, 1 per child (with some extras)
- 2 pieces of rope as long as a line of children
- Masking tape

Master Supplies List for All Preschool Games, continued

Music, Movement & Memory

Thumping Drums

- 1 Oatmeal container/coffee can with lid per drum.
- Tape
- Popcorn, rice, beans, etc.
- Wooden spoons, dowels, unsharpened pencils, if desired, for mallets

Say, Spring Up and Shout

- Bean bags, one per child

Freeze Frame

- Some kind of fun hat or clothing for the leader to wear

Egg Shakers

- Empty Easter eggs
- Rice, beans, buttons, pennies, popcorn, beads, small nails or bolts, etc.
- Glue and glue gun OR strong packing tape

Jingle Bell Hands

- 1 6" piece of sturdy string
- 4 or 5 jingle bells, available in most craft shops

Sing, Dance, and Fall Down

- Optional: Bean bags, one per child

Big Voice, Little Voice

- none

Bottle Shakers

- 1 empty 16 oz. soda bottle per shaker
- Rice, beans, buttons, pennies, popcorn, beads, small nails or bolts, etc.
- Glue and glue gun OR strong packing tape

March 'n' Say

- Optional: A fun hat for the leader of the march, or for everyone in the march

Clap, Tap and Say

- none

Lullabies, Bells and Lions

- Bell

Music, Movement & Memory

Musical Squares

- Carpet Squares, enough for all of the children (or chairs)

Block Clappers

- 2 wooden blocks per child, preferably about 3"x 2", as found in many children's block sets

Master Supplies List for All Preschool Games, continued

Story Review Games

Going Fishing

- One long wooden dowel, yardstick, etc. per fishing pole
- Yarn
- Paper clip per fishing pole
- Rope
- Two chairs
- Blanket
- Box/bucket/container
- Bucket

Pony Express

- Small manila envelopes, one per flannel graph figure
- Kid's small backpack or a tote bag with a strap
- Basket
- Cowboy hat
- Stick horse or a broom

Fix Up the Mix Up

- None

Can You Remember?

- Index cards

Detectives Clue Hunt

- Variety of interesting items that have one or more places to hide a storyboard picture
- Detective Hat
- 4 False Clues (included on the next page)
- CD Player and Deep Down Detectives Theme Song

Clothespin Line Up and Drop

- Rope
- Clothespins, the hinged type
- Shoe box
- Tape

Who's in the Basket?

- Blanket
- Basket

Run to the Grocery Store

- Grocery bag or kid's grocery cart
- Empty food cartons

Story Review Games

Treasure Hunt

- 10 small lidded plastic containers or boxes (like from a jewelry store) or wooden, hinged boxes from a craft store
- Various decorating supplies, such as fake craft jewels, glitter, glitter glue, foil paper, gold spray paint
- glue

Take Me Through the Tunnel

- Chairs or Table
- Sheet or blanket
- Box

Missing in Action

- None

Who's Inside?

- 10 different containers with lids

Look Who's Coming Down the Tracks

- Two shoe boxes
- 6' or so of rope
- Optional: Engineer's hat

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Duck, Duck, Goose

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)

Preparation

None.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Have the children sit in a circle, cross-legged on the floor.
2. Choose a child to be "It". "It" will walk around behind the seated children, tapping each one on the head, the whole group recites the verse, saying one word for each head tap.
3. The child whose head is the last one to be tapped must get up and chase "It", hoping to tag "It" before "It" can get around the circle and sit down in the open spot in the circle.
4. If the child does tag "It" then he may take his place in the circle. If not, then the new child is "It." If desired, you can also ask them a question about the verse before repeating. See the Deep Down Discussion Sheet for possible questions.
5. Repeat as frequently as desired.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Slap, Clap and Stack

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- 10 or 12 Blocks or other stackable objects

Preparation

None.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Tell the children that they are going to learn the verse while working together to make the largest stack of blocks/objects they can. After each time they say the verse, a child gets to pick out an object to put on the tower. Teacher will help them balance it in place.
2. Have everyone sit down in a circle around the stacking area. Say the verse together. If desired, you can add a motion the children do each time they say the verse, such as clap, stomp feet, etc. This will add movement to this game. Choose a child to pick out an object. Help the child put it in place.
3. Continue adding objects/blocks until all objects are used up or the tower falls down.
4. Repeat as desired. If desired, you can also ask them a question about the verse after every turn or every few turns. See the Deep Down Discussion Sheet for possible questions.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Simon Says How

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- Cube-shaped Cardboard box
- Paper, glue, and a marker
- Die Number and Action Chart (see below)

Preparation

Make a die out of the cardboard box as follows:

1. Cut the paper into the size of one side of the cube. Use it as a pattern to make six pieces (one for each side of the cube)
2. Glue each piece of paper onto each side of the cube.
3. Write the numbers 1-6 on the each side of the cube like a die.
4. Make a sign as follows:
 - 1 = Head 2 = Feet
 - 3 = Hands 4 = Hands and Feet
 - 5 = Laying Down 6 = Eyes Closed

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Have the children spread out facing the leader.
2. Tell the children that they are going to play "Simon Says How", a game in which everyone will take turns making up different actions that they will do while saying the verse.
3. Explain that "Simon" will roll the die and make up actions that use the parts of the body that correspond to the number on the chart. Everyone else will then recite the verse while standing still. Then challenge them to recite it again while doing the actions "Simon" made up at the same time.
4. Simon will then choose another person to be Simon in his place. Repeat. If desired, you can also ask them a question about the verse after every turn or every few turns. See the Deep Down Discussion Sheet for possible questions.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Roll 'n' Toss

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- Cube-shaped Cardboard box
- Paper, glue, and a marker
- 1 bouncy ball per 2 children

Preparation

1. Cut the paper into the size of one side of the cube. Use it as a pattern to make six pieces (one for each side of the cube)
2. Glue each piece of paper onto each side of the cube.
3. Write different actions on each side of the cube: Roll, Bounce, Overhand Toss, Close Eyes and Roll, Backwards Roll (through legs), Underhand Toss.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Have the children spread out facing the leader.

Playing the Game

1. Tell the children they will be throwing a ball to a partner in the different ways you have written on the cube (show them the cube).
2. Have the children stand in two long lines, with their partners facing each other about 9-12' apart (whatever seems to be a good tossing/rolling distance for your children).
3. Give out the ball to each person in one of the long lines. (Partners will not have one.)
4. Practice each of the different ball actions, then begin the game.
5. Have everyone say the verse together. Toss the cube and tell everyone what the motion will be. At your signal, have one partner roll, toss, etc. the ball to the other. After all the partners have received the balls and everyone is back in line. Have everyone say the verse together, then toss the cube again. If desired, you can also ask them a question about the verse after every few rolls. See the Deep Down Discussion Sheet for possible questions.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Block Clapping

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- 2 wooden blocks per child, preferably about 3"x 2", as found in many children's block sets

Preparation

None.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Show the children the clapping blocks and tell them: "We are going to use our Bible verse to play a game. But first, we need to practice saying the verse." (Practice saying it a couple of times).
2. Hand out the clapping blocks and let the children clap them a while (without saying the verse), then quiet them.
3. Then tell them, "OK, let's try saying our verse and block clapping at the same time!" Lead the children in reciting the verse and clapping with each word. Or, you can have the children clap the blocks together a certain number of times, then say the verse after the last clap. If desired, you can also ask them a question about the verse before repeating. See the Deep Down Discussion Sheet for possible questions.
4. Repeat as frequently as desired.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Meet, Greet and Keep It Up

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- 16 oz. cups, 1 per child (with some extras)
- 2 pieces of rope as long as a line of children
- Masking tape

Preparation

1. Line up the 2 pieces of rope about 6' apart.
2. Put down a piece of masking tape the same length as the ropes, running parallel to the ropes midway between the 2 ropes.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Split the children into partners. Have them stand in two long lines, with their partners facing each other about 6' apart.
2. Tell the children they will be meeting and greeting their partners with a handshake at the masking tape in the middle, then turning around and going back to their place along the rope. Have them practice this.
3. Now tell them, that they will also be balancing a cup on their head while they do this.
4. Give out a cup to everyone. Have them practice balancing the cup on their heads.
5. Now play the game. Have everyone say the verse together. Then have them put the cups on their heads. At your signal, have them walk to the middle, greet their partner with a handshake, turn around and go back—trying to keep the cup balanced on their head the whole time. (There is no penalty for cups falling off.)
6. Have everyone settle back in place in the line, with the cups off their heads. Say the verse together again, put the cups back on their heads, then walk to greet partner again, etc.
7. You can move the ropes back gradually so the children can try to do it from further and further apart.
8. If desired, you can also ask them a question about the verse after every few turns. See the Deep Down Detective Discussion Sheet for possible questions.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Bean Bag Catch

Materials

Bible Verse sign from the curriculum

Deep Down Discussion Questions (optional)

1 bean bag per every 2 children (or every child)

NOTE: Can also fill socks with beans and tie open end to make beanbags.

Preparation

None.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Pair the children with a partner.
2. Have the children stand in two long lines, with their partners facing each other at arm's length apart.
3. Give out a bean bag to each person in one of the long lines. (Partners will not have one.) Have everyone say the verse together, then throw the bean bag to their partners, trying to catch the bean bag. (NOTE: no one is "out" if they don't catch it.)
4. Have both lines of children take a step back.
5. Say the verse altogether again, then throw the bean bags again.
6. Repeat as frequently as desired. If desired, you can also ask them a question about the verse after every turn or every few turns. See the Deep Down Discussion Sheet for possible questions.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Animal Cube

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- Cube-shaped cardboard box
- Paper, glue, and a marker

Preparation

1. Cut the paper into the size of one side of the cube. Use it as a pattern to make six pieces (one for each side of the cube) Draw a simple animal picture on each piece of paper. Possibilities would be: rabbit, monkey, elephant, bird, fish, and a horse. Glue each picture onto each side of the cube.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Tell the children they will be playing a game in which they must move like six different animals. Have them practice the movements for each of the animals on your cube. (Rabbit: leaping; monkey: scratching under arms and saying "ooh-ooh, ahh-ahh"; Elephant: swinging arms like a trunk and making trumpet sound; Bird: flapping arms like wings; Fish: palms together, weaving them in a serpentine action, saying "blub-blub"; horse: galloping/prancing and neighing).
2. Show the children the cube with the animal pictures on it, just like the ones they've practiced. Tell them that you will roll the dice and everyone (at your signal) will begin making the movement for that animal. Tell them that they must stop in place and be very quiet when they hear a certain noise (such as a whistle, a bell ring, clap, etc.). Tell them that you will be watching them. And that children who are very good at listening and stopping when you say so will get a chance to toss the cube for everyone. Practice tossing the cube, making the movements and stopping with the children.
3. Now it's time to play the whole game. Choose a child to roll the cube and say which animal is picked and what action they will do for the animal. Have everyone say the verse, then at your cue, let the children act out the animal until you tell them to stop (a bell or whistle can be used to give the start and stop signals).
4. Choose another child and repeat. If desired, you can also ask them a question about the verse after every turn or every few turns. See the Deep Down Discussion Sheet for possible questions.

Other Option: If children get really good at this, you can challenge them by saying the verse while they make the movement.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Fill 'er Up

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- 1 Bean bag per child
- NOTE: Can also fill socks with beans and tie open end to make beanbags.
- Cardboard box or laundry basket
- Carpet squares, 1 per child

Preparation

1. Put box/basket in a central location.
2. Place carpet squares equidistant about 2' from center box/basket. These will be for the children to sit on.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Have the children stand on a carpet square.
2. Tell them that they will be saying the verse, then—on your signal—they will try to throw as many of their bean bags as they can into the box/basket target in the middle.
3. As they get good at throwing their bean bags in, have the children move back their carpet squares.
4. Repeat verse before toss. If desired, you can also ask them a question about the verse after every few tosses. See the Deep Down Discussion Sheet for possible questions.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Loud and Soft, Big and Little

Materials

Bible Verse sign from the curriculum
Deep Down Discussion Questions (optional)

Preparation

None.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Tell the children: "Let's practice our Bible verse with a game."
2. "First let's say our verse together," (say it a couple times).
3. "Now let's see how quietly we can whisper it! Can you say it quietly like I am?" Have everyone follow your voice as it gets quiet, then loud, then medium, etc. Quiet them, then repeat. If desired, you can also ask them a question about the verse after they repeat the verse a few times. See the Deep Down Discussion Sheet for possible questions.

NOTE: You may find it easier for the children to follow getting louder and softer by lowering your hands when you are getting quieter and then raising your hands when you are getting louder.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Lily Pad Jump

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- Cube-shaped cardboard box, paper, glue, marker

Preparation

Make a die out of the cardboard box as follows:

1. Cut the paper into the size of one side of the cube.
2. Use it as a pattern to make six pieces (one for each side of the cube).
3. Glue each piece of paper onto each side of the cube.
4. Write the numbers 1-6 on the each side of the cube like a die.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Tell children that they will be froggies, leaping from lily pad to lily pad. Everyone will say the verse together, then you (or a very good, well-behaved listening "froggie") will roll the die and see how many leaps all the froggies will make before them stop.
2. Have them practice leaping. Warn them to watch out for their other froggie friends so that no one gets hurt. Practice stopping.
3. Have everyone get in froggie position. Roll die and tell them how many leaps they will leap. Say the verse together. At your signal, everyone leaps as you (or you and they) count out the number of leaps together: "1, 2, 3, stop!" etc. Repeat. If desired, you can also ask them a question about the verse after every turn or every few turns. See the Deep Down Discussion Sheet for possible questions.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Deep Down Detectives Mission Madness Practice

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- Deep Down Detectives Theme Song and/or Bible verse song
- Detective Gear, such as a trench coat, sunglasses, and a hat

Preparation

None.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Tell the children that sometimes detectives have to do all sorts of things to get answers to their questions and solve the case they are working on. In this game, they will practice some detective moves.
2. Put on the detective costume, telling the children that you will start out the game as the Chief Detective.
3. As you play the Deep Down Detectives theme song, you will lead the children in practicing one of their moves, such as swimming across a deep river. . (Other possible actions would be crawling, hand over eye looking around left and right; walking backwards, shuffling, stooping, and crawling..)
4. When the song finishes, the children will sit down and everyone will say the verse together. If desired, you can also ask them a question about the verse. See the Deep Down Discussion Sheet for possible questions.
5. Choose a child to take your place as Chief Detective. Repeat activity, choosing another detective move. Play continues as time and attention span allow.

BIBLE VERSE GAMES

intake or Response activity to learn Bible verse

Freeze 'n' Say

Materials

- Bible Verse sign from the curriculum
- Deep Down Discussion Questions (optional)
- Music and CD/Tape player

Preparation

None.

Learning the Verse

Choose the whole verse or an appropriate length portion of the verse to learn. Read the verse slowly and explain it to them. A simple explanation is included on the back of the Bible Truth sign. Practice saying the verse with the children a few times.

Playing the Game

1. Play some of the music for the children. Tell them that they will move around the room as you tell them (marching, leaping, clapping, etc.) while they hear the music. They will stop and freeze in whatever position they are in when the music stops. Practice this with them.
2. When they have the concept down, add saying the verse when the music stops and they are in their frozen position.
3. After they say the verse, then tell them how you want them to move when the music starts again. You can take their suggestions for movement ideas, too.
4. Start the music up again and continue. Repeat as frequently as desired. If desired, you can also ask them a question about the verse after every turn or every few turns. See the Deep Down Discussion Sheet for possible questions.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Missing in Action

Materials

- Bible Truth storyboard pictures and Storyboard
- Deep Down Discussion Questions

Preparation

1. Put all the story pictures up on the storyboard, recreating the scene from the story. .

Playing the Game

1. Review the story briefly, pointing to the figures on the story board background as you go. Have the children help you, if desired.
2. Tell the children that someone from the story is about to go "Missing in Action" and they have to guess who it is. Have the children cover their eyes and take one figure off the board.
3. Have the children open their eyes and figure out who is missing.
4. Put the picture back on the board. Take another picture off the board, having a child choose who will go missing in action this time.
5. If desired, you can ask the children a question related to story each time/every few times a picture is put up, using the Deep Down Discussion Sheet.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Take Me Through the Tunnel

Materials

Bible Truth storyboard pictures and Storyboard
Deep Down Discussion Questions
Chairs or Table
Sheet or blanket
Box

Preparation

1. Construct a tunnel using the sheet draped over a table/chairs.
2. Put the storyboard figures in a box in the "tunnel."

Playing the Game

1. Have the children take turns crawling through the tunnel, retrieving one of the pictures.
2. When the child comes out of the tunnel, he shows the figure to the other children from them to name.
3. Have the children name the character; and, if desired, answer a question (see Deep Down Discussion Sheet) about what they did in the story.
4. Have the child stick the picture on the storyboard, gradually recreating the scene as the game progresses.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Look Who's Coming Down the Tracks

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions
- Two shoe boxes
- 6' or so of rope
- Optional: Engineer's hat

Preparation

1. Make a "train" with two cars made with the two shoe boxes strung together with rope.
2. Poke a hole through the front short side of the shoe box that will be the back "car."
3. Poke a hole through the front and back short sides of the shoe box that will be the front "car."
4. Thread the rope through these holes, tying knots near the inside and outside of each to keep the car securely in place.

Playing the Game

1. Put a picture in each "car" of the train (out of the sight of the children). Say, "Look who's coming down the track!"
2. Hand the end of the rope to a child and have them pull it around to where the other participating children are saying "Choo! Choo! Choo! Choo!" (you can have all the children say this, just the child pulling, you and the child, etc.)
3. After the child pulls it to where the children are say, "Train, stop!"
4. Pull out the pictures, show them to the children and ask, "Who's on our train?"
5. If desired, you can ask the children a question related to the picture/story, from the Hide 'n' Seek Kids/Deep Down Detectives Discussion Sheet.

Tip: For more fun, have a train engineer's hat for the child pulling the train to wear.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Treasure Hunt

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions
- 10 small lidded plastic containers or boxes (like from a jewelry store) or wooden, hinged boxes from a craft store
- Various decorating supplies, such as fake craft jewels, glitter, glitter glue, foil paper, gold spray paint glue

Preparation

Before playing the game, you will need to make your treasure boxes:

1. Collect 10 small lidded plastic containers or lidded boxes (like from a jewelry store), just large enough to put the Bible story pictures in. Alternatively, you can also purchase 10 hinged wooden boxes from a craft store. These make marvelous treasure boxes.
2. Decorate each container/box with the jewels, glitter, paper, gold paint, etc to give them a “treasure-y” look.

Right before Class:

1. Put a Bible story picture in each container and hide them around the room.
2. You may want to review the story and the pictures before class.

Playing the Game

1. Tell the children that you are going on a treasure hunt and need their help finding all the treasure hidden around the room.
2. Have the children take turns finding the treasure boxes and bringing them to you.
3. Remove each picture as the box is found and ask the children review questions about the character from the Bible story. If desired, you can simply put each picture on the floor, table, or storyboard as it is found, then ask questions about the Bible story when you have collected them all. (See the Deep Down Discussion Sheet for possible questions.)
4. Remember to store your boxes after the game, keeping them for the next time you play.
5. Game continues as time allows or until you have retrieved and reviewed all the pictures and the story.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Clothespin Line Up and Drop

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions
- Rope
- Clothespins, the hinged type
- Shoe box
- Tape

Preparation

1. Attach a spring-type clothespin to some of the laminated storyboard pictures and put them in a shoe box with the lid taped on one side like a hinge and with a hole in the top.
2. Hang up a short rope (in an out-of-traffic-flow location) between two chairs.

Playing the Game

1. Open the shoe box and say, "It's time to say hello to our story friends!"
2. Pull the pictures out one at a time, saying "Hello, so-and-so, each time you pick up a picture and clip them to the rope.
3. When all are pinned up say, "It's time to say goodbye to so-and-so." Can you find so-and-so?" Then have the child point out the right figure on the clothesline, take it off the rope, reattaching the clothespin and handing it to the child. If desired, you may also want to ask the children a question about the picture/the story as the picture is identified, using the Deep Down Discussion Sheet for suggestions.
4. Have a container/bucket/shoe box and say, "Say, goodbye!" letting the child drop the clothespin in the bucket and put the picture through the slot in the shoe box.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Can You Remember?

Materials

- 2 sets of Bible Truth storyboard pictures (Simply photo copy a second black & white set from the originals)
- Deep Down Discussion Questions
- Index Cards

Preparation

1. Attach the storyboard pictures to index cards, making sure that the pictures are completely covered by the cards.
2. Scramble the order of pictures and set face down on the floor or table.

Playing the Game

1. Have the children take turns trying to make matches by choosing and turning over two pictures at a time.
2. If the pictures match, they are removed from the floor and one is placed on the storyboard. Have the children identify the pictures as they are added to the board. If they do not match, they are turned over face down again and someone else gets to try.
3. If desired, you may also want to ask the children a question about the picture/the story as a match is made, using the Deep Down Discussion Sheet for suggestions.
4. Continue until all the matches are made and all pictures are up on the storyboard, recreating the story picture.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Run to the Grocery Store

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions
- Grocery bag or kid's grocery cart
- Empty food cartons

Preparation

1. Put a clue inside each food container.
2. Set out the containers on a table or shelf at one end of the room.
3. Set up the story board at the other end, with the shopping cart or bag.

Playing the Game

1. Have the children assemble near the storyboard.
2. Have them take turns pushing the grocery cart/carrying the grocery bag to the other end of the room and choosing a food item. If desired, tell the children which food item you want them to pick out each time.
3. When the child returns with the food, have them open the container and pull out the picture. If desired, you may also want to ask the children a question about the picture/the story as the picture is identified, using the Deep Down Discussion Sheet for suggestions.
4. Ask the class what the picture is, then add it to the story board, gradually reproducing the story.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Deep Down Detective Clue Hunt

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions
- Variety of interesting items that have one or more places to hide a storyboard picture
- Detective Hat
- 4 False Clues (included on the next page)
- CD Player and Deep Down Detectives Theme Song

Preparation

1. Collect a variety of interesting items, that some way to hide a picture, such as an old box with a lid, wallet, purse, clothing with pockets, a book, etc. If your items have MORE than one place to hide things, that is even better.
2. Cut out/Print out the false clue pictures included with the game.
3. Hide each story picture inside one of the items.
4. Set out the items for the children to see, telling them that each of them have an important clue in them. Most of them are from the story, but a few are not. Tell them that it is the job of the Deep Down Detectives to find the hidden clues and decide if they belong in the story or not.

Playing the Game

1. Have the children line up. Play the Deep Down Detectives Theme Song and lead the children in marching around the room and then back to their places to sit down as it ends. (This is merely an energy-release tactic). Have the children take turns choosing an item, finding the clue you have hidden within it. Have the child/the class decide if the clue belongs in the story or not. If it belongs in the story, have them tell how, or, you could ask the children a question about the picture, using the Deep Down Discussion Sheet for suggestions.
2. Continue until all the clues have been found.
3. If desired, you can have the child who will choose the next clue to lead the class in marching to the theme song before they choose their clue.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Who's in the Basket?

Materials

- Bible Truth storyboard pictures
- Deep Down Detectives Discussion Questions
- Blanket
- Basket

Preparation

None.

Playing the Game

1. Hide one of the pictures in the basket and cover it up with the blanket.
2. Ask the children: "Who's in the basket? Would you like to look?" Choose a child to take off the blanket and pull out the picture to show the rest of the children. Say: "Look! It's -----" The children or you or you and the children can answer with who it is. For more fun, have a little song like "Pop! Goes the Weasel" you hum each time before the child pulls the blanket off Or, just count "1, 2, 3, GO!" and pull the blanket off quickly. If desired, you may also want to ask the children a question about the picture/the story as the picture is identified, using the Hide 'n' Seek Kids/Deep Down Detectives Discussion Sheet for suggestions.
3. Repeat as frequently as desired.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Going Fishing

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions
- One long wooden dowel, yardstick, etc. per fishing pole
- Yarn
- Paper clip per fishing pole
- Rope
- Two chairs
- Blanket
- Box/bucket/container
- Bucket

Preparation

1. Make fishing poles out of long wooden dowels, yardsticks, etc with a piece of yarn for fishing line and a paper clip for a hook.
2. Attach a picture to the end of each pole.
3. Tie a rope between two chairs and drape a piece of cloth or a blanket over the rope. Lay the poles against the blanket so that the tips and the fishing line drape over the other side and drop down into a bucket/box on the other side.
4. Place other bucket on the side the children and the ends of the fishing rods are. This will be the "holding tank" for the fish when they are caught.

Playing the Game

1. Ask the children, "Would you like to go fishing in my pond today?"
2. "Let's see what you'll catch." The child chooses one of the poles, pulls it up and see what's on the end.
3. Say "Looks like you've caught a big one! Pull it out!"
4. As the child pulls up the fishing rod and reveals what is on the end, ask the children, "Who did you catch?" If desired, you may also want to ask the children a question about the picture/the story as each "fish" is caught, using the Deep Down Discussion Sheet for suggestions.
5. Have the child put the "fish" in the holding tank.
6. If desired, when all the fish are caught, take them out of the holding tank and review the "catch of the day."

STORY REVIEW GAMES

Response activity to review the story and key concepts

Pony Express

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions
- Small manila envelopes, one per flannel graph figure
- Kid's small backpack or a tote bag with a strap
- Basket
- Cowboy hat
- Stick horse or a broom

Preparation

1. Tell the children that long ago cowboys used to pick up the mail, put it in their bags and ride it fast from town to town on their horses. This was called the Pony Express. Today, they will practice riding for the Pony Express and bring the mail back to the class.

Playing the Game

1. Show the children how to ride the stick horse down to the other end, pick up a piece of mail from the basket, put it in their bag, then ride it back to the class. Take the envelope out of the bag and open it, showing them the picture inside. Ask the children who/what the picture is and then put it on the storyboard. If desired, you may also want to ask the children a question about the picture/the story as the picture is identified, using the Deep Down Discussion Sheet for suggestions.
2. Have the children take turns riding the Pony Express, each time adding the new figure to the storyboard until the story is recreated on it.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Who's Inside?

Materials

- Bible Truth storyboard pictures (and/or other objects that remind you of things from the story)
- Deep Down Discussion Questions
- 10 different containers with lids

Preparation

1. Put in various pictures/objects in each container and shut.
2. Line up all the containers or put them in a big bag, such as a trash bag.

Playing the Game

1. Have 10 different sized/colored lidded containers with shaded sides, all big enough to fit the laminated pictures or other objects from the story or concept. Have the children take turns choosing a container (from the bag) and opening it. Each time ask: "Who's inside?" Child/children/you/you and children can answer together. If desired, you may also want to ask the children a question about the picture/the story as each picture/object is identified using the Deep Down Discussion Sheet for suggestions.
2. Repeat.

STORY REVIEW GAMES

Response activity to review the story and key concepts

Fix Up the Mix Up

Materials

- Bible Truth storyboard pictures
- Deep Down Discussion Questions

Preparation

None.

Playing the Game

1. Take all the Storyboard pictures and mix them up in a pile in front of the children.
2. Tell them that the story pictures are all mixed up and you need help fixing them up again.
3. Let the children take turns picking a picture out of the pile and re-constructing the story on the storyboard. If desired, you may also want to ask the children a question about the picture/the story as each picture/object is identified using the Deep Down Discussion Sheet for suggestions.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Say, Spring Up and Shout

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)
- Optional: Bean bags, one per child

What to Do

1. Tell the children: "We're going to sing our Bible verse/Big Question/other song and make a joyful noise to God, crouching down like this (Crouch down). Then at the end, we're going to spring up and shout, "Amen, I agree!"
2. "So first, let's sing our Bible verse/Big Question Song together as we crouch down." (Crouch down, say the verse a couple of times.)
3. "Now let's jump up and say, "AMEN! I agree!" After everyone springs up and says "Amen," quiet them, then repeat.
4. If desired, when the children get the crouching and jumping down, you might give them a bean bag to toss in the air as they spring up. Practicing tossing up in the air rather than AT others.
5. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Thumping Drums

Materials

- CD of unit music
- Hide 'n' Seek Kids/Deep Down Detectives Discussion Questions (optional)
- 1 Oatmeal container/coffee can with lid per drum.
- Tape
- Popcorn, rice, beans, etc.
- Wooden spoons, dowels, unsharpened pencils, if desired, for mallets

How to Make

1. Tape the lid of empty oatmeal or coffee cans in place. (If you want to make a snare drum, add popcorn, rice, etc. in the empty container before taping shut.)
2. Children can either tap drum with hands or you can give them 2 wooden spoons, wooden dowels or unsharpened pencils with wooden spoons glue gunned to an end as mallets.

What to Do

1. Show the children the thumping drums. Tell them. "I'm going to say God's Word and make a joyful noise to Him with these thumping drums. Come and join me!"
2. "First, let's sing our Bible verse song/Big Question song/Praise Song/Hymn together" (say the verse a couple of times, if using it.).
3. "Now let's make that joyful noise to the LORD!" Hand out the drums (and mallets) and let the children beat them awhile. Quiet them, then repeat.
4. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Hide 'n' Seek Kids Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: Younger children may need to sing the Bible verse/Big Question song/etc, then thump. But, as the children get older, they may be able to sing the song(s) AND thump at the same time.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Egg Shakers

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)
- Empty Easter eggs
- Rice, beans, buttons, pennies, popcorn, beads, small nails or bolts, etc.
- Glue and glue gun OR strong packing tape

How to Make

1. Fill empty Easter eggs with different small objects such as rice, beans, pennies, buttons, popcorn, beads, small nails or bolts, etc., then seal lid shut with glue gun or with packing tape. Different objects make different sounds. Different amounts of the same object make different sounds, too. The children will enjoy the variety.

What to Do

1. Show the children the egg shakers and tell them, "I'm going to sing our Bible verse/Big Question/other song and make a joyful noise to God with these egg shakers. Come and join me!"
2. "First, let's sing the Bible verse/ Big Question song together on our own (sing the song a couple of times.) Now let's make that joyful noise to the LORD!"
3. Hand out the egg shakers and let the children shake them a while (without singing), then quiet them.
4. Then tell them, "OK, let's try singing and shaking our eggs at the same time!" Lead the children in song and shaking.
5. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: Younger children may need to sing the Bible verse/Big Question song/etc, then shake. But, as the children get older, they may be able to sing the song(s) AND shake at the same time.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Freeze Frame

Materials

- CD of unit music
- Deep Down Discussion Sheet Questions (optional)
- Some kind of fun hat or clothing for the leader to wear

What to Do

1. Tell the children, "I'm going to sing God's Word and make a joyful noise to Him. But I'm going to freeze in place in between each time I sing. Come and join me! Choose one child to be the leader. Help them put on the leader hat/clothing.
2. Have the kids march around behind the leader, singing the song of your choice.
3. Have the children freeze in place when you stop the song at a random point.
4. When everyone is frozen, have the children tell you what the next word/phrase to the song.
5. If desired, you can ask the children a question related to the words or another question from the Deep Down Discussion Sheet after each time (or every few times) you freeze the song.
6. Choose another leader and play the song again, stopping on a different word from the song to highlight.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Big Voice, Little Voice

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)

What to Do

1. Tell the children: "I'm going to sing our Bible verse/Big Question song and make a joyful noise to Him quietly and loudly! Come and join me!"
2. "First let's sing our Bible verse/Big Question Song together," (sing the song a time or two)
3. "Now let's see how quietly we can whisper it! Can you sing it quietly like I am?" Have everyone follow your voice as it gets quiet, then loud, then medium, etc. Quiet them, then repeat.
4. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: You may find it easier for the children to follow getting louder and softer by lowering your hands when you are getting quieter and then raising your hands when you are getting louder.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Jingle Bell Hands

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)
- 1 6" piece of sturdy string
- 4 or 5 jingle bells, available in most craft shops

How to Make

1. Cut a piece of string about 6" long.
2. Thread 4 or 5 jingle bells onto string, securely tying each in place with a knot before adding the next one. Tie the ends together. Children can either wear these like a bracelet or can hold them in their hands.

What to Do

1. Show the children the jingle hand bells and tell them, "I'm going to sing our Bible verse/Big Question/etc. song and make a joyful noise to God with these jingle hand bells. Come and join me! First, let's sing the Bible verse/ Big Question song together on our own (sing the song a couple of times.) Now let's make that joyful noise to the LORD!"
2. Hand out the jingle hand bells and let the children jingle them a while (without singing), then quiet them.
3. Then tell them, "OK, let's try singing and jingling at the same time!" Lead the children in singing and jingling.
4. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: Younger children may need to sing the Bible verse/Big Question song/etc, then jingle. But, as the children get older, they may be able to sing the song(s) AND jingle at the same time.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Bottle Shakers

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)
- 1 empty 16 oz. soda bottle per shaker
- Rice, beans, buttons, pennies, popcorn, beads, small nails or bolts, etc.
- Glue and glue gun OR strong packing tape

How to Make

1. Fill empty 16 oz. soda bottles with different small objects such as rice, beans, pennies, buttons, popcorn, beads, small nails or bolts, etc.
2. Seal lid shut with glue gun or with packing tape. Different objects make different sounds. Different amounts of the same object make different sounds, too. The children will enjoy the variety.

What to Do

1. Show the children the bottle shakers and tell them, "I'm going to sing our Bible verse/Big Question song and make a joyful noise to God with these bottle shakers. Come and join me! First, let's sing the Bible verse/ Big Question/etc. song together on our own (sing the song a couple of times.) Now let's make that joyful noise to the LORD!"
2. Hand out the bottle shakers and let the children shake them a while (without singing), then quiet them.
3. Then tell them, "OK, let's try singing and shaking at the same time!" Lead the children in song and shaking.
4. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: Younger children may need to sing the Bible verse/Big Question song/etc, then shake. But, as the children get older, they may be able to sing the song(s) AND shake at the same time.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Sing, Dance and Fall Down

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)

What to Do

1. Tell the children: "I'm going to sing our Bible verse/Big Question/etc. song and make a joyful noise to Him with my body by dancing to some music...then falling down when it stops. Come and join me!"
2. "First let's sing our Bible verse/Big Question Song together." (sing the song a time or two).
3. "Now let's dance as we sing our song. Then fall down when we finish. Let's dance." Have everyone dance and sing the song. When you finish, say, "Everyone fall down!" Quiet the children, then repeat.
4. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

March 'n' Say

Materials

CD of unit music

Deep Down Discussion Questions (optional)

Optional: A fun hat for the leader of the march, or for everyone in the march

What to Do

1. Tell them, "I'm going to say God's Word and make a joyful noise to Him by marching. Come and join me!"
2. "First let's sing our Bible verse/Big Question Song together." (sing a time or two)
3. "Now let's march around as we sing!"
4. If desired, let the leader of the march (you the first time, then pick different children), wear a fun hat as he/she leads. Or, have hats for everyone to wear.
5. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: Younger children may need to sing the Bible verse/Big Question song/etc, then thump. But, as the children get older, they may be able to sing the song(s) AND thump at the same time.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Clap, Tap and Say

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)

What to Do

1. Tell the children: "I'm going to sing our Bible verse/Big Question/etc. song and make a joyful noise to Him with my body by clapping and tapping. Come and join me!"
2. First let's sing our Bible verse song/Big Question song/Praise Song/Hymn together (say the verse a couple of times, if using it.)
3. "Now let's clap and tap! Can you do what I'm doing?" Have everyone follow your motions as you clap your hands, tap your head, hit your knees together, rub your belly, etc. for a while. Quiet them, then repeat. If desired, have different children think up different motions.
4. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: Younger children may need to sing the Bible verse/Big Question song/etc, then clap, tap, etc. But, as the children get older, they may be able to sing the song(s) AND do the motions at the same time.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Block Clappers

Materials

- CD of unit music
- Deep Down Discussion Questions (optional)
- 2 wooden blocks per child, preferably about 3"x 2", as found in many children's block sets

What to Do

1. Show the children the clapping blocks . Tell them, "I'm going to say God's Word and make a joyful noise to Him with these clapping blocks. Come and join me!
2. First let's sing our Bible verse song/Big Question song/Praise Song/Hymn together (say the verse a couple of times, if using it.)
3. Now let's make that joyful noise to the LORD!" Hand out the clapping blocks and let the children clap them a while (without singing), then quiet them.
4. Then tell them, "OK, let's try singing and block clapping at the same time!" Lead the children in song and clapping.
5. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the song/say the verse.

NOTE: Younger children may need to sing the Bible verse/Big Question song/etc, then clap. But, as the children get older, they may be able to sing the song(s) AND clap at the same time.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Lullabies, Bells and Lions

Materials

- CD of unit music
- Bell
- Deep Down Discussion Questions (optional)

What to Do

1. Tell the children: "We're going to pretend to go to sleep as children, but wake up like an animal. Everyone sit down and let's sing our lullaby praises to God before we go to bed. When you hear the morning bell ring, you can pretend to be the animal I say until you hear the bedtime bell ring and you have to sit back down."
2. Ring the bell and say, "It's time for bed, it's time for bed! Sit down where you are, you sleepy heads!" Have all the children sit down in place. Then say, "Before we go to sleep, we have to sing our bedtime lullaby. Let's sing our Bible verse song/Big Question song/Praise Song/Hymn." Have the children sing the song with you, then tell them, "Shhh. Lay down! It's time for bed!"
3. Have all the children lay down and be very still and quiet like they are sleeping for a few minutes. Then say, "Sleeping, sleeping, look at all the sleeping children. But when the morning bell rang, they all woke up, and were lions (or whatever animal you choose) all day!"
3. All the children will get up and pretend to be the animal. After a few moments, ring the bell and say, "It's time for bed, it's time for bed! Sit down where you are, you sleepy heads!"
4. If desired, you can ask the children a question related to the verse/the songs they are singing, using the Deep Down Discussion Sheet after each time (or every few times) you sing the lullaby song.

MUSIC, MOVEMENT AND MEMORY GAMES

Intake or response activity to learn the Big Question, Bible verse and other unit music

Musical Squares

Materials

- CD of unit music
- Carpet Squares, enough for all of the children (or chairs)
- Deep Down Discussion Questions (optional)

What to Do

1. Set out the squares/chairs in a circle. Ask the children to sit down on their square/chair.
2. Tell the children, "I'm going to say/sing God's Word and make a joyful noise to Him, with a little sitting down in between each song. Come and join me! Tell the children they will march around behind the squares/chairs as you play the Big Question Song/Bible verse song/Hymn/Praise Song/etc. When the music stops, they are to sit down on the nearest square/chair.
3. Play the music, sing the song as the children make swimming motion with their arms to it. Stop the music and have the children sit down on the nearest square/chair.
3. If desired, you can ask the children a question related to the verse/the songs (or the lesson concepts) they are singing, using the Deep Down Discussion Sheet, after each time (or every few times) they sit down.