

The Girls Friendly Society Teddy Bear Activities Handbook



“Bear ye one another’s burdens and so fulfill the law of Christ.”

Galatians 6:2

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Purpose: The purpose of this handbook is to provide suggestions of activities to complete with GFS members in waiting ages 3 to 7 years old.

Structure: Each activity is structured around promoting a girl's faith to become living, conscious, and active by exposing members to the beauty of God's love through introduction to basic biblical themes and activities and responsibilities in the church and GFS.

Use of Activities: These activities are created to be flexible and should be adapted by each leader according to their branch's needs. For example, activities may be worked on for several sessions or eliminated if not indicated for their group. This book should be used in conjunction with other resources.

Special Note: All activities have been tried with ages 2-8 years. Working with children 3 to 7 years of age can be fun and rewarding. Here are some brief thoughts to keep in mind.

1. Don't worry about a lesson being too long. Instead change the learning mode of activity every 15 minutes (for example from drawing to singing). This will help maintain attention to task.
2. Use your imagination and encourage them to do so. This is the age of magic and imaginary play. So let them dress up, act, and become involved in the task they are learning.
3. Keep them active so that they continue learn.
4. Repeat activities over and over to reinforce learning.
5. Encourage friendships and good social interactions. This is a time when children learn Christian Hospitality.
6. Lastly, be enthusiastic and encouraging. This group loves hugs and high fives.

The Girls Friendly in Waiting Pinning Ceremony

Priest: The Girls Friendly Society was founded in England in 1875 and in American in 1877 for the purpose of extending God's Kingdom among women and girls. These girls are ready for admission as Girls Friendly Society members in waiting (or GFS Teddy Bears). At the end of the ceremony, these girls will receive pins as reminders of their commitment as Girls Friendly girls in waiting.

O' Lord, bless these Pins which represent the commitment these girls will make to learn the values of the Girls Friendly Society. Amen

Branch Advisors: Girls you may say your vows.

Girls Friendly Society Girls in Waiting: (Girls Friendly in Waiting should be dressed White)

I promise:

“To share God's love for all people.

To worship and serve faithfully,

To make my words true, and my actions right,

To grow strong in mind, body, and spirit,

To make this world a better place to live.”

Amen.

(Current Girls Friendly Society Members (in standard uniform) stand directly in front of GFS Girls in Waiting or Teddy Bears and pin their pins on them. If possible, pins should be teddy bears.)

Current Girls Friendly Society Members: Received these pins as a sign of your commitment to learn the values of the Girls Friendly Society.

All: The Girl's Friendly Prayer

O Lord, our Heavenly Father, we beseech Thee to bless us and all who belong to the Girl's Friendly Society. Strengthen and protect us by Thy fatherly love and vouchsafe to us the guidance of Thy Holy Spirit. Help us all to bear one another's burdens and to live, not for ourselves but for others, as members of one family in Christ. Cleanse us from our sins, make us holy by the indwelling of Thy Holy Spirit and bring us all at last to the joy of Thy Heavenly Kingdom, through Jesus Christ our Lord. Amen.

The Girls Friendly Society
Girls Friendly in Waiting Activities

Advent



Goals:

1. Teddy Bear candidate will learn the Advent is a time of preparation for Jesus' Birthday.
2. Teddy Bear candidate will learn about Saint Nicholas.
3. Teddy Bear candidate will understand the colors of Advent and Christmas as well as their meanings.
4. Teddy Bear candidate will learn basic Advent prayers.

Activities:

- Have Teddy Bear Candidate learn the 6 season of the church year song.
- Have Teddy Bear members' complete puzzles of the seasons of the church year. Create this puzzle out of cardboard and laminate and then cut pieces. When place together the front should say the name of the season and the back the meaning. Use the color of the season to aid in matching.
- Have Teddy Bear member make advent wreath from Oriental Trading.
- Read a children's story of St. Nicholas and talk about his meaning in the church.
- Read a children's story of the Nativity.
- Have Teddy Bear member help decorate the church for the holidays.

Bible Verse to Learn: A voice cries out in the desert: "Prepare the way for the Lord! Make his paths straight!" **Mark 1:3**

The Girls Friendly Society
Girls Friendly in Waiting Activities

Christmas



Goals:

1. Teddy Bear Candidate will learn about the church season of Christmas.
2. Teddy Bear Candidate will learn Jesus' birth.
3. Teddy Bear Candidate will learn about the symbols of Christmas (candle, star, candy cane, Holy leaf, three Wiseman, angel, bells, and 3 gifts).

Activities:

- Share video on the Nativity or Read story on Nativity.
- Participate in a Christmas play or pageant.
- Learn 2 Christmas Carols and the history of that Christmas Carol.
- Create homemade gifts for Christmas to give to needy or shut-in.
- Make a nativity diorama.
- Complete craft on the symbols of Christmas.

Bible Verse to Learn: *"Today in the town of David a Savior has been born to you; he is Christ the Lord."* **Luke 2:11**

The Girls Friendly Society
Girls Friendly in Waiting Activities

Epiphany



Goals:

1. Teddy Bear Candidate will learn about the church season of Epiphany.
2. Teddy Bear Candidate will learn the gifts of the Wiseman.
3. Teddy Bear Candidate will create a story of her own journey to Christ.

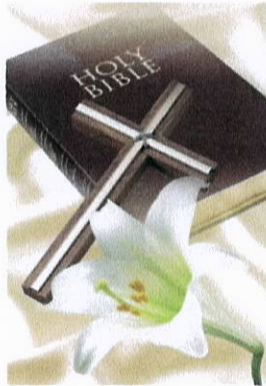
Activities:

- Find a story of the Wiseman where they find Jesus in Nazareth as a small child.
- Create a pictorial map of the Journey the Wiseman may have taken to find Jesus including the travel from the east to Bethlehem and where finally found Jesus as a Child. You may use coloring pages to do so. Trace each Teddy Bears Candidate foot to add as the steps the wise men took.
- Create a photograph album of baptism as introduction into God's family and journey towards Christ.
- Look at pictures of Bethlehem and Nazareth.
- Obtain examples of Gold, Myrrh, and Frankincense and have Teddy Bear Candidate touch and explore.
- Create a Star of David out of origami to reinforce its religious meaning in Epiphany.

Bible Verse to Learn: "When they saw the star, they rejoiced with exceeding great joy."
Matthew 2:10

The Girls Friendly Society
Girls Friendly in Waiting Activities

Lent



Goals:

1. Teddy Bear Candidate will share the meaning of Lent.
2. Teddy Bear Candidate will learn stepping stones to the pathway of Easter including
 - a. Praying, Listening to God, and Sacrifice.
3. Teddy Bear Candidate will play choices game to learn how to make good choices in life.

Activities:

- Have Teddy Bear Candidate learn/review the 6 season of the church year song.
- Have Teddy Bear Candidate make tray favors for church, nursing home, or some mission out of materials which they have gladly given from home. (For an example: Puppet Creatures from Socks and Book marks from Old Cards.)
- Have Teddy Bear Candidate play the Lenten Fortune Cookie Game. (On slips of paper write Godly Practices and Place in Fish Bowl. Teddy Bear Candidate retrieves slip of paper and performs task on that paper. This should be done daily. Slips of paper may say: "Give up junk food", "Ask before you borrow someone else's things," "Today, pray that God will bless each person in your family.", "Offer to help a friend today". This should be done for 2 weeks during Lent.)
- Watch video on "Saul on the Road to Damascus".

Bible Verse to Learn: *Jesus said, "You may ask Me for anything in My Name and I will do it."*

John 14:14

The Girls Friendly Society
Girls Friendly in Waiting Activities

Easter



Goals:

1. Teddy Bear Candidate will learn about the season of Easter.
2. Teddy Bear Candidate will learn about salvation and the rite of confirmation.
3. Teddy Bear Candidate will learn the story of Jesus Resurrection.

Activities:

- Participate in Flowering of the Cross at Church.
- Learn “Every Morning is Easter Morning” Song
- Read Jesus and the Caterpillar Story.
- Visit Garden or Florist Shop and learn about the meaning of the Lily.
- Create a Caterpillar Necklace to remind about new life in Christ.

Bible Verse to Learn: He who was sitting on the throne said, *“I am making everything new!”*
Revelation 21:5

The Girls Friendly Society
Girls Friendly in Waiting Activities

Pentecost



Goals:

1. Teddy Bear Candidate will learn about the church season of Pentecost.
2. Teddy Bear Candidate will learn about the Trinity.
3. Teddy Bear Candidate will learn how they may share their faith daily.

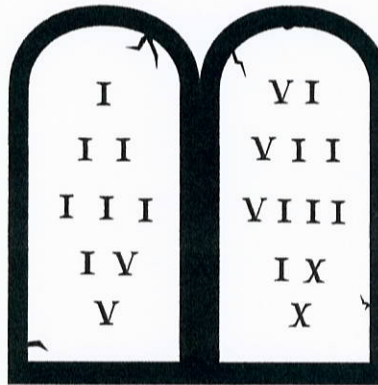
Activities:

- Learn words and meanings in the church such as “Amen”, “Hallelujah” and others.
- Talk about speaking in tongues.
- Share video on the Trinity/ learn the meaning behind Pentecost.
- Create a wind twirler to remind them that the Holy Spirit appeared as wind, unseen but clearly felt. Use Pentecostal shapes to decorate including dove, heart, and cross.
- Participate in Apple Object lesson to teach about the Trinity.
- Share different language Pentecost Experience.

Bible Verse to Learn: “Go and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit. Jesus clearly taught us that all three Persons made up the one true God.” **Matthew 28:19**

The Girls Friendly Society
Girls Friendly in Waiting Activities

The 10 Commandments



Goals:

1. Teddy Bear Candidate will learn why rules are important in our lives.
2. Teddy Bear Candidate will learn the 10 Commandments.
3. Teddy Bear Candidate will learn the story of Moses.

Activities:

- Complete “My Book of The 10 Commandments” from Oriental Trading
- List rules of GFS, School, Home and talk about why they are important
- View God’s Top Ten Commandments CD and Learn the Song
- Read Children’s Story of “Moses”

Bible Verse to Learn: The Ten Commandments **Exodus 20**

The Girls Friendly Society
Girls Friendly in Waiting Activities

The Fruit of the Spirit



Goals:

1. With support, Teddy Bear Candidate will identify examples of the fruits of the spirits in their daily life.
2. Teddy Bear Candidate will learn the Fruit of the Spirit names by learning the Psalty Song Book Song "Fruit of the Spirit".
3. Teddy Bear Candidate will complete and share two acts of the Fruit of the Spirit during Girls Friendly Meeting, Church, Sunday School, School, or at home.

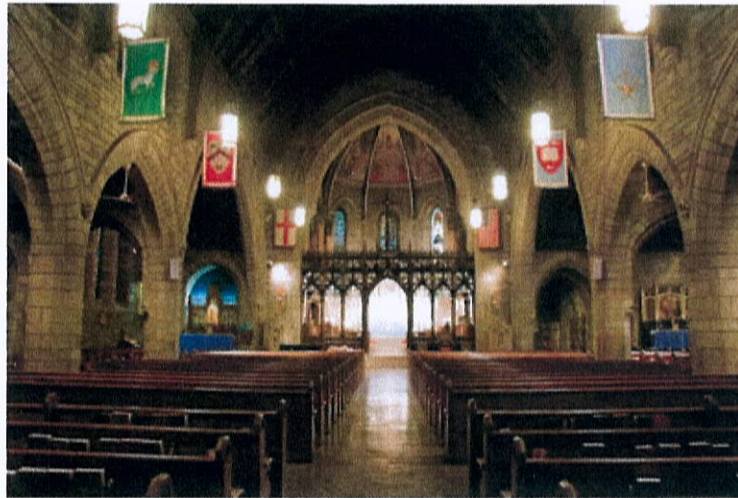
Activities:

- Watch the movie "Pollyanna" by Disney and with assistance for GFS Leader identifies the Fruit of the spirit as it is shown in the movie. This should take several sessions.
- Receive Fruit of the Spirit Tattoos to wear and share with family member or friend.
- Complete Fruit Fold up Activity Books from Oriental Trading: Discuss and share how when GFS member eats healthy, they feel healthy, and they act healthy. The Fruit of the Spirit shines through them more. This should take several sessions.
- Create a Fruit salad.
- Have a Show and Tell share of the Fruit of the Spirit exhibited.
- Sing and Learn "The Fruit of the Spirit".

Bible Verse to Learn: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness." **Galatians 5: 22**

The Girls Friendly Society
Girls Friendly in Waiting Activities

Active Worship in the Church



Goals:

1. Teddy Bear Candidate will learn about the signs and gestures of the church {Sign of the Cross, Genuflection, Prayer Positions, Liturgical Dance}
2. Teddy Bear Candidate will learn about areas of the church and purpose of those areas.
3. Teddy Bear Candidate will learn ways they may be active in church.

Activities:

- Have Priest come to GFS Meeting and explain about purpose and areas of the church.
- Visit Church Branch Sanctuary and have Bible Hunt for different areas of the church include: Vestibule and Baptistry, Congregational Seating, Chancel and Transepts, Sanctuary and Apse, Sacristy, Pulpit, and Lectern.
- Learn how to make sign of the cross, genuflect, bow head, and praying positions.
- Create Group Picture Board of all the activities in worship Teddy Bear participate in including: Choir, Liturgical Dance, Acolytes, Ushers.

Bible Verse to Learn: "So in Christ we who are many form one body, and each member belongs to all the others." **Romans 12:5**

The Girls Friendly Society
Girls Friendly in Waiting Activities
Music in GFS and the Church



Goals:

1. Teddy Bear Candidate will be able to sing the GFS Cheer song.
2. Teddy Bear Candidate will learn about the many instruments use in the Bible.
3. Teddy Bear Candidate will identify music and instruments used in their church.

Activities:

- Have Teddy Bear member make an instrument in GFS session. Examples include Harp from Guild crafters, paint whistle from Oriental Trading.
- Have Teddy Bear members sing one song at church or coffee hour.
- Practice singing GFS song at each GFS meeting.
- Read several Children's Bible stories or books with music mention. Encourage Teddy Bear members to shake instruments whenever an instrument is mentioned.
- Take a field trip to church and view the many instruments of church.
- Have organist or choir member come to visit and share with Teddy Bear member.

Bible Verse to Learn: "Make a joyful noise to the LORD, all you lands." **Psalm 100:1**

The Girls Friendly Society
Girls Friendly in Waiting Activities

Prayer



Goals:

1. Teddy Bear Candidate will demonstrate the ability to say the Girls Friendly Prayer in group format.
2. Teddy Bear Candidate will verbalize the 5 people to pray for daily.
3. Teddy Bear Candidate will identify the Book of Common Prayer in the Episcopal Church.
4. Teddy Bear Candidate will learn 2 prayers in the areas of meals and bedtime.

Activities:

- Review the 5 fingers of prayer.
- Draw Hand on paper and color each finger a different color. This should remind Teddy Bear how to identify who to pray for daily.
- Practice singing grace during GFS meeting.
- Create hand print hop scotch with grace or bedtime prayer. Have Teddy Bear member play Hop Scotch saying prayer in order.
- Take a field trip into church and have Teddy Bear members find and count all the Book of Common Prayers in the church.
- Practice making the sign of the cross.
- Read a story on Prayer.

Bible Verse to Learn: “Never stop praying.” 1 Thessalonians 5:17

The Girls Friendly Society
Girls Friendly in Waiting Activities

You are a special child of God.



Goals:

1. Teddy Bear Candidate will learn how we are brought into God's Family by Baptism.
2. Teddy Bear Candidate will learn the colors of the Girls Friendly Society uniform and understand how its uniqueness brings us into the Girls Friendly Society Family.
3. Teddy Bear Candidate will identify their talents, strengths, and uniqueness.

Activities:

- Have Teddy Bear member create a decoupage of activities Teddy Bear likes to participate on Paper Plate. Add a stand to it.
- Have Teddy Bear member create name tags for name wall for GFS Classroom. Add pictures with Uniforms if able.
- Read Baptism Story in Bible.
- Have Teddy Bear members practice baptism process on doll over water.
- Take field trip to church and view Baptismal Font.
- Encourage Teddy Bear member to attend and view church Baptism.
- Encourage Teddy Bear member to have show and tell of talents or favorite activity.
- Consider bracelet or hair ribbon craft.

Bible Verse to Learn: "I will praise you; for I am fearfully and wonderfully made: marvelous are your works; and that my soul knows right well." **Psalm 139:14**

Girls Friendly Society

Girls Friendly in Waiting Activities

Halloween



Goals:

1. Teddy Bear Candidate will verbalize the meaning of Halloween.
2. Teddy Bear Candidate will learn the parts and meaning of the Pumpkin Prayer.
3. Teddy Bear Candidate will select Biblical Character or Positive Character to dress as and explore for Halloween or Biblical Imagination Party.

Activities:

- Have Teddy Bear Candidate learn/review the 6 season of the church year song.
- Have Teddy Bear Candidate Draw Pumpkin with the meaning of the Jack O' Lantern Reviewed.
- Provided Teddy Bear Candidate with Pumpkin Carving Object Lesson with Pumpkin Prayer.
- Have Teddy Bear Candidate practice Pumpkin Prayer.
- Have Teddy Bear Candidate assist with making Pumpkin Bread, Cupcakes, or Cookies.
- Learn the song "This Little Light of Mine"

Bible Verse to Learn: "Light shines on the godly, and joy on those whose hearts are right."
Psalm 97:11

Resources

Advent

- Six Seasons of the Church Year Song by Lydia Rawlins (To the tune of Found a Peanut)
“There are six seasons. There are six seasons. There are six seasons in the church year.
There are six seasons. There are six seasons. There are six seasons in the church year.
Advent, Christmas, Epiphany, Lent, Easter, Pentecost. Advent, Christmas, Epiphany,
Lent, Easter, Pentecost.”
- Advent wreath craft: <http://www.orientaltrading.com/api/search?Ntt=advent+wreath>
- St. Nicholas Website: <http://www.stnicholascenter.org/pages/home/>

Christmas

- Symbols of Christmas Craft: <http://www.orientaltrading.com/symbols-of-christmas-bell-craft-kit>

Epiphany

- Origami instructions for Star of David: <http://www.origami-instructions.com/origami-for-kids.html>

Lent

- Books of Activities for Advent and Lent: Camels, Carols, Crosses and Crowns by Shiela Kielly and Sheila Geraghty
- Nest Christian Family Videos for Animated New Testament Videos
<http://www.nestlearning.com/nest-family-dvd-collections>

Easter

- Every Morning is Easter Morning by Richard Avery & Donald Marsh

Pentecost

- 3 in 1 (A Picture of God) by Joanne Marxhausen. Use an actual apple to demonstrate the idea of the story.

The Ten Commandments

- Ten Commandments Videos: www.gofishguy.com You may also find it on YouTube or God Tube.
- Can also do God's Top Ten Commandment from Brentwood Kids.
- My book of the commandments craft by OrientalTrading:<http://www.orientaltrading.com/my-book-of-the-commandments-craft>

The Fruits of the Spirit

- <http://www.orientaltrading.com/fruit-fold-up-activity-book>
- Psalty All new Praise Party 2 Part 10 on You Tube or purchase DVD for "Fruits of the Spirit" Song

Prayer

- <http://www.thereligionteacher.com/five-finger-prayer/>

Halloween

- Includes the Pumpkin Prayer and Poem of the Jack o Lantern: <http://www.sunday-school-lessons.com/pumpkin.html>