

# CHILDREN'S ACTIVITIES

BY REV. TERESA KIM PECINOVSKY

## AGE: PRESCHOOL

**SUPPLIES:** copies of a seven-balloon coloring page ([like this](#)) with each balloon labeled with a word: true, honorable, just, pure, pleasing, excellent, praiseworthy; crayons or markers

**OPTIONAL SUPPLIES:** [Catching Thoughts](#) by Bonnie Clark, illustrated by Summer Macon

Hello everyone! In worship today we talked [or will talk] about different kinds of peace: peace inside ourselves. Do you remember what that means? [Children are free to share but may not remember.] Peace can be a feeling of calm and quietness in our hearts and minds, where we are free from feeling worried, frightened, or upset. I want to read two verses from the Bible in Philippians 4:8-9. It says:

*Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing[...] if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.*

[If teachers have the book, read it aloud to children and note the virtues from the Philippians text in the balloons.]

We all have feelings that can seem really big, even adults, right? What are some really big feelings we might have? [Invite children to share.] We might be worried or angry, tired or sad, frightened or embarrassed. It's important we can name and talk about our feelings, especially with people we love as family and friends.

Remember our verse from Philippians? It gives us a list of several things we can think about to help us focus on God's peace. [Pass out balloon coloring page to children.] This Sunday our church is giving money to a ministry called Week of Compassion, that works to build peace in communities and countries after bad storms, wildfires, floods, fighting, or sickness. They work with many churches and people all throughout the world in ways that are excellent and worthy of praise. Today we want to think about ways we can build peace in our hearts and minds, because when we have peace inside ourselves, we can help make peace with others.

On your papers there is a balloon with a word in it from our verse. Let's talk about examples that show the word so we can

think about those thoughts. What is something that is true and good that we can think about? [Offer suggestions that each child is loved and special and invite children's ideas. After examples are shared, have children color in that balloon.] The next one is honorable, which can mean to do the right thing even when it's really hard. Can you think of something you've seen that's honorable? [Examples: not being mean when someone is mean to you, telling the truth when you've made a mistake, being nice to someone who is being teased. Continue with other virtues: just, pure, pleasing, excellent, praiseworthy, having children share examples from their own perspectives and then coloring the balloons.]

Great work on coming up with excellent and praiseworthy thoughts. Let's pray that we will be able to think about these good thoughts to help us have God's peace, and pray for our friends at Week of Compassion as they work to build peace around the world.

*Dear God, thank you for giving us ways to build peace in our hearts and minds. When we are feeling sad, angry, or scared, please help us think about things that are true, excellent, and worthy of praise. Thank you for the truth that you love every person here and every person in the world. We pray for the ministry of Week of Compassion, that they will continue to respond and partner in praiseworthy and peaceful ways. In Jesus' name, Amen.*



**PEACE BE  
WITH YOU**

## AGE: ELEMENTARY

**SUPPLIES:** Internet-accessible computer, tablet, or phone; Whiteboard or large piece of paper to hang up; markers

**OPTIONAL SUPPLIES:** Week of Compassion coinboxes or envelopes for giving

**PREPARE IN ADVANCE:** Use a whiteboard or large piece of paper to make two columns, labeled “heard” and “seen”

Read scripture: Philippians 4:8-9

*Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and **heard** and **seen** in me, and the God of peace will be with you.*

These verses are in a letter from the Apostle Paul, reminding us of an important way we can find God’s peace: by thinking and focusing on what is excellent and worthy of praise. The last part of the verse mentions the phrase “heard and seen.” We can think of “heard” as stories others share with us, and “seen” as something we have experienced or witnessed ourselves.

[On the whiteboard or paper under “seen” give children opportunities to share praiseworthy stories from their own lives.]

Today I want us to learn about a ministry our church supports, called Week of Compassion. They serve people in the US and all around the world when there are disasters, like storms, flooding, and war. We are going to look up on their world map to find stories of hope that are excellent and praise-worthy.

[Oversee/direct to [www.weekofcompassion.org](http://www.weekofcompassion.org), where you can find the “Week of Compassion Responses” worldwide map. Depending on the size of the class and their abilities, they can work in groups or individuals to find different responses. The leader can add different stories to the “Heard” column after children find a new type. The leader can facilitate the search with the following prompts:]

Week of Compassion will help provide solidarity grants to households and communities; can you find any on the US map?

Stories about Week of Compassion in the US and around the world can be found at [WeekOfCompassion.org/2025](http://WeekOfCompassion.org/2025) - look for ‘Mission Moments’.

Disciples of Christ churches and members will volunteer to help work following natural disasters, to clean up damaged homes and churches. Can you find places in the US where there has been disaster relief?

When there are wars around the world many people become refugees and have to leave their homes and even countries in order to be safe. Week of Compassion partners with international aid organizations to support refugees in other countries. Can you find places around the world with a conflict or war response?

Disciple churches in the US support refugee families who have moved to their city. Can you find places in the US or overseas with refugee support/relief?

Week of Compassion also works to help communities develop solutions to the challenges they face, like disease outbreaks, food insecurity, or lack of school opportunities for girls. Can you find one or more of these resources around the world?

[Show the class the list of “Seen and Heard.” Invite reflections and responses from children. Leader may want to take a photo of the final version and include it in an e-mail or church newsletter to highlight Week of Compassion giving.]

Remember the last part of the verse in Philippians? “...if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and **heard** and **seen** in me, and the God of peace will be with you.” We help build God’s peace in our lives and around the world with our own words and actions, and through supporting others who do praiseworthy work around our country and world.

Now that we know a little more about the excellent efforts that happen in partnership with Week of Compassion, what can we do? First, we can remember to pray for them. Second, we can be a part of the work that is already happening – maybe by supporting local refugees, or volunteering with a work trip in the future. Third, we can help give money so this work will continue.

[Optional: hand out coin boxes or envelopes and invite children to collect some money to contribute to Week of Compassion by a designated date.]

Let’s pray that God can continue the excellent work we have seen in our own lives and in the stories and lives we just heard about.

*God of Compassion, you know the needs of all your beloved children. We pray you would strengthen and move us to continue in excellent words and actions: in our families, churches, schools, and community. We pray for the work of Week of Compassion as they respond to disasters, and work to develop just and peaceful systems in our country and around the world. We lift up the work that we heard about today and pray you would encourage the people recovering and rebuilding. God, help us show compassion wherever we go, to ourselves, our family and friends, and to our world. We pray in Jesus’ name, Amen.*