



## Week One Challenge Instructions

Welcome to "I AM a Cumberland Kid Summer Challenge"! There will be four challenge sessions. Each week you will watch a video that introduces words that Jesus said about himself. There will be 8 - 10 "challenges" suggested each week for you to choose from that are activities that will challenge you to remember the "I AM" statement of the week.

### Here are the Steps to participate:

- Watch the Cumberland Kid video each week on the Discipleship Ministry Team Facebook Page or on the Cumberland Kid website.
- Download the weekly challenge instructions each week. Supplies you will need to do the challenges are listed at the top of each challenge. If you don't have all the supplies for one of the challenges - don't worry! There are plenty of challenges to choose from each week.
- Choose the challenges you would like to do and make a plan when to do the challenges. Some challenges are created for you to do by yourself (Cumberland Kid), other challenges you need a couple people to do the activities with you (Group Challenges), some of the challenges will help you to dig deeper into thinking about why Jesus said these things about himself (Digging Deeper). All the challenges are created for you to learn more about Jesus and have fun while you learn.
- Share how you are doing the challenges by taking a picture or short video of you doing one of the challenges. Ask an adult to help you upload a picture or video in the comments of the facebook post where you watched the weekly video. Or, email your picture along with the name of the children in the picture doing a challenge to Jodi at [jhr@cumberland.org](mailto:jhr@cumberland.org).

### What is an "I am" statement?

The "I am" statements that Jesus said are in the book of John in the New Testament. Jesus wanted people to know him. He wanted them to be able to remember him for a long time. He looked around and found things that were familiar to them, things that would be easy to remember. He used these common, familiar items to teach them. He taught about himself in "I am" statements.

I am the Good Shepherd, John 10:14

I am the Light of the World, John 8: 12

I am the Vine, John 15: 5

I am the Bread of Life, John 6: 35 - 37

# Week One Challenge Activities:

I am the Good Shepherd - John 10: 14

## Cumberland Kid Challenges

The Cumberland Kid challenges are personal challenges that you can do without help from anyone.

### Look for the Shepherds/Look for the Sheep

**Supplies:** copy of shepherd outline page, copy of sheep outline page, scissors, glue, pencil or pen.

**Look for the shepherds:** Throughout the week notice the people in your life who act like a shepherd to you. Who is someone that shares food and water with you? Who is someone who protects you? Who is someone who leads you to safety? Who is someone who helps you when you are sick? Write the names of these people inside the shape of the shepherd on the handout.

**Look for the sheep:** Throughout the week look for people that you can help in some way - like the shepherd helps the sheep. Maybe you could help a younger sibling pick up their toys, or open the door for someone with their hands full, or set the table for the family meal. Add the names of the people you help to the sheep on the handout. Cut out the sheep and glue them to the shepherd handout.

### Word Wipe Out

**Memory Verse:** I am the good shepherd. I know my sheep and they know me. John 10:14

**Supplies:** chalkboard or dry erase board, chalk or dry erase marker, eraser.

Write the memory verse on a chalkboard or dry erase board. Say it out loud. Erase one word. Say it again. Keep going until the whole verse is erased and you are saying the verse on your own.

### Praying in Color

**Supplies:** paper or color sheet, markers or crayons.

Each session there will be a prayer suggestion for you to try during your personal challenge time. This week you can try Praying in Color. You will need some paper or a coloring sheet, markers or crayons. Sitting quietly by yourself, have a conversation with God as you doodle and draw using the supplies you have. You can draw whatever comes to mind as you are talking with and thinking about God.

# Group Challenges

Group Challenges are challenges that you will need to have one or two other people to do the activities with you.

## Find The Lost Sheep Game

**Supplies:** sheep cut outs to hide

Cut out the sheep from the sheep handout. One person in the group should hide the sheep around your house or yard. The rest of the group can search for the sheep. For a more challenging option, make this into a scavenger hunt by creating clues where to find the hidden sheep.

## Sheep Pen Activity

**Supplies:** chairs, boxes, pillows, books, or other household items that are easily accessible.

Create a sheep pen using furniture, chairs, lawn furniture, boxes, books, or whatever items you have that can be moved into the shape of a sheep pen. Leave a place for the gate. Imagine that you are a shepherd and this is your sheep-pen where you will watch over a flock of sheep. The flock is safely in the sheep pen for the night. But, there is not a gate to close the pen. This leaves a place where wild animals can get in and where the sheep can escape. As the shepherd, it is your responsibility to make a gate. Use materials in the house/outside to create the gate. In Jesus' time shepherds would lie down in the opening and form a gate with their body.

## Shepherd Game

**Supplies:** white balloons, sharpies, newspapers, masking tape, two chairs.

Inflate balloons and draw a sheep face on each balloon (one per player). Find or make a shepherd's staff for each player. This can be made from rolled newspaper (roll one sheet from corner to corner and tape together). A pool noodle would also work or the tube from the inside of a roll of wrapping paper. Next place a piece of tape on the floor between 2 chairs - this is the gate to the sheep pen. Next, place another piece of tape on the floor a distance away from the gate to be the starting point. To play, each player is a 'shepherd' and the balloon is their 'sheep'. The goal is to be the first shepherd to get your sheep in the pen, using your staff. Please don't swat other shepherds with your staff and be gentle with your sheep.

## Herd the Sheep Game

**Supplies:** heavy paper or card stock, pencils or crayons, clothes pins, straws, cotton balls.

Draw a fence on heavy paper or cardstock. You might use a gift box or empty food box, maybe try clothes pins or markers to create the pin. Use straws to blow cotton balls (sheep) into the fence. The goal is to see who can get the most sheep in the fence in one minute.

# Digging Deeper Challenges

Digging Deeper Challenges will help you dig deeper into what Jesus said about himself.

## Sheep Craft

**Supplies:** heavy weight paper, cotton balls, white paint, glue, sheep head/ears/leg patterns, black construction paper, scissors.

Make thumb print with white paint or dip cotton balls in white paint to stamp circles on a piece of construction paper. Set aside to dry. Cut a head with ears and 2 legs from black construction paper. Glue onto your sheep body.

## Crayon Resist Sheep Scene

**Supplies:** White sheet of paper, white or black crayon, watercolor paints.

On a white piece of paper, use a white and a black crayon to draw several sheep. You might also add a sun and the words, "Jesus is my good shepherd." Then use watercolor paint to add grass and blue sky to the scene. If you don't have watercolor paints, you can use food color.

## Snack

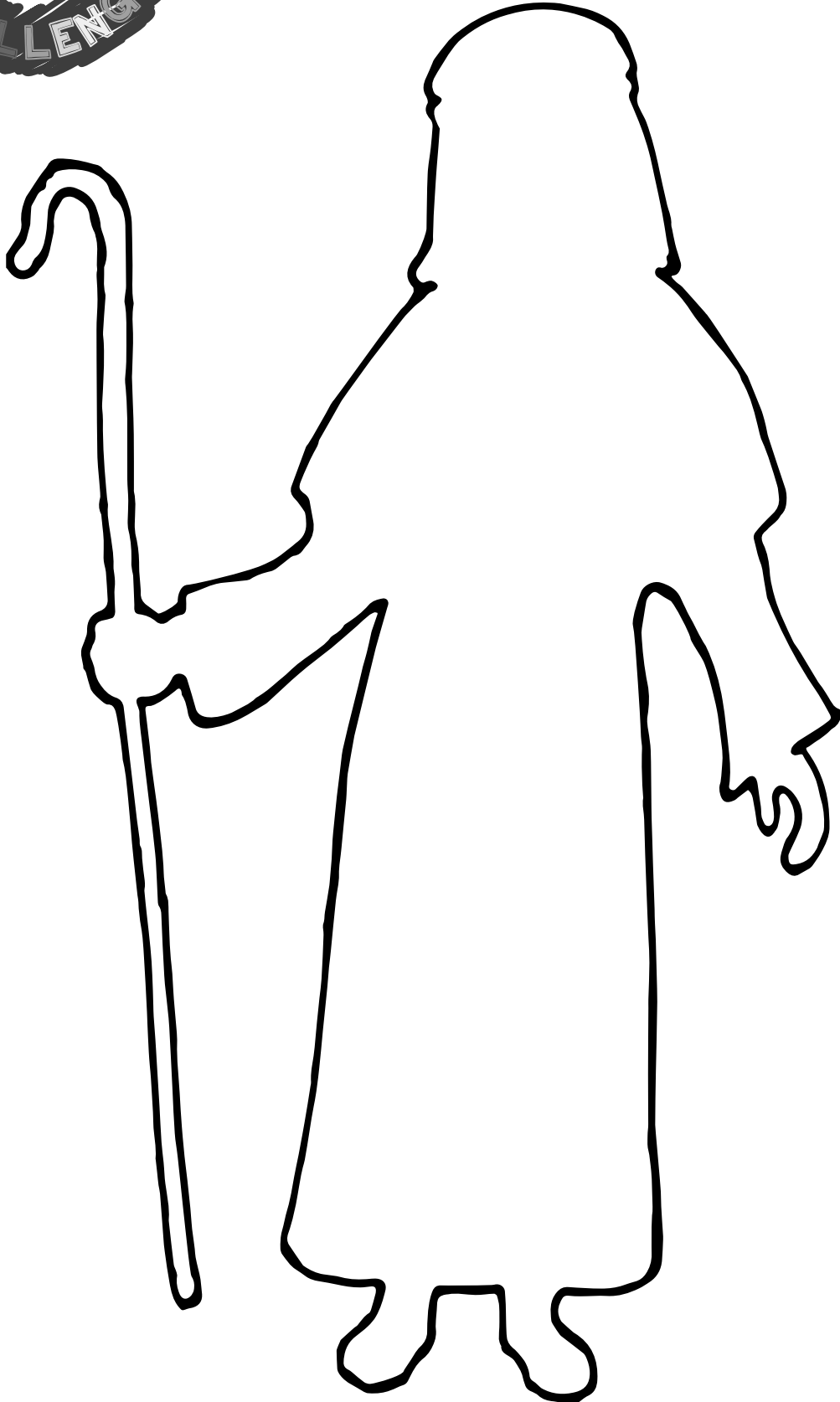
**Supplies:** graham cracker squares, white frosting, mini marshmallows, mini oreos or something you already have that looks similar.

You are going to make no-bake sheep grahams as a snack to enjoy and some to share with others. See picture and assemble your sheep accordingly. Make extras and deliver them to a friend with a copy of this week's Bible verse.

Thank you for participating in "I AM a Cumberland Kid Summer Challenge"!



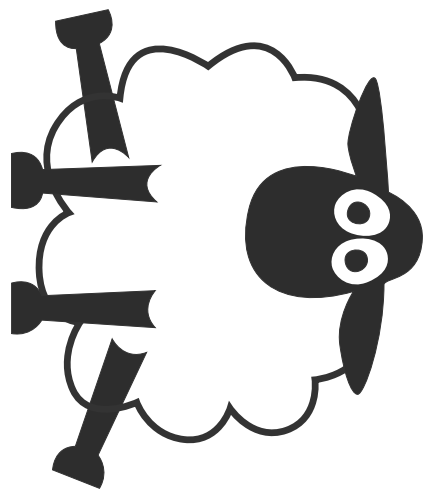
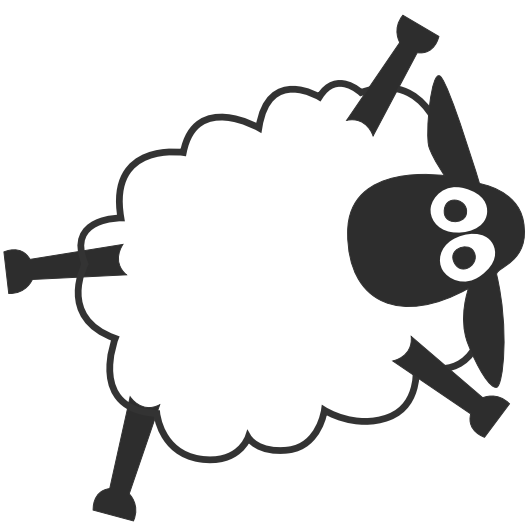
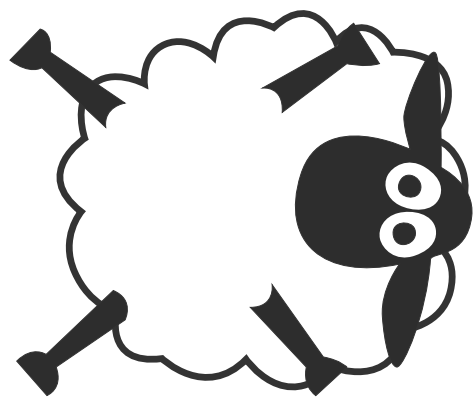
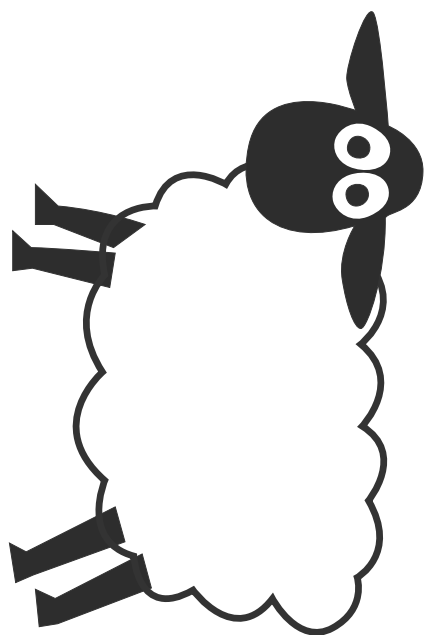
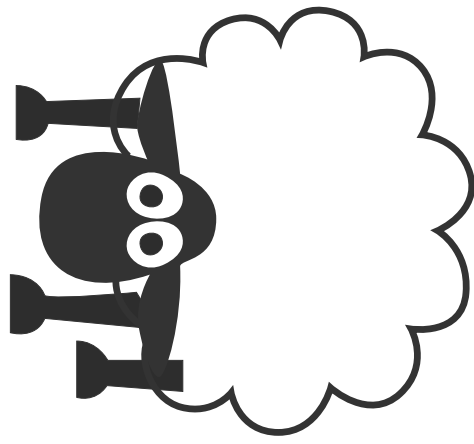
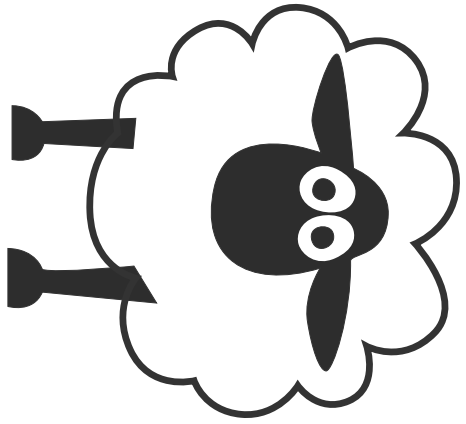
# I AM the Good Shepherd





GOOSEBUMP

TAM

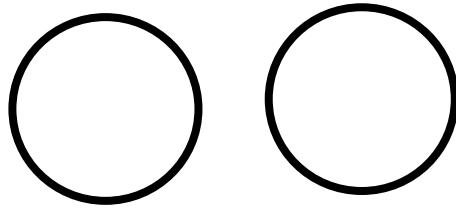




# I AM the Good Shepherd

## Sheep's Eyes

Trace & cut out  
with white paper



## Sheep's head

Trace & cut out with  
contruction paper



## Sheep's Leg

Trace & cut out with  
contruction paper

