

The Fruit of the Spirit



Preschool Edition

Fruit of the Spirit-Preschool Edition

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PRESS

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Introduction

Welcome to our overview of the fruit of the Spirit for Preschool-aged children. Since you have selected this curriculum, you are clearly interested in the intrinsic character of your students and want to nurture that development.

This overview of Galatians 5:22-23 will provide a definition of each of the fruits of the spirit, an understanding of what those fruits should look like in the lives of your students, and practical ways each fruit can grow in abundance.

An important component of the lessons will be the understanding that no one can grow, learn, or produce the fruit on their own but only through the presence of the Holy Spirit. He offers access to the power needed to grow and show love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. If these are the attributes you want to see being represented in your classroom or learning community, then it is our hope that this curriculum will serve as a catalyst for the change that is so needed in our society...and it can start with your students!

This unit includes songs, literary suggestions, group activities, class discussions, and crafts that help to set the foundation of learning. There are also home connection materials and opportunities for the learning to extend beyond the walls of the classroom. A three-week (15 lessons) suggested schedule is included but adjustments can be made to fit your individual class timetable.

We sincerely hope this unit will give you the tools not only to engage your students in the fruits of the Holy Spirit but encourage you in your spiritual development as well! We are all works in progress! We have included the following prayer for you to consider praying before you teach this unit, or even before each lesson. Whether you choose this prayer, or your own personal one, we encourage you to plug in to that power source and get charged up to train these children in the way they should go!

Chris and Andrea Elston

Father, you have placed a high calling on my life to lead these children into a deeper understanding of who You are and who You created them to be. Equip me with the knowledge and wisdom of how to do that most effectively. You chose me and appointed me to go and bear fruit, fruit that will last. It is Your Word that bears fruit in my life. The more I immerse myself in Your Word, the more capable I will become to not only teach these children about the fruits of the Holy Spirit but exemplify them in my own life as well. I want to be a model for them to learn from, therefore I commit myself to bring forth love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. I know I cannot do this on my own but must daily rely on the power and strength of the Holy Spirit for help. I want to be increasingly fruitful. As the Master Gardener, please prune every branch in my life that bears fruit so it will grow more and cut off every branch that does not bear fruit. Keep me teachable just as I desire my students to be teachable.

I pray this by the authority of and in the name of your Son, Jesus.

Amen.



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Unit Structure Overview:

The unit introduction contains a synopsis of the curriculum and highlights some of the fundamental principles that will be taught throughout the lessons. It also includes a personal prayer that the teacher can pray before implementing the unit, as well as suggested parent communications to use during the three-week time frame.

Week One:

Day 1-Known by our fruits
Day 2-Order of the fruits
Day 3-The Holy Spirit
Day 4-Love
Day 5-Joy

Week Two:

Day 6-Peace
Day 7-Patience
Day 8-Kindness
Day 9-Goodness
Day 10-Faithfulness

Week Three:

Day 11-Gentleness
Day 12-Self Control
Day 13-Becoming more
fruitful
Day 14-Planting Seeds
Day 15-Culmination

Daily Lesson Structure Overview:

The daily lessons are created to last about 30-40 minutes. Each lesson plan includes:

- ❖ Primary Truth-*the key take-away from the lesson*
- ❖ Student Objectives-*3 or 4 points that drive the lesson*
- ❖ Introduction- *usually includes a connection to the previous learning*
- ❖ Procedures- *the main focus of the lesson that is driven by the student objectives*
- ❖ Activity- *a hands-on reinforcement of the lesson concepts*
- ❖ Closing- *culminating class discussion and prayer*
- ❖ Homework- *optional at the Preschool level, but just a way to connect home and school learning*
- ❖ Materials list- *anything needed teach the lesson effectively*

A comprehensive materials list is provided that includes all the outside supplies needed for the entire unit, but each lesson plan contains the materials needed for that specific day.

The Memory Verse for the 3-week unit is Galatians 5:22-23. At the preschool level, memory is of course optional, but students should gain familiarity with it over the course of the unit using whatever method the teacher deems most appropriate and effective. Included in the unit is a song that teaches the names of the fruits in their correct order, so most likely the students will have those set by the end of the unit even if memory of the actual verse is not part of the program.

Comprehensive Materials List

*Note: These are materials used in the lessons that you most likely will not have in the classroom or readily available to you. We understand teachers are limited on time and resources, so please feel free to look through the lessons and make adjustments or substitutions when necessary.

Day 1

- 2 small flowers or plants
- 2 pots for plants
- small bag of potting soil
- small amount of liquid or granular fertilizer
- 1 small can of soda (any kind)
- The Giving Tree* by Shel Silverstein

Day 3

- flashlight
- batteries for the flashlight

Day 4

- Sugar Cookies, Sweet Little Lessons of Love* by Amy Krouse Rosenthal
- Sugar Cookies-homemade or store-bought (recipe included)
- 1 paper plate
- clear plastic pitcher
- red food coloring (optional)
- Dixie cups
- Ziploc baggies (sandwich size)

Day 5

- Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

Day 6

- toilet paper tubes (2 per student)

Day 7

- Waiting* by Kevin Henkes (optional)

Day 9

- handheld mirror
- washable marker

Day 10

- Horton Hatches the Egg* by Dr. Seuss

Day 11

- a glass or fragile object
- a hard or durable object (i.e. baseball)
- 1 small container of Playdough
- small mirrors for each child
- 1 bag pink mini marshmallows
- 2 bags white mini marshmallows **OR**
- 1 bag pink cotton balls
- 2 bags white cotton balls

Day 12

- Frog and Toad Together* by Arnold Lobel
- 2 small bean bag squares **OR**
- 2 plastic spoons and 2 plastic eggs

Day 13

- Frog and Toad Together* by Arnold Lobel
- 2 dice

Day 14

- The Oak Inside the Acorn* by Max Lucado

Day 15

- 1 marshmallow – any size
- rock
- toothpick

Children's Literature Suggestions

Bolded titles are used in unit lessons and will need to be available in some format

General

- ***The Giving Tree*, Shel Silverstein**
- ***The Oak Inside the Acorn*, Max Lucado**
- *Miss Maple's Seeds*, Eliza Wheeler
- *Maybe God is Like That, Too*, Jennifer Grant

Love

- *Somebody Loves You Mr. Hatch*, Eileen Spinelli
- *You are Special*, Max Lucado
- ***Sugar Cookies, Sweet Little Lessons of Love*, Amy Krouse Rosenthal**
- *Love is*, Diane Adams
- *Whoever You Are*, Mem Fox
- *I Will Love You Anyway*, Mick Inkpen

Joy

- ***Alexander and the Terrible, Horrible, No Good, Very Bad Day*, Judith Viorst**
- *Yes Day*, Amy Krouse Rosenthal
- *Anna Hibiscus' Song*, Atinuke
- *Everywhere, Wonder*, Matthew Swanson
- *Now*, Antionette Portis

Peace

- *Peace Week in Miss Fox's Class*, Eileen Spinelli
- *What Does Peace Feel Like*, Vladimir Radunsky
- *Peace is an Offering*, Annette LeBox and Stephanie Graegin
- *Peace, Baby*, Linda Ashman
- *The Peace Book*, Todd Parr

Patience

- ***Waiting*, Kevin Henkes** (optional)
- *"Slowly, Slowly, Slowly," said the Sloth*, Eric Carle
- *Five Minutes*, Audrey Vernick
- *Saturday is Swimming Day*, Hyewon Yum
- *Bear Has a Story to Tell*, Philip C. Stead
- *Owl Moon*, Jane Yolen

Kindness

- *Each Kindness*, Jacqueline Woodson
- *Deep in the Jungle*, Dan Yaccarino
- *Strictly No Elephants*, Lisa Mantchev
- *Have You Filled a Bucket Today?* Carol McCloud
- *Ordinary Mary's Extraordinary Deed*, Emily Pearson
- *Mean Jean the Recess Queen*, Alexis O'Neill

'Goodness

- *Thidwick the Big-Hearted Moose*, Dr. Seuss
- *Those Shoes*, Maribeth Boelts
- *The Three Questions*. Jon J. Muth
- *Stand Tall Molly Lou Melon*, Patty Lovell

Faithfulness

- ***Horton Hatches the Egg*, Dr. Seuss**
- *The Carrot Seed*, Ruth Krauss
- *I Promise*, David McPhail
- *A Sick Day for Amos McGee*, Phillip C Stead

Gentleness

- *I Wish You More*, Amy Krouse Rosenthal
- *How to Heal a Broken Wing*, Bob Graham
- *You Will Be My Friend!* Peter Brown
- *It's Tough to be Gentle*, Cindy R. Lee

Self-control

- ***Frog and Toad Together*, Arnold Lobel**
- *Katie Loves the Kittens*, John Himmelman
- *More*, I.C. Springman
- *Wild Feelings*, David Milgrim

Music Resources:



I grew up with this wonderful musical teaching tool from Candle. It has now been updated and re-recorded by Bridgestone Media. This is a wonderful tool to reinforce the lessons in this unit! You can purchase either on Amazon or find the songs on YouTube.



Suggested Family Communication

Week One:

Dear parents,

Our class will be embarking on a journey through the fruits of the Spirit for the next three weeks! We are excited to see how the study of Galatians 5:22-23 will help to build the character qualities of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in our students! For the first week, we will be discussing how we as Christians are known by our "fruit," just as a tree is identified by the type of fruit it bears. We will be learning that the presence of the Holy Spirit is the power source that grows those qualities in our lives, and we will be focusing on the fruits of "love" and "joy." From time to time your child may have "homework" that ties into the lesson from the day. Please join us as we dive into this important verse! By reinforcing at home what your child has learned at school, you will be helping to keep your child's "soil" rich and ready to receive the seeds we are planting and watering those seeds to grow them into healthy trees that bear the fruit of the spirit!

Week Two:

Dear parents,

Last week we focused on the fruits of love and joy. This week we are going to teach peace, patience, kindness, goodness, and faithfulness. In class, we are discussing ways to show each of these in our daily lives. Please watch your child closely this week and see if you can observe a specific situation in which they display one of these fruits! Draw attention to it and celebrate their growth! Again, the more reinforcement the students receive, the stronger the foundation of what they're learning will be! I would love to hear from you regarding your observations! Please feel free to e-mail me any anecdotes and let me know if I have permission to share with the class or if you would like the stories to be only for my personal enjoyment! Either way, I thank you in advance for partnering with me on such an important journey of character development. I look forward to knowing how their learning here is transferring to their behavior at home!

Week Three:

Dear parents,

We have reached the final week of our study on the fruit of the Spirit. This week we will be focusing on gentleness and self-control. The students will also be learning how to continue to be fruitful even after this unit is over, and how to encourage others to bear good fruit as well. I have thoroughly enjoyed the e-mails I have received. Please keep them coming! We have had fun celebrating the students in class for their fantastic application of their learning! Please join me in praying that this last week of learning will have a profound impact on the class as a whole and serve to create a safe and positive classroom culture where the students can continue to grow and flourish for the remainder of the school year.

 Daily

Lesson

Plans 



Day 1 - Lesson Plan

"Known by our Fruit"



MEMORY VERSE:

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."
Galatians 5:22-23 (ESV)

Primary Truth:

You show you are part of God's family by the way you act.

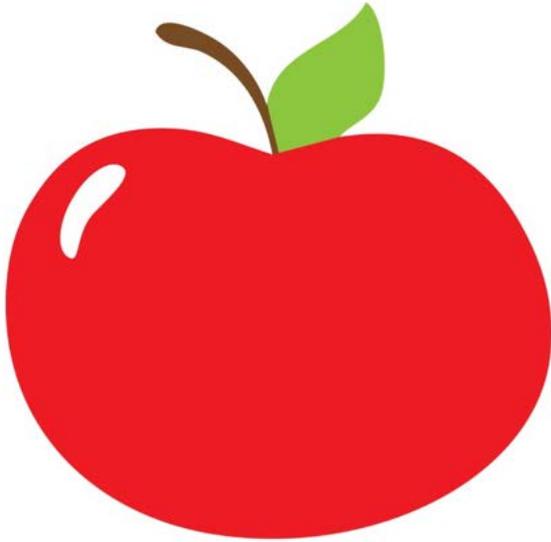
Learning Objectives:

- Students will begin familiarity with Galatians 5:22-23.
- Students will understand that what is in their heart is displayed by their actions.
- Students will recognize that God's children are meant to be increasingly fruitful.

Duration	Task Analysis	Materials
3-5 Min.	<p>Intro/Connections:</p> <ol style="list-style-type: none"> 1) Hold up the picture of fruits and ask students how each fruit grows. Guide them if needed to the correct answer: <i>on trees.</i> 2) Hold up the picture of the 2 fruit trees and ask students to identify what kind of trees they are. 3) Hold up the picture of the tree without fruit and ask students to identify what kind of tree it is. 4) Explain that you can't tell because you can't see its fruit. Make the connection that people are known by their character in the same way that a tree is known by the fruit it produces. 5) Explain that, if a person wants to be known as part of God's family, the Bible gives you a list (Galatians 5:22-23) of character traits, called the fruit of the Spirit, that should always be on display. 	<p>1) Pictures of fruits and trees (provided)</p>
10-12 Min.	<p>Procedures:</p> <ol style="list-style-type: none"> 1) Project or display the "fruit of the Spirit" verse and read it to the class. 2) Read the Primary Truth to the class. 3) Go through the fruits listed in Galatians 5:22-23 and ask the students to give you examples of actions that they think display each fruit. Consider making a visible list. 4) Explain to the students, that these actions are things that God wants you to show to other people, but they are not always easy and/or natural to do. 	<p>1) "Fruit of the Spirit" verse (provided)</p>

	<p>However, doing so, shows that you have Jesus in your heart.</p> <ol style="list-style-type: none"> 5) Read "The Giving Tree." 6) Discuss with the students which fruits (apples don't count 😊) that the tree displayed to the boy. 7) Explain to the students that healthy trees produce good fruit and unhealthy trees, not only don't produce good fruit but, can actually produce bad fruit. 	<p>2) "The Giving Tree" by Shel Silverstein</p>
12-15 Min.	<p>Activity: <i>Object lesson-planting</i></p> <ol style="list-style-type: none"> 1) After purchasing two of the same type of flower or plant, put one in a pot of soil combined with shredded paper, Styrofoam peanuts, Lego or anything foreign you can mix in. Plant the other one in a pot of good, rich soil. Water the first one with soda. *Note-keep the can of soda and use it to continue "watering" this plant throughout the unit. Water the second one with pure water (and possibly some fertilizer.) 2) Have the students predict how they think each plant will respond to the effort that is being put into their growth. 3) Explain to the students that our minds and our hearts are like the soil. We have to have good "soil" – think good thoughts and do good deeds – to cultivate a caring heart that is soft and receptive to change. We need to "water" that soil with purity so the fruit can grow. We must be willing to put good things into our hearts and minds so the Spirit can flourish. *Note-You will be referring back to these plants throughout the unit. 	<ol style="list-style-type: none"> 1) Two flowers or plants 2) Soil 3) Foreign objects 4) Pots 5) Water 6) Soda 7) Fertilizer (optional)
5 Min.	<p>Closing:</p> <ol style="list-style-type: none"> 1) Review today's Primary Truth. 2) Ask the students what kind of tree they think they most closely resemble and/or which fruit are they best at showing. 3) Pray specifically for your students to really listen and learn over these next 3 weeks. Pray for their "soil" to be ready to produce healthy fruit trees! 	
N/A	<p>Homework:</p> <ol style="list-style-type: none"> 1) Have the students ask their parents to show them where Galatians 5:22-23 is in the Bible. 	

Day 1: Intro activity/fruits



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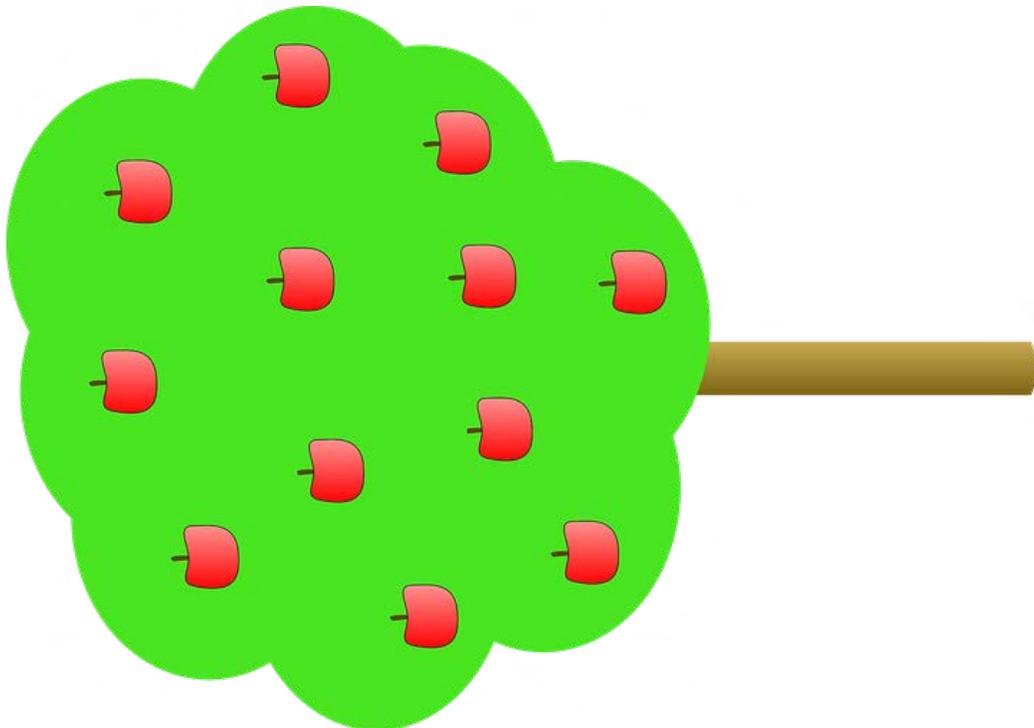
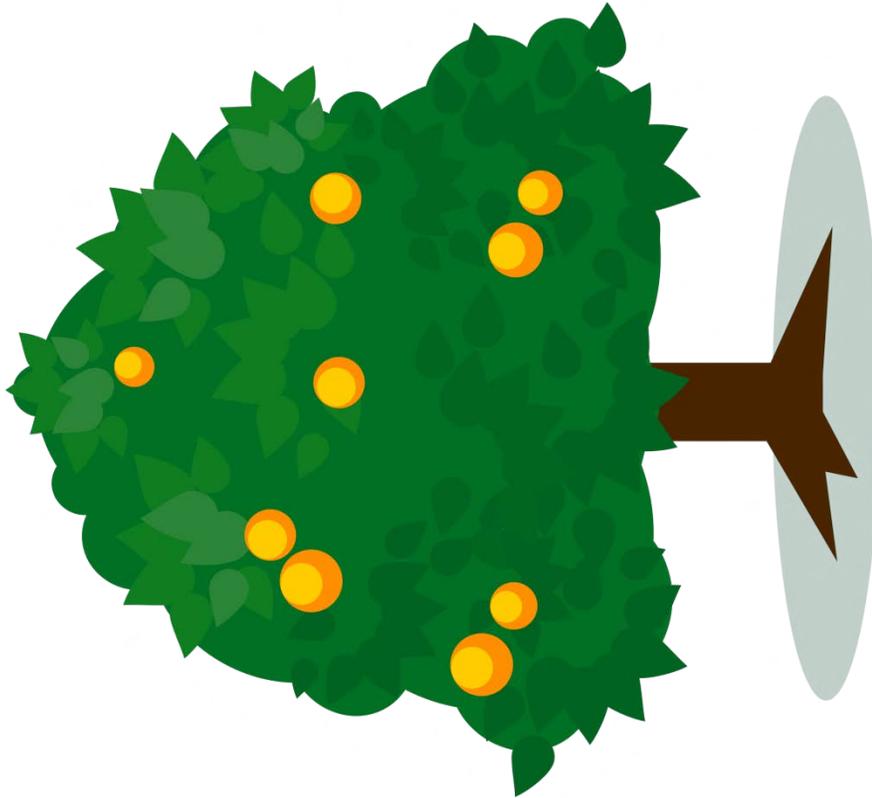
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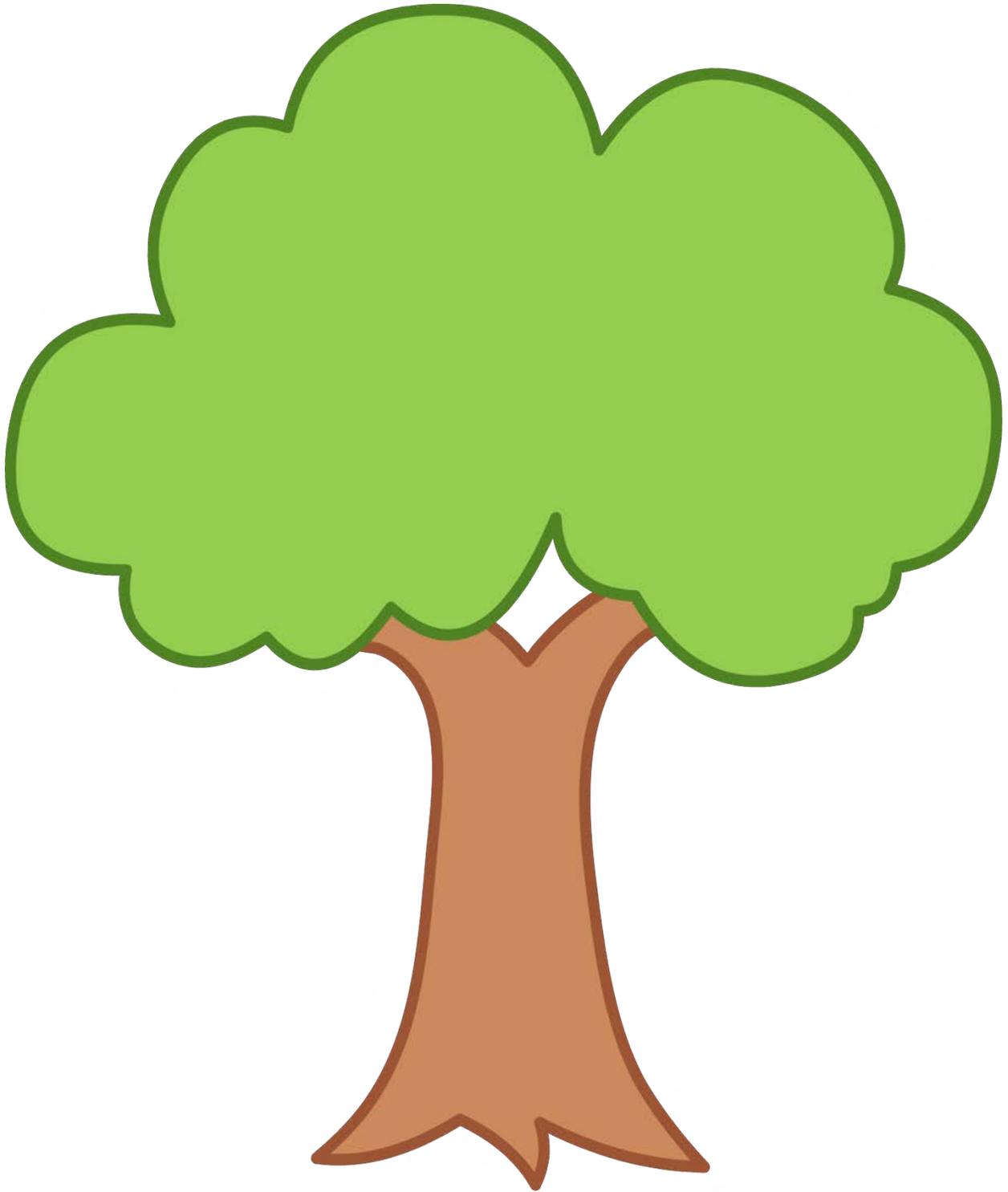


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"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

Galatians 5:22-23 (ESV)





Day 2 - Lesson Plan

"Order by Design"



MEMORY VERSE:

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."
Galatians 5:22-23 (ESV)

Primary Truth:

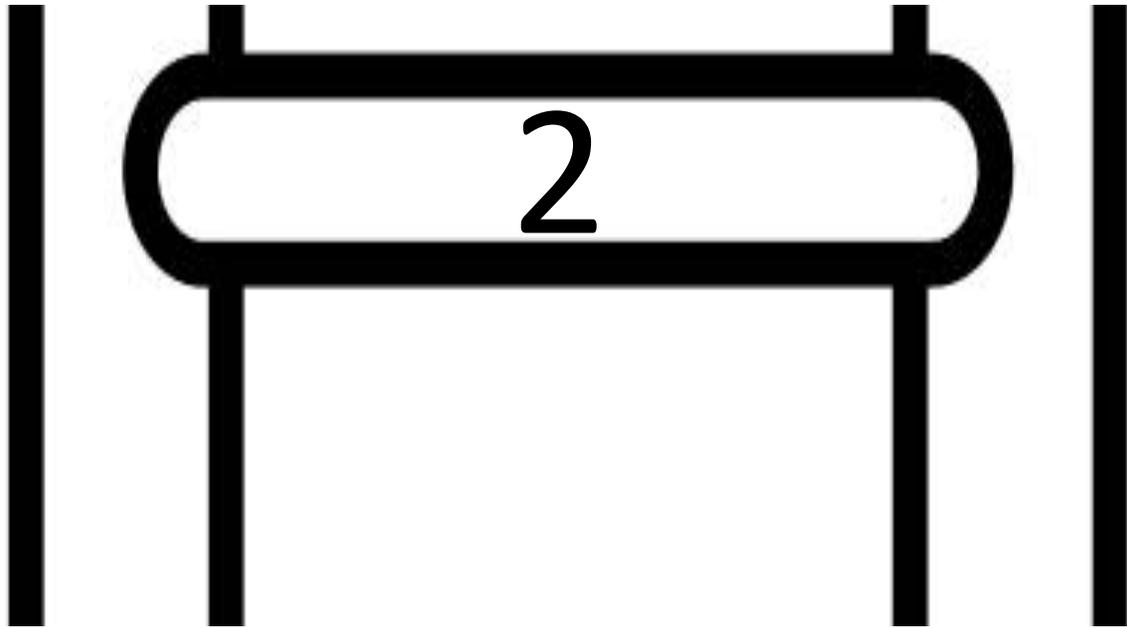
There is a purpose behind everything God does.

Learning Objectives:

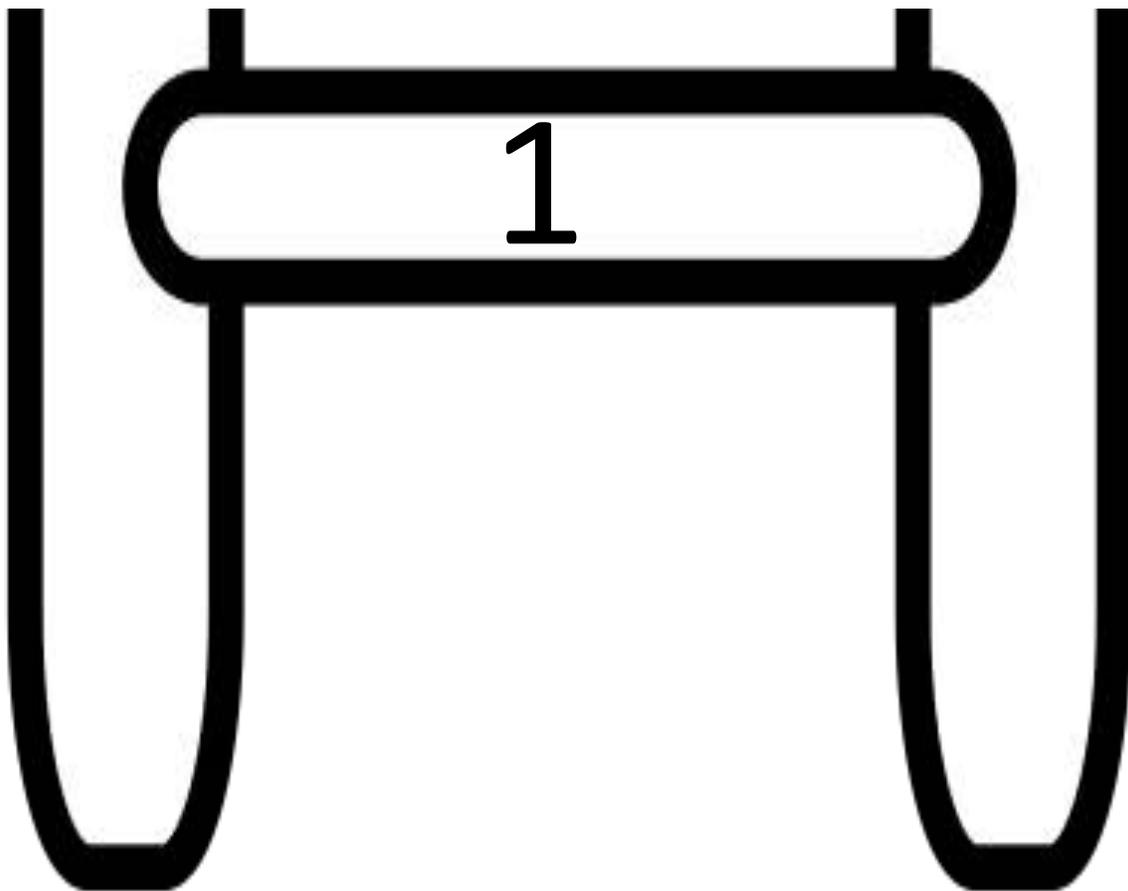
- Students will become increasingly familiar with Galatians 5:22-23.
- Students will recognize that there is a purpose to the order of the fruits listed in Galatians.
- Students will correctly put numbers 1-9 in order.
- Students will correctly put the fruits of the Spirit in order.

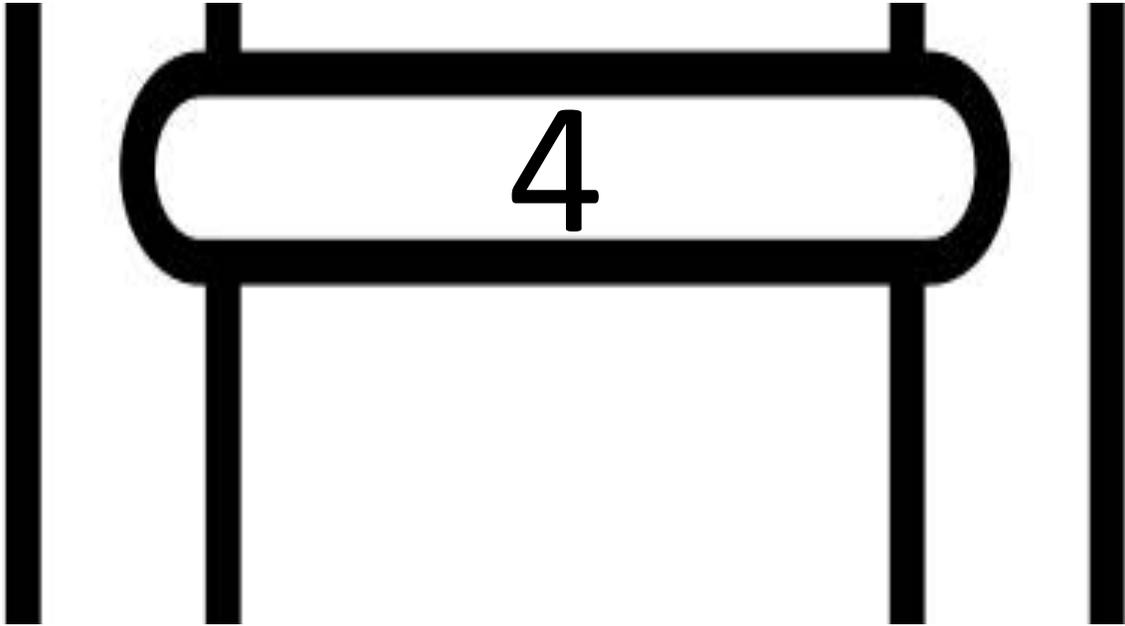
Duration	Task Analysis	Materials
3-5 Min.	<p>Intro/Connections:</p> <ol style="list-style-type: none"> 1) Ask the class whose parents showed them where to find the fruits of the Spirit (Galatians 5:22-23) in the Bible. 2) Show the class (for those who didn't do their homework) where to find Galatians 5:22-23, specifically pointing out that it is after the Gospels in the New Testament and read it as a class. 3) Ask the students if they know how to make a peanut butter and jelly sandwich. Further ask the students if they think it has to be done in a specific order. 4) Explain that, the bread has to come first because you have to have something to spread the peanut butter on. Then the peanut butter has to go before the jelly, both because peanut butter won't spread on jelly and because the jelly would make the bread soggy if it didn't have the peanut butter to act as a barrier. God put the fruit of the Spirit in the perfect order because it fulfills His purpose for our lives in doing so. 	1) Bible (ESV or NIV recommended)
10-15 Min.	<p>Procedures:</p> <ol style="list-style-type: none"> 1) Continue familiarization with the memory verse (Galatians 5:22-23) by teaching the students the "Fruity Fruity" song. 2) Take the ladder cards with the numbers on the rungs. Have the students count to 9 and place the cards on the floor in order as they count, thus 	1) "Fruity Fruity" song (provided)

	<p>building the ladder. *You could build this upwards by pinning the pieces to a wall if you wish and then leave it for the remainder of the unit.</p> <p>3) Pass the fruit of the Spirit cards out among the students. Have the student with the “love” card (or “<i>the card that starts with “L”</i>”) place it under the number 1 on the ladder card. Stand next to it. Ask the students what they think the word love means. Once you have been given, or found yourself needing to provide, a satisfactory answer, explain that because they have built the “love” rung of the ladder, they are now ready to move on to the “joy” rung.</p> <p>4) Have the student with the “joy” card (or “<i>the card that starts with “J”</i>”) place it under the number 2 on the ladder card. Step forward like you are moving “up” the ladder. Ask the students what they think the word joy means.</p> <p>5) Repeat this process until the 9-rung “fruit of the Spirit” ladder is complete. <i>This can be shortened according to the attention span of your class. The main point to drive home is that you can’t skip rungs or you’ll fall off the ladder. You have to have love in order to have joy and you have to have joy in order to have peace. You can’t start out at self-control.</i></p> <p><i>*Note-these ladder and fruit of the Spirit cards will be used again on Day 13 so you will want to keep them handy if you are not putting them on the wall.</i></p>	2) Ladder cards with numbers and fruit of the Spirit cards (provided)
10 Min.	<p>Activity: <i>Coloring Page</i></p> <p>1) Have the students color the accompanying coloring page.</p>	1) Coloring page (provided)
5 Min.	<p>Closing:</p> <p>1) Sing the “Fruity Fruity” song again.</p> <p>2) Review today’s Primary Truth.</p> <p>3) Observe the plants from day 1 and note any changes.</p> <p>4) Close the class in prayer, specifically thanking God that He is a God of order, and not chaos, and we can trust that everything He does has a purpose to it.</p>	
N/A	<p>Homework:</p> <p>1) Send the students home with a copy of the Fruit of the Spirit song and have them share it with their parents.</p>	1) Copy of “Fruity Fruity” for each child

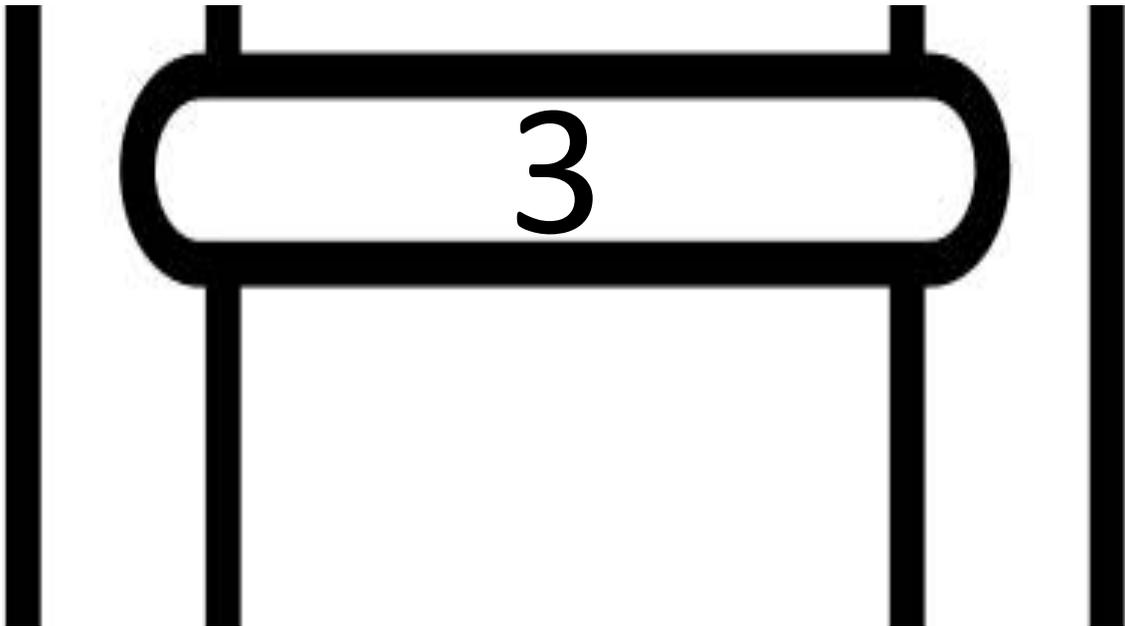


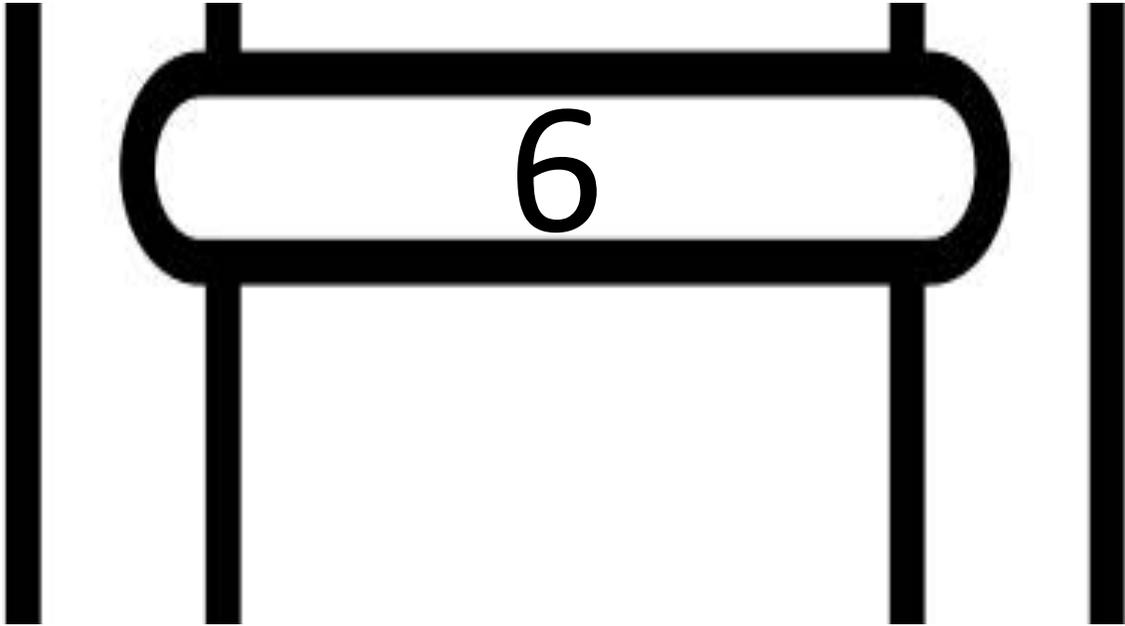
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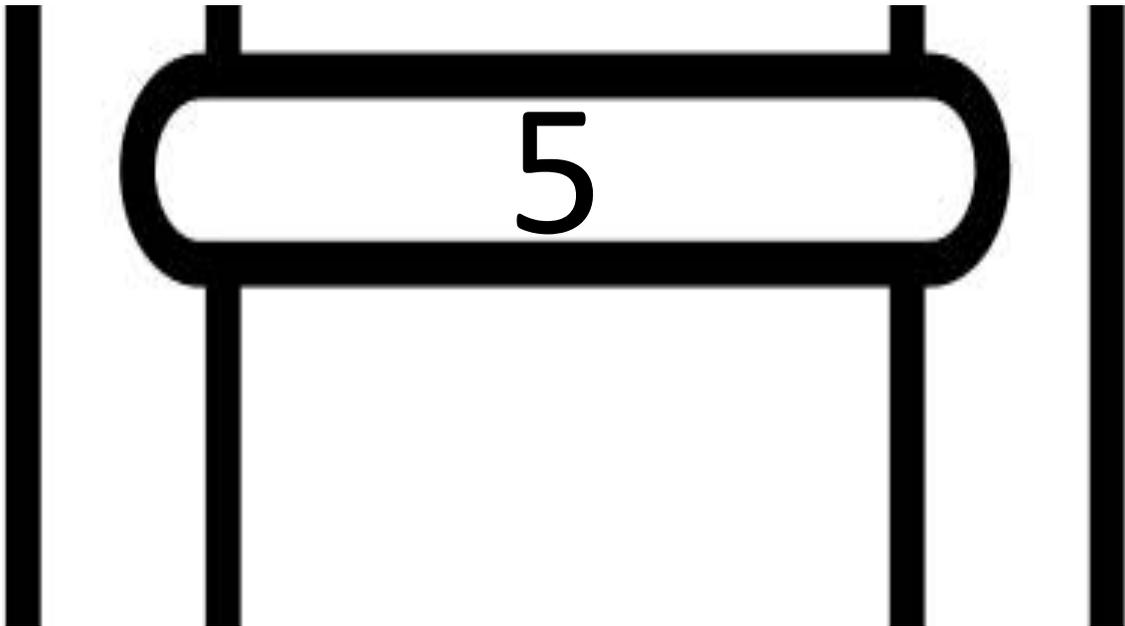


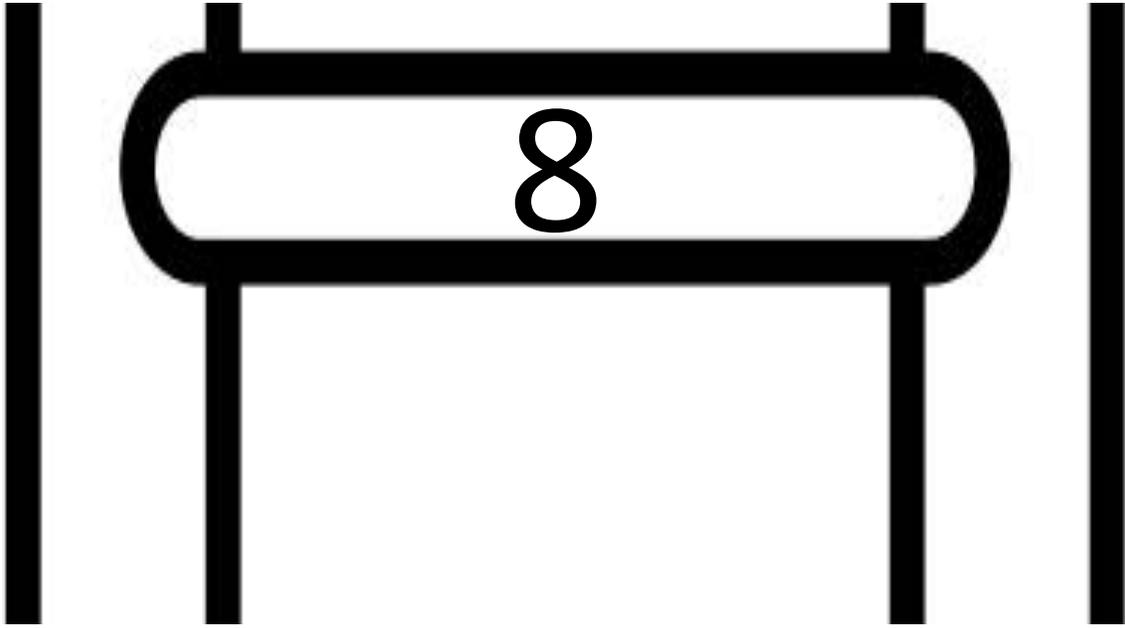
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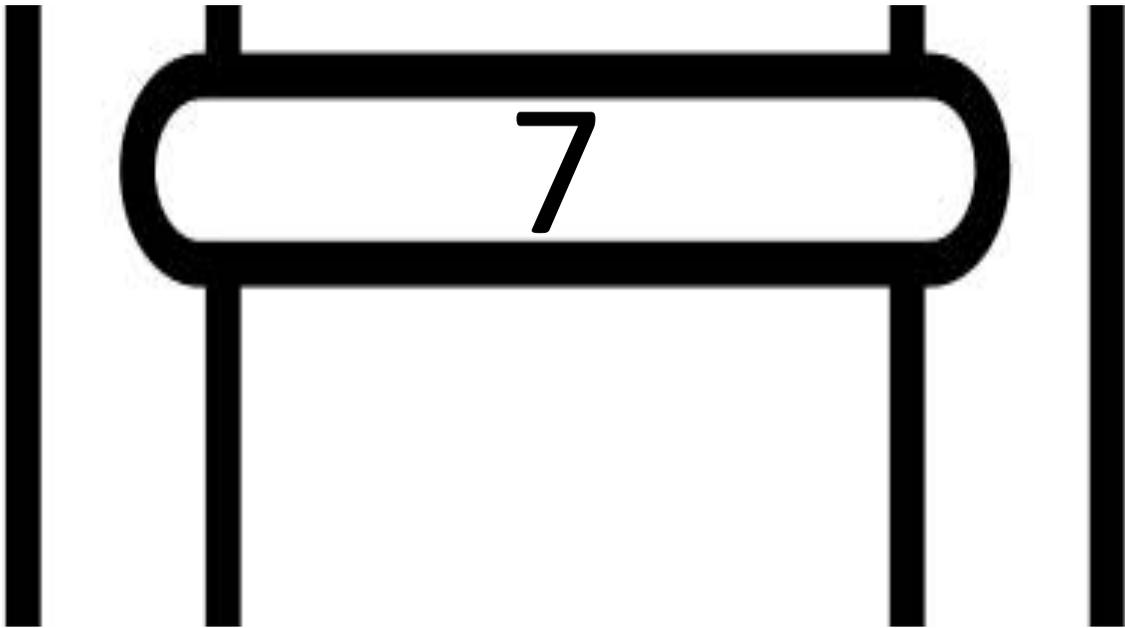


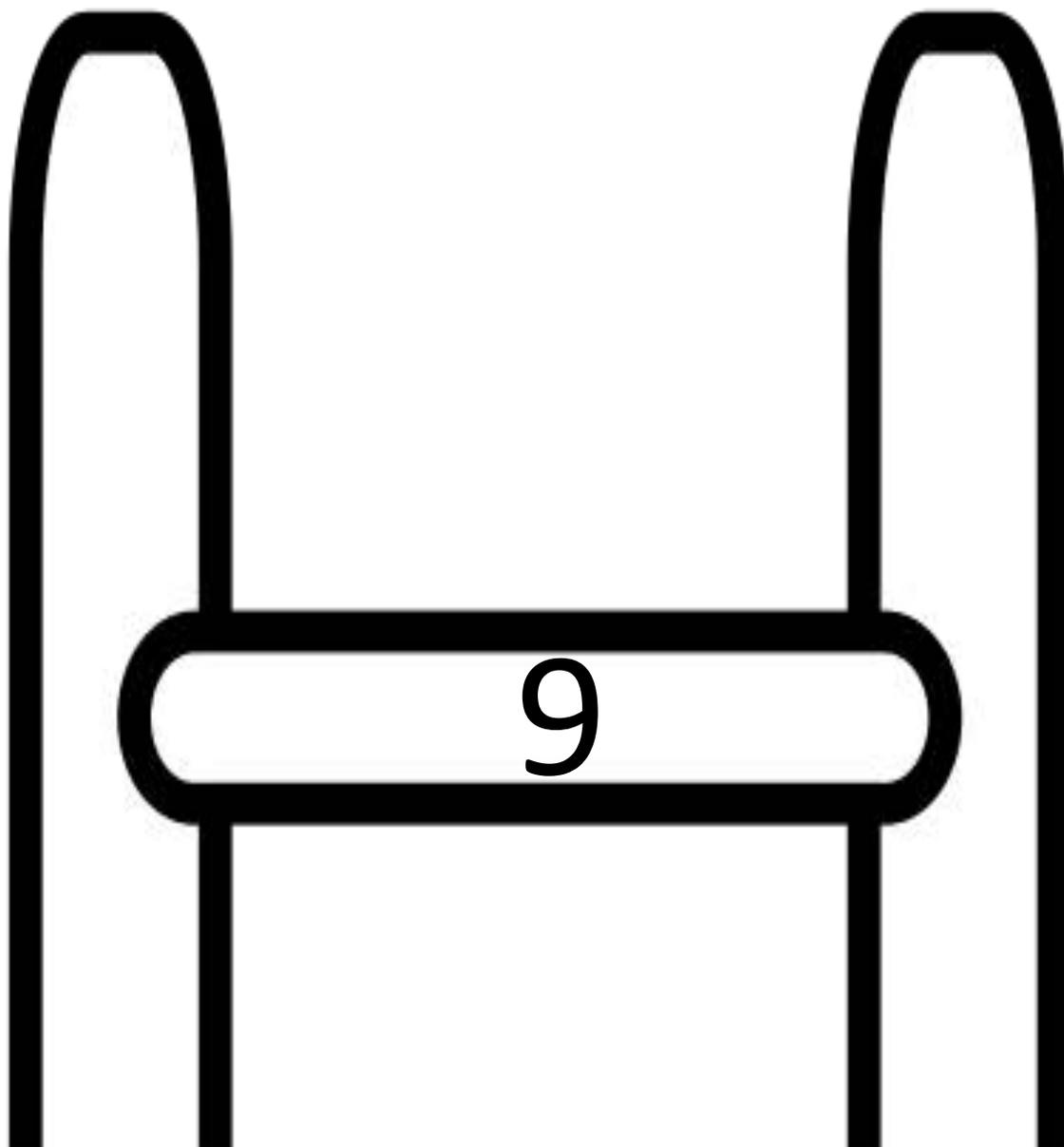
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love

joy

peace

patience

kindness

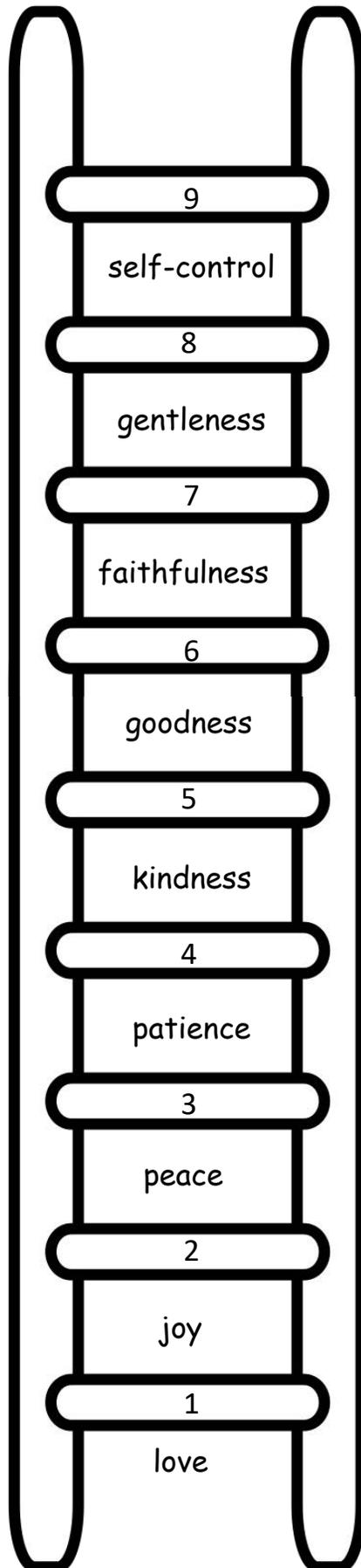
goodness

faithfulness

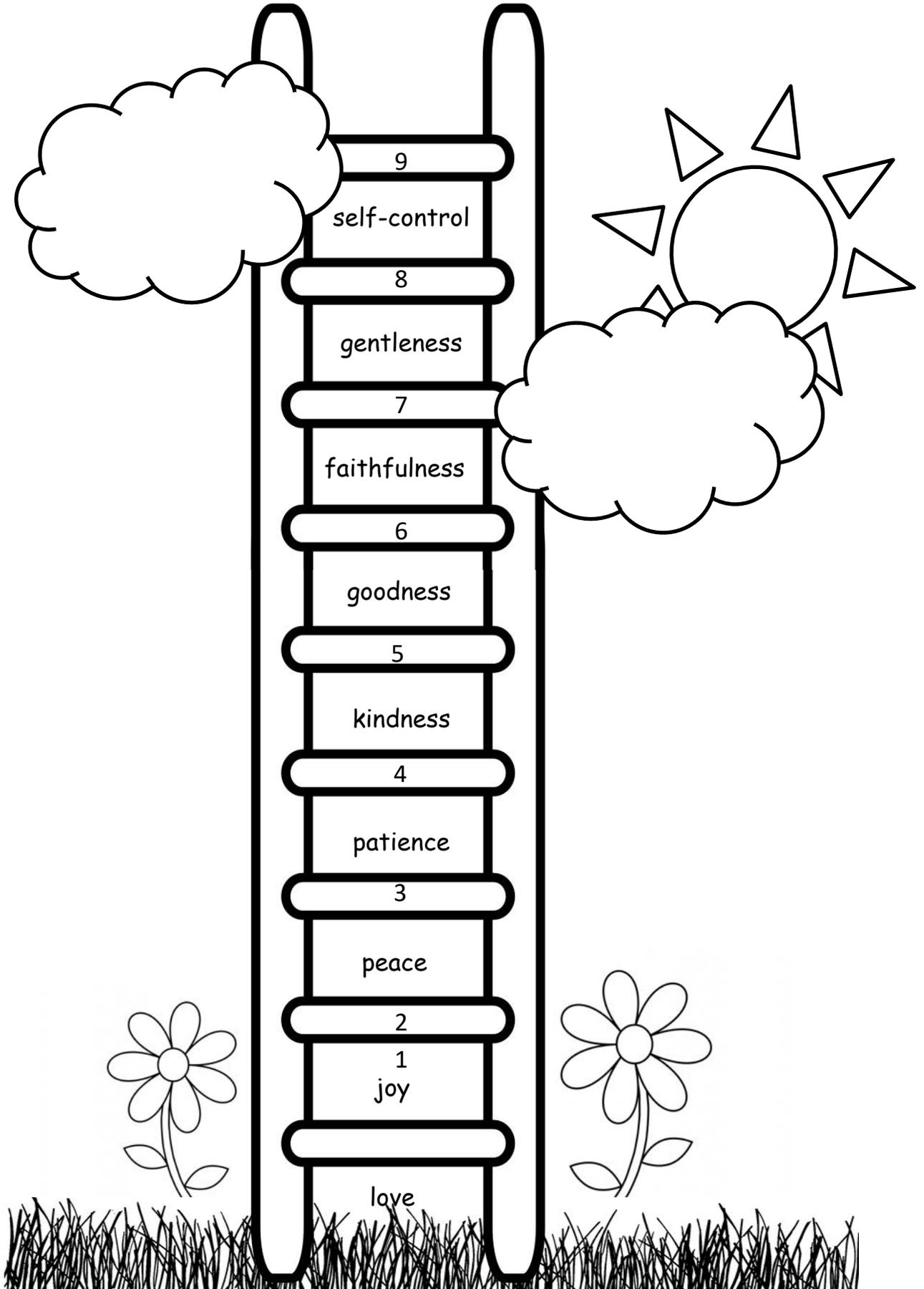
gentleness

self-control

Day 2: "fruit ladder"
image of finished product



Name _____





"Fruity Fruity"

to the tune of Twinkle Twinkle Little Star

Fruity, fruity, Spirit grow

Love and joy and peace

to show

Patience, kindness, goodness

too

A faithful and a gentle you

Fruity, fruity, Spirit grow

Self-control I finally know



Day 3 - Lesson Plan

"Our Power Source"



MEMORY VERSE:

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."
Galatians 5:22-23 (ESV)

Primary Truth:

The fruits grow in us by the power of the Holy Spirit.

Learning Objectives:

- The students will learn who the Holy Spirit is.
- The students will see the Holy Spirit as the power source that grows fruit in us.
- The students will understand their responsibility in keeping their "fruit trees" healthy.

Duration	Task Analysis	Materials
3-5 Min.	Intro/Connections: <ol style="list-style-type: none"> 1) Sing "Fruity Fruity" 2) Hold up the flashlight without batteries and press the button to that would normally turn it on. Discuss why it doesn't work. Put the batteries inside and discuss that the flashlight needs a power source to do what it is designed to do. 3) Try to operate something in the classroom that runs on electricity (i.e. electric pencil sharpener) while it is unplugged. Plug it in and discuss the fact that it needs to be connected to its power source to work. 4) Discuss what other things need power to "go." (i.e. a car needs gas, adults need coffee, etc.) 5) Make the connection, that as Christians we need a power source, too. When we accept Jesus in our hearts, we automatically get a "battery." It's called the Holy Spirit. 	<ol style="list-style-type: none"> 1) "Fruity Fruity" song 2) flashlight 3) batteries for the flashlight 4) anything in the classroom that needs to be plugged in to work (i.e. electric pencil sharpener)
10-12 Min.	Procedures: <ol style="list-style-type: none"> 1) Remind the students that the Fruits of the Spirit are listed in the New Testament-the part of the Bible that talks about Jesus's life and what happened after He died, rose, and ascended into Heaven. Jesus knew that His disciples would need help to keep living the way He wanted them to and doing the things He wanted them to do when He was gone. He wasn't there to show them anymore, so He sent them an invisible friend-NOT an imaginary friend-to live in their hearts and minds and remind them of who Jesus was and what He wanted them to do. This friend gave the disciples 	<ol style="list-style-type: none"> 1) Same objects from intro 2) Plants from Day 1

	<p>power to do miracles just like Jesus did when He was on earth. The Holy Spirit also gave the disciples the power to keep teaching about Jesus even when they were treated badly and probably wanted to give up.</p> <ol style="list-style-type: none"> 2) Teach the students that we are given the gift of the Holy Spirit, too, as soon as we accept Jesus into our hearts. The Holy Spirit gives us the power to live the way Jesus wants us to-even when it's hard! Just like the pencil sharpener won't work without being plugged in, or the flashlight won't work without batteries, we cannot be loving, joyful, peaceful, patient, kind, good, faithful, gentle, AND have self-control on our own! We need the Holy Spirit to power us! 3) Explain to the students that the Holy Spirit won't grow those fruits in our lives on our own! We have to do our part as well! Demonstrate that the flashlight doesn't work just because it has batteries. Someone has to turn it on. The pencil sharpener doesn't go on just because it's plugged in. A car doesn't automatically go just because it has gas in it. Someone has to push the gas pedal. The Holy Spirit gives us the power to grow the "fruit trees" in our lives, but we need to help them grow. 4) We do this by keeping our "soil" healthy! Refer back to the plants in the pots. The good soil will help that plant be healthy too. We need to think good thoughts and make good choices to keep those fruits growing! Sometimes it's hard, but the Holy Spirit will give us the power to do it! 5) We do this by staying plugged in! As soon as the pencil sharpener gets unplugged, it doesn't work! We stay plugged in through prayer and by reading the Bible! Talking to Jesus keeps us connected to the power source and reading His Word helps us learn more about Him and how He wants us to behave. 6) Just because we can't see the Holy Spirit doesn't mean He's not there! We can't see the wind, but when we fly a kite, we can "see" it and watch what it can do! 	
10-15 Min.	<p>Activity: <i>Fruit of the Spirit kite</i></p> <ol style="list-style-type: none"> 1) Have the kids color the kite on the provided coloring page. 2) Cut out the kite and attach the colored string or yarn for the "tail". *Be sure to write the child's name somewhere on the front or back of the kite. 3) Hang the kite somewhere in the room to remind the class that the wind powers the kite just as the Holy Spirit powers the fruit in our lives. 	<ol style="list-style-type: none"> 1) Kite coloring page (provided) 2) Colored string or yarn
3-5 Min.	<p>Closing:</p> <ol style="list-style-type: none"> 1) Review today's Primary Truth. 2) Review the ways we help the Holy Spirit grow the fruits in our lives. 3) Let the class know that tomorrow you will begin looking closer at each of the fruits and learning more about what each looks like when it's being shown correctly. 4) Pray for the class. Give the students who have not asked Jesus into their heart the opportunity to do so! 	
N/A	<p>Homework:</p> <ol style="list-style-type: none"> 1) Have the students go through their house and find as many things as they can that need a power source! 	

