



CRAFT

Nesting Cups

[20 min]

Supplies

- 15-ounce opaque cups (2 per child)
- 8-ounce opaque cups (2 per child)
- 5-ounce opaque cups (2 per child)
- 3-ounce opaque cups (2 per child)
- duct tape
- googly eyes
- permanent markers
- felt
- scissors
- yarn
- Glue Dots
- “The Inner Me” handout (download [here](#))

Easy Prep

- Make a sample craft to show kids.





Make Nesting Cups

Give each child two of each size cup. Set out duct tape to share. Have kids follow these steps. Older kids can help younger kids as needed.

- Stack each pair of cups so the tops of the cups face each other.
- Use a narrow strip of duct tape to connect the tops of the cups. (This will function like a hinge.)
- Open each set of cups on the duct-tape hinge, and add another strip of tape inside to complete the hinge.
- Put the stacked cups inside each other, like nesting dolls.

Decorate

Distribute copies of “The Inner Me” handout to kids who can read. Say: **We’re going to turn these nesting cups into a reminder that God sees the best in us. You’ll make the outer cup look like you, and the inner cups will have words that describe the good things God sees in you. Use your handout for ideas. Choose words that you most need to be reminded of. If you can’t read and write, you can draw pictures that show what God sees in you. For example, you could draw a heart because God loves you.**

Have kids follow these steps to decorate their nesting cups.

- On the largest set of cups, add felt clothes, yarn hair, googly eyes, and a marker face. Make the cup look like yourself. (Make sure not to adhere any clothing in such a way that the top cup won’t open.)
- On the inner cups, use permanent markers to write good things God sees in you, using “The Inner Me” handout as a guide.

Talk About It

Ask: • **What did you write on your inner cups?**

• **How well do you think other people see those qualities in you?**

Say: **When people first meet us, all they can see is what we look like on the outside—like your outer cup. But God sees much deeper than that. He sees all the potential inside of us, and he wants us to do important things for him. God sees the best in us.**

Have kids take their crafts home to show their friends and families and share how God sees the best in us.