



Supplies

- Bibles
- clear plastic cups (3 per child) (we used 9-ounce cups, but the size doesn't make a difference)
- tissue paper
- permanent markers (various colors)
- "Changing People" handout (download [here](#))

Easy Prep

- Make a sample craft to show kids.
- Draw a stick figure on 1 cup per preschooler.



Make Changing Cups

Give each child three cups, and set out the other supplies to share. Have elementary kids follow these directions to make changing cups. Preschoolers can just decorate two of their cups with fun colors.

- On one cup, draw three lines all the way around the cup. One line should mark where you'll draw waist lines, the middle will mark neck lines, and the top will mark the top of the head. These don't have to be exact, but that will give an idea of how far apart to make the body parts. Make the lines as straight as possible. This will be your marker cup.



- Put the marker cup inside an empty cup. Around the empty cup, draw multiple partial stick figures with different facial expressions and body poses to represent anger, sadness, confusion, and happiness. Draw the faces, arms, and legs, but don't draw the circles for the heads or the torso lines. Use the lines on the marker cup to guide your drawing placement. For ideas on what to draw, refer to the "Changing People" handout.



- Remove the marker cup. Put the cup with faces inside the third cup.
- Fill the cup with tissue paper.
- Draw a head and torso on the outer cup, lining them up with the faces, arms, and legs. Add hair if desired. You'll want just *one* head and torso.
- When you rotate the outer cup, you can change your figure from angry, sad, or confused to happy. (Preschoolers can put their stick figure cups on the outside and move the cups around to make the background change.)

Add Bible Verses

Say: **Your stick figures can change when you move the cup. That reminds us that God's Word can change us. Let's add verses from God's Word to remind us of how God can change us.**

Have elementary kids look up the following verses and write them or the references for them above the corresponding figures.

- Happy: "Always be joyful" (1 Thessalonians 5:16).
- Sad: "God blesses those who mourn, for they will be comforted" (Matthew 5:4).
- Angry: "And 'don't sin by letting anger control you.' Don't let the sun go down while you are still angry" (Ephesians 4:26).
- Confused: "If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking" (James 1:5).

Talk About It

Ask: • **How has reading the Bible changed you?**

• **How can you use your cups to remind you that God's Word can change us?**

Say: **God's Word can change us. The more we know God and know his Word, the more he can help us make good choices. He can also fill us with his joy and peace—even when we're sad, confused, or angry.**