

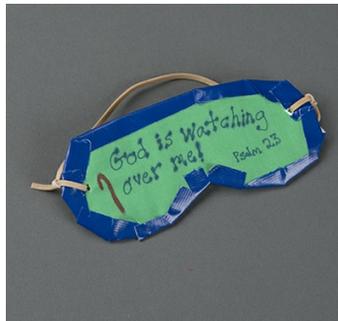


Supplies

- “Sleep Mask” handouts (1 per child) (download [here](#))
- scissors
- markers
- poster board
- cotton fabric (various colors)
- duct tape (various colors)
- elastic string

Easy Prep

- Make a sample craft to show kids.
- Pre-cut a few of the smaller masks out of poster board for preschoolers. Also cut fabric from the same pattern.



Make a Sleep Mask

Set out supplies. Have kids follow these instructions to make sleep masks. Older kids can help younger kids as needed.

- Cut out a sleep mask from the handout. Choose the one that fits your face best.
- Trace it onto a piece of poster board, and then cut it out.
- Use the poster board as a pattern to trace it twice onto the fabric of your choice.
- Cut out the fabric tracings.
- Use duct tape around the edges to attach the fabric to both sides of the poster board.
- Pinch one side of the mask, and then cut a small slit where you've pinched it. Repeat on the other side.
- Tie elastic string through each slit. You'll need a length of string that fits snugly around your head.
- Use markers (washable markers work fine) to decorate the fabric on the outside of the sleep mask. You may want to write the Bible point: God watches over us.

Talk About It

Ask: • **Do you prefer going to bed early and getting up early, or going to bed late and sleeping in?**

Why?

- **Do you usually sleep peacefully or wake up a lot?**
- **What are some things you worry about that might keep you awake?**
- **How can you trust God with those things?**

Say: God watches over us. **The Bible says he lets us rest in green meadows and lie beside peaceful streams. When we trust God to watch over us, we can rest easy. We don't need to be always alert or worrying. We can put on our sleep masks and rest in God's peace.**

Have kids take their sleep masks home and show their friends and families how God watches over us so we can rest easy.