

Lesson 100

Teacher Guide

Taming The Tongue

Activity	Time
<u>I. Welcome Table Activity</u>	20 min
<u>II. Catechism</u>	5 min
<u>III. Song</u>	5 min
<u>IV. Big Truth Chant</u>	3 min
<u>V. Object Lesson</u>	5 min
<u>VI. Lesson Video</u>	5 - 10 min
<u>VII. Interactive Story Play</u>	6 min
<u>VIII. Movement Game</u>	10 min
<u>IX. Memory Verse Activity</u>	5 min
<u>X. Craft</u>	10 min
<u>XI. Coloring / Table Time</u>	8 min
Sum:	83-87 min

I. Welcome Table Activity

(15 min)

Instructions: Ask the children to build, color, or shape something simple related to today's lesson.

Suggestions:

- A tongue
- A tiny boat
- A horse
- A campfire
- A happy face

II. Class Catechism

(5 min)

Instructions:

Early in the class, before things really get started, pull up the children's church catechism PowerPoint. This catechism is designed in a question-and-short-answer format; with you, the teacher, asking questions, modeling the proper response, and providing instruction.

Start by reminding the class why the Lord made us, and then walk through the five important parts of us the Lord made, providing very short instructions relevant to today's class after each answer. Doing so will outline for children how to use what God has given them to honor God and serve their neighbor.

Click Here: [copy-of-cc-class-opening-catechism](#)

III. Song

(4 min)

Instructions: Play the suggested song for this month. Encourage the children to practice the hand motions with the song.

IV. Big Truth Chant

(3 min)

Overview: Help children become familiar with today's Big Idea in a way that engages their whole body. Repeat the following big Idea with the children several times and then throughout the lesson.

Big Truth: "No one can tame the tongue—only Jesus can do that."

Big Truth Motions

Statement: "No one can tame the tongue"

Motion: Point to mouth and shake head "no".

Statement: "only Jesus"

Motion: Point both hands up toward the sky.

Statement: "can do that."

Motion: Flex both arms like a strong man showing muscles.

IV. Big Truth Chant Activity

(3 min)

Repetition Games

Whisper / Medium / Loud

- Leader: "First we whisper it."
(all say the verse in a whisper with motions)
- Leader: "Now regular voices."
(all say the verse in normal voices with motions)
- Leader: "Now happy loud voices—but not yelling."
(all say the verse joyfully and clearly with motions)

Slow / Regular / Fast

- Leader: "Let's do it sloooooow."
(say the verse slowly with motions)
- Leader: "Now normal speed."
(say the verse at regular speed with motions)
- Leader: "Now super fast—but keep the motions!"
(say the verse quickly with motions)

Movement Styles

- Leader: "Tiptoe in place and say the verse."
(children tiptoe while saying the verse with motions)
- Leader: "March in place and say the verse."
(children march while saying the verse with motions)
- Leader: "Stand very still like calm water and say the verse."
(children stand still while saying the verse with motions)

V. Object Lesson

(5 min)

Materials:

- A tube of toothpaste (travel size)
- A paper plate
- A plastic spoon
- A wet wipe or paper towel

Setup:

Place the paper plate on the table with the toothpaste tube beside it.

Script:

"Hey friends! Look at this tube of toothpaste. I want you to help me squeeze some out onto this plate. Let's go! (Squeeze out a big blob.) Look at all that! Now here's the question: Can you put it back in? (Let a child try with the spoon.) It won't go back in, will it?"

Our words are just like this toothpaste. Once they come out of our mouths, we can't put them back! If we say something mean or hurtful, we can't un-say it. James 3 tells us that our tongue is SO powerful, but NO ONE can tame it by themselves. Not you. Not me. Not even your mom or dad.

But guess what? There IS someone who can help us! (Point up.) Jesus! When we trust in Jesus, His Holy Spirit lives inside us and helps us use kind, gracious words. Jesus never said anything mean or hurtful. He always used His words to love people and praise God. And He can help us do the same!"

Gospel Connection: Jesus is the only person who ever perfectly tamed His tongue. Because He lived perfectly and died for our sins, He can forgive all our mean, hurtful words and send His Spirit to change our hearts so that what comes out of our mouths is good.

VI. Lesson Video

(5 min)

Instructions: Watch the Lesson Video.

Questions:

1. What did James say our tongue is like? (A fire, a horse's bit, a ship's rudder)
2. Can anyone tame their own tongue? Who is the only one who can help us? (No, only Jesus)
3. What are some kind words Jesus helps us say?
4. How does it feel when someone says something mean? How does it feel when someone says something kind?

VII. Interactive Story Play

(6 min)

SETUP (1 minute):

- Children stand in a circle facing the leader.
(Leader explains they will act out how powerful our little tongues are.)
- Leader: "Everybody stick out your tongue! It's so small, right? But it's SO powerful."

Movement Moment (1 minute):

- Leader: "Let's pretend we're big strong horses. Gallop in place!"
(Children gallop in place.)
- Leader: "But wait—somebody pulls the tiny bit in my mouth. I stop!"
(Children freeze.)
- Leader: "That teeny tiny thing steered a BIG horse. Our tongue is small but powerful too!"

Key Story Action (1 minute):

- Leader: "Now let's pretend our words are a fire. Flicker your fingers like flames."
(Children wiggle fingers upward like fire.)
- Leader: "The fire is spreading! Oh no! Wave your arms bigger!"
(Children wave arms wide.)
- Leader: "Can YOU put out the fire? Try stomping!"
(Children stomp.)
- Leader: "It's not working! We can't stop it on our own!"

Story Resolution Action (1 minute):

- Leader: "But wait—who CAN stop it? JESUS!"
(Children point up.)
- Leader: "Jesus sends His Spirit to calm the fire. Slowly lower your arms."
(Children slowly lower arms and breathe deeply.)
- Leader: "Jesus makes our words kind and gentle. Give yourself a hug."
(Children hug themselves.)

VIII. Movement Game (10 min) - Game 1: Tongue Freeze Tag

Instructions:

- 1.Children spread out in the open area and move around safely (walking or tiptoeing).
- 2.Leader calls out "Tame your tongue!" and all children must freeze completely (mouth closed, hands at sides).
- 3.The leader watches for 5 seconds. If anyone moves or giggles, they sit down.
- 4.After a few rounds, leader says: "See? It's SO hard to freeze! We can't do it perfectly on our own!"
- 5.Then play again, but this time one child is "Jesus". When "Jesus" taps a seated child, they get to stand back up and play again.

After the game:

Leader calls out: "No one can tame the tongue!"

Kids say: "Only Jesus can do that!" (All do Big Truth motions together.)

VIII. Movement Game

(10 min) - Game 2: Kind Words Relay

Instructions:

1. Divide children into two teams, lined up on one side of the room.
2. Place a bucket on the opposite side for each team.
3. Leader calls out scenarios for each set of kids in line:
Ex. "Your friend drops their toy"
"Someone is sad"
"Your brother takes your snack"
4. The first child in line runs to the bucket, drops in a cotton ball and says one kind thing they could say.
5. Then they run back and tag the next child.
6. If a child can't think of a kind word, the whole team says together:
"Jesus, help us tame our tongues!" Then the child may try again.

After all children have gone:

Leader asks: "Who helped us think of kind words?"

Kids: "Jesus!"

Leader: "No one can tame the tongue!"

Kids: "Only Jesus can do that!" (All do Big Truth motions together)

VIII. Memory Verse Activity

(3 min)

Memory Verse:

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; Behold, the new has come.” 2 Corinthians 5:17

Materials: Paper, scissors, markers

Prep: Print or draw the pictures associated with each line of the verse (see Appendix A). Each sheet contains multiple identical pictures. Cut them apart so there is one picture per child to find in each round.

Print one copy of each large picture with verse (See Appendix A) for display on the board.

- **Therefore, if anyone is in Christ,** - People under cross
- **he is a new creation.** - Chrysalis to butterfly
- **The old has passed away;** - Dying plant
- **Behold, the new has come.** - Growing seedling

How to play:

- Hide the first set of pictures (people under cross) around the room, 1 picture child.
- Kids search for their own picture
- Once each child has found their picture, display the matching large picture on the board and say “Here’s the first part of the verse!” Read it aloud and have the kids repeat it until they are familiar.
- Have the kids close their eyes while you hide the next set of pictures (butterfly).
- Kids search again. Once all pictures are found, display the matching large picture and introduce the second part of the verse. Read it aloud and have the kids repeat it until they are familiar.
- Then read the first and second parts of the verse together.
- Continue the same pattern for the remaining pictures: hide, search, reveal the next part, practice it, then build the verse by adding the new part each time until the full verse is learned.

Return large pictures to folder for next lesson.

X. Craft

(8 min)

Title: Kind Words Mouth

Big Truth: "No one can tame the tongue—only Jesus can do that."

Goal: Children will make a mouth craft with a tongue that flips between hurtful words and kind words, remembering that Jesus changes what comes out.

Materials: Paper plates (one per child), red construction paper, crayons/markers, scissors, tape or glue

Prep: Pre-cut red tongue shapes from construction paper (one per child). Fold one paper plate in half for each child. Make one sample.

Steps:

1. Color the outside of your folded plate (this is your "mouth").
2. On one side of your red tongue, draw a frowny face or scribble (mean words).
3. Flip the tongue over. Draw a heart or smiley face (kind words from Jesus).
4. Glue or tape the tongue inside the folded plate so it sticks out.
5. Write "Only Jesus!" on the front of your mouth.

Leader Script:

"Watch me fold my plate—this is going to be our mouth!"

"Now take your red tongue. One side has mean words—scribble that side."

"Flip it over. This is the kind side! Draw a heart."

"When we try to tame our tongue ourselves, the mean side shows. But when Jesus lives in us, He flips it to the kind side!"

"Glue your tongue in your mouth. See how it sticks out?"

"Write 'Only Jesus!' on the front because He's the one who changes our words."

Gospel Connection: Jesus never sinned with His tongue, and He died so all our mean, hurtful words could be forgiven. When we trust Him, His Spirit flips our words from hurtful to gracious.

Call-and-Response:

Leader: "Can WE tame our tongue?"

Kids: "No!"

Leader: "Who can?"

Kids: "Only Jesus can do that!"

XI. Coloring

(8-10 min)

Have the children sit at the table and color on the coloring page for that days lesson. Please be sure to indicate in the binder how many sheets are left over.

Appendix A

Below are the picture sets used for the memory verse activity.

Print enough copies so there is one picture per child of each set.









**“Therefore, if anyone is in
Christ**



he is a new creation.



The old has passed away.



Behold; the new has come.”
2 Corinthians 5:17