

## Teachers Dig In

### Dig In to the Bible

- Read: Mark 16:1-8
- In This Passage: Three days after Jesus' death, on a Sunday morning, three of Jesus' friends go to his tomb to put spices on his body. They're worried about rolling away the stone, but it's already moved! There's an angel sitting in the tomb, but Jesus isn't there. The angel tells the women the exciting news: Jesus is alive! The women run away scared, but then tell Jesus' other friends.
- Bible Point: Jesus is alive.
- Summary Verse: "Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit" (1 Peter 3:18).

### Dig Deeper

- You'll Be Teaching: *Jesus is alive*. Don't let this story of ultimate victory feel old hat to you. Get excited! Your enthusiasm will be contagious to kids who've never heard about Jesus *and* to those who've heard about Easter over and over again.
- Think About: Jesus beat death. What does that mean for your life?

### Dig In to Prayer

- Praise Jesus for conquering death! Pray that your excitement will transfer to your kids.

### Quick Tip

- You'll probably have more visitors than usual this weekend. Before the weekend comes, walk into your church as if it's your first time. Evaluate how clear your signage is to direct families to your children's area. (And will that signage be visible when the lobby is full of people?) Is your check-in procedure clear? Use fresh eyes to ensure your Easter services are as welcoming as possible.

## This Lesson at a Glance



### MUSIC VIDEO

Kids sing songs of praise to God.

#### Supplies

- “Power in the Blood” (watch or download [here](#))
- “Beyond Every Mountain” (watch or download [here](#))
- “This Train Is Bound for Glory” (watch or download [here](#))



### TALK-ABOUT VIDEO

Kids watch a video and discuss the Bible point.

#### Supplies

- “Jesus Is Alive” teaching video (watch or download [here](#))



### OPENING

Kids share about a topic related to the lesson.

#### Supplies

- Bible



### CORE BIBLE DISCOVERY

Kids go on an Easter egg hunt and add objects to eggs to tell about Jesus’ resurrection.

#### Supplies

- Bible
- plastic eggs (6 per child)
- paper lunch bags (1 per child)
- washable markers
- colored paper
- aluminum foil
- facial tissues
- cotton balls (1 per child)
- scented lotion or essential oil

#### Easy Prep

- Put a dab of scented lotion or essential oil on each cotton ball.
- Prep for each of your leader-led small groups to have all the supplies they’ll need, including markers, colored paper, a paper-size sheet of foil, a few tissues, and 1 scented cotton ball per child.
- Hide the eggs.



### LIFE APPLICATION WRAP-UP

Kids hold empty eggs and thank Jesus for coming back to life.

#### Supplies

- empty plastic eggs (1 per child)



## OBJECT LESSON

Kids learn fun ways to check for evidence of life.



## DEEPER BIBLE

Kids try to repair things that are broken.

### Supplies

- Bible
- paper (1 sheet per child)
- washable markers\*
- glue sticks (1 per child)
- craft sticks (2 per child)



## HIGH-ENERGY GAME

Kids look for signs that things are alive.

### Supplies

- several classroom toys, such as dolls or toy animals
- chair or stool



## LOW-ENERGY GAME

Kids roll hula hoops to one another.

### Supplies

- hula hoops (1 for every 6 kids)
- painter's tape
- upbeat music (optional)
- music player (optional)

### Easy Prep

- For each group of 6 kids, use painter's tape to mark starting lines on both sides of your play space.



## CRAFT

Kids make a pop-up Jesus.

### Supplies

- plain paper plates (1 per child)
- "Jesus" handout (1 for every 2 kids) (download [here](#))
- glue sticks
- crayons
- scissors

### Easy Prep

- Make a sample craft to show kids.



## TAKE-HOME

Kids receive a take-home page about the lesson.

### Supplies

- this week's "Dig In @ Home" handout (1 per child) (download [here](#))

### **Easy Prep**

- Add your church announcements to the “Dig In @ Home” handout.

*\*Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



## MUSIC VIDEO

### Power in the Blood

[10 min]

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#### Supplies

- “Power in the Blood” (watch or download [here](#))
- “Beyond Every Mountain” (watch or download [here](#))
- “This Train Is Bound for Glory” (watch or download [here](#))

#### Tip

- Don’t have internet in your classroom? That’s okay! You can choose your own worship songs from our Best Of Dig In Music DVD [here](#).

#### **Sing Songs to God**

Sing the three songs in any order.



## TALK-ABOUT VIDEO

### Jesus Is Alive

[10 min]

#### Supplies

- “Jesus Is Alive” teaching video (watch or download [here](#))

#### Tip

- Don't have internet in your classroom? That's okay! You can download the videos before class using the “download” button at the link provided, or purchase DVDs [here](#).

#### Discuss and Watch “Jesus Is Alive”

Say: **We're learning that Jesus is alive. That's amazing news! Let's watch what happened when Jesus died and came back to life.**

Watch “Jesus Is Alive.”

Ask: • **What part of this video stood out to you the most?**

• **If you were making a video of the Easter story, what props would you use? Why do you think that would do a good job showing what happened?**

• **What would you do if you were *actually* there the day Jesus came back to life and were one of the first people to see his empty grave?**

Say: **Whatever props we use to show it, nothing compares to the actual day when Jesus' friends went to his tomb, expecting to see his dead body...and discovered that Jesus is alive! Not only that, Jesus is alive today, too!**



## OPENING Welcome

[5 min]

### Supplies

- Bible

### Welcome

- Thank kids for coming.
- Just for fun, and since it's Easter and butterflies are a sign of new life, have kids wave hello to everyone by flapping their arms like butterfly wings.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by saying "happy birthday" with butterfly-wing high-fives.
- Collect the offering.

### Introduce the Lesson

- Say: **Today we'll learn Jesus is alive. That's why we celebrate Easter. Let's start by talking about our favorite part of Easter.**

### Share

- Share about *your* favorite thing to do on Easter.
- In small groups, have kids share about *their* favorite things to do on Easter.
- After small groups have discussed, have a few kids share with the whole group what they talked about in their small groups.

### Summarize

Open a Bible, and say: **It's fun to celebrate Easter! And the reason we celebrate at all is that Jesus is alive. Let's thank Jesus for coming back to life as we get started with our lesson.**

Pray, praising Jesus that he's alive.



## CORE BIBLE DISCOVERY

### Jesus Comes Back to Life (Mark 16:1-8)

[20 min]

#### Supplies

- Bible
- plastic eggs (6 per child)
- paper lunch bags (1 per child)
- washable markers
- colored paper
- aluminum foil
- facial tissues
- cotton balls (1 per child)
- scented lotion or essential oil

#### Easy Prep

- Put a dab of scented lotion or essential oil on each cotton ball.
- Prep for each of your leader-led small groups to have all the supplies they'll need, including markers, colored paper, a paper-size sheet of foil, a few tissues, and 1 scented cotton ball per child.
- Hide the eggs.

#### Go on an Egg Hunt

Say: **Today we're celebrating Easter!** Lead kids in a cheer.

Give each child a paper bag, and have kids write their names on them.

Distribute markers. Say: **Draw flowers on your bag because flowers are alive, and on Easter, we celebrate that Jesus is alive!** Allow time.

Say: **On Easter, maybe you've gone on an Easter egg hunt. I've hidden eggs around our room that can help us hunt for the real reason we celebrate Easter—Jesus is alive!**

Allow kids to go on the hunt. Have adult or teen helpers make sure each child gathers six eggs in his or her bag.

#### Make the Meaning of Easter

Have kids gather in leader-led small groups with their eggs. Give each leader the supplies you gathered for each group. Say: **Now that we've found our eggs, let's find out the real reason we celebrate Easter.**

Have kids take their eggs out of their bags, keeping track of them. Show the Bible. Say: **The Bible tells us why we celebrate Easter. It tells about our friend Jesus. Jesus is God's special Son, and he came to earth to help us be friends with God. Some people didn't like him, so they put him on a big, tall, wooden cross, and he died there.** Have kids flip their bags to the side they did not draw on, and show them how to draw a cross.

Have each kid rip a small piece of paper, child draw a cross on it, and put it in one egg. They'll put those eggs in their bags.

Say: **After Jesus died, his friends wrapped his body in cloth, and they put him in a tomb, which was a cave. That's where they put bodies after people died.**

Have each child rip a piece of tissue to fold and place in his or her egg. Kids will put the eggs with the "burial cloth" in their bags.

Say: **After they wrapped Jesus' body in cloth, they rolled a big rock in front of the cave or tomb entrance. This rock was so big that they needed a few people to push it together. Pretend to push the rock with me.** Lead kids

to pretend to push a big, heavy rock.

Say: **The Bible says Jesus died on Friday, and the next night, Jesus' friends Mary Magdalene and Salome, along with Jesus' mother, Mary, went to buy spices for Jesus' body. They planned to use the spices to take care of Jesus' body.**

Have adult or teen helpers distribute the scented cotton balls, and allow a moment for kids to smell them. Then have each child place a cotton ball in an egg and then place the egg in his or her bag.

Say: **On Sunday morning, these women traveled to Jesus' tomb with the spices. They wondered how they would get into the tomb because of that *big* rock in front of it, but when they arrived, the rock was already pushed aside.**

Have kids roll another of their eggs on the ground, remembering that the rock was already pushed aside and the tomb was open.

Say: **When the women walked into the cave, they thought they'd see Jesus' body all wrapped up. But they found the cave empty!**

Have adult or teen helpers lead kids to look inside the eggs they just rolled and see that they're empty, and then have kids place these eggs in their own bags.

Say: **Inside the tomb, they saw a bright and shiny angel, but Jesus' body wasn't there. That must've been quite a surprise!**

Have adult or teen helpers lead kids to place pieces of bright and shiny aluminum foil in eggs and place those eggs in their bags.

Say: **The angel said to the women, "He isn't here! He is risen from the dead!" That means Jesus was alive! Celebrate with me!**

Have adult or teen helpers lead kids to tear pieces of colored paper until they each have a handful, and then invite them to toss the pieces in the air like confetti.

Say: **Jesus is alive! That's why we celebrate Easter!** Lead kids to place confetti pieces in their final eggs and place them in their bags.

### Talk About It

Say: **Jesus died on the cross, and then he came back to life! He did it so we can be friends with God. On Easter, we celebrate that Jesus is alive, so we can be friends with God!**

**Let's thank Jesus for coming back to life.** Lead kids in a short prayer.

Say: **Take home your bags of Easter eggs so you can share with others why we celebrate Easter—Jesus is alive. Say that with me!** Lead kids in cheering "Jesus is alive!" together.



## LIFE APPLICATION WRAP-UP

### The Empty Egg

[5 min]

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#### Supplies

- empty plastic eggs (1 per child)

#### Thank Jesus

Say: **Today we learned that Jesus is alive.** Give each child a closed, empty egg. **When Jesus' friends went to his tomb after he died, they found it empty!** Invite kids to open the eggs to see that they're empty.

Say: **Jesus died, but he came back to life so we can be forever friends with him! Let's thank him now.** Lead kids in holding their open, empty eggs as you pray and thank Jesus for coming back to life.

Say: **I'm so glad you came to church today to learn about Jesus! I hope to see you back here at church again soon!**



## OBJECT LESSON

### Vital ABCs

[10 min]

#### Use Simple EMT Tools for Checking Vitals

Say: **Today we've heard the *best news*—that Jesus is alive! It wasn't a trick when Jesus came back to life; he was truly alive. That means he would have shown all the signs for life, like breathing. Things that show us someone is alive are called *vital signs*.**

**People like doctors and nurses use the “ABCs” to make sure someone is alive and to decide what kind of help they need. Let's do what they do!**

- Form pairs, and have partners sit facing each other.
- Walk everyone through the A of the ABCs—check the airway. Have one person in each pair open his or her mouth wide and say “Ah” so the other partner can peek into the throat and see that there's nothing blocking the airway, or the place we breathe in air. Then partners can swap roles.
- After making sure the airway is clear, move on to the B of the ABCs—look for signs of breathing. Have one partner in each pair lie down faceup and take some deep breaths so the other partner can watch the chest and belly rise and fall with each breath. Then allow partners to swap roles.
- Finally, guide everyone in checking for the C in the ABCs—checking for signs of circulation. This always includes checking for a pulse, but that may be difficult for kids to do. An easier way to check for circulation in the body is to pinch the end of a fingertip until the tip turns white. Then watch how long it takes for the fingertip to return to its normal color. Have kids take turns pinching the end of a partner's fingertip and then watching as the color returns to normal.
- Have everyone find a new partner and then do an ABCs check again. Allow as many partner swaps as time allows, and see if kids can get to the point where they don't need you or another leader to guide them through the ABCs. Learning these simple checks for vital signs will help them remember Jesus is alive, and it teaches kids a valuable life skill!

#### Talk About It

Say: **You've learned the ABCs for checking for signs of life! So if these ABCs help us know that someone is alive...**

Ask: • **What could you look for on Jesus after he came back to life?**

Say: **Jesus' friends saw him alive. He was doing things he couldn't have done if he had a blocked airway or wasn't breathing or his heart wasn't circulating blood around his body.**

**Jesus' friends were so excited that they started telling everyone the good news: “Jesus is alive!” Each time we take a big, deep breath (guide kids in placing their hands on their chests and taking slow, deep breaths) and feel our hearts beating, we know we're alive, and Jesus is, too!**



## DEEPER BIBLE It's Broken!

[15 min]

### Supplies

- Bible
- paper (1 sheet per child)
- washable markers\*
- glue sticks (1 per child)
- craft sticks (2 per child)

### Tip

- If you have a broken toy at home or in the classroom, bring it as an example to show kids.

### Talk About Broken Things

Say: **Today we heard that Jesus died. It was like his body was broken. Sometimes things break and it's impossible to make them work again.**

Share about something of *yours* that's broken and unfixable, such as a pair of sunglasses, the screen on your phone, or the toy you brought as an example.

Ask: • **Tell about something of yours that's broken.** Kids may share about a broken toy, a torn item of clothing, or a broken piece of furniture.

### Try to Fix Broken Things

Give each child a sheet of paper, and encourage kids to each draw a picture of a heart. As a group, have kids rip their papers into at least two pieces.

Say: **Our pictures are ripped and broken. Let's see if we can fix them.** Give each child a glue stick, and encourage kids to try to piece their pictures back together.

After a few minutes, say: **I don't think we can fix these pictures. They won't ever be the same.** Sigh.

Give each child a craft stick. Say: **It can make us sad when something's broken. When we make wrong choices, that can make our hearts sad, too. Sometimes it feels like our friendship with God is broken.** Have kids break the craft sticks.

Say: **We can put the pieces of our sticks back in the right place, but we can't really make the sticks the way they were.** Encourage kids to try to put the craft sticks back together.

### Talk About Jesus

Say: **We can't fix our broken friendship with God either. Jesus died on the cross to take away all our wrong choices. He fixed our friendship with God so we can be friends with him forever!** Give each child a new craft stick.

Say: **But then Jesus didn't stay dead. Listen to what the angel told Jesus' friends!** Read aloud Matthew 28:6.

Say: **Jesus is alive! God made him alive again. Let's thank God that Jesus fixed our broken friendship with him. And let's thank him that Jesus is alive.** Lead kids to pray.



## HIGH-ENERGY GAME

### Is It Alive?

[10 min]

#### Supplies

- several classroom toys, such as dolls or toy animals
- chair or stool

#### Talk About Living Things

Say: **Jesus' friends were so excited to see that Jesus is alive! They knew Jesus was alive because he talked to them and even ate with them.**

Ask: • **Tell me some ways we can tell something's alive.** Kids may say because it can move, talk, or breathe.

#### Test for Life

Say: **Let's test things in our room today to see what things are alive and what things are not.**

Stand with the chair beside you, and gather kids around you. Ask one willing child to stand next to you on the side opposite the chair. Place the first toy on the chair.

In your best game show voice, say: **For our first test, if you are alive, jump up and down.** Give the child a minute to jump up and down. Look back and forth between the child and the toy as if expecting the toy to move. The more you ham this up, the more fun it will be for the kids.

Say: **Well, it looks like [child's name] is alive, but I don't think this [toy] is. What about the rest of you? Are you alive? If you are, jump up and down!** Give kids a minute to jump.

Say: **Yep, it looks like you're all alive, but let's do another test.** Repeat the process with a few more "tests," choosing a new willing child and toy each time. You could ask kids to do the following, or come up with your own tests.

- Spin in a circle.
- Hop on one foot.
- Run in place.
- Wiggle.
- Fly like an airplane.

#### Test for Life Like Jesus

Continue doing "tests" as time allows, saving time for the following two tests.

Say: **For our next test, if you're alive, point to the way out of this room.** Give the willing child a chance to point to the door, and watch for the toy to do the same.

Say: **Looks like our [toy] isn't alive. But what about all our friends? Can you point the way?** Encourage kids to point to the door.

Say: **Jesus is alive. He shows us the way to go, too! Okay, this last test is for everyone! If you're alive, give a friend a hug or a fist bump.** Give the kids a chance to give hugs or fist bumps to some friends.

Say: **Hugs and high-fives are happy ways to celebrate! Jesus' friends could celebrate because Jesus is alive. Jesus is stronger than death, and he's always with us. He's always with us because he is alive!**



## LOW-ENERGY GAME

### Roll the Stone

[10 min]

#### Supplies

- hula hoops (1 for every 6 kids)
- painter's tape
- upbeat music (optional)
- music player (optional)

#### Easy Prep

- For each group of 6 kids, use painter's tape to mark starting lines on both sides of your play space.

#### Tip

- You can purchase downloadable music and other items to enhance your DIG IN program [here](#).

#### Talk About Heavy Things

Say: **Today we heard that Jesus' friends rolled a big, heavy rock in front of his tomb.**

Share about a time *you* had to move something heavy, such as moving a new couch into your home, moving a heavy rock out of your yard, or bringing a big bag of dog food home from the store.

Ask: • **Tell about a time *you* had to move something really heavy.** Kids may say they helped their mom carry some heavy groceries, got a heavy box of blocks off their shelf, or carried a backpack full of books to the car.

#### Roll the Stone

Say: **Let's play a game and pretend we're rolling big, heavy rocks, just like Jesus' friends.**

- Form teams of six kids, and then form pairs within the teams. If you have an uneven number of kids, ask an adult or teen helper to join the fun.
- In each team, have two pairs line up by one starting line and the other pair wait at the other line.
- Give the first pair in each team a hula hoop.
- Encourage partners to work together to roll the hula hoops across the room to their waiting teammates.
- When the first pair gets to the other side, the second pair will take the hula hoop and work together to move it back across the room.
- Have pairs continue moving the hoops back and forth across the room as time allows.
- If you'd like, play upbeat music while kids play.

Say: **When the women went to the tomb, they wondered how they'd move the big, heavy rock out of the way. But they didn't have to move the rock. An angel had moved the rock away so everyone could see that Jesus is alive!**



## CRAFT He's Alive!

[20 min]

### Supplies

- plain paper plates (1 per child)
- “Jesus” handout (1 for every 2 kids) (download [here](#))
- glue sticks
- crayons
- scissors

### Easy Prep

- Make a sample craft to show kids.



### Talk About Surprises

Say: **Jesus’ friends were surprised when they found out that Jesus is alive. It was the happiest surprise ever!**

Share a happy surprise *you’ve* experienced, such as a friend coming to visit unexpectedly, your sister telling you she’s having a baby, or a surprise birthday party.

Ask: • **Tell about a time *you* had a happy surprise.** Kids may say a special gift, a surprise visit from Grandma, or an unexpected trip to a favorite restaurant.

### Make Surprise Cards

Say: **Let’s make a special card with a surprise inside to tell everyone the exciting news that Jesus is alive!**

- Give each child a paper plate and the handout.
- Encourage kids to color the picture of Jesus. Have them color the top of the plate to look like the big rock in front of the tomb. Kids can also color the bottom side of the plate like a cave if they’d like.
- Have kids cut apart the handout on the cut lines. Then help kids fold along the fold line on the Jesus picture.
- To make the card, have kids fold the plate in half with the bottom facing in.

- Have kids glue the “Jesus is alive!” portion of the handout on the outside of the card.



- Show kids how to glue the flap on the Jesus picture into the fold of the plate.

Say: **You can give this surprise card to someone and tell that person Jesus is alive!**



## TAKE-HOME Dig In @ Home

[0 min]

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### Supplies

- this week's "Dig In @ Home" handout (1 per child) (download [here](#))

### Easy Prep

- Add your church announcements to the "Dig In @ Home" handout.

Distribute a copy of the "Dig In @ Home" handout to kids as they leave, or email it to parents during the week.