



HomeTeam

CHILDREN'S PROGRAM CURRICULUM

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* Welcome & Introduction and Sample Schedule written by Jenn Hook, Executive Director; Replanted Ministry.

Welcome & Introduction

The leader gathers all the kids (based on age group) and ask them to sit on the ground “crisscross applesauce.” Have the children do “quiet coyote” with their hands to show they are ready to listen.



Welcome the kiddos to their Replanted group and introduce yourself.

Next, you'll review:

- Ground Rules
- Proactive Slogans (e.g. no hurts, stick together, have fun)
- How's Your Engine Running (print & prep template on page 171)
- Colored Bracelets (if applicable)

Below are sample scripts you can use for each review item.

GROUND RULES

Hey everyone, we are so glad you're here. My name is (your name) and I want to review a few things for our time together:

1. Always ask permission. *Make sure you ask your leader before you do anything. For example, if you need to use the bathroom, what should you do? (Ask!) Exactly! Make sure you always ask your mentor.*

2. Off limit areas. *E.g. bins they cannot touch, off limits areas.*

3. Bathroom procedures. *Leader will show the kiddos the location of the bathroom(s). Remind kiddos that they must tell a mentor if they need to use the bathroom.*

SLOGANS (REHEARSE THESE WITH ACTIONS)

We want to make sure this time together is fun for all of us, so we have some ground rules that I want us all to follow. Ready?

1. No hurts. *The first one is no hurts. Can you say that with me? Great job! What does no hurts mean? (Get a few responses). Exactly, “no hurts” means we don't hurt people with actions or words (inside or outside hurts). What's a good action for “no hurts” (idea: cross hands back and forth over each other with palms down). Rehearse.*

2. Stick together. *The next ground rule is stick together. Can you say that with me? What does it mean to stick together? (get a few responses). Exactly, sticking together means we stay with our team mentor at all times. What's a good action for “stick together”? (idea: clasping your hands). Have everyone say it together and do the action.*

3. Have fun. The next ground rule is “have fun!” Can you say that with me? What’s a good action for “have fun?” (idea: wave hands in the air). Have everyone say it together and do the action.

HOW’S YOUR ENGINE RUNNING?

NOTE: The leader reviews “how’s your engine running” with the kids. This tool can be used as a check-in for the entire group or for an individual who might be in the red or blue zones. Print and prep the template on page 171.

Check out what is in my hand. We’re going to use this template to see how our “engine” is running. Imagine your body is like a car engine. Sometimes it runs too fast (the red), sometimes it runs too slow (the blue), and sometimes it runs just right (the green).

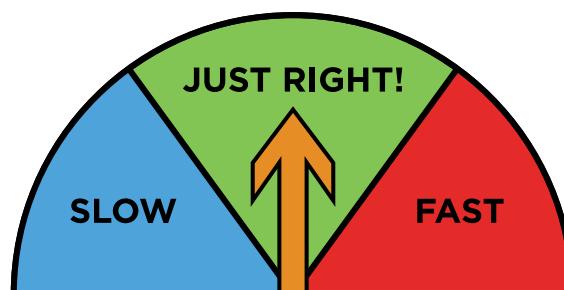
What do you think it means when your engine is in the red/running too fast? (Ask) Exactly! When your engine is running too fast you might feel busy inside, squirrely, hyper, want to move around and have a hard time sitting still. Are there times when it’s good for our engine to be in the red? (Ask). Exactly, during gym class, playing outside, etc.

What do you think it means when your engine is in the blue/running too slow? (Ask). Exactly. When our engine is running too slow, we might feel tired, sleepy, hold our head on our hands (demo these things), and have a hard time focusing. Are there times when it’s good for our engine to be in the blue? (Ask). Exactly, when we’re getting ready for bed.

When our engines are running just right, or in the green, we do our best learning and listening.

Let’s see where everyone’s engine is at:

- 1. If your engine is running too slow/blue, give me a thumbs up. If your engine is running too fast, give me a thumbs up.*
- 2. When our engines are in the blue or the red, there are things we can do to get them back in the “just right” spot.*
- 3. Let’s practice a few things together.* (Rehearse some of the coping skills together and count them out. Also, tell them about the items in the sensory bin that they can use with permission). After rehearsing the coping skills, check and see if anyone is still in the blue or red, if so, do some more coping until everyone is in the green.



You'll then dismiss the children to their appropriate stations.

Sample Schedule

FOR ELEMENTARY GROUPS

TIME	ACTIVITY	LOCATION
5:45 - 6:05	Check-in	
6:05 - 6:15	 Welcome & Introduction	
6:15 - 6:45	 Craft Activity	
6:45 - 7:15	Snacks & Game Time	
7:15 - 7:30	 Connection Time	
7:30 - 8:00	 Gym Station	
8:00	Pick-up	

FOR YOUTH GROUPS

TIME	ACTIVITY	LOCATION
5:45 - 6:05	Check-in	
6:05 - 6:15	 Welcome & Introduction	
6:15 - 6:45	 Gym Station/Sensory	
6:45 - 7:00	Snacks & Game Time	
7:00 - 7:30	 Connection Time	
7:30 - 8:00	 Craft Activity	
8:00	Pick-up	

Transition:

Remind children that they are going to the gym for an activity and then they will come back to this room so their parents can pick them up and bring them home so they can sleep in their own beds tonight. This can help decrease some anxiety around transitions. Give kids a heads up about the whole evening: gym, then snack/bathroom break, and then we come back here for an art activity and songs, then your parents pick you up and take you home before bedtime.

THEME

We're Part of a Home Team

MONTH TOPIC

Sometimes the foster and adoptive journey can make us feel like we are the only ones experiencing it. Maybe we don't know other foster and adoptive families, or other children who have experienced this journey. But, we are not alone. We are part of a team of others who have experienced similar things. And that's what makes our Replanted community so special -- we have all been impacted by foster care or adoption. This is a space where you can be with others who understand and receive support from one another. Plus, we know that Jesus is always with us. Since an amazing team surrounds us, we can lay aside the things that weigh us down and look to Jesus for love and support.

BIBLICAL FOCUS/VERSE: HEBREWS 12:1-2

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."

SUPPLY LIST

- 20ft [parachute](#)/or King Size flat sheet/ or large blanket (will be used in lesson six as well)
- [Beach ball](#) or other soft medium-sized ball
- Stuffed animal or soft small ball
- Things I Love Heart Sheet (see page 126)
- Colored Pencils
- Pencils

Physical/Sensory Activities

SONG: “Finish The Race (Hebrews 12:1-3)” by Doorpost Kids Songs

- Teach the actions that go along with the song, or make up your own to keep the children moving while they are singing.

Since we are surrounded by those who’ve gone before
Let us throw away everything that hinders as we go
Since we are surrounded by those who’ve gone before
Let us throw away all the sin that tangles up our souls

Fix our eyes, oh, let us fix our eyes on Jesus
The Author of our faith and let us run, oh,
Let us run with perseverance
Oh Lord, let us finish the race

SENSORY/MOVEMENT GAMES:

Materials Needed:

- 20ft [parachute](#)/or King Size flat sheet/ or large blanket (will be used in lesson six as well)
- [Beachball](#) or other soft medium-sized ball

Instructions:

- Demonstrate what children should do for each game.
- Play the game for a few minutes several times.
- End each game by saying, “If you were the only one holding onto this parachute, would this game work? No! Repeat after me: We need our teammates!”

Modifications

If a child is unable to stand or run, you can do most of these activities sitting down and then omit the running and jogging games.

We are going to work together as a team to play some fun parachute games today! These aren’t games we could play alone; **we need to work together with our teammates**. Teammates are there for each other and work together, cheering each other on. To play these games, you will need to work together and listen carefully. Whenever you hear me say “freeze,” you should freeze. Let’s practice...FREEZE! (Freeze along with the children.) Great job! Unfreeze! Now, it’s time for our team to find a spot around the parachute and hold onto it with both hands. Let’s get started with our first game!

SMALL WAVES

*Start by moving your hands up and down a little bit to make small waves. (Children move their hands up and down slightly.) Great! Freeze! Unfreeze. (Repeat.) That was awesome listening and working together! **If you were the only one holding onto this parachute, would this game work? No! Repeat after me: We need our teammates!***

BIG WAVES

When I say 'go,' let's make big storm waves. Remember, "no hurts, stick together, have fun." 1, 2, 3, GO! (Make hands go up and down faster and higher to show storm waves.) Freeze! Unfreeze. Great teamwork!

SMALL WAVES WITH BALL

This time, let's see if we can keep the beach ball on the parachute with little waves. If you make big waves, it will roll off. 1, 2, 3, GO! (Put the ball in the middle, encourage the children to keep the waves small.) Freeze! Great job!

POPCORN

This time, let's see if we can make the ball pop up and down like popcorn. Squat down (everyone squats down and doesn't move the parachute). When I say "go," stand up and make your hands pop up a little, but don't let go of the parachute (demonstrate, then put the ball in the middle). 1, 2, 3, UP, down, up, down, up! Freeze!

LAUNCH IT

Now, let's see if we can make the ball go high and then catch it. When it hits the sheet, again, don't make waves. Ready? We'll need to work together. 1, 2, 3, GO! (Try to make the ball go high and catch it. They likely won't be able to do this without you giving them some additional direction.) We need to work together even more to make the ball launch. Let's make our hands go up, up, up high, and then quickly down to launch the ball. Up, Up, Up, DOWN!

CIRCLE JOG

Are you ready for another parachute game? Let's see if we can jog around in a circle without the ball falling off our parachute. Hold the parachute with one hand and make a small wave while we jog in a circle. Ready? Go!

WALK UNDER

When I call the color of the shirt that you're wearing, walk under the parachute and come out the other side. No running. Let's lift the parachute...Up, Up, UP...blue! (Children wearing blue should walk under the parachute to the other side. Proceed like this for each color until each child has had a turn).

NASCAR

Have you heard of NASCAR? It's a fast car race! For this game, we will all lift the parachute up when I say "up" and let it gently and slowly fall back down. I will call out a color, and if you're wearing that color, you'll let go of the parachute and run all the way around us and the parachute, trying to get back to your spot before the parachute hits the ground. (Call out a color, for example, "yellow," and see if the children wearing yellow can run around and make it back to their spot before the parachute comes back down. Proceed with each color.)

Preview what's coming next for the children.

*Great job working as a team! After one more round of our game, we'll go back to the room for Connection and Craft time... You did an awesome job working together as a team! **Just like we needed our teammates for these games, we need each other as we follow Jesus.** Gently let go of the parachute. Take two steps back and sit down.*

How's your engine running (likely all in red)? To get our bodies back to green so we can calmly go back to the room, let's all make our hands into pretend bowls of soup (demonstrate). Imagine your favorite kind of soup is in the bowl. Mine is potato soup. What's yours? (Listen.) Yum! It smells good! Let's smell our soup together. (Demonstrate breathing in through your nose to smell the soup.) It's too hot, though, so let's cool it down with a slow breath out (demonstrate slowly breathing out through your mouth to cool down the soup). Let's cool it down again (demonstrate). One more time (do along with them). Now, let's take small bites of soup while we tiptoe back to the classroom. Hold your bowl carefully so it doesn't spill!

Connection Activities

Note: As you ask questions, throw a soft stuffed animal/ball to whoever has an answer to share, and then have them throw it back to you.

INTRODUCTION & ICE BREAKER

*We are so glad you're here on our Replanted team. Raise your hand if you can tell me, what is a team? (Listen.) Yes! **A team is a group that's there for each other, working together towards a goal.** There are many different types of teams. Raise your hand if you know what kind of team this picture shows. (Show pictures one at a time: football team, choir, band, baking team, Lego team, and track team.) There are a lot of different kinds of teams, aren't there?*

Look around you. The people around you are a special part of your team of faith this year. These are your Replanted teammates (hold up the Replanted Team picture)! On our Replanted team, we all share something in common: we all have foster care or adoption as a part of our family. Everyone here knows what that's like, and that makes this team different than any other team that you're on. Your friends here get it! On our Replanted team, no matter how you're doing or feeling, we want you here with us. This is a safe place for you to make new friends and be with others who have experienced similar things. Each month, we'll spend time together singing, playing games, making a craft, and learning what God says about being part of His team.

Let's stand up and meet our teammates! When I toss you this stuffed animal, say your name and then pass it back to me. (Reply with, "Hi, ____! It's great to be on your team!") Before passing to the next child. Invite the children to say this along with you.) Let's sit back down slowwwwwly like we're in slow motion. (Demonstrate slowly sitting back down along with the children.)

Today, we're going to learn more about a special team of faith that we're on together. Hebrews

12:1-2 from the Bible says, **“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith....”** These verses say we are running a race of faith with our teammates, following Jesus Christ. It’s not a race we run with our feet (touch your legs) but with our faith (touch your heart). The Bible is filled with people who are on our team in this race of faith called a “Great cloud of...” (let children answer: witnesses). This great crowd of teammates includes people in the Bible like Moses, Gideon, Barak, Deborah, and so many more! They are witnesses to God’s faithfulness throughout time. (Show picture of crowd/witnesses.) We’ve got a lot of amazing teammates, don’t we?! The very best one is Jesus Christ! (Hold up picture.) Jesus is with us on our team, and there’s no better teammate than Jesus. He loves you, He’s with you, and He wants to be your friend. He won the battle over sin and death! You’re on the winning team of faith with Jesus. He wants to help you keep going in the race of faith.

If you want to run a race well, you need to put down all of the things that weigh you down. I need a volunteer to help me. (Choose a child and have them put on/hold things like books/blankets/a coat/a chair.) Would it be easy for our teammate here to run a race right now? Why not? (Listen.) You’re right! It’s hard to run a race when you’re weighed down. In our race of faith, we have burdens, things that weigh us down and make it difficult for us to keep going. Jesus tells us we have an awesome team of faith, so we can lay those things down and keep going, looking at Him. Jesus is with us, cheering us on! Let’s clap for our teammate who helped us. (Clap.)

Transition

This is a pretty awesome team of faith. We want to get to know our teammates better by doing a craft. Clap three times with me to get your fingers ready for our craft. (Clap three times and count while you do it, then five times, Quiet Coyote sign.)

Craft Activities

THINGS I LOVE HEART MURAL:

Materials Needed:

- Things I Love Heart Sheet
- Colored Pencils
- Pencils

Set up: Make sure colored pencils and pencils are out on the tables, along with the “Things I Love” Heart coloring page, so the kids can start when they sit down. Help them put their name on their paper if needed.



An important part of being on a team is getting to know your teammates. I am so excited to get to know each of you better. I'm glad you can get to know me better, too. Our craft today will help us get to know each other more. On my heart coloring page, I drew different things that I love in each part of the heart, so you can get to know me better. (Show them your filled-in heart page.) What do you see here that I love? (Call on children to point out what you drew.)



Modifications FOR PRESCHOOL

Prewrite their names on their paper. Show the preschoolers the modified preschool heart coloring sheet and discuss what each picture represents. Have the children draw or color someone they love, something they love to eat, and their favorite color. During the closing, they can take turns sharing what they drew.

Now, you get to draw things that you love on your heart coloring page. (Show the blank heart page.) Put your name on the top and in each part of the heart, draw something that you love. Maybe it's family members or friends, or perhaps your favorite color, snack, toy, or movie. What are some other types of favorite things you love? (Listen.) When you are finished with your heart paper, raise your hand to let me know. We might not have time to fill in every space, and that's OK. If you don't get it done here, you can finish it later at home. (Encourage children while they are working on their heart paper: talk with them about what they are drawing.)



Transition

As you see children raising their hands to indicate they are finished, go to them and have them show you something they drew that they love. Let them know they can color on the back while they are waiting for their teammates to finish. Preview for them what's coming next.

Team, in five minutes, we'll finish coloring and do our closing activity. Then you will be picked up and go home and sleep in your own bed. (Keep counting down so they are prepared for the transition.) Let's walk in slow motion to the floor with our heart papers and stand in a circle, so we can share our pictures.

CLOSING - SHARING TIME

I loved watching each of you on our Replanted team drawing things that you love! This is an amazing team! Raise your hand if you want to share something you drew so we can get to know you better. (Let children take turns sharing something they drew. If it's something fairly common, such as a color, see who also shares that same preference. "Give me a thumbs up if you also like the color blue! We have some special things in common on our Replanted team.")

Your teammates have something else really important in common: you have the very best teammate of all - Jesus Christ! We are going to have so much fun this year with our Replanted teammates. We are on an awesome team of faith with Jesus, a great crowd of faith cheering us on, and we've got great teammates here in this room, too!