

# The Ten Commandments

## Hear the story.

Children will need to read or hear the story of God giving Moses his ten commandments. As you ask them to watch or read the story remind them it's a Christian story from the Bible.

### Watch the story:

We've made a simple retelling of the story where the children join in with actions:

<https://www.youtube.com/watch?v=DoKcSvIE4mM>

This retelling is aimed at children in P4-7.

<https://www.youtube.com/watch?v=XFlw0hdB4gU>

Pick which one you think your class would enjoy!

### Read the story:

<https://www.biblegateway.com/passage/?search=Exodus+19%3A+1-11%2C+19%3A16-20%2C+20%3A1-21&version=NIRV>

If they have their own Bible or Children's Bible at home encourage them to find the story and read it there.

## Check our understanding.

Choose one or more of the activities in this section to help ensure the children have understood the story.

### Online Quizzes (using google forms):

True or False quiz:

<https://forms.gle/T3NPdJLajZXHmUqu5>

Real or made up? Which of these rules are one of the Ten Commandments and which have we made up?

<https://forms.gle/FXB44npxCfegp3Mz9>

For younger children encourage them to get someone to ask them the questions from the True or False quiz. They could make up actions for true and false. Perhaps they could jump up for true and sit down for false.

### Count to ten:

Can you remember how many rules God gave to Moses? 10!

Can you go outside and make the numbers 1 to 10 out of natural materials? Or can you make them inside out of playdough, straws, teaspoons, toy blocks or other items that you have in your house. How creative can you be?

OR

Practise counting to 10.

Outside, go hunting for some small stones or twigs. Lay out one stone, leave a space then lay out two stones. Leave a space then lay out 3 stones. Can you keep going all the way to 10. You might need to do a lot of hunting for stones!

Inside, use Lego or wooden bricks, dried peas, paperclips or whatever you have in your house



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## Make a mountain!

Moses climbed a mountain to speak to God. Can you make a mountain? It could be in your house or garden? It could be a model or a pile of cushions!

- Who climbed the mountain? Can you remember his name? Choose a teddy to pretend to be him and put him on top of your mountain! Can you write his name and put it next to him?
- What did God write the rules on? Find one and put it at the top of your mountain.
- When God told Moses the rules where were the Israelites? Find some teddies to be the Israelites and put them in the right place.
- What was the weather like when God spoke to Moses? What could you add to your mountain to be the weather?
- And last challenge, make a trumpet noise!

## Detective work:

- Can you find Egypt and Mount Sinai on a map?
- Can you find out how tall Mount Sinai is?
- Can you list 3 things God does in this story?
- Can you find out one other story from the Bible about Moses?

## Postcard back to Egypt:

The Israelites lived in Egypt for a long time before they were treated like slaves and God helped them escape. They must have left some Egyptian friends behind. Can you write a postcard to a friend back in Egypt telling them what's been happening?

- It's only a postcard so you don't have much room! Can you summarise what happened in 25 words? Think about what are the important parts of the story.
- Now add a sentence telling them how you are feeling and why.
- Finish by asking them a question about Egypt.

## Start thinking.

As children explore this story they will understand more about Christian belief but also consider the impact rules have in our world. Are rules important? Do they find them easy or hard to follow? Use one or more of these activities to encourage them to start thinking about their experiences and values.

## Board game and a conversation:

- Play a board game with someone in your house. Did you follow the rules? Can you try playing it with no rules? What happens?
- Chat together.

Ask: Why do we need rules?

Emphasise: Rules help us have fun and enjoy things. Christians believe God gave them rules to help them have fun and enjoy life.

Ask: Why has the government given us rules during the Coronavirus outbreak?

Emphasise: The rules keep us safe. It's important we keep them. Christians believe God gave them rules to keep them safe.



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## Are rules good or bad?:

Most people accept that the governments rules during the Coronavirus outbreak are good. We need them. But some people disagree and think they are bad and we shouldn't have them. (Read this news story <https://www.bbc.co.uk/news/world-us-canada-52359100>). What do you think? Can you argue both sides of the debate? Complete these two sentences:

- Rules are good because ...
- Rules are bad because ....

Now write a sentence explaining what you think. Do you think the rules are good or bad?

## Discussion questions:

If you're able to have a class discussion try using these questions. You could of course set them for short writing tasks or use Jam Board (or equivalent) to collate their thoughts and help them see what their classmates think.

- Why do you think God gave the Israelites (his people) rules?
- Why do you think we have been given new rules during the Coronavirus outbreak?
- Why do Christians believe that God has the right to set rules?
- Do you think our government has the right to set rules for us?

## God's Rules: What are they?:

Think about the rules that God gave to Moses. We can read them in the Bible.

- Do you think these are good rules?
- Which rule would you find easiest to keep?
- Which rule would you find hardest to keep?

You can download 'child friendly' versions of the Ten Commandments on our website. If you have a printer you can print the page and colour it in.

This activity can be extended by asking the children to consider: If you were in charge what rules would you keep? Colour in the rules you would keep green and the rules you won't keep red.

## #COVID19 What are the rules?:

Our government have given us rules to help keep us safe during the Coronavirus outbreak.

- List 5 rules we've been given.
- Number those rules in order from 'easiest to keep' to 'hardest to keep'.
- Use a different colour pen and number then in order from 'most important' to 'least important'.
- Can you write a paragraph explaining why you chose those orders?

Alternatively you could provide them with a list of the rules.

- Only leave your home to shop for food or medicines, exercise and to go to work (if you can't work from home).
- Don't do dangerous sports or activities.
- Don't drive somewhere to exercise. Stay local.
- If you go out, always stay 2m away from people.
- Wash your hands lots.
- Don't touch your face
- Do not meet anyone who doesn't live with you.
- If anyone in your house has symptoms of the Coronavirus you must all self-isolate and not leave the house at all.

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## Turning thinking into action.

We might not like all the rules but we know they are there to keep us safe. How can we help each other remember the rules and keep the rules? What would we do if we were in charge? What rules would we make?

### Stone Tablets:

God wrote the rules on tablets of stone. Can you find a big stone and write a Coronavirus rule on it? Maybe you could write 'stay safe'. You could hide your stone somewhere on your walk and it would help remind people to keep the rules!

If you can't find a big stone you could use paper and cut it out to look like a stone. After you've written a rule on it maybe you could stick it onto your window.

### Giving rules: Dressing up:

Have fun dressing up as Kings and Queens, police, other service crew, teachers and other figures of authority. No need for 'proper' costumes, just use blankets, shawls, scarves or whatever else you have to hand.

Give out some rules to your family. Make up some funny rules they have to obey!

Phone or video call your friends or grandparents and give them some rules too! Start with the funny rules but then tell them the rules they have to keep during the Coronavirus outbreak.

### What rules would you make?:

Imagine you were in charge of our country. What rules would you make? Be creative! Your job is to keep people safe and well. Think about their physical health and their emotional and mental health. What rules would help them stay the safest and healthiest?

- For during the Coronavirus outbreak?
- When the Coronavirus outbreak is over?

Use an app like Jam Board to allow children to see each other's thoughts and inspire each other.

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## Helping each other keep the rules:

As we spend longer at home and the Coronavirus outbreak is still affecting us it can be hard to keep following the rules. It's hard not to see our friends and family or go to all the places we love. We might even be missing school! How can we help each other follow the rules?

- Think about what would make it easier for you to follow the rules.
- What could you do to help others remember the rules and follow the rules?

Maybe it's setting a good example for each other, or staying in touch with people in fun ways or doing something in your windows, garden or local area to make people smile and enjoy their walks, runs or cycles. Maybe it's reminding people why keeping the rules is so important. Use your creative brain! What could you do to help others remember the rules and follow the rules?

Put your ideas into action!

You could try these challenges:

- Set a good example: Can you share a photo of you keeping one of the rules. Which rule are you keeping? Remind people why it's important to keep the rules: Can you make a poster or video telling people why it's important we keep the rules.
- Make it fun for others to keep the rules: Send someone you're missing a message or a gift. How will you get it to them? Will you use technology or can you drop it onto their doorstep.
- Make it fun for others to keep the rules: Make something to decorate your garden, window or local area to make people smile as they're keeping the rules.