

God Made Me Wonderful!

Ages 3–5 • Psalm 139:14



A joyful Sunday school or children's church session for little ones: a simple Bible lesson, a memory verse with motions, a mirror craft, a movement game, verse cards, a family note, and a coloring page. Celebrate that God made every person wonderfully, including people with Down syndrome.

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FOR LEADERS

Before you teach

Little ones learn through repetition, movement, and touch. Keep every part short and joyful, and come back to one line all morning: **“God made me wonderful!”**

3.21

World Down Syndrome Day is March 21. It stands for **three** copies of chromosome **21**.

47

Most people have 46 chromosomes. People with Down syndrome have 47. It happens naturally, in every kind of family.

Socks!

People around the world wear fun, mismatched socks on 3.21 to celebrate that different is good.

SESSION AT A GLANCE (ABOUT 40 MINUTES)

Welcome	Sock check! Everyone shows their socks. (5 min)
Lesson	God made everything, and God made ME. (8 min)
Verse	Psalm 139:14 with motions. (5 min)
Craft	Wonderfully Made Mirror. (12 min)
Game	God Made My... movement game. (5 min)
Pray & go	Prayer, verse card, and family note. (5 min)

WELCOMING EVERY CHILD

- Talk with parents ahead of time: what helps their child thrive? Any sensory, communication, or mobility needs?
- Offer a buddy (a trained teen or adult) to any child who'd benefit. Buddies are friends, not babysitters.
- Use visuals: a picture schedule, the verse with pictures, and show-then-tell instructions.
- Keep a calm corner with fidgets and headphones. Taking a break is always okay.
- Give every child a real role: handing out supplies, holding the Bible, leading a motion.
- Never single out a child with Down syndrome as the example. Today is about how God made **all of us**.

THE BIG IDEA

God made every person wonderfully, and God made ME!

God made us all different on purpose. Some of us are tall, some are small, some have curly hair, some have Down syndrome, and God loves every one of us.

ROCK YOUR SOCKS SUNDAY

Invite the whole church, kids, and leaders to wear fun, mismatched socks the Sunday closest to 3.21. **March 21, 2027 is itself a Sunday**, a perfect fit! Snap a feet photo (with permission) and share it with **#Celebrate321**.

Scripture quotations are from the Berean Standard Bible (BSB), public domain. Swap in your church's preferred translation anytime.



God Made Me!

A hands-on retelling of how God made the world and every person in it, and why that means every friend is wonderful.

8 MIN

CIRCLE TIME

BASKET OF MISMATCHED SOCKS • HAND MIRROR • PICTURE BIBLE

TEACH IT

1

God made everything

Open the Bible and point to pictures as you go.

SAY

In the beginning, God made the sun and the moon, the fish and the birds, the elephants and the bunnies. And God said, "It is GOOD!"

2

God made people

Point to each child as you say it.

SAY

Then God made people. God made you... and you... and YOU! God made every single person.

3

The sock basket

Pull out socks one at a time. None match!

SAY

Look at these socks. Stripes! Dots! Blue! Yellow! They're all different, and they're all great. God made people different too.

4

Everybody is different

Keep it simple and joyful.

SAY

Some people are tall and some are small. Some have curly hair, some straight. Some friends have Down syndrome. God made each one on purpose, and God loves every one!

5

Pass the mirror

Each child looks in the mirror as everyone says it together.

SAY

"God made ____ wonderful!"

BIBLE PASSAGE

Genesis 1 & Psalm 139:13–14

Show pictures from a children's Bible as you tell the creation story in a few sentences.

TALK ABOUT IT

1. Who made the animals? Who made YOU?
2. What's something wonderful God gave you? (Hands to hug, feet to run, a voice to sing...)
3. Does God love people who are different from us? (Yes! Every one!)

LEADER NOTE

If a child in your class has Down syndrome, talk with their family beforehand. Keep the focus on **everyone** being wonderfully made.

PRAY TOGETHER

Dear God, thank You for making me! Thank You for making my friends. You made us all different, and You love us all. Amen.

MEMORY VERSE

Hide it in your heart

Say it with motions every week. For the littlest ones, “I am wonderfully made!” is a great start.



“I praise You, for I am fearfully and wonderfully made.”

PSALM 139:14 • BSB



ADD THE MOTIONS

I praise You,	Raise both hands high
for I am	Point to yourself
fearfully	Make big “wow” eyes
and	
wonderfully	Wiggle fingers like sparkles
made.	Give yourself a big hug
Psalm 139:14	Clap 1-3-9, 1-4!

VERSE GAMES

Whisper to SHOUT

Say the verse in a tiny mouse whisper, then a little louder... then a big lion roar!

Pass the sock

Pass a fun sock around the circle while saying the verse. Whoever holds it on “made” gets a high-five.

Freeze motion

Do the motions, then freeze on a word. Kids shout the next word.

CRAFT
1

Wonderfully Made Mirror

Kids decorate a paper frame around a real mirror so every time they look, they remember: God made me wonderful!

12 MIN

SMALL TABLES

MESS: LOW

GET READY

- ☐ Print the **mirror frame template** on cardstock, one per child.
- ☐ Pre-cut the center window (or leave it for helpers).
- ☐ Cut squares of mirror board or foil, a bit bigger than the window.
- ☐ Write each child's name on the back ahead of time.

MATERIALS

- Mirror frame template (cardstock)
- Mirror board, craft mirror stickers, or aluminum foil
- Tape or glue sticks
- Stickers, crayons, and do-a-dot markers

MAKE IT WORK FOR EVERY CHILD

- Chunky crayons and do-a-dots help small hands.
- Pre-peel stickers for kids who find it tricky.
- Some children may not like sticky or messy textures. Offer crayons only.
- Hand-over-hand help is fine. Let the child choose the colors.

STEP BY STEP

1

Show a finished one

Hold up your sample and look in it.

SAY

Who do I see? Someone God made wonderful!

2

Decorate the frame

Kids color and add stickers to the frame.

3

Add the mirror

A helper tapes the mirror or foil behind the window.

4

Look and say

Each child looks in their mirror and says the verse (or "God made me wonderful!").

TALK WHILE YOU MAKE IT

- "Who made you? Who made your friend?"
- "What colors did you pick? God loves colors too!"
- "When you look in your mirror at home, what will you say?"

TIE IT BACK

♥ **God made every person wonderfully, and God made ME!** "I praise You, for I am fearfully and wonderfully made." (Psalm 139:14)

CRAFT TEMPLATE

Wonderfully Made Mirror: frame template

Print on cardstock. Cut out the frame and the center window. Tape a mirror or foil behind the window.



GAME
2

God Made My...

A wiggly movement game that thanks God for our bodies and celebrates that every body moves in its own way.

5 MIN

WHOLE GROUP

OPEN SPACE

MESS: NONE

GET READY

- ☐ Clear a space to move.
- ☐ Optional: upbeat worship music to play between rounds.

MATERIALS

- Space to move
- Music (optional)
- Fun socks to wave (optional)

MAKE IT WORK FOR EVERY CHILD

- Every way of moving counts: wiggling fingers, nodding, rolling a wheelchair, or clapping.
- Offer a chair for anyone who wants to play sitting down.
- Keep the volume gentle for kids sensitive to noise.

STEP BY STEP

1

Call it out

Leader calls: “God made my hands... to CLAP!” Everyone claps.

2

Keep going

“God made my feet... to STOMP!” · “...my arms to HUG!” · “...my voice to SING!” · “...my face to SMILE!”

3

Kids lead

Let children take turns calling out their own “God made my...”

4

Finish together

Everyone hugs themselves.

SAY

God made ALL of us wonderful!

TALK ABOUT IT

- “Do we all move the same way? No! God made us all different.”
- “What’s your favorite thing God made your body do?”

TIE IT BACK



God made every person wonderfully, and God made ME! “I praise You, for I am fearfully and wonderfully made.” (Psalm 139:14)

TAKE-HOME

Memory verse cards & family note



**"I praise You, for I am fearfully
and wonderfully made."**

PSALM 139:14

Celebrate 3.21 · #Celebrate321

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FOR FAMILIES

Today we learned: God made me wonderful!



Today your child heard that God made everything, and made every person wonderfully and on purpose. We celebrated that God made us all different, including friends with Down syndrome, and that He loves every one. World Down Syndrome Day is March 21 (3/21), for three copies of chromosome 21.

ASK YOUR CHILD

"Who made you?" and "Can you show me the verse motions?"

TRY AT HOME

Look in a mirror together and take turns saying, "God made ____ wonderful!" Tape the verse card to your bathroom mirror.

PRAY TOGETHER AT HOME

Dear God, thank You for making me! Thank You for making my friends. You made us all different, and You love us all. Amen.

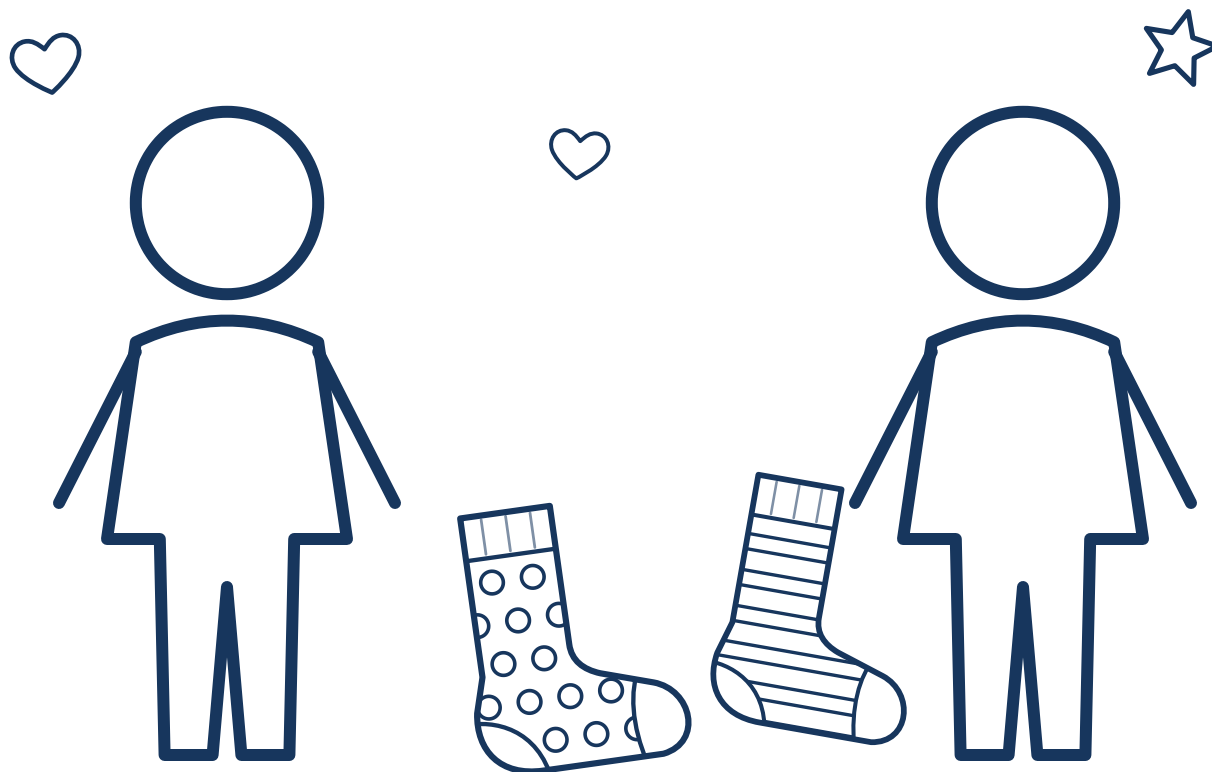
Wear fun, mismatched socks on 3.21 and share a feet photo with [#Celebrate321](https://www.instagram.com/celebrate321). More free family resources at [Celebrate321.org](https://celebrate321.org).

TAKE-HOME COLORING PAGE

I am wonderfully made!

Name: _____

I AM
WONDERFULLY
MADE!



"I praise You, for I am fearfully and wonderfully made." Psalm 139:14