



# Celebrate Frog

Fully Rely On God

F.R.O.G.

*Frogs in the water, Frogs in the stew,  
God loves me and God loves you!!*

What molts, swallows with its eyeballs and is so good at adapting that it is found all over the world?? A frog of course!! Frogs are amphibians, which can live in or out of the water. When they are in the water, they breath with their skin, When on land, the breath with their lungs. The tomato frog, which is found on the east coast of Africa will eat just about anything that comes along. It is what scientists call an "ambush hunter". The frog sits quietly at night and waits until its prey comes along---flies, moths, crickets, mealworms, worms, and grasshoppers. God designed the tomato frogs with a special mouth - the top of the mouth has special ridges, which help smash and grind their food. If the temperature turns unseasonably warm or cold, the frog has a simple solution --- it hibernates. God thought of everything when he created the tomato frog and in the same way, God prepares and equips you.

***"God's power has given us everything we need to lead a godly life."***

***2 Peter 1:3***

Here are links for learning more:

- Go to <https://youtu.be/oMFxQsaT274> to see frogs of all colors and sizes. Think about the transformation from egg, to tadpole,
- Follow this link <https://youtu.be/wGIc7KitJCA> for the life cycle of the frog.

There are some great frog books listen to:

- Jump Frog Jump at <https://youtu.be/SrgL5ac0i-w>
- It's Mine By Leo Lionni at <https://youtu.be/Ny25RTHX4vo>
- Frog and Toad are Friends by Arnold Lobel <https://youtu.be/Gn6SgP52GZQ> .

Go to this link to see more great frogs <https://youtu.be/IrlShTpQ61g> and be reminded to Fully Rely On God.

**Frog crafts:** paint rocks use paper to make legs and glue on eyes, make paper plate frogs, make a puppet out of a lunch bag that looks like a frog, paint green on a paper add eyes, and feet to look like a frog. Go to [www.kidsartncraft.com/easy-frog-crafts-kids](http://www.kidsartncraft.com/easy-frog-crafts-kids) for lots of frog craft ideas. Make an origami frog that jumps by watching <https://youtu.be/2dHhvV18eX8> . You will need a square piece of paper.

**Frogs jump game:** play like Simon says—Frogs jump 5 jumps forward, Frogs jump in a circle, Frogs jump backwards --- jump forward (was that Frogs jump?). Do frog races, make paper lily pads and jump from lily pad to lily pad. Use hula hoops as a pool and jump in and out of the pool.

What does the word FROG remind us to do? Fully Rely on God! Who needs to rely on God?

You and Me we need to Fully Rely on God - in other words, We need to F.R.O.G.

### Jump Frog Jump!

*You are my strength, I watch for you;*

*you, God, are my fortress,*

*my God on whom I can rely. Psalm 59:9-10*

- Find something to use for a drum and let's get up and move to <https://youtu.be/OVDpHibftHs> "I'm trusting You"

### Skittle Fun

After we talked about rainbows, two of my Grandkids tried this experiment. Arrange Skittles on a plate. Arrange in rainbow colors: red orange yellow green blue purple or do a different pattern. You decide. How many Skittles did you use, how many did you eat, how many do you have left? Next add a small amount of **warm** water in the center of the plate. Just enough for the water to touch the Skittles. Watch as the colors spread. You can see the results below.



*The earth is the Lord's and all that is in it... Psalm 24:1*