

“Let God Make You Strong” Dumbbells

What You Need:

Verse cut out, Paper plates or bowls, cardboard paper towel tube, scissors, glue, tape, crayons, tin foil (optional)

What You Do:

- * Give kids 2 verse cut outs to color.
- * If paper plates are white, they could color those too - 2 per child
- * Cut each end of paper towel tube with two ½ in slits directly across from each other.
- * Let kids cut out the verse circles.
- * Glue the verse circles to the center of the bottom of each plate.
- * Fold the cut flaps of the paper towel tubes out.
- * Wrap paper towel tube in foil if wanted.
- * Place end of tube onto center, top of plate and tape tube flaps down.
- * Tape other end of tube to second paper plate.

~OR~

- * Give kids two verse cut outs to color.
- * If paper plates/bowls are white they could color those too if wanted - 4 per child
- * In 2 plates/bowls, trace the end of the paper towel tube in the center of plate bottom.
- * Glue plates/bowls together; each pair containing one of the plates with holes
- * Wrap paper towel tube in foil if wanted.
- * Stick each end of paper towel tube into one of the plates with a hole.
- * Glue verse cut outs to center of outside plate of dumbbell.

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-Ephesians 6:10-

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