

God Gives the Ten Commandments (Part 2) Exodus 19:16–20:21




► Bible Point
 God says to treat others kindly.

Key Verse
 “You shall have no other gods before me” (Exodus 20:3).

Weaving Faith Into Life
 Children will regularly treat others kindly.

Five- and six-year-olds aren’t necessarily innately kind. Parents, teachers, and significant people in children’s lives must teach kids to practice kindness every day. It’s through sharing a toy, helping a friend with a chore, or even sympathizing with a hurting friend that young children learn the blessing of being kind to others. Use this lesson to help kids see the people around them through God’s eyes and, by doing so, learn to act kindly.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started <i>about 10 min.</i></p>	<p>Welcoming Song Sing or listen to songs to welcome everyone to church.</p>	<p>CD player Teacher Pack: CD</p>	
<p>2</p> <p>Key Verse Activity <i>about 5 min.</i></p>	<p>Obeying God Identify things that might hinder them from making God number one in their lives.</p>	<p>Bible, blocks</p>	
<p>3</p> <p>Bible Exploration <i>about 20 min.</i></p>	<p>Theo’s News Find out what a group of plastic people has to do with the Bible.</p>	<p>Surprise Box (any box will do), Theo puppet, CD player Teacher Pack: CD, interlocking people</p>	<p>Place the interlocking people in the Surprise Box, and hide the box where it’s easily accessible.</p>
	<p>Bible Time: Collaborative Artists Work together to draw representations of the Ten Commandments.</p>	<p>Bible, tape, scissors, colored pencils, 1 copy per child of the “Ten Commandments” handout (at the end of this lesson), 1 copy per adult leader of the “Written Commandments” handout (at the end of this lesson) Teacher Pack: “Ten Commandments” puzzle, “God Gives the Ten Commandments” poster (from the Big Bible Poster Pack)</p> 	<p>Cut along the dotted lines on the “Ten Commandments” puzzle to separate the commandments.</p> <p>Hang the “God Gives the Ten Commandments” poster where children can see it.</p>

Bold text within the lesson is spoken text.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life <i>about 20 min.</i> <i>(Choose 2 centers.)</i></p>	<p>Center 1: Acts of Kindness Act out kind things they can do for people.</p>	My Bible Playground, washable markers	Remove the Lesson 5 pages from each My Bible Playground student book.
	<p>Center 2: Give-and-Take Snacks Share snacks with a partner.</p>	O-shaped cereal, cups, antibacterial gel (optional)	
	<p>Center 3: Building Mount Sinai Work together to make a mountain out of blocks.</p>	blocks	
	<p>Center 4: Stone Tablets Make stone tablets to remind them of God's rules.</p>	several pairs of scissors, 1 piece of cardboard, 1 paper bag per child, pens, paper, glue	On a piece of cardboard, draw a template for what stone tablets might look like. Cut the template out. Kids will use this to trace their tablets.
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions <i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God's Word.</p>	My Bible Playground, washable markers	
	<p>"Loving Kindness" Prayer Bless a partner and pray together.</p>		
	<p>Weaving Faith at Home Talk about how to share what they learned with their families.</p>		

***Bold text** within the lesson is spoken text.*

God Gives the Ten Commandments

(Part 2) Exodus 19:16–20:21

BIBLE BACKGROUND
FOR LEADERS

Last week’s Bible Background concentrated on the events surrounding the giving of the Ten Commandments, while this week’s concentrates on the commandments themselves. If you haven’t already done so, you may want to read both of them before beginning this lesson.

Commandments With a Purpose

These commandments weren’t given to force the Israelites to follow an arbitrary set of rules. These commands were intended to help the people live their lives to the fullest in relationship with one another.

With the death and resurrection of Jesus, we live no longer under the law but under grace. Jesus said he came to fulfill the law (Matthew 5:17-18). Certainly we are not bound to follow these laws to try to win God’s favor, but the principles behind the Ten Commandments are valid principles for all time.

Commandments in Two Categories

Over the centuries, scholars have divided the commandments into categories in varying ways. For the purpose of these studies, we’re dividing them into two sections. The first four commandments have to do with our relationship with God; the last six have to do with our relationships with others.

God’s Commandments Establish Priorities

The commandments regarding our relationship with God clearly spell out the priority and honor that he is to hold in our lives. How often—even in the Christian community—do we let other things come before our relationship with God?

One commandment that is often taken too lightly, especially in today’s culture, is the instruction not

to misuse God’s name. To use it in swearing or frivolously in joking is not appropriate. How we use God’s name directly reflects how we feel about God. He and his name are worthy of all the honor we can muster!

The commandments regarding our relationships with others (Exodus 20:12-17) give us lots of guidance on how to respect others. Though even our Christian culture can fail to take many of these commands seriously, living by them gives people the honor and respect due them as unique creations of God. No matter what we see around us, we must hold true to these principles if we are to honor God and respect others the way God intends.

The Jesus Connection

As our relationship with Jesus grows, we can begin to see this world and other people through his eyes of unconditional love. We will enjoy fellowship more—and others will see Jesus’ presence in our lives.

God wants us to alter our lives to reflect our Savior who loves us enough to die for us. It’s easy to get distracted, even by good things, and we can get caught up trying to be like other Christians more than we try to be like Jesus himself.

God loves his creation so much that he gave us commandments to help preserve it and glorify him. God’s greatest creation is humanity—and we are surrounded by it. Every person you have contact with today gives you an opportunity to glorify God by lifting up his greatest creation—people. At the end of the day, take note of who God blessed through you and how you were blessed in his service. You can write your prayer in the space below.



Welcoming Song Supplies

CD player

Teacher Pack

CD: "Praise the Lord"
(Psalm 150:6)
(track 10), "Ten
Commandments"
(track 21)

1 GETTING STARTED

Welcoming Song



Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do ■■■■■■

As the children arrive, greet each child and welcome him or her with a smile. When it's time to begin, use your signal to bring the children together in a circle. Lead kids in doing the motions and singing "Praise the Lord" (Psalm 150:6) (track 10 on the CD).



Let everything that moves (*wiggle*)

And everything that breathes (*breathe out loudly*)

Praise the Lord. (*clap hands*)

Praise the Lord. (*clap hands*)

From the rising of the sun (*point to one end of the horizon*)

'Til the time that it goes down, (*move hand across the sky to the opposite side*)

Praise the Lord. (*clap hands*)

Praise the Lord. (*clap hands*)

(Chorus)

Everybody, let's prai-ai-aise the Lord!

Come on, let's prai-ai-aise the Lord.

Let everything that lives (*point to a friend*)

Sing praises to the Lord. (*raise hands*)

Praise the Lord. (*clap hands*)

Let everything that walks (*pretend to walk*)

And everything that runs (*pretend to run*)

Praise the Lord. (*clap hands*)

Praise the Lord. (*clap hands*)

No matter where you are, (*point to feet*)

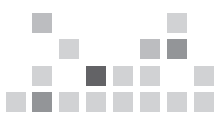
No matter where you've been, (*use thumb to motion behind you*)

Praise the Lord. (*clap hands*)

Praise the Lord. (*clap hands*)

(Repeat chorus 2x.)






Let everything that lives (*point to a friend*)
Sing praises to the Lord. (*raise hands*)
Praise the Lord. (*clap hands*)

"Praise the Lord" (Psalm 150:6) by Jay Stocker. © 2005 Group Publishing, Inc. All rights reserved.

Say: **I'm so glad you're all here. Today we'll learn about some rules that God used to help Moses and the Israelites. One of those rules was ► GOD SAYS TO TREAT OTHERS KINDLY. Let's sing a song about the commandments God gave us.** Lead children in doing the motions and singing "Ten Commandments" (track 21 on the CD).

 **Our God gave us Ten Commandments,** (*point to heaven, and then hold up 10 fingers*)
Commandments, commandments. (*give a high 10 on "commandments"*)
Our God gave us Ten Commandments (*point to heaven, and then hold up 10 fingers*)
To show us his love. (*hug self*)

God's rules help me and you (*point to self and then to a friend*)
To live like God says to. (*open hands like a book*)
Our God gave us Ten Commandments (*point to heaven, and then hold up 10 fingers*)
To show us his love. (*hug self*)

(Repeat.)

Say: **God's rules for us are to help us. We can follow God's rules and live better lives. One of God's rules is ► GOD SAYS TO TREAT OTHERS KINDLY. We can be kind to everyone we meet.**

2 KEY VERSE
ACTIVITY

Obeying God

What You'll Do

Have kids sit in a circle. Open your Bible to Exodus 20:3, and show children the words. Tell kids that the Bible is God's special book.

Say: **Our Key Verse from the Bible, Exodus 20:3, says, "You shall have no other gods before me." That means we can worship God and put him first in our lives, no matter what else is going on in our lives. Let's practice our simplified Key Verse together.** Lead kids in repeating the simplified Key Verse with you: **"Have no other gods before me" (Exodus 20:3).**

Obeying God Supplies

Bible
blocks





Say: **God wants us to follow his rules. Sometimes other people or things can make it harder for us to think of God first. Think of something that makes it challenging to keep God in first place in your life. Then get a block to build a tower.** Allow time.

When all the blocks are stacked, go with children to the other end of the room. Tell two kids to sit down. Have all of the kids form a chain by linking their arms and help the sitting kids so they all get to the tower together. They can use chairs or cooperate to help the people who are sitting get there.

Say: **One of God's rules for us is ► GOD SAYS TO TREAT OTHERS KINDLY. When you get to the tower, help the sitting kids stand up, and say, "Have no other gods before me!" Then you can all knock the tower down together.** Allow time.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What was it like to work together to knock down the things that get in the way of putting God first?
- How can you tell when something is getting placed in front of God in your life?
- What's one way you can place God in front of everything else?

Say: **God tells us to put him first, and he gives us other rules, too, to help us. ► GOD SAYS TO TREAT OTHERS KINDLY. God's rules are good for us and help us. When we obey God, we show him that we love him. Let's learn more about what it means to obey God's rules.**

3 BIBLE EXPLORATION

Theo's News

What You'll Do ■■■■■■

Say: **Friends, it's time for Theo's News!** Have the children sit in a circle. Then begin "Here, Theo" (track 3 on the CD). When the CD segment ends, bring out the Surprise Box, and put the Theophilus the FaithRetriever puppet on your hand. Then follow along with the script.

Theo: Hi, everybody!

Teacher: Hello, Theo! We're about to learn about some rules God made for us.

Theo: Oh, I really don't like rules. Things like not eating too many treats before dinner and going to bed early really make me sad.

Teacher: Well, I'm sorry to hear that. Let's look inside the Surprise Box to see if we find anything that might change your mind.

Theo's News Supplies

Surprise Box (any box will do)

Theo puppet

CD player

Teacher Pack

CD: "Here, Theo"

(track 3)

interlocking people

Theo's News Easy Prep

Place the interlocking people in the Surprise Box, and hide the box where it's easily accessible.



(Invite a child to open the Surprise Box, and have the kids pass the interlocking people around the circle so everyone can see them up close. Give kids time to guess what they'll learn from the Bible today.)

Theo: What do these people have to do with rules?

Teacher: One of the rules we'll hear today is ► **GOD SAYS TO TREAT OTHERS KINDLY.** That means we care for the people around us. Just like there are lots of colors of these plastic people, there are all kinds of people around us to show kindness to. Friends, can you name a person you've been kind to this week?
(Pause for kids to answer your question.)

Theo: Maybe these rules will be better than I was expecting. I like doing nice things for people. Maybe I can start with my family.

Teacher: Theo, that's a good idea. ► **GOD SAYS TO TREAT OTHERS KINDLY,** and your family is a great place to start.

Theo: Have fun, boys and girls, I'm going home to practice some random acts of kindness!

Teacher: Let's say goodbye to Theo.

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week's use.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- In what ways do you feel the same as Theo about rules?
- Describe a time you were tempted to be unkind.
- What are some ways you can show kindness to someone today?

Say: **Theo doesn't always like rules, and many of us may feel the same way. But the truth is that God's rules are good for us. We are healthier and happier when we follow God's rules because he made them to help us. Today we can practice obeying the rule ► GOD SAYS TO TREAT OTHERS KINDLY.**

Bible Time: Collaborative Artists

What You'll Do ■■■■

Open your Bible to Exodus 19:16–20:21, and show kids the words. Tell kids that the Bible is God's special book.

Point out the "God Gives the Ten Commandments" poster to children. Say: **We're going to learn about some good rules that God gave to his people, the Israelites. He gave those good rules to us, too. The rules are called the Ten Commandments. Let's look at the rest of God's good rules.**

Bring out the "Ten Commandments" puzzle, and have the children put it together. Quickly mention the first four commandments as you point to each one. Distribute a "Ten Commandments" handout and colored pencils to each child.



Bible Time: Collaborative Artists Supplies

- Bible
- tape
- scissors
- colored pencils
- 1 copy per child of the "Ten Commandments" handout (at the end of this lesson)
- 1 copy per adult leader of the "Written Commandments" handout (at the end of this lesson)

- Teacher Pack**
- "Ten Commandments" puzzle
- "God Gives the Ten Commandments" poster (from the Big Bible Poster Pack)

Bible Time: Collaborative Artists Easy Prep

Cut along the dotted lines on the "Ten Commandments" poster to separate the commandments. Hang the "God Gives the Ten Commandments" poster where children can see it.



Keep commandments five, seven, and nine from the “Ten Commandments” puzzle with you. Give the sixth, eighth, and tenth commandment pieces to an adult helper. Each leader will follow either the “Odd-Numbered Commands” or the “Even-Numbered Commands” directions on the “Written Commandments” handout.

Have kids number off as 1s and 2s. Have your adult helper take the 2s to another part of the room to sit together to follow the directions on the handout. Take the 1s with you to sit in a quiet area. Leader instructions are on the handout.

When kids have finished drawing their pictures about the commandments they heard, they’ll form pairs with someone from the opposite group. Say: **Sit with a partner, and look at your drawings.** Allow time for kids to find partners and sit together.

Say: **If you drew a picture of the command “Obey your mom and dad,” share your drawing.** Allow 15 seconds. **If you didn’t draw that picture, share with your partner ways you obey your mom and dad.** Allow 15 seconds. Then repeat the same process for the other five commands. After a couple of minutes, bring kids together.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What was easy or difficult about drawing these pictures?**
- **Tell about a time it’s difficult to be kind to someone in your family.**
- **What are some ways you can be kind to someone in your family, even though it’s difficult?**

Say: ► **GOD SAYS TO TREAT OTHERS KINDLY.** When we follow God’s good rules, we make God happy!

4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today’s Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you’re ready for them. Allow the children to choose which center they’d like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center’s description.

CENTER 1:

Acts of Kindness

What You'll Do

Say: **God gave us good rules to follow so we would know how to treat others kindly. When we treat others kindly, we show our love for God. Let's play an acting game to help us think about how to treat others kindly.**

Distribute the My Bible Playground pages, and have kids write their names on their papers. Say: **Form pairs. Look at your My Bible Playground pages, and act out ways to show kindness to the people in the pictures. Take a couple of minutes to decide who will be the person in the picture and who will be showing kindness, and then act out short plays together.** Have kids switch to a new picture every three minutes.

Talk With Kids

Lead children in this discussion.

Ask:

- **What was your favorite act of kindness to act out?**
- **Tell about a time you did something kind for a friend or family member.**
- **What's so important about showing kindness to everyone, not just when it's easy?**

Say: ► **GOD SAYS TO TREAT OTHERS KINDLY. We can do that by serving and loving people. God gave good rules to the Israelites, and those rules are still good for us today.**

CENTER 2:

Give-and-Take Snacks

What You'll Do

Have children clean their hands. Then gather everyone around the table.

Give each child a cup of O-shaped cereal. Have the children choose partners and sit facing each other with their knees touching. Say: **Tell your partner ► GOD SAYS TO TREAT OTHERS KINDLY each time you share a cereal piece with your partner.**

Talk With Kids

Lead children in this discussion.

Ask:

- **What was it like to serve your partner in this game?**
- **What was it like when someone was kind to you?**
- **When you show kindness, what does that do for the person you're being kind to?**



Center 1: Acts of Kindness Supplies

My Bible Playground washable markers

Center 1: Acts of Kindness Easy Prep

Remove the Lesson 5 pages from each My Bible Playground student book.

Center 2: Give-and-Take Snacks Supplies

O-shaped cereal cups
antibacterial gel (optional)

! ALLERGY ALERT



Center 3: Building Mount Sinai Supplies

blocks

Center 4: Stone Tablets Supplies

several pairs of scissors
1 piece of cardboard
1 paper bag per child
pens
paper
glue

Center 4: Stone Tablets Easy Prep

On a piece of cardboard, draw a template for what stone tablets might look like. Cut the template out. Kids will use this to trace their tablets.

Say: **We can remember that ► GOD SAYS TO TREAT OTHERS KINDLY all the time. We can't do that on our own, but if we ask God for help, he can help us do that.**

CENTER 3:

Building Mount Sinai

What You'll Do

Say: **God's good rules were given to Moses on a mountain. God wanted to talk directly to Moses and tell him the rules, and then Moses shared those rules with the Israelite people. Let's build a mountain like the special one in the Bible.**

Place blocks on a table, and have the children coordinate their work in groups of three to build a mountain to represent Mount Sinai. Each of the groups will work with the rest. Encourage sharing and communication among groups.

After a few minutes, ask groups to stop, and say: **Now switch into a different group of three. Find new partners, but keep working together to build this mountain. Remember to share and to treat each other kindly.** Allow time.

Talk With Kids

Lead children in this discussion.

Ask:

- Describe what you thought when I had you switch to a new group.
- Tell about a time things didn't go your way.
- How can you be kind to other people when things don't go your way?

Say: **God wants us to love him and to love others just as we like to be loved. ► GOD SAYS TO TREAT OTHERS KINDLY and think of them before we think of ourselves. That's one way we can make God number one in our lives.**

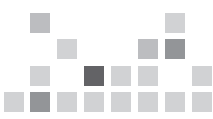
CENTER 4:

Stone Tablets

What You'll Do

Say: **God wants us to remember his good rules, so let's make some tablets to remind us of the ones God gave to Moses.**

Give each child a paper bag and scissors. Show kids how to trace the template onto their paper bags and cut out the stone tablets. Let children crinkle up their tablets and then straighten them out. Have them do this several times for that weathered stone look. Finally, have kids write the words "Be Kind" on their tablets and decorate them with pictures of ways to treat others kindly.



Say: **Put your stone tablet in a place where you'll see it often. Let the stone tablet remind you that God loves you so much that he gave you rules to keep you safe and happy. Remember that ► GOD SAYS TO TREAT OTHERS KINDLY.**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Which of your drawings of kindness means the most to you?
- What rules do you follow that help you be kind?
- How can you show kindness to others by following some of the rules at your house?

Say: **Your stone tablets are a good reminder of how to please God. ► GOD SAYS TO TREAT OTHERS KINDLY. You can show kindness in big and small ways. God gave the Israelites the stone tablets to help them remember to show kindness. Use your tablets to remind you about kindness.**

5 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■

After the children have cleaned up the centers, sit with kids in a circle on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they enjoyed learning from the Bible today.

Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives throughout the week. Use this challenge to encourage your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: **Today we learned that ► GOD SAYS TO TREAT OTHERS KINDLY. I'd like each of you to choose one of these Daily Challenges to practice kindness.**

Give kids these three Daily Challenge ideas to choose from:

1. Let a friend play with your favorite toy for as long as he or she wants to.
2. Make a gift for one of your teachers at school or church, and tell your teacher that you learned God wants you to treat others kindly.
3. Help your brother or sister clean up his or her toys without being asked.

Say: **If you want to share with a friend, circle choice number 1. If you want to make a gift, circle choice number 2. If you want to help your brother or sister, circle choice number 3.** Check that each child circled a choice on his or her My Bible

Daily Challenges Supplies

My Bible Playground
washable markers





Playground page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!

“Loving Kindness” Prayer

What You’ll Do

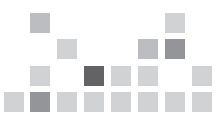
Form pairs. Have kids find a small way to serve their partners. Kids could give each other a high five, say something encouraging, or give a genuine compliment. When kids are done, encourage them to pray for their partners. After two minutes, have kids repeat this prayer after you.

Pray: **Dear God, thank you for your good rules. Please help us be kind to our friends and families. We love you! In Jesus’ name, amen.**

Weaving Faith at Home

Have children take home their My Bible Playground pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the “Daily Challenges” activity. Encourage parents to help their kids fulfill this commitment throughout the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

Talk to your Director about emailing the FREE FamilyConnect to all your church’s families. Available at group.com/digital.



Ten Commandments

<p>5. Obey your mom and dad.</p>	<p>6. Don't hurt anyone.</p>
<p>7. Be true to the person you marry.</p>	<p>8. Don't take anything that's not yours.</p>
<p>9. Always tell the truth.</p>	<p>10. Don't wish for something that's not yours.</p>



Written Commandments

Odd-Numbered Commands

5. **SAY:**

God's fifth good rule says, "Obey your mom and dad." By obeying our moms and dads, we treat our parents kindly, and that makes God happy because ► **GOD SAYS TO TREAT OTHERS KINDLY.** Allow about a minute for kids to draw a picture on their "Ten Commandments" pages. Kids can draw something that shows this commandment. After a minute, move on to the seventh commandment.

7. **SAY:**

God's seventh good rule says, "Be true to the person you marry." When someone gets married, it's important to stick with that person because ► **GOD SAYS TO TREAT OTHERS KINDLY.** Allow about a minute for kids to draw a picture on their "Ten Commandments" pages. Kids can draw something that shows this commandment. After a minute, move on to the ninth commandment.

9. **SAY:**

God's ninth good rule says, "Always tell the truth." When we're honest and tell the truth, we make God and our friends happy because ► **GOD SAYS TO TREAT OTHERS KINDLY.** Allow about a minute for kids to draw a picture on their "Ten Commandments" pages. Kids can draw something that shows this commandment. After a minute, ask kids to finish their drawings. When both groups are done with their pages, tell your group to find a partner from the other group.

Even-Numbered Commands

6. **SAY:**

God's sixth good rule says, "Don't hurt anyone." We can help others instead of hurting them, and we can be kind to everyone because ► **GOD SAYS TO TREAT OTHERS KINDLY.** Allow about a minute for kids to draw a picture on their "Ten Commandments" pages. Kids can draw something that shows this commandment. After a minute, move on to the eighth commandment.

8. **SAY:**

God's eighth good rule says, "Don't take anything that's not yours." When we ask and get permission to borrow something that's not ours, we make God happy because ► **GOD SAYS TO TREAT OTHERS KINDLY.** Allow about a minute for kids to draw a picture on their "Ten Commandments" pages. Kids can draw something that shows this commandment. After a minute, move on to the tenth commandment.

10. **SAY:**

God's tenth good rule says, "Don't wish for something that's not yours." When our friend gets something new and we don't want to take it away, we make God happy because ► **GOD SAYS TO TREAT OTHERS KINDLY.** Allow about a minute for kids to draw a picture on their "Ten Commandments" pages. Kids can draw something that shows this commandment. After a minute, ask kids to finish their drawings. When both groups are done with their pages, tell your group to find a partner from the other group.

For further instructions, return to the written instructions in the teacher guide.

OK
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