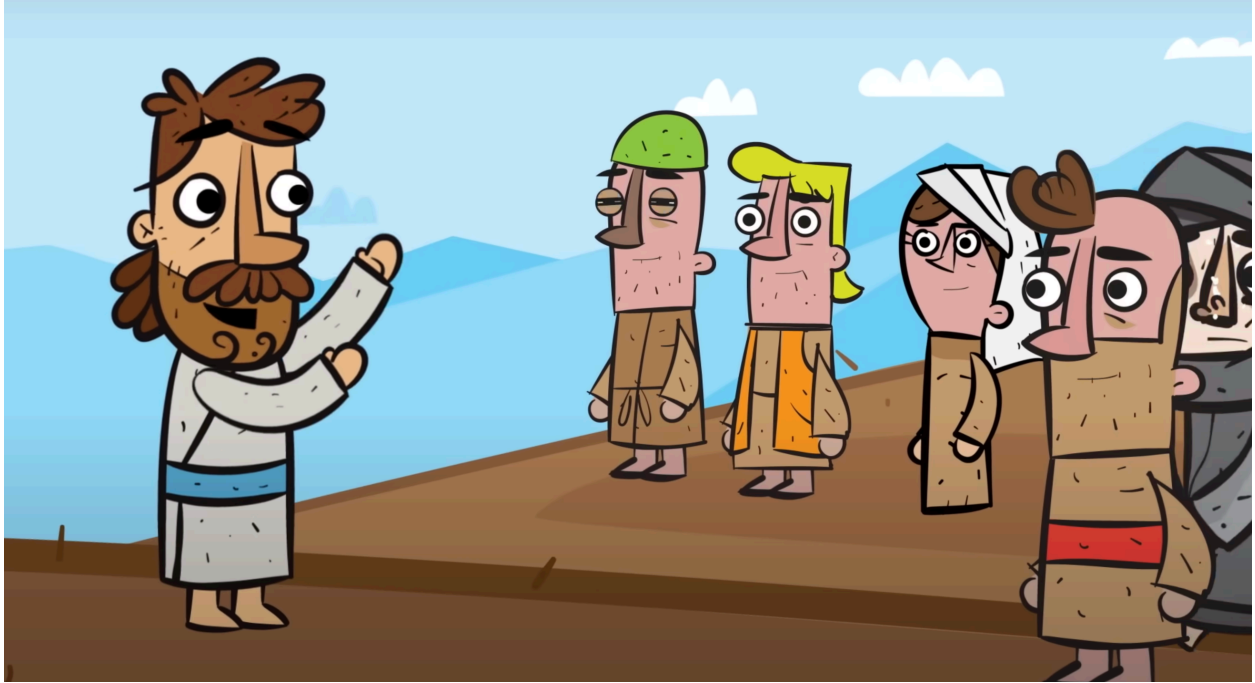


Parent Guide for Preschoolers: *"Don't Worry"*

1. What the video is about



This fun, animated clip shares Jesus's message from the Sermon on the Mount, teaching that we don't need to worry about everyday things—like food, clothes, or tomorrow—because God takes care of us, just as He does the birds and flowers

2. Key Takeaways to Share

- **God provides for all your needs**
Jesus points to birds (they don't store food) and flowers (they don't sew)—but God still cares for them, showing He will care for you too
- **Worry doesn't help, trust does**
The video encourages kids to trade worry for trust, knowing they're loved and looked after.
- **Focus on being good and kind**
Instead of stressing about what's next, we put our energy into loving others and following good examples.

3. How Parents Can Connect It to Daily Life

Suggested Activity	Why It Matters
Talk about needs vs wants	Explore everyday examples: food, clothes are needs; toys, treats are wants. Highlight that God takes care of our needs.
Planting activity	Grow a flower or seeds together. Watch them flourish and discuss how God cares for creation—and us.
Worry jar	Write worries on paper, put them in a jar, then pray or talk together about offering them up. Let them feel relief.

4. Memory Verse Suggestion

"Do not worry about tomorrow..." — from Matthew 6:34. Keep it short and meaningful, perhaps say it together before bedtime or at meals.

5. Simple Prayer to Pray Together

"Dear God, thank You for caring for us just like You care for the birds and flowers. Help us not to worry, but to trust You and help others. Amen."

6. Wrap-Up and Praise

- Celebrate small acts of trust, like trying something new or sharing with friends.
- Praise them for choosing kindness and trusting God—even in little choices.