



Level Up: 4-Week Preschool Curriculum

The *Level Up* Preschool Curriculum helps little ones (ages 3–5) discover that Jesus gives them a brand-new life and helps them grow strong in Him. Each week, preschoolers will hear simple Bible stories that show how Jesus loves them, helps them, and gives them everything they need to follow Him. Lessons are interactive and engaging, so children can joyfully learn that with Jesus, they can always “level up” in love and faith.

 **Big Idea:** Jesus makes me new and helps me grow!

 **Bible Memory Verse:** “When anyone lives in Christ, the new creation has come. The old is gone! The new is here! (2 Corinthians 5:17 NIV)

 **Gospel Connection:** Across four Sundays, kids see our need for a Savior, Jesus’ rescue, and how His Spirit helps us grow—so we trust Christ, not self-effort.

You are viewing the free sample lesson from [Level Up Preschool \(ages 3–5\)](#) click here to download the complete 4-Week Curriculum or see the full [2026 Children's Ministry Scope & Sequence](#).

4-Week PreK Lesson Overview

Week 1 – Jesus Gives Me a Fresh Start!

- Bible Story: New Creation in Christ (2 Corinthians 5:17)
- Summary: Jesus makes me brand new! When I follow Him, I get to start fresh. This week, we learn that no matter what, Jesus loves us and gives us a new beginning.

Week 2 – Jesus Knows My Name!

- Bible Story: God's call of Jeremiah (Jeremiah 1:5)
- Summary: God made me special and knows my name! This week, we learn that Jesus made us on purpose and has a good plan for each of us.

Week 3 – Jesus Helps Me Talk to God!

- Bible Story: Pray about everything (Philippians 4:6–7)
- Summary: I can talk to God about anything! Jesus helps me pray and gives me peace. This week, we learn that prayer is like a special power that helps us every day.

Week 4 – Jesus Helps Me Say No to Wrong!

- Bible Story: Jesus in the wilderness (Matthew 4:1–11)
- Summary: Jesus beat temptation with God's Word. This week, we learn that when we feel tempted, we can remember God's words and ask Jesus for help—He always helps us do what's right.



2 Corinthians 5:17 NIV

When anyone lives in Christ, the new creation has come. The old is gone! The new is here!



Week 1 – Jesus Gives Me a Fresh Start!

Bible Story: New Creation in Christ (2 Corinthians 5:17)

Summary: Jesus makes me brand new! When I follow Him, I get to start fresh. This week, we learn that no matter what, Jesus loves us and gives us a new beginning.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series. <https://linktr.ee/LevelUpLessons>

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.



Week 1 – Supply List

Arrival & Guided Play

- Building blocks
- Baby dolls (and simple cloths for “cleaning”)
- Small mirrors
- Toy cars + “car wash” station (e.g., bins, towels, spray bottles with water)
- Paper and crayons

Group Game: Press Start Freeze

- Toy buzzer or cardboard START button

Bible Story with Visuals

- Printed Visual #1: Old Me / New Me (crumpled vs. clean paper)
- Printed Visual #2: Happy Child with Jesus

Craft: Press Start Button Craft

- White paper (1 per child)
- Pre-cut red circles or crayons/markers to draw
- Glue sticks
- Crayons/markers

Coloring Page

- Printed coloring page (Jesus and child with glowing heart)
- Crayons

Arrival and Guided Play (5-10 minutes)

This week's focus is learning **Jesus makes me brand new** and **New Creation in Christ (2 Corinthians 5:17)**. Introduce this idea simply and playfully using toys and activities. This flexible time helps everyone get settled into the classroom and ready for the day's lesson!

Toy & Activity Ideas

- **Building Blocks** – Let's build something new together! Just like we can make a brand-new tower, Jesus makes us brand-new inside.
- **Baby Dolls** – Oh no, this baby has messy clothes! Let's help get the baby clean and ready. Jesus gives us a fresh start, just like we cleaned up the baby.
- **Small Mirrors** – Let's look in the mirror and make a "new face"! Jesus gives us a new life—He changes us from the inside out.
- **Toy Cars with a "Car Wash" Station** – Let's drive the cars through the wash and make them shiny again. Jesus washes away the old and makes us new.
- **Paper & Crayons** – Let's crumple an old paper, then smooth out a new one to draw a happy picture. Jesus gives us a clean, fresh start too!

After the children have arrived, gather everyone together.

TEACHER: Let's clean up our toys and come sit in a circle to play a game together!

Group Game (5 minutes)

Press Start Freeze

Supplies Needed:

- A large pretend **START** button or buzzer (can be paper, cardboard, or toy).

TEACHER:

Gather children in an open space.

We are going to play a fun game! When I say, 'Press Start!', you must freeze like a statue. Then, when I press the START button, you all jump high and shout, 'Fresh Start!"

Demonstrate once: walk, freeze, press button, jump & shout.

Play several rounds. Encourage silly poses when freezing.

That was fun! Every time we pressed start, you got a fresh start. Today we'll learn how Jesus gives us the best fresh start of all!

Bible Story (10 minutes)

Week 1- New Creation in Christ

Main Idea: Jesus makes me brand new!

Summary: Jesus makes me brand new! When I follow Him, I get to start fresh. This week, we learn that no matter what, Jesus loves us and gives us a new beginning.

SUPPLIES:

- Printed picture of *Visual #1 (Old Me / New Me)*
- Printed picture of *Visual #2 (Happy Child with Jesus)*

TEACHER:

Hold up Visual #1 (Old Me / New Me).

Look at this crumpled paper. It's messy and old. That's like when we make wrong choices. But—look! A clean, new paper!

The Bible tells us that when we belong to Jesus, He makes us brand new inside. Jesus makes us brand-new!"

Hold up Visual #2 (Happy Child with Jesus).

Here is a happy child with Jesus. When we believe in Jesus, He gives us a fresh start. He makes our hearts new. We don't have to stay crumpled and messy. Jesus loves us so much!

Can you pat your heart and say: 'Jesus makes me new!'

Lead them to repeat 2–3 times with joy.

PRAYER TIME:

Let's talk to God together. You can repeat after me.

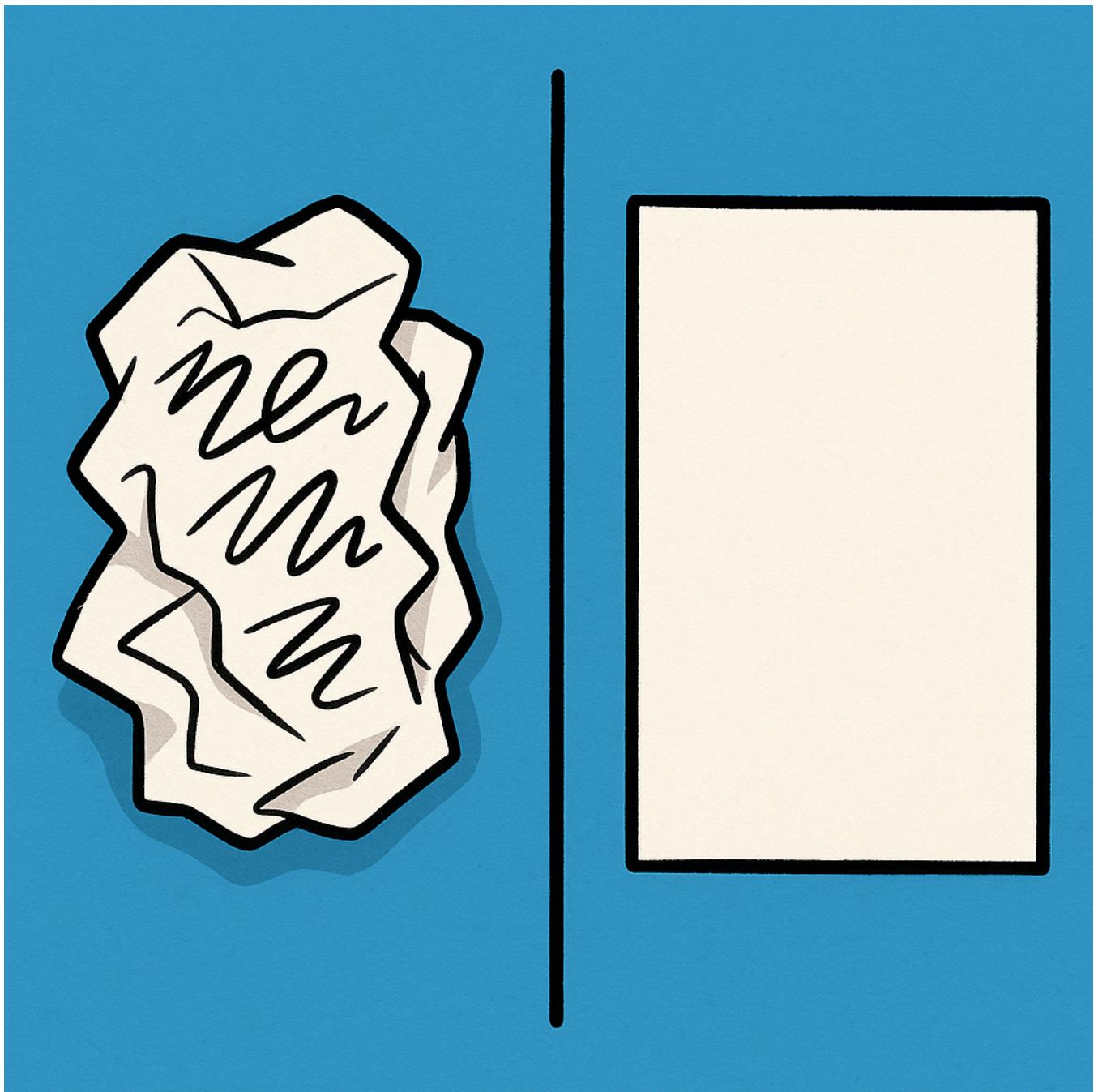
Dear Jesus,

Thank You for loving me.

Thank You for making me new.

Help me make good choices each day.

In Jesus' Name, Amen.





Jesus Gives Me a Fresh Start!



Craft (10 minutes)

Press Start Button Craft

Supplies Needed:

- White paper (one per child)
- Red construction paper circles (pre-cut by teacher) or crayons/markers if circles aren't prepped
- Glue sticks
- Crayons/markers (for decorating around button)



TEACHER: Today we learned that Jesus gives us a fresh start. Let's make our very own START button!

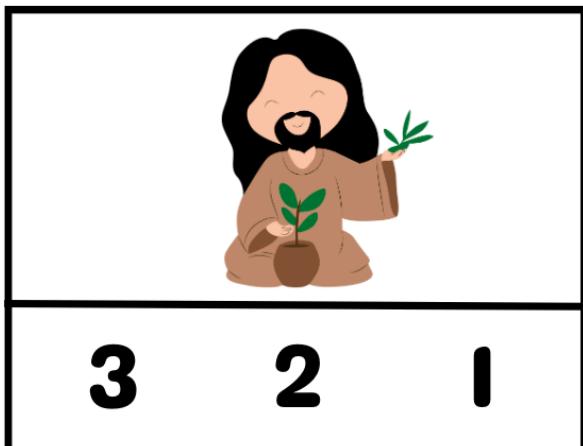
- Step 1: Give each child a piece of paper.
- Step 2: Hand out one big red circle to glue in the middle (or help them draw one).
- Step 3: Say: "This is your START button! Every time you see it, remember Jesus gives you a fresh start."
- Step 4: Let children add decorations around their button with crayons/markers.

Name: _____

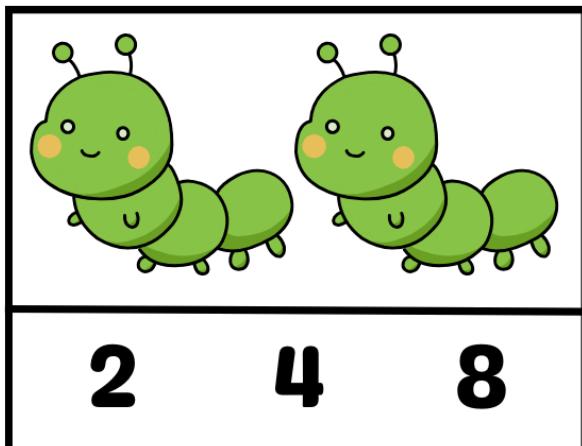


Week 1: Jesus Gives Me a Fresh Start!

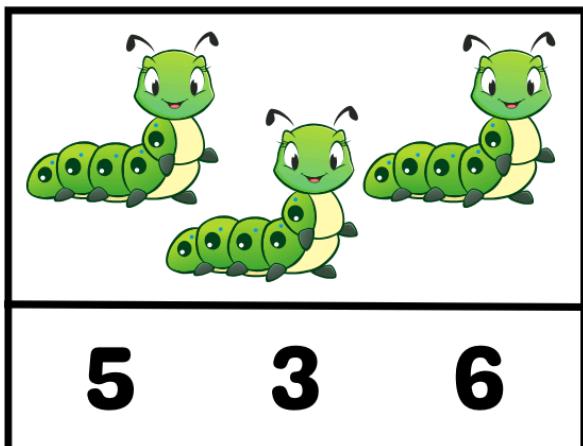
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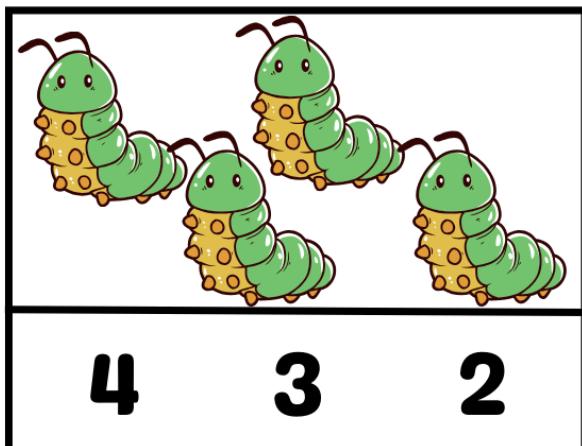
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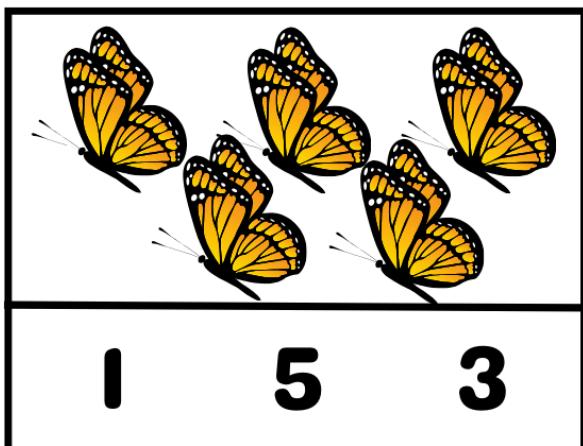
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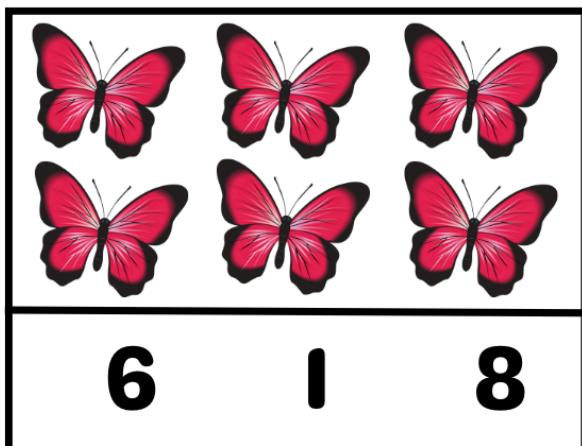
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