Bonus Activities

All Ages

Work Together: Gather construction paper, tape and crayons or markers. Encourage children to draw pictures of the things they enjoy. Then, tape the pictures together to form a mural on the wall. Talk about how everyone matters, and how we can add to each other's lives when we work together.

Older Children

Write Notes of Encouragement: Gather stationery or construction paper, markers/crayons/pens/pencils. Encourage children to write a note or two of encouragement to a caregiver in a nursing home. Choose a nursing home to deliver your letters of encouragement to.

Preschoolers

Put Together Puzzles: Gather a variety of puzzles and encourage children to work together to put them together. When they have finished, talk about how feeling hurt or sad, is like having a piece of the puzzle missing. But when someone helps us, we are whole again, like the finished puzzle.

Pathlight

www.cbf.net/pathlight

CBF's *Pathlight* curriculum helps children explore the Good News of Jesus through stories, scripture and activities.

cbf

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Pathlight

Your word is a lamp that gives light wherever I walk. **Psalm 119:105 (CEV)**

Theme Overview

Megan Pike is a CBF-endorsed lead chaplain at Gundersen Health System in Wisconsin. She focuses on staff support, offering important de-escalation skills in difficult situations and advocating for holistic care for healthcare staff. This session focuses on the theme of changing the cycle.

Bible Verse

Isaiah 61:1

The Spirit of the Lord God has taken control of me! The Lord has chosen and sent me to tell the oppressed the good news, to heal the brokenhearted, and to announce freedom for prisoners and captives.

Session Outline

Prepare

- Make copies of the Student Handout.
- Review the Story and Bible Verse.

Welcome

- Greet students as they arrive.
- **Ask**: "Who do your parents and teachers talk to when they need help?"

Engage

- Distribute the Student Handout.
- Read and discuss the Bible Verse.
- Work on the Handout Activity.
- Transition to Story Time.

Share

- Tell the Story, "Changing the Cycle for Caregivers."
- Share the photo and caption.
- Discuss the Story and pray.

Conclude

- Lead students in Bonus Activities as time permits.

Changing the Cycle for Caregivers

"Hi, Megan," Sarah, one of the hospital nurses, said as she entered my office. "Thank you so much for seeing me today." "Of course," I said. "Your message sounded urgent. How can I help you?" "I've got a difficult situation with a patient's family. They don't seem to understand that we are doing everything we can to help their loved one, but that there's only so much we can do. Every time I go in to check on the patient, I get yelled at for not doing more. I leave in tears every time. I keep trying to tell myself that it isn't the patient, and to just ignore it, but I dread going into his room. I know my other colleagues feel the same," Sarah said. "Oh, Sarah," I said. "What a difficult situation with this patient's family. I can tell that you are passionate about the care you provide your patients. This situation with this family is really challenging. Let's talk about a plan for caring for yourself while caring for this patient and family. And when we get done talking, I'll go visit the family and try to talk to them as well. They are grieving, yet they shouldn't be treating you this way." Later, I thought about all the many healthcare staff I had seen in the last year. They were excellent caregivers, and yet so many of them were burned out and needed someone to care for them. Thanks to several of our initiatives, many of the nurses were starting to enjoy their jobs again. I am so glad the Lord sent me here and gave us the resources needed to help these caregivers!

Discussion and Prayer ✱

- **Ask**: What kinds of hard things are the caregivers/nurses dealing with at work?
- **Ask**: How does Megan help them?
- **Ask**: How can we help people who take care of us? How should we treat them?
- **Say**: The caregivers are dealing with patients and families who may yell at them and sometimes even hurt them. Megan helps them by teaching them ways to calm situations (make them better instead of worse), offers a safe space for them and someone to listen to them and helps them find the care they need. She wants them to be treated with respect. We can do the same for the people who take care of us. Even when we don't agree with our parents or teachers, we can always treat them with respect.
- **Pray**: Dear God, thank you for sending Megan to help these caregivers get the support they need. Please help all our caregivers receive care and respect and have access to the resources they need. Amen.

Megan Pike

Megan Pike is a CBF-endorsed lead chaplain at Gundersen Health System in Wisconsin.

STUDENT HANDOUT
JANUARY 26, 2025

Pathlight

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Learn About

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Bible Verse

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Coloring Page

Color the message and give it to someone who needs a reminder of how much God loves them!

GOD

Loves

YOU!