

# Toddling Through God's Word: Jacob and Esau

"Jacob and Esau" to the tune of "Are You Sleeping"

Jacob and Esau. Jacob and Esau.

Twin brothers. Twin brothers.

They stole and lied and fought a lot. They stole and lied and fought a lot.

Then they forgave. Then they forgave.

Activity 1: Isaac is a dad. (Genesis chapter 24 and 25:19-28)

## You Need:

- 2 popsicle sticks
- Scrap fabric
- Scrap brown or black felt
- Brown or black yarn
- Scissors
- Glue
- Marker

Say: "Do you remember Isaac? He was Sarah's baby. Isaac grew up just like all babies do. When he grew up, he married Rebekah. Then Isaac became a dad. He had twin babies. One was named Jacob and the other was Esau. Jacob and Esau were very different. They fought a lot."

1. Say: "Esau was stronger and had a lot of hair. He loved to go hunting."

2. Help your child create an Esau popsicle stick.

You could wrap Esau's popsicle stick in felt to represent the hair. Your child could glue on a lot of yarn to represent hair. Draw on a face. You could use scrap fabric for clothes.

3. Say: "Jacob was quieter and more thoughtful. He often helped his mother."

4. Help your child create a Jacob popsicle stick. You could leave off the felt and yarn because Jacob was not as hairy. Draw a face. You could use scrap fabric for clothes.



### Activity 2: Esau sells his birthright. (Genesis 25:29-34)

#### You Need:

- ☐ Soup... a can or cup or homemade soup

Say: "Esau was the first twin to be born. During Esau's time, being born first meant that he received a birthright. A birthright was a big responsibility, but it also meant Esau would get to be the boss of his family. Esau wasn't

ready for that responsibility. One day he traded his birthright to Jacob for a bowl of soup! Isn't that silly? Would you trade being the boss for soup?"

1. Help your child warm up some soup.
2. Say a prayer that you and your child will act responsibly. Tell your child what being responsible is. You could give some examples like eating healthy, taking care of items, or brushing teeth.
3. Enjoy your soup together!



### Activity 3: Esau is angry. (Genesis 27:41)

#### You Need:

- ☐ Emotion Chart at the end of this PDF

Say: "Esau didn't care that he traded his birthright until Jacob received the birthright. Then Esau was jealous and angry! Esau wanted to hurt Jacob. Maybe worse."

1. Have your child find the angry and jealous emotions on the Emotion Chart.
2. Tell your child some scenarios that make you angry. Maybe it is when you stub your toe or when you have to wait a long time in line. Ask your child what makes them angry.

3. Tell your child some positive ways to handle anger. For example, punching a pillow, coloring, running around the yard, or squishing playdough are good things to do when angry.
4. Say: "Jacob was scared of angry Esau, so Jacob ran away. It is so sad that Esau was angry, that Jacob ran away, and that Jacob took Esau's birthright. Brothers, sisters, and friends should be kind to one another."

#### Activity 4: Jacob works for Laban (Genesis 29:14-30)

**You Need:**

- Items to help your child perform an easy chore.

Say: " Jacob couldn't go home because Esau was angry. Jacob decided to live with and work for his Uncle Laban. Jacob worked a long time for his uncle."

1. Give your child an age-appropriate chore to do. Depending on the ability of your child, you may have to help him or her do this. Some easy chores include: matching socks, putting shoes away, picking up toys, washing off the table, or watering flowers.
2. Say: "Jacob didn't do one chore. He did LOTS of chores for LOTS of years. That is a long time!"

#### Activity 5: Esau and Jacob forgive (Genesis chapter 33)

**You Need:**

- 4 popsicle sticks
- Glue

Say: "Many years passed. Jacob and Esau grew older. Jacob had married and had children. Esau had married and had children. They had not seen or spoken to each other. One day they met. Do you think they were angry with each other? They

forgave each other. They decided not to hurt each other. They hugged and met each other's families. Then they went on their way."

1. Break two of the popsicle sticks in half.
2. Help your child glue all 4 of the popsicle sticks (2 broken, 2 unbroken) together to create a heart.

3. Have your child place the popsicle stick Esau and Jacob in the center of the heart.
4. Say: "The heart represents that Jacob and Esau forgave each other."

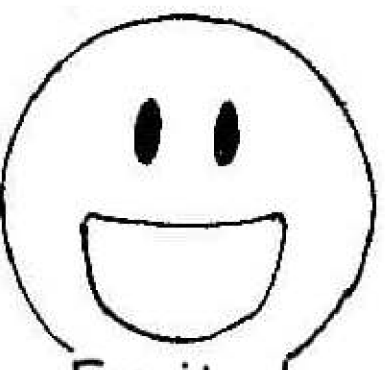




Happy



Sad



Excited



Proud



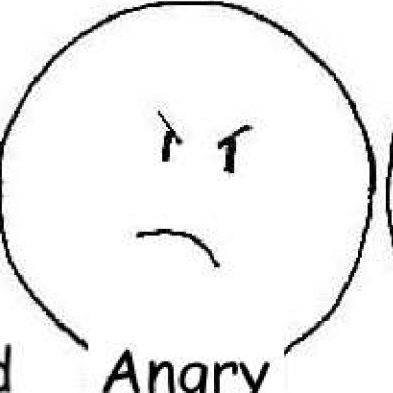
Scared



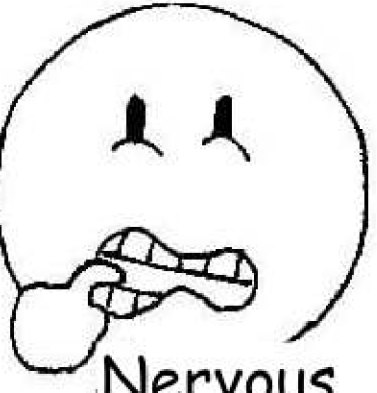
Loved



Embarrassed



Angry



Nervous



Jealous



Surprised



Sleepy