

Motions for Word ups –

Touch wrists for Jesus whenever it is in a Word up.

Lesson 1: Word up: Jesus is the Almighty God! – (**Mighty**; Fists are pulled firmly away from the chest in a manner to show that a person is strong, Point up for **God**)

Lesson 2: Word Up: Jesus Gives New Life! – (**Gives**; Reach out with hands as if giving someone something, **Life**; Hands in front on the sides of your body with thumbs pointing up and pointer fingers pointing to each other then move hands up the body as if to draw attention to a living body.

Lesson 3: Word up: Jesus loves everyone! (**Loves**; Hug yourself, **Everyone**; Sweep arms out from the front of your body to your sides to include everyone.)

Christmas Party: Word up: Jesus is the Light! (**Light**; Hold up your pointer finger and spin it in circles in front of you as in the song “This little light of mine”.

Welcome Back Party: Word Up: God Has a Plan for Me! (Point up for **God, Plan**; The hands move to the side in a series of small arcs which conveys the concept of things being in sequence or order, **Me**; point to yourself)

Lesson 4: Word Up: Believe God’s Promises! (**Believe**; Point to your head and then clasp your hands together in front of you, Point up for **God, Promise**; The index finger is placed against the mouth in a gesture of indicating that one should not talk about something. The hand is then placed over the fist to show that what is known will be kept hidden.)

Lesson 5: Word up: Praise God for His mercy! (**Praise**; Lift and pump your hands up and down in the air with your palms out, Point up for **God, Mercy**; The middle finger moves forward to show that a person feels for someone else.

Lesson 6: Word Up: Jesus Cares for Me! (**Care**; Place thumb between the pointer finger and the middle finger and place both hands on top of each other moving in a small circle)