

How do you practice keeping promises?

“I do what I say I will do.”

What does God say?

“They always do what they promise, no matter how much it may cost.”

Psalm 15:4b GNT

Teaching Objectives

Students should be able to answer these two questions by the end of the season:

1. *What is a commitment?*

- a. A commitment is a promise to myself or another person to do what I say I will do.

2. *Why should you make promises?*

- a. When I make promises to myself or others, and keep them, I become a better, happier person.

Summer 2025 CT Jr Version: I Keep My Promises

2025 Summer

COMMITMENT

June 2 - September 6

Closed:

June 30 - July 5

August 27 - September 2 (County Fair)

July 21-25 - No Camp

June 2025						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4*	5*
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27*	28*	29	30
31						

Stories:

Weeks 1-3

- Lesson Point = I keep my promises to myself.

Stories:

- Week 1: Too Much Work
- Week 2: I Don't Feel Like Helping / Handout
- Week 3: A Time to Listen

Weeks 4-6

- Lesson Point = I keep my promises to my teachers.

Stories:

- Week 4: Stubby, Part I
- Week 5: Stubby, Part II / Handout
- Week 6: Angie's Discovery

Weeks 7-9

- Lesson Point = I keep my promises to my friends.

Stories:

- Week 7: The Wagon
- Week 8: The Fishing Hole, Part I / Handout
- Week 9: The Fishing Hole, Part II

Weeks 10-12

- Lesson Point = I keep my promises to my parents.

Stories:

- Week 10: Eva and Cleo
- Week 11: / Handout
- Week 12:

Summer 2025 CT Jr Version: I Keep My Promises

Week 1: June 2-7

Be an APT CT COACH: Was I Animated? Was I Prepared? Did I Tie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

“I do what I say I will do.”

What does God say?

“They always do what they promise, no matter how much it may cost.” Psalm 15:4

2. Lesson 1: I keep my promises to myself.

3. Intro: This season we're learning about commitment.

- a. A commitment is a **promise** to myself or another person to do what I say I will do.
- b. If I say I will feed the cat every morning this week, then I am making a promise to do exactly what I said.
 - i. I will feed the cat every MORNING.
 - ii. I will do it THIS WEEK.
- c. When we make a promise to ourselves, and keep it, we become a better, happier person.

4. Story & Question: Today's story is called, *Too Much Work*. It's about a girl named Jenny making a promise to herself. Listen carefully because afterward, I'll ask you this question: **What was Jenny's promise to herself and why did she make it?**

5. Discussion: What was Jenny's promise to herself and why did she make it?

- a. *She promised she was going to make herself listen in reading class.*
- b. *And every day she would find a book and make herself read it to the end.*
- c. Do you think Jenny will go to 3rd grade?

6. Gym Application: Today we're going to practice making and keeping promises to ourselves.

- a. Repeat after me: I promise myself to take at least *(give them a number)* turns on every station.
(2x)

7. Remember: When we make a promise to ourselves, and keep it, we become a better, happier person.

8. Suggested Warmups: (Choose whatever time permits)

- a. 10-20 jumping jacks
- b. 5 jump-sticks with good form
- c. Floor straddle, feet flexed and facing upward - not inward - for 20 seconds

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 2: June 9-14

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** We're talking about commitment this season. Remember that a commitment is a *promise* to do what I say I will do. But sometimes we just don't want to do what we promised ourselves we would do. We just don't FEEL like it, so we break our promise. That's what Clayton is learning in our story today.
3. **Lesson 2: I keep my promises to myself.**
4. **Story & Question:** Today's story is called, *I Don't Feel Like Helping*. After you listen, this is the question I'll ask: **What was Clayton's promise to himself and why did he make it?**
5. **Discussion:** What was Clayton's promise to himself and why did he make it?
 - a. *Clayton promised himself he would always come when Mom needed him - even if he didn't feel like it.*
 - b. *He made that promise because he knew he could have stopped Mina from falling if he had come to help when Mom called.*
6. **Gym Application: Today we're going to practice making and keeping promises to ourselves.**
 - a. Repeat after me: I promise to keep working hard *even if I don't want to.* (2x)
7. **Remember:** When we make a promise to ourselves, and keep it, we become a better, happier person.
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. Hop on each foot 10-15 times.
 - b. Pike stretch sitting on floor: hold for 20 seconds
 - c. 2 bridge holds for 5 seconds each (with head either on or off the floor according to age/ability)

Week 2 Handout

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 3: June 16-21

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** We're learning about commitment this season. A commitment is a **promise** to myself or another person to do what I say I will do.

We all know people who love to talk a lot! Sometimes that's ok, but other times it's not. There's a time to talk AND there's a time to listen - like right now. When *I'm* talking, *you're* listening. And when it's *your* turn to talk, *I'm* listening. In today's story, Gretta learns a hard lesson about the dangers of talking too much. But she makes a promise to herself afterward. Let's listen and see what happens.

3. Lesson 3: I keep my promises to myself.

4. **Story & Question:** Today's story is called, *A Time to Listen*. Pay attention so you can answer this question afterward: **What was Gretta's promise to herself and why did she make it?**

5. **Discussion:** What was Gretta's promise to herself and why did she make it?

- Gretta promised she was not going to bother others when they are listening to someone else.*
- She made that promise because she was talking so much to Edna that Edna never heard what Lexi told her to do in the pool - and she got in trouble.*
- Gretta lost a friend that day.*

6. Gym Application: Today we're going to practice making and keeping promises to ourselves.

- Repeat after me: I promise - to sit quietly on my X - and listen to what my coach says - without bothering anyone else. (2x)

7. **Remember:** When we make a promise to ourselves, and keep it, we become a better, happier person.

8. Suggested Warmups: (Choose whatever time permits)

- 10 squat jumps
- Shoulder stretch for 20 seconds: straight arms out front, press shoulders toward the ground.



- Half split hold (or full if they are able) on each leg for 10-20 seconds



Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 4: June 23-28 (Closed June 30-July 5)

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** We've been talking about what a commitment is. Remember that a commitment is a *promise* to do what I say I will do. We can make a promise to ourselves or to another person. Today in our story, a boy named Devon is going to make a promise to his teacher.
3. **Lesson 4: I keep my promises to my teachers.**
4. **Story & Question:** Today's story is, *Stubby Goes Home for the Weekend, Part I*. After you listen, this is the question I'll ask: **Why is Miss Dean worried about Stubby?**
5. **Discussion:** Why is Miss Dean worried about Stubby?
 - a. *Devon has not been very good about doing things he said he would do at school.*
 - b. *Miss Dean is worried about Stubby. What if Devon doesn't keep his promise to take good care of him?*
6. **Gym Application:**
 - a. Do you all want to get better at gymnastics? (or ninja?)
 - b. One way to get better faster is to do the homework we give you after class.
 - c. Who wants to promise to do the homework at least three days this week?
7. **Remember to do what you said you would do.**
 - a. **Repeat after me:** I promise - to do my homework - at least three days this week. (2x)
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. 10 donkey kicks
 - b. 10 shoulder touches, either in a pushup position or knee pushup
 - c. Butterfly sit. Hold your ankles and bring your chest as far forward as you can. Hold for 20 seconds.

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 5: July 7-12

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** Keeping a promise is not always easy! We're learning about making commitments and how important it is to do what we say we will do. We should always think before we make a promise to anyone. "Can I really keep this promise?" "What will I do if I don't feel like keeping it?" Today in our story, Devon is having this problem.
3. **Lesson 5: I keep my promises to my teachers.**
4. **Story & Question:** Today is Part II of *Stubby Goes Home for the Weekend*. After you listen, here's the question I'll ask you: **When did it become hard for Devon to keep his promise?**
5. **Discussion:** When did it become hard for Devon to keep his promise?
 - a. *When Jimmy wanted Devon to spend the night, Devon had to say no because he had to keep his promise to take care of Stubby.*
6. **Gym Application: Here is a promise I would like all of you to make today:** to **NOT** complain about going to a station you don't like, but to work hard anyway.
 - a. Will you make that promise?
 - b. **Repeat after me:** I promise - **NOT** to complain - about going to a station I don't like,- but to work hard anyway. (2x)
7. **Remember:** Keeping a promise is not always easy! But just like Devon, when you keep your promises, you'll become a better, happier person.
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. 5-10 burpees (no pushups - just squat-thrusts)
 - b. Standing pike stretch: back straight, legs straight, hold 15-20 seconds
 - c. 20 high toe rises with straight, tight legs, hands on hips

Week 5 Handout

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 6: July 14-19

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** When we make a commitment, we're telling someone we're going to do what we told them we would. If I tell you I'm going to spot you on your back hip circle, I need to do that - even if I know you can do it by yourself. It's important that I do what I say I will do so you believe I'm doing what's best for you. It's just as important for *you* to do what *you* say will do for *me*. That's how you get better at your skills.
3. **Lesson 6: I keep my promises to my teachers.**
4. **Story & Question:** Today's story is called, *Angie's Discovery*. After you listen, this is the question I'll ask: **What did Angie discover after she made a promise?**
5. **Discussion:** What did Angie discover after she made a promise?
 - a. *She discovered that she could take even MORE turns if she didn't stop and interrupt her coach.*
 - b. *She probably became a better gymnast!*
6. **Gym Application:** Will you promise not to interrupt me when I'm talking to the class or to someone else today?
 - a. **Repeat after me:** I promise - not to interrupt - when my coach is talking to the class - or to someone else. (2x)
7. **Remember:** When I make promises to myself or others, and keep them, I become a better, happier person.
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. 10-20 jumping jacks
 - b. Floor straddle, feet flexed and facing upward - not inward - for 20 seconds
 - c. Plank hold in full pushup position or on forearms, hollow body, 10-20 seconds

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 7: July 21-26

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?


1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** Sometimes we make promises without thinking very much about whether we will keep them. This is *not* a good idea! What if you promised to take out the neighbor's trash while they were on vacation, but then decided you didn't want to? That neighbor would not be very happy with you! In our story today, Stella makes a promise without thinking. Let's see what happens.
3. **Lesson 7: I keep my promises to my friends.**
4. **Story & Question:** Today's story is called, *The Wagon*. After you listen, this is the question I'll ask:
When did Stella decide she didn't want to keep her promise?
5. **Discussion:** When did Stella decide she didn't want to keep her promise?
 - a. *When it was time to pull Janie in the wagon.*
6. **Gym Application:** Today, when you go to (*name a station at your event*), how many turns will you take?
 - a. Now, I want you to promise me that you will do them all. But think first: Can you keep that promise?
 - i. Should you promise to take 20 turns?
 - ii. Think about how many turns you can actually do, before you tell me your answer.
 - iii. (*Ask each student to name the amount. If it's unrealistic or they don't know, suggest another.*)
 - b. **Now, repeat after me:** I promise - to take (*say the amount*) turns - on (*name the station*)
7. **Remember:** THINK before you make a promise to make sure you can keep it!
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. 10-20 frog jumps
 - b.  Half or full split holds on each leg for 20 seconds

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 8: July 28-Aug 2

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** Sometimes we make promises and do our best to keep them, but then we run into a problem we didn't expect. It suddenly becomes hard to keep our promise. That's what happens to Danny in our story today. Will he have to break his promise? Let's Listen!
3. **Lesson 8: I keep my promises to my friends.**
4. **Story & Question:** Today's story is called, *The Fishing Hole, Part I*. Listen carefully as Danny has a big decision to make. At the end of this first part, the reader asks you this question: **What would YOU do if YOU were Danny?**
5. **Discussion:** What would YOU do if YOU were Danny?
 - a. *Listen to answers and end with "We'll see what Danny decides to do next week!"*
 - b. *If no one answers, ask: "Do you think Danny will keep his promise?"*
6. **Gym Application:**
 - a. Did you know there are hundreds of students who come here every week to learn gymnastics and ninja? Some of them are your friends and family.
 - b. Making a promise to take good care of the things in the gym is one way we can make sure our friends can enjoy their time in class.
 - c. Never scratch the beams or mat. Don't peel the tape off the floor or mats. Put balls and beanies back where they belong. Here's a good promise to make:
 - d. **Repeat after me:** "I promise - to take good care - of everything in this gym."
7. **Remember:** When you make promises, and keep them, you become a better, happier person.
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. Big arm circles backward and forward. 10 each way.
 - b. 5-10 tuck jump-sticks (knees forward with legs & feet together from start to finish!)

Week 8 Handout

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 9: Aug 3-9

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

“I do what I say I will do.”

What does God say?

“They always do what they promise, no matter how much it may cost.” Psalm 15:4

2. **Intro:** When we make a promise to a friend, we are telling them that we will do what we said we would do. But what if you promised to keep a secret and your mom or dad is asking you what the secret is? Danny is having this problem in Part II of our story today. I wonder what he will do?
3. **Lesson 9: I keep my promises to my friends.**
4. **Story & Question:** Today’s story is Part II of *The Fishing Hole*, which we listened to last week. After you listen, this is the question I’ll ask: **How did Danny keep his promise to his friend when his dad asked him about the secret?**
5. **Discussion:** How did Danny keep his promise to his friend when his dad asked him about the secret?
 - a. *He was honest and told his dad that he had made a promise to Leonard to keep the secret.*
 - b. *His dad agreed it was important to keep promises to friends and only wanted to know if Danny would be at the usual fish pond.*
6. **Gym Application:**
 - a. We all need friends! Coming to class here helps you make new friends.
 - b. If you want to keep those friends, one of the best things you can do is to think about what is good for them - not only what is good for you.
 - c. Letting them pick their station, letting them go first, and saying kind things to them are good ways to keep friends. Let’s make a promise:
 - d. Repeat after me: “I promise - to act kindly - toward all my classmates today.”
7. **Remember:** When you keep your *promises* to your friends, you keep your friends!
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. Hop on one foot 10 times, then the other.
 - b. Hold a plank pose (*knees or full plank*) for 10-15 seconds. (*Can you wave to me with one hand?*)

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 10: Aug 11-16

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

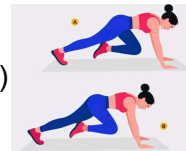
How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** "They always do what they promise" is what our bible verse says. So it's really important to remember what we have promised! If we don't, others can suffer. We'll find out a little more about that in our story day.
3. **Lesson 10: I keep my promises to my parents.**
4. **Story & Question:** In today's story, Eva makes a promise to her dad. But then something happens. After we listen to *Eva and Cleo*, I'm going to ask you this question: **What happened after Eva made a promise to her dad?**
5. **Discussion:** What happened after Eva made a promise to her dad?
 - a. *She went to her room and got distracted by her toys so poor Cleo never got fed.*
 - b. *She probably didn't mean to forget, but once she left the kitchen and no longer saw Cleo, her mind started thinking about other things.*
6. **Gym Application:**
 - a. Today, when you go to each event, it's important for you to listen as I tell you what to do at each station.
 - b. Will you promise to sit on your X and listen and not look around as I tell you what to do? (*hopefully they say yes!*)
 - c. If you do that, then no one will have to ask me again what to do so I can watch everyone and help each of you more.
7. **Remember to do what you said you would do!** Then everyone will get the most attention from me as possible.
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. Mountain climbers (either for 15 seconds or counted to 15)
 - b. Seated straddle & pike holds for 15-20 seconds each



Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 11: Aug 18-23

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** When we make a promise to someone, they expect us to do what we said we would do. But what if we accidentally forget? That person will probably remember what happened and think about asking someone else next time. It's important to find ways to keep the promises we make. That's what Jill is learning in our story today.
3. **Lesson 11: I keep my promises to my parents.**
4. **Story & Question:** Today's story is called, *The Flower Lady*. The flower lady is Jill's mom. After you listen, I'll ask you this question: **Do you think Jill's mom will ask her to water the flowers the next time she goes away?**
5. **Discussion:** Do you think Jill's mom will ask her to water the flowers the next time she goes away?
 - a. *We don't know for sure, but because Jill is young and is still learning about promises, her mom is likely to give her another chance.*
 - b. *Jill also had two ideas to help her remember her promise about watering the flowers which she would probably use if asked again.*
6. **Gym Application:**
 - a. When your mom or dad, or whoever brings you here to class, tells you to get ready to go, do you obey right away or do they have to tell you again?
 - b. A good promise to make and remember is to always get ready to go as soon as you're told. That helps to get you here on time and you won't have to miss anything or disrupt others because you're late.
 - c. **Repeat after me:** "I promise - to get ready to go to class - as soon as I am told."
7. **Remember:** When you keep your promise, you are happy and so are those you make your promise to!
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. 20 jumping jacks
 - b. 2 - 10 second hollow body holds, keeping backs pressed to the ground and arms at your sides. Bend knees slightly if needed.

Week 11 Handout

Planning Notes:

Summer 2025 CT Jr Version: I Keep My Promises

Week 12: Aug 25-26 + Sep 3-6 (Closed Aug 27-Sep 2)

Be an APT CT COACH: Was I Animated? Was I Prepared? Did I Tie it to life today?

1. Practice declaration & verse

How do I practice keeping promises?

"I do what I say I will do."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4

2. **Intro:** How many of you LOVE chocolate chip cookies? It would be really hard to keep a promise NOT to eat any if they were fresh out of the oven and no one was there to see you! But remember what our declaration says - we do what we promise, *no matter how much it may cost*. That means you may have to deny yourself something you really want. I bet all of you will be able to relate to Ronnie in our story today.
3. **Lesson 12: I keep my promises to my parents.**
4. **Story & Question:** Today's story is called, *A Hard Promise to Keep*. After you listen, I'll ask you this question: **When is it the hardest for you to do what you say you will do?**
5. **Discussion:** When is it the hardest for you to do what you say you will do?
(answers will vary, but here's a few possibilities)
 - a. When you're tired, hungry, or in a bad mood.
 - b. When a chore you promised to do is something you really dislike.
 - c. When someone asks you to do something fun, but you can't because you already made a promise to do something else.
 - d. When you promise not to eat the cookies but really really want one!
6. **Gym Application:**
 - a. When you come to class, your parents expect you to listen to your coach so you can learn and get better.
 - b. But you won't always want to do what the coach tells you to do.
 - c. This is when you need to remember why your parents let you come. You need to make yourself do what the coach says- even if it's hard. Here's a promise I want you to make for today:
 - d. **Repeat after me:** "I promise - to work hard at every station - even if it's hard."
7. **Remember:** When I make promises to myself or others, and keep them, I become a better, happier person.
8. **Suggested Warmups:** (Choose whatever time permits)
 - a. Hop on each foot 10-15 times.
 - b. Pike stretch sitting on floor: hold for 20 seconds
 - c. 2 bridge holds for 5 seconds each (with head either on or off the floor according to age/ability)

Planning Notes:
