

THE PLAYFUL SEA OTTERS

E-votional
Ages 2-5

Sea otters spend most of their time in the water. They love to dive and splash and swim from the time they wake up until the time they go to sleep. They love to eat abalone and sea urchins. Both of these have hard shells so they have to hit them on rocks to open them up. They find a stone and tuck it under their front leg, scoop up the urchin, and while the stone is resting on it's tummy smack it against the stone to break it open. Isn't it amazing how the Lord gave them such a neat way to feed themselves?

After they work to get their food they are very tired. They have to rest. They have to sleep in the water. They roll up long pieces of seaweed and wrap it around their body to make a cozy sea bed. The soft waves rock them to sleep. The next morning they are ready to find their friends and play all over again!



Just like sea otters boys and girls love to play all day. After leaping, and playing and climbing they get worn out after the end of a big day. God knows that everyone needs a time of rest. Did you know that God had to rest too? Yes he did. After the 6 hard days of creation– God took the 7th day to rest. When we sleep our bodies get strong, they grow, and prepare us for the next day of more playing and fun!

What about you?

- What is your favorite place to take a nap?
- Do you have a special thing you like to do every night before you go to sleep?
- Why do you think God wants us to rest?

I will lie down in peace and sleep, for you alone,