

## Welcome to Families on Faith Adventures @ Home!

*This resource has been put together for you by the United Reformed Church Children's and Youth Work team and the synod CYDOs and their equivalents.*

*We hope you will enjoy sharing a time of faith and fellowship together as a family through these stories, games, activities and prayers.*

*They are designed as a 'pick and mix' of ways to experience God's message through the Bible, explore what it means to you and express that in words and action. They are not linked to the lectionary but can be used in any order as we explore all the different parts of the Bible.*

*The Walking the Way challenges are one way of continuing our walk with Jesus throughout the week.*

*These ideas are designed to be intergenerational - maybe even to be shared with members of the family you can't see now except via the internet.*

*The resources are based on our non-uniformed children's groups, Friends on Faith Adventures and Pilots, but have been modified to make them suitable for all families at home.*

*These activities are planned to be used together as a family and under adult supervision. Please be aware of your family's ages and abilities as some activities may need more adult support than others. **Stay safe and have fun!***

### This week's Bible story is:

## A Rollercoaster of Emotions

### Jonah 1 and 2



*With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.*

From

and

## Get to know your Bible

The Bible is like a library made up of 66 books written by many different people over many years.

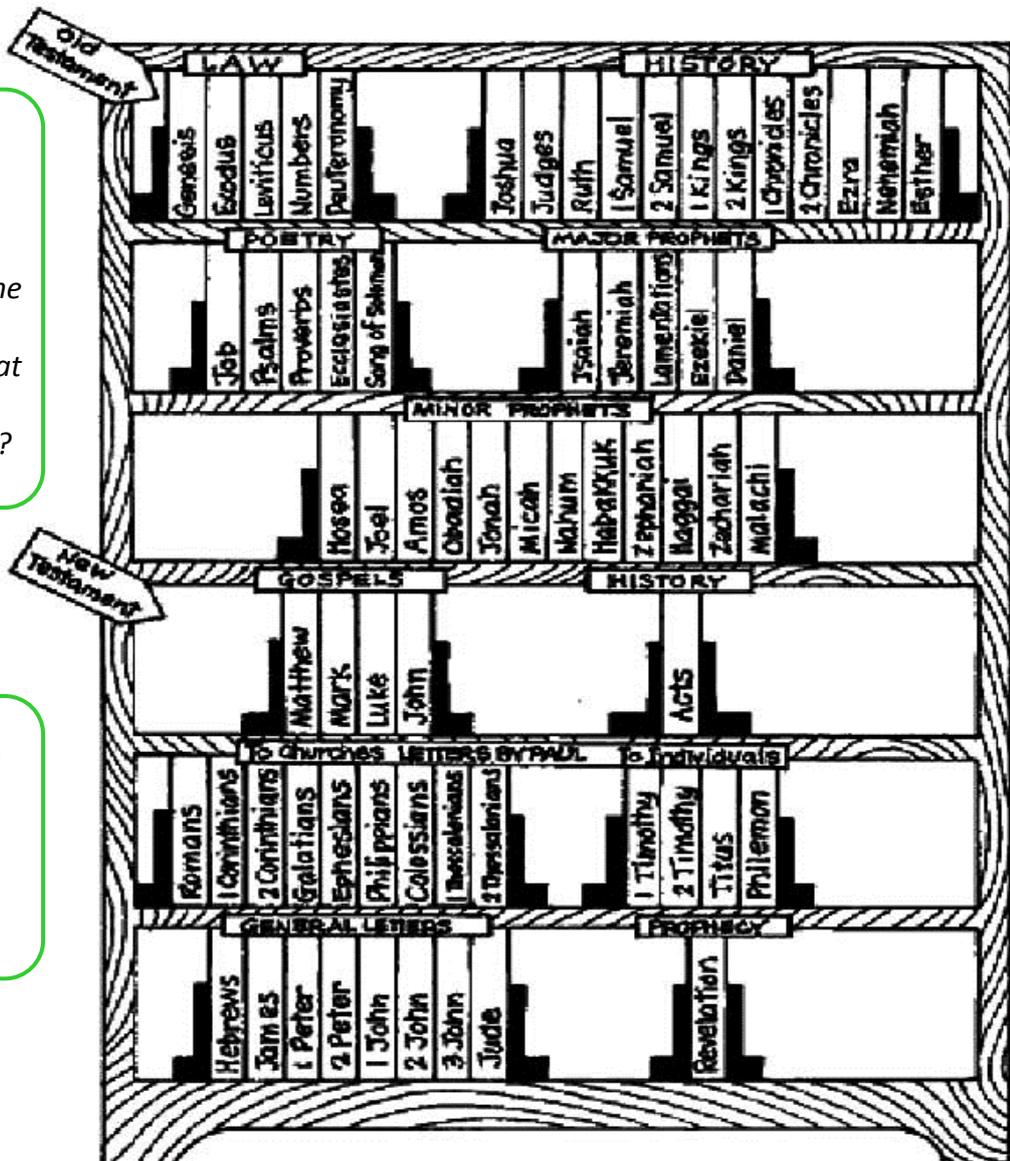
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



Can you find and colour the book on the bookshelf that this week's story is from?

If you have a Bible, see if you can find the story in there.



You could print this out once and colour each new book on the bookshelf as you read stories from it.

### **Bible context**

Jonah was written by Jonah the Prophet around 780 BC.

Jesus mentioned Jonah, He said that Jonah's three days in the belly of the fish was like his three days in the tomb.

### **Online versions of the story**

#### **Watch and listen**

A little girl retells the story - a must see <https://www.youtube.com/watch?v=Z4VrujheblY>

A humorous retelling with sound effects from Kids on the move  
[https://www.youtube.com/watch?v=Nhc7\\_alpR6I](https://www.youtube.com/watch?v=Nhc7_alpR6I)

#### **Dance and sing**

University Choir sing Jonah <https://www.youtube.com/watch?v=7tdAh8o800Y>

A fun piece from Veggie tales <https://www.youtube.com/watch?v=2qLhAdA5ZXI>

Rock Kidz <https://www.youtube.com/watch?v=hnm4LPXcUPU>

### **Ideas to retell the story**

*This story is full of feelings, many of them negative. It reminds us that God is bigger than any feelings we may have and so we can be honest with God about them.*

*You might like to build a den or cosy area where you can explore this story together. You could draw or write the feelings that you have experienced/are experiencing in lockdown and decorate the area with them. As you read the story together, recognise all the feelings in the story.*

*Use this story to discuss the different emotions and be encouraged that, no matter what/how we are feeling, we can give it to God openly and honestly. Its Ok, to not be Ok. You might like to write a letter to God telling him how you are feeling.*



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families  
on faith adventures

at home

## **The Story of Jonah – Jonah 1 – 2**

*(Adapted from the Good News Bible)*

*One day the Lord spoke to Jonah. He said, "Go to Nineveh, that great city, and speak out against it; I am aware of how wicked its people are." Jonah, however, set out in the opposite direction in order to get away from the Lord. He went to Joppa, where he found a ship about to go to Spain. He paid his fare and went aboard with the crew to sail to Spain, where he would be away from the Lord. But the Lord sent a strong wind on the sea, and the storm was so violent that the ship was in danger of breaking up. The sailors were terrified and cried out for help, each one to his own god. Then, in order to lessen the danger, they threw the cargo overboard. Meanwhile, Jonah had gone below and was lying in the ship's hold, sound asleep. The captain found him there and said to him, "What are you doing asleep? Get up and pray to your god for help. Maybe he will feel sorry for us and spare our lives." "I am Hebrew," Jonah answered. "I worship the Lord, the God of heaven, who made land and sea." Jonah went on to tell them that he was running away from the Lord. The sailors were terrified, and said to him, "That was an awful thing to do!" The storm was getting worse all the time, so the sailors asked him, "What should we do to you to stop the storm?" Jonah answered, "Throw me into the sea, and it will calm down. I know it is my fault that you are caught in this violent storm." Instead, the sailors tried to get the ship to shore, rowing with all their might. But the storm was becoming worse and worse, and they got nowhere. Then they picked Jonah up and threw him into the sea, and it calmed down at once. At the Lord's command, a large fish swallowed Jonah, and he was inside the fish for three days and three nights.*

*From deep inside the fish Jonah prayed to the LORD his God: "In my distress, O LORD, I called to you, and you answered me. From deep in the world of the dead I cried for help, and you heard me. You threw me down into the depths, to the very bottom of the sea, where the waters were all around me, and all your mighty waves rolled over me. I thought I had been banished from your presence and would never see your holy Temple again. The water came over me and choked me; the sea covered me completely, and seaweed wrapped around my head. I went down to the very roots of the mountains, into the land whose gates lock shut forever. But you, O LORD my God, brought me back from the depths alive. When I felt my life slipping away, then, O LORD, I prayed to you, and in your holy Temple you heard me. I will sing praises to you; I will offer you a sacrifice and do what I have promised. Salvation comes from the LORD!" Then the LORD ordered the fish to spit Jonah up on the beach, and it did.*

**Meet the Seven characters of lockdown**

*(Dolls designed by Libby Williams, Guildford)*



**Grieving**



**Worried**



**Sad**



**Angry**



**Confused**



**Happy**



**Fearful**

*They are living in many of our homes at the moment, riding the 'Coronacoaster' of emotions.*

**Letter from God**

*On the next page you will find a letter from God. These are all the things that God says to us in the Bible.*

*Feel free to share this letter with others who need encouragement. Perhaps hand-write it and send it on, or print it out and decorate it. Write your own using promises from the Bible and send it to a friend.*



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My Dear Child,

I have heard your prayers; I have seen your heart and I know the feelings you are carrying. You are riding the corona coaster of emotions and sometimes it can be overwhelming.

I want to remind you that I am bigger than any emotion you are feeling and I want you to know that you can be honest with me. No feeling, no matter how big, can separate you from my love.

I am your strength when you feel weak; I am your joy when you are sad; I am the way when you feel confused; I am your peace when you feel worried or angry; I am your defender when you feel fearful; I am your comforter and hope when you are grieving; and I laugh with you when you are happy.

See what I have done over the years. I have split the seas in two to save my people. I have restored the sick and dying. I have fought for the widows and the lonely. I have created the heavens and the earth just by speaking. You are worth more to me than all my creation.

The earth is mine and all the people who live in it. You are not forgotten; you are not hidden from my sight.

Though you feel like you are walking through a dangerous time, I am with you, guiding you. You are my child, I am your God. Come close to me and I will be close to you. I will walk with you wherever you go, through tears and joy.

I have given you the Holy Spirit who is a comforter. Hold on to my unfailing love and amazing grace towards you.

Remember I hold you in the palm of my hand and no one, no situation, can take you from me.

I love you yesterday, today and forever and I am here, ready to listen and able to transform.

This season will pass.

Your loving heavenly Father

God xx

## What's in the box?



What treasures can you find to put in the box for your little ones to explore?

Perhaps older children could help find the things.



Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.

## This week's Bible story is:

### A Rollercoaster of Emotions

### Jonah 1 and 2



A toy fish or whale shape



A toy boat

Something with rainbow colours



Some dark material or a big box or tent to climb inside



A child-safe mirror to pull faces in



A toy to be Jonah



Toys or picture books showing different facial expressions

## Pray Together

### ***Umbrella Prayers***

*An umbrella is great when it is raining as it keeps us protected from the rain. God is our protection and, as the story said, God is bigger than any feelings we have.*



*Cut out some shapes from paper that help you think about your feelings.*

*For example:*

- *Teardrop shapes for sadness.*
- *Spiky shapes for anger*
- *Clouds for confusion*
- *Long face shape for worry*

*Hang some string from the umbrella and stick your shapes to the string.*

*Stand together under the umbrella and talk to God about your feelings.*

*Stand quietly and watch the shapes, knowing that God is in all the things that we are feeling.*



*The rain washes off the outside of the umbrella. God washes away the things we have done wrong. Stick on the outside of the umbrella things you would like to say sorry to God for.*

## Pray Together

### Plate Prayers

Jonah was thankful when he saved from the fish and, when was worried, he asked God to help him.



Draw a face on two paper plates, one happy face and one sad face. Cut out some coloured shapes or you could use buttons if you have some.

Talk to God about how you are feeling.  
Place the coloured pieces on to the plates as you tell God why you are sad or happy.

Dear God I am happy when...

Dear God I am sad when...

You could also make faces for other emotions.

### Emotion Stones

I am your strength when you feel weak, I am your joy when you are sad, I am the way when you feel confused, I am your peace when you feel worried or angry, I am your defender when you feel fearful, I am your comforter and hope when you are grieving and I laugh with you when you are happy.



Draw the different feelings on some small stones. If you don't have any stones, you can draw faces on card circles.

Place the stones in a bowl.  
Sitting together, take it in turns to take a stone from the bowl.  
As you hold the stone in your hand, talk to God about how you are feeling. It might be someone else that you know that is feeling sad, angry, worried etc and you can pray for them. As a reminder that God is always with us, put a stone in your pocket and carry it with you.

*I wonder what you think about what Jonah did in this story?*

*I wonder why you think Jonah was angry?*



*I wonder whether there are any times when you don't want to do things and don't get why you should have to?*

*I wonder what thoughts and feelings Jonah might have gone through when he was inside the fish?*

*I wonder how God might react if you share all your emotions in prayer, not just the positive ones?*



TO DO TOGETHER...

Transforming pictures.

You will need:      Magazines or paper  
                                  2 pieces of A4 card or an old cereal box  
                                  Pencil  
                                  Ruler  
                                  Glue stick



What you do:



Choose two pictures from a magazine (not too similar in colour) or draw a sad and a happy picture. Each picture should be A4 size.

The first step is to mark and score lines using a ruler, equal distances apart, on two pieces of A4 card. Try to be as accurate as possible when measuring/scoring the lines.



Once completed, attach one end of card to the other piece by overlapping them. Sellotape will hold them best. You will now have one long piece of card stock to glue your images on. Make sure to keep it flat and unfolded at this point.

Take the first image, draw lines using the same ruler you used to score the card, number the strips on the back, then cut down the lines. Set the strips aside, making sure you keep them in order so that the image remains the same. Repeat with the second image, this time writing letters on the back of the strips.



On your long piece of card, write numbers and letters on alternate fold marks. Glue the strips of picture to the card in the corresponding fold so that the strips alternate.

Carefully fold the card into a zigzag along the scored lines, using the same ruler to help you. You will be able to see one complete picture from one direction and the other from the opposite direction.



This reminds us that God helps us to change our perspective when we listen to him and do what God asks of us.





## TO DO TOGETHER...

More sensory ways to explore

### Emoji Shortbread

You will need:           225g (8oz) butter  
                                  113g (4oz) icing sugar  
                                  113g (4oz) cornflour  
                                  225g (8oz) flour

What you do:

Put the oven on to warm at gas mark 2 or 150°C.

**A grown-up should do this.**

Beat the butter and icing sugar together until creamy.

Mix in flour and cornflour until the dough starts to come together.

Turn onto a board and knead into a smooth ball.

*This can help us release any angry feelings we have.*

*The mixture will be quite stiff but will come together.*



Roll the dough out to about 5mm thickness. This is more easily done between two sheets of baking paper.

Cut into circles using a cookie cutter or a glass. Place on a lightly greased baking tray.

Now you can draw your emoji faces onto the circles of shortbread dough with a skewer or a cocktail stick.

**Grown-ups need to help with this bit:**

Bake for approximately 20-25 minutes, until lightly golden. Leave on the baking tray for 5 minutes before transferring shortbread to a cooling rack.

When cool, sprinkle with some caster sugar and store in an airtight container.

As you eat your shortbread, think of all the good things God gives us and say thank you!



**TO DO TOGETHER...**

*More sensory ways to explore*

**Stress Balls**

You will need:

- A sock
- An elastic band or piece of wool
- Rice



What you do:

*Fill your sock with rice until it fits in your hand.  
Twist the top and then fold it over the ball you have made.  
Repeat this action until you have only a small tail left and then tie it with an elastic band or a piece of wool to make it secure.*

*Draw a face on it to reflect how you are feeling.  
During times of lockdown we can feel very anxious sometimes and playing with these stress balls can help us to feel a bit calmer.*



**Emotions Game**

*This is a game that can be played together or on a video call.*

*One player thinks of an emotion and writes it down secretly on a piece of paper. With younger children, you may need to focus on very simple emotions such as angry, sad, happy etc. Older children and teens could use more complex emotions such as distraught, overjoyed, exasperated etc – think about the vocabulary levels of those playing.*

*The other players now ask the first one to do or say something e.g mime baking a cake, say 'I really love you', walk into a room etc and that person has to do what they say but try to convey the emotion as they do it. So they need to use body language and tone of voice and facial expression to make their emotion clear.*

*The challenge is for the other players to identify what the emotion is within ten guesses.*

*This is a good game for helping children learn to recognise how body language, tone of voice and facial expressions can give a clue as to how someone is feeling.*

# Walking the Way

Living the life of Jesus today

**Our Walking the Way Challenge  
this time is...**

**At Home:**

*Think of someone that you might have hurt or something you have done wrong and do something to put things right with them. And if you've been hurt or annoyed by someone in your family, ask God to help you forgive them.*

**Outside:**

*Transforming something means changing it, usually for the better. Find something you can (and are allowed to) transform outside – plant a flower, weed a patch of ground, pick up litter, paint a fence, draw chalk pictures on the path – what would transform your environment a bit?*

**For Others:**

*Many people are finding it difficult to buy enough to eat at the moment. If that's not your family, perhaps you could donate a tin or two of food to your local food bank to bring a smile to someone's face.*



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### **Adventurers Go!**

*You've shared together, now share with us!*

*Why not send photos of your crafts, your treasure boxes, your Walking the Way challenges - or dress up to make a tableau of the Big Story and take a photo to send in.*

Email your photos to: [lorraine.webb@urc.org.uk](mailto:lorraine.webb@urc.org.uk)  
with parental permission for them to be used in publicity and online URC social media.

Alternatively, share them on our Facebook page  
<https://www.facebook.com/URCchildren.and.youth/>

Remember you can find more resources on our website:  
<https://urc.org.uk/resources-for-children-and-youth>

*And if you've enjoyed these activities, why not see whether your local church runs Pilots or Friends on Faith Adventures (FOFA) when things get back to normal again.*

*Created for you by Nicola Grieves (Eastern Synod), Judy Harris (National Synod of Wales), Hannah Middleton (Northern Synod), Philip Ray (Wessex Synod, North), Lorraine Webb (Programme Officer for CYW), and Ruth White (Wessex Synod, South) on behalf of the CYDO+ and Children's and Youth Work team and Pilots.*



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