**Welcome (Parents and Carers asked to stay until after the Opening Prayer)**

Welcome back to Friends on Faith Adventures. We are looking forward to going on a journey and nobody knows where we will end up. All we know is we have got our crate filled with adventure and an open path ahead. So, hold on tight and enjoy the ride!!

Let’s hear about FOFA bear and FOFA cam’s adventures this week and how everyone got on with the Walking the Way challenge. (Encourage everyone, including parents and carers, to join in.)

**The Opening Prayer**

We are friends together *(shake hands with both palms facing towards body)*

On a faith adventure (*point to forehead with thumb. Hold other hand with palm facing up and bring the side of your first hand down so that it goes across the palm of the second hand just below the fingers)*

With the Bible as our mapbook *(draw cross with thumbnail on back of hand then put hands together and open like a book)*

And Jesus as our guide *(use index fingers to point into palm of each hand in turn).*

God, be with us in all that we do *(point up, then make index finger into a hook shape and move down as though pulling down towards you)*

And go with us wherever we go *(point outwards).*

Amen *(two thumbs up with hands apart, bring hands together)*

**The Alternative Prayer**

Lord help us to be:

**P**repared for adventure

**I**n all we do.

**L**oving and caring,

**O**pen to others

**T**ogether as one community

**S**haring the love of Jesus on our way.

Amen

**Fun Together**

**Game: Inside the whale**

What you need:

* One double duvet cover per team
* Equipment for four challenges per team: a child’s jigsaw

2 big jumpers or sweatshirts

2 pieces of A4 scrap paper

A simple lego toy broken into pieces (with instructions)

This is a relay game

Split the group into two or three teams of no more than eight children, each team lining up in pairs.

Place the duvet covers in heaps at the far end of the room opposite each team.

Place the first challenge inside the duvet cover.

Against the clock, two runners from each team need to run to the duvet cover and climb inside. Once inside the cover, they need to complete the challenge, then run back to tag the next couple in their team.

While they are running back, an adult needs quickly to substitute a new challenge for the completed challenge in the duvet cover. (It may be good to have an adult manning each duvet cover)

The first team to complete all four challenges is the winner.

Challenge 1: put together a simple jigsaw

Challenge 2: Put a jumper on each of the runners before they run. When they get inside the duvet cover, they need to swap jumpers!

Challenge 3: Make a paper aeroplane that will fly (Make sure at least one of the runners knows how to do this)

Challenge 4: Make the lego toy

**game : All the fish in the sea**

What you need: Nothing

The players stand in a circle.

They are alternately named Cod, Haddock, Plaice and Salmon.

One player is chosen to be the Fisherman.

This person is "it" and stands in the middle of the circle.

When a fish name is called, all the players in that category move around the outside of the circle in a clockwise direction until they reach their places again. They are instructed on how to move with various directions. For example, Cod – high tide, Sharks – coral reef, Plaice – tide turns and so on.  
  
High tide – move quickly.  
Low tide – move slowly.  
Tide turns – change direction.  
Fisherman about – crouch down low to avoid the nets.  
Sharks – walk backwards.  
Coral reef – jump.  
  
The last person back to their place becomes the Fisherman.

**Game : Sorry**

What you need: nothing

The children walk around the room with their eyes closed (or, if it’s dark, with the lights off!) – NO RUNNING! When they bump into someone they should say “I’m sorry” and the other person should say “I forgive you”. After playing this for a few minutes, change the rules so that nobody says sorry, they just carry on walking as though nothing has happened.

Play this a little longer and then ask the children what felt different with the two sets of rules? What did they notice?

**Today’s theme is from the story of the Prophet Jonah: God is waiting to forgive.**

Reader 1: Today our story is one that involves a **city** full of people, one **Prophet**, one big **fish**, a **Boat** and a **Tree**. [actions for each]. Take time to teach the actions for each word before beginning the story.

Reader 2 could then lead the group in the actions.

Suggestions for actions:

* Cup ears for **Jonah**/**Prophet**
* Hands together **fish** movement for big **fish**
* Makes a house shape with their arms for **City**/**Nineveh**
* One arm straight above head to make the mast of the **Boat**/**Ship**
* Both arms out to the side to make branches of the **Tree**/**Plant**

The group then have to really listen carefully throughout the storytelling so they don’t miss any of the action(s).

**Reader 1:**

**Jonah** was a **Prophet**. A **Prophet** is someone who hears from God. One day **Jonah** heard from God. God wanted to forgive the people in the **city** of **Nineveh**,

They had been doing some very evil things, but God had decided to offer them forgiveness and God wanted **Jonah** to go to them with this important message. But **Jonah** he didn’t want to go to **Nineveh**, so instead **Jonah** went in exact the opposite direction away from **Nineveh** and got on a **Boat** going to the faraway **city** of Tarshish.

God saw what **Jonah** was doing and God brought a great storm on the sea and the **Boat** was in danger of sinking. The crew began to throw the cargo overboard and each of them prayed to their own God. Meanwhile **Jonah** was asleep! The Captain saw **Jonah** sleeping and woken him up and told him to pray to his God.

Eventually **Jonah** told the men that he was a **Prophet** of the one true God of heaven, who made the land and the sea and the crew were even more afraid. They asked **Jonah** what should they do to be saved and **Jonah** told them to throw him overboard. They didn’t want to do that they thought they would be guilty of killing **Jonah** and instead they tried and tried to row back to the shore. But it was no use and soon they realised they had no choice and so they picked **Jonah** up and threw him into the sea!

Immediately………………….the sea……………….was…………………..calm. [pause count to 5 in your head]

When the crew saw this they were amazed and they each made special promises to God.

**Jonah** fell into the sea and God saw **Jonah** and God did not forget about **Jonah** and God sent a very large **fish** to swallow **Jonah** whole. **Jonah** was in the stomach of the **fish** for three days and there nights, which is a very long time.

**Jonah** knew he had made a big mistake and so **Jonah** prayed to God and asked God to forgive him for what he had done. The big **fish** then spat **Jonah** out onto the dry land.

Once again God told **Jonah** to give the important message about forgiveness to the people in the **city** of **Nineveh**. This time **Jonah** went and when all the people of the **city** heard about God and that God wanted them to stop doing the evil things they had been doing they believed **Jonah** and they said how sorry they were and they wore special clothes to show how sorry they were. God forgave the people of **Nineveh**.

**Jonah** though was not happy and he became angry. He went into the desert and sat down and he sulked! As he sat there waiting, God made a **Plant** grow to give **Jonah** some shade from the hot sun, this made **Jonah** very happy.

The next morning a worm came and ate the **Plant** that had been giving **Jonah** shade. A hot wind came and scorched **Jonah**’s head. This made **Jonah** very unhappy and angry because the **Plant** had died. It was then that **Jonah** heard from God again. God asked **Jonah** if he thought it was right that he should be angry just because a **Plant** died and helped **Jonah** and us to see how much God loves people.

Reader 2:

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

**Creative Adventure**

You will need:

* A paper cup
* Wiggly eyes or eye stickers (depending on age of child)
* A tail shape cut out of cardboard
* Blue or white pipe cleaners (optional)
* String
* Sellotape
* Small balloons <https://www.amazon.co.uk/ZooYoo-Yellow-White-Balloons-Balloons-Pack/dp/B081RG86J9/ref=sr_1_2?keywords=five+inch+small+white+balloons&qid=1582213650&sr=8-2>
* Sharpies

Lay the paper cup on its side.

Colour the paper cup to look like a whale, adding two eyes, one each side of the open part of the cup.

Sellotape the cardboard tail shape onto the base of the cup, vertically

If you choose, you could cut pieces of pipe cleaner and stick them to the top of the cup like a water spray coming out from the whale’s blow-hole.

Sellotape one end of the string to the underside of the cup.

Partially inflate a balloon and tie off the end. Tie the other end of the string to the knot in the balloon.

Draw a picture of Jonah on the balloon with the Sharpies.

You can now use the paper cup to play a catching game, trying to flip Jonah up and catch him in the mouth of the whale.

Wondering questions to use during creative time:

I wonder what you think about what the crew of the Ship did in the story?

I wonder why you think Jonah was angry in this story?

I wonder is there an ending would you like to give this to story?

I wonder what you think about what God did in this story?

**The Adventure Map**

Explain the Adventure Map and how a lot of the books were written hundreds and thousands of years before Jesus came to Earth. However, a lot of the stories in the Bible before the birth of Jesus, talk of his coming and set out how God wants us to live our lives.

Take the young people to the Adventure Map that you have created on the wall. Get the children to find where on the Map today’s story came from. Choose one or some of the things created by the children to be photographed and attach this to the wall to create a visual reminder of where the story came from and your adventure together. The aim is that in a year you will have lots of reminders of the stories and where in the Bible they come from. Use a piece of string or ribbon to connect the photo of the craft work to the book of the Bible.

**Walking the Way**

**This is a time to invite the parents and carers back in to share what the children have been up to during the session. They will also be here to hear about the Walking the Way challenge and the tasks (should they choose to accept them) that the children (and parents) are about to undertake.**

For the Younger: FOFA the bear

This is FOFA. FOFA likes nothing more than to go on an adventure; FOFA is a little more adventurous than me. FOFA believes that faith is a journey and that’s why FOFA would love to take you on a journey with him and walk the way of God in our everyday lives. Each session FOFA would like to go home with one of you and add to FOFA’s scrapbook of things you do together. FOFA doesn’t mind if you draw a picture of what you have done, take a photograph or just write a story about it. FOFA also doesn’t mind if you just come and tell the rest of us what you got up to together. But because FOFA’s memory isn’t very good as FOFA’s brains are made of stuffing, it would be better to save the memories in the book if you can. At the end of our time together we can always remember the great adventures we have been on together with FOFA and hopefully you will walk a little closer with God.

For the Older: FOFA cam

This camera is your window on the world. You have one shot at this, so choose carefully. You will be given a very precious piece of equipment – a FOFA cam. You have one photo to take with the camera, that records one thing – a way you have met the challenge. If there are other people in the photo, please ask their permission first and explain this photo will be put on display here. Bring back the camera and your photo next time to share your moment - and remember you only have ONE shot at this!

Every time we will choose someone to take FOFA bear and someone to take FOFA cam to help them with the challenge – but we can all have a go at the challenge!

Our Walking the Way Challenge this time is: Think of someone that you might have hurt or something you have done wrong and do something to put things right with them.

**Adventurers Go!**

So, today’s story was about how God asked Jonah to do something but Jonah ran away instead. But God forgave Jonah and forgave the people of Ninevah. He will forgive us too, when we get things wrong and say sorry.

**Prayers (choose one/both)**

Spoken Prayer

Thank you, God, that each day is a new day.

Thank you for forgiving us when we get it wrong and need to say sorry.

Be with us as we set out on our journey through the week and keep us on the right track.

Help us to be forgiving too, just like you.

**Amen**

Active Prayer

You will need:

* A rectangle of scrap paper for each child and leader
* A bowl of water

Each child and leader needs a rectangle of scrap paper to make a paper boat with.

With your boat in your hands, look at the prow (the front of the boat) and ask God to lead you the way you should go.

Look at the back of the boat where the rudder would be. The rudder is what steers the boat. Ask God to steer you away from places of danger.

Look at the sails of the boat. Ask God to send his Holy Spirit to fill you up like the wind fills the sails and drives the boat forward.

Place your boat to float in the bowl of water and ask God to hold you up when things are stormy,

**Amen**

**End Prayer Every Session: Altogether**

**We are Friends on Faith Adventures, travelling together with God.**

**Adventurers go! Amen**

**What you need for this session**

**Games:**

* One double duvet cover per team
* Equipment for four challenges per team: a child’s jigsaw

2 big jumpers or sweatshirts

2 pieces of A4 scrap paper

A simple lego toy broken into pieces (with instructions)

**Story:**

No props needed

**Craft:**

* A paper cup
* Wiggly eyes or eye stickers (depending on age of child)
* A tail shape cut out of cardboard
* Blue or white pipe cleaners (optional)
* String
* Sellotape
* Small balloons <https://www.amazon.co.uk/ZooYoo-Yellow-White-Balloons-Balloons-Pack/dp/B081RG86J9/ref=sr_1_2?keywords=five+inch+small+white+balloons&qid=1582213650&sr=8-2>
* Sharpies

**Prayer:**

* A rectangle of scrap paper for each child and leader
* A bowl of water

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| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **Games** | Duvet Cover – restricted movement may increase risk of bumps and bruises | Children reminded to be careful | Supervision by responsible adult |  |
|  | Running – risk of bumps and falls | Children reminded to be careful. Those unable to participate safely to be directed to a different activity | Supervision by responsible adult |  |
| **Craft** | Balloons – may cause allergic reaction, may cause anxiety | Check consent forms for any notes of allergies. Do not over-inflate balloons or use surplus for games without checking for anxieties – allow anxious children to be directed to a different activity | Supervision by responsible adult |  |
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