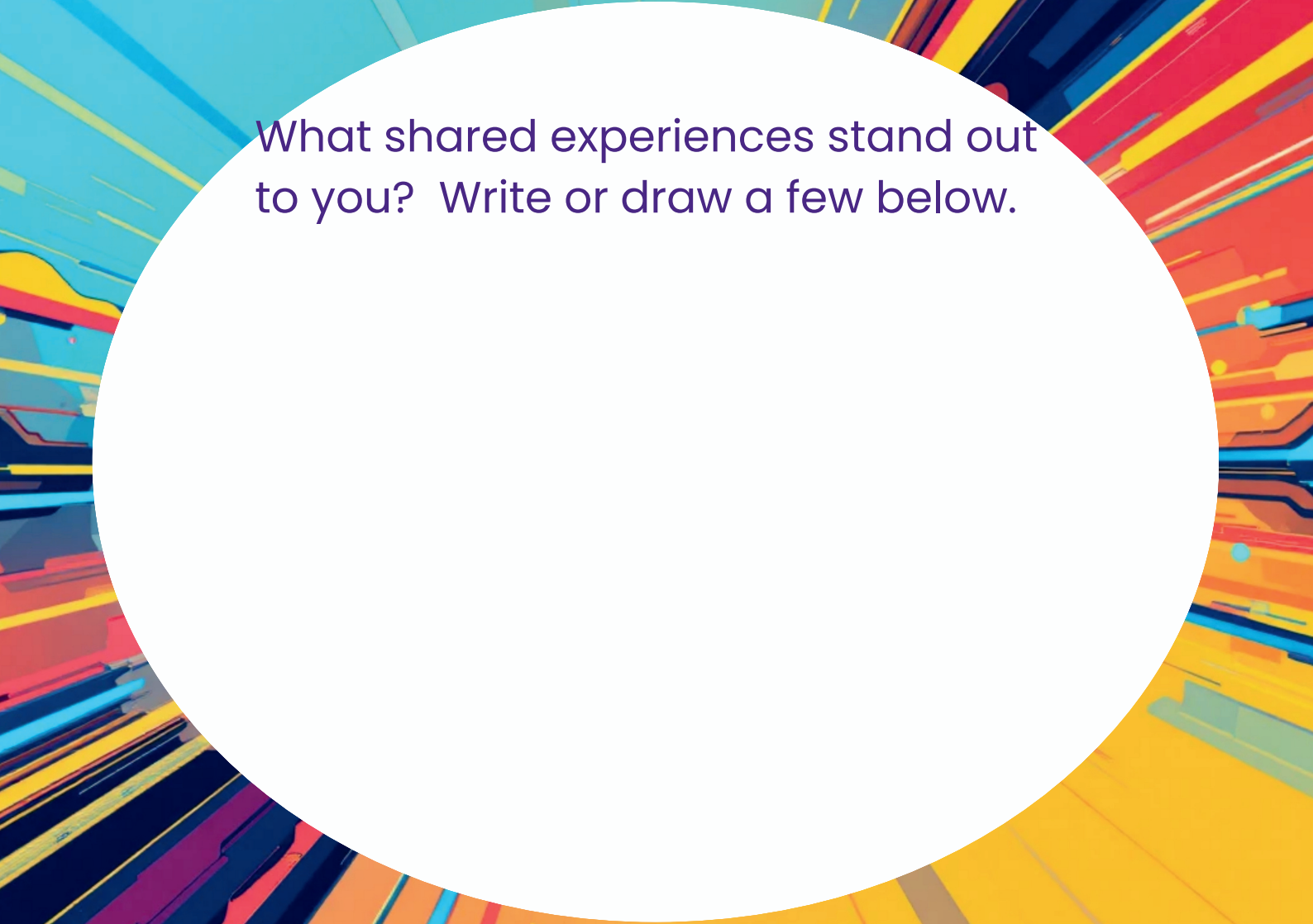


The background is a vibrant, abstract composition of numerous thin, diagonal streaks in various colors including blue, yellow, red, orange, and purple. These streaks radiate from the edges towards the center, creating a sense of dynamic movement and energy. In the center of the image is a large, solid white circle. Inside this circle, the text "11 - 14 years" is written in a bold, dark purple, sans-serif font.

11 - 14 years



What shared experiences stand out to you? Write or draw a few below.

Epiphany

The Wise Ones

Scripture

Read Matthew, chapter 2, verses 1 - 12. Wise Men Come to Visit Jesus. Sing-a-long to this classic hymn 'We Three Kings' maybe make your own arrangement if you're feeling creative.

Wondering

Read 'The **Most Marvelous Gift**' by Max Lucado.



I wonder if you had the chance to give a gift to Jesus, what would it be? Would you be willing to follow a special star over 1,900 kilometers (1,200 miles?) Do you think this sounds exciting or like hard work? I wonder if you would last the challenge. I wonder if the wise men felt the same. If you have to take a journey that you haven't done before, how do you feel?

Activity - The Road Less Travelled

Think of a route that you take on a regular basis, maybe from home to school. With friends or family, why not try and go a different route? Or perhaps you'd like to go somewhere you've never been to before. How did it feel? How many different things could you see, hear and smell? Did you enjoy it?

Prayer

When you come home, think of the journey you took. Write down the things that you saw, the people you passed, draw anything that interested you. I wonder if the wise men did this so that once they were home, they could tell their families about it.

Dear God, as we travel to new places or journey to those places we know, keep us safe and let remember that in all we do, and in all the places we go, you are with us as our friend. Amen.

Love is...

Scripture

Read Matthew 22, chapter 22, verses 37 - 39. The Most Important Command.



Wondering

Watch the film **Wonder** (PG).

I wonder if we have ever felt unloved or unloveable.
I wonder how we show love to our friends and family.

Love Heart Prayers

Take a love heart and pray for someone you love as you eat each sweet.



Activity - Heart Bunting



Make some heart bunting using some large fabric hearts and some ribbon.

You could just have flat hearts, using only one piece of material in a heart shape or, if you have some filling, you could make 3D shaped hearts.

Family Film Night

Watch the film **Elemental** (PG). Download the **Family Film Night** resource and have a go at the activities and questions - bit.ly/FFNElemental.
What kinds of love do you see in this film?



Spring

Growing in Hope

Scripture

Read Genesis, chapter 1, verses 29 - 30. The Beginning of the World.

Wondering

Watch **The Big Year** (PG), a comedy telling the story of three men in different stages of life, competing to become champion birdwatchers!

I wonder how many different birds you can identify. How many can you identify just by hearing their 'songs'?



Activity - Nature Bingo Walk

You will need: A piece of paper and a pen

What you do:

Think about going for a walk in your local area.

Make a list of things you think you'll see or hear on the walk, e.g. a bird chirping; a tree in blossom; an animal paw print; a car horn etc.

Go on a walk together and cross off everything you see or hear that's on your list. The first one to cross off everything, wins.

To add a bit more competitiveness to the walk, walk in single file. When the person at the front crosses something off their list, they have to move to the back of the line. Who will be left at the front of the line?

For extra activities, visit Tree Tools for Schools - bit.ly/FFTreeTools

Planting Seeds Prayer

Take a single seed (for example a sunflower seed. These can be picked up cheaply from many pound stores) in your hand.

Look at it and think about all the potential it holds in its smallness, just like we hold lots of potential in us. Put some soil in a paper cup (recycle from your favourite coffee shop!) and place your seed deep inside it.

Hold the cup with the seed in it and ask God to help you and any young people you know to grow into the people God wants us all to be.



Easter

Scripture

Read the Easter Story from one of the gospels (Matthew 26-28; Mark 14-16; Luke 22 -24; John 18-20.)



Wondering

Watch **Inside Out** (U), together. Think about the emotions in the film I wonder what emotions were shown in the events of Easter week. How does Sadness play a positive role in our lives?



Activity - Emotions Juggling Bean Bags

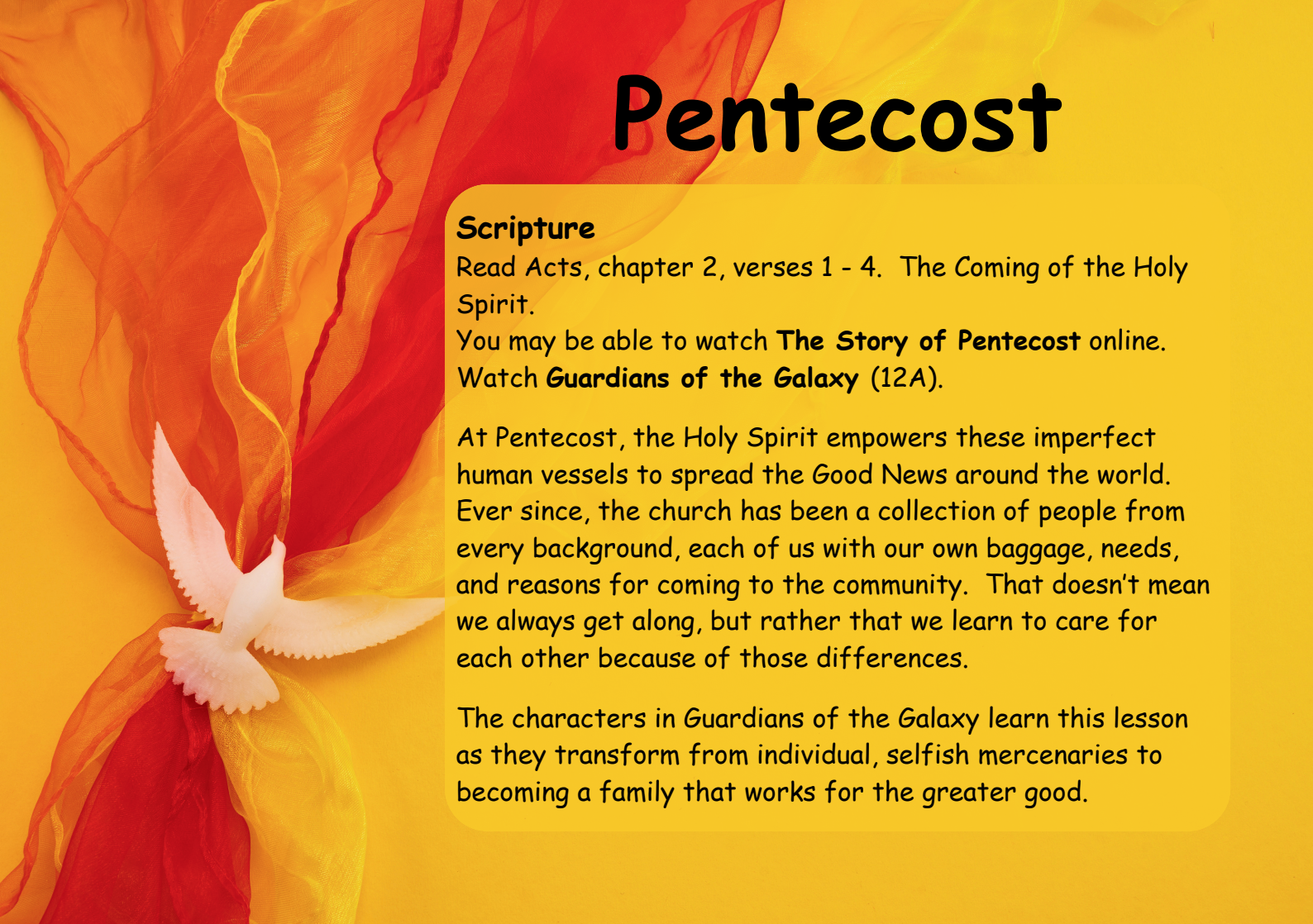
You will need: 2 pieces of fabric cut to 10cm squares (contrasting fabric works well.). Thread. Needle and pins. Acrylic beads or dried beans/lentils (about 60g per beanbag).

What you do: Place both pieces of fabric right sides together and then pin the squares together. Sew along three sides, leaving two long strands of thread at either ends. You can use either a sewing machine or hand sew them together, but if hand sewing, make sure the stitches are small so that nothing can leak out of the bags. Remove pins. Turn the bag the right way out and carefully poke out the corners. Fill the bag until it is $\frac{3}{4}$ full of beads/beans - do not overfill the bags. The beads/beans need a little room to move. To close the bag, pin the opening together with the two fabric seams meeting in the middle and sew closed. On the three sides of the bean bag, use fabric pens or Sharpies to draw some of the emotions of Easter, e.g. happiness, sadness, anger etc.



Hammer Prayers

At Easter there are lots of reminders of how much God loves us and what he did for us. As you pray, hammer a nail into some wood. Praying for the people you love and for those who need our prayers. Maybe you could hammer the nails into the shape of a heart. As an additional prayer, wind some wool around the nails to make a pattern, to symbolise that Jesus rose again, to show his love for all of us.



Pentecost

Scripture

Read Acts, chapter 2, verses 1 - 4. The Coming of the Holy Spirit.

You may be able to watch **The Story of Pentecost** online. Watch **Guardians of the Galaxy** (12A).

At Pentecost, the Holy Spirit empowers these imperfect human vessels to spread the Good News around the world. Ever since, the church has been a collection of people from every background, each of us with our own baggage, needs, and reasons for coming to the community. That doesn't mean we always get along, but rather that we learn to care for each other because of those differences.

The characters in *Guardians of the Galaxy* learn this lesson as they transform from individual, selfish mercenaries to becoming a family that works for the greater good.

Prayer

Dear God,
Help me to welcome and encourage people to know more of your teaching. Give me the confidence to share with my family and friends. Amen.

Activity - Witamy! Willkommen! Bienvenido!

How many languages can you think of? Write them down on pieces of paper (use red, orange and yellow paper if you can). When you've thought of as many as you can, mix all the papers together and choose up to five pieces. Learn how to say 'Welcome' in those languages, or perhaps you'd like to learn something more challenging such as 'Jesus is King'.

Can you already speak another language? Or sign in Makaton or BSL? You could teach someone how to say/sign 'Welcome' or 'Jesus is King'.

The Sower

Scripture

Read Matthew, chapter 13, verses 1-9. A Story About Planting Seeds.



Wondering

Read **The Wondering Seed** by Carole Marignacco. You may be able to find a recording of the story on the internet.

I wonder where these seeds have come from and what they will grow into?

Seed Prayer

Hold some seeds in your hands as you pray this prayer.

God, we hold these seeds in our hand. We see smallness, weakness, insignificance. You see potential, growth, significance. Tiny seeds grow by your power into huge trees. They provide food for the hungry and homes for the birds. From the darkness of the earth springs forth your life, your harvest. Your Kingdom is like a tiny seed. Amen.

Activity - Seed Paper

What you need: paper; seeds; plastic wrap or parchment paper; cookie cutters.

What you do: Tear the paper into small pieces and place it in the blender. Add twice as much water as there is paper to the blender. Blend the paper into a pulp and transfer it to a mixing bowl. Squeeze the water from the pulp and add a handful of seeds to it. Mix the seeds in using your hands or a spoon. If you're using cookie cutters to make specific paper shapes, place them onto a piece of plastic wrap/parchment. Or simply press the pulp onto the wrap/parchment into your desired shape. Press the pulp firmly inside the cookie cutters for even coverage and remove the cutter. Try to spread the pulp thin, as a thick layer will take longer to dry. Use a towel or cloth to press as much water as possible from the pulp. Drying the seed paper quickly is essential, otherwise, the seeds might start to sprout. Blowing the seed paper with a hairdryer on the cool setting can help it to dry. When the seed paper is thoroughly dry it can be written on and used as a natural, eco-friendly confetti for an outdoors surprise, or packaged in a small bag to give as a gift to a gardener.

Elijah

Scripture

Read 1 Kings, chapter 19, verses 11-12. Elijah at Mount Horeb (Sinai).

Wondering

Read **Mr Calm** by Adam Hargreaves. You may be able to find a recording of it on the internet.

I wonder which one of those situations would be a stress to you. What do you do to stay calm? I wonder if you have friends who help you be calm, or if you help to calm them.



Activity- Scented Pillow

Open a pillow or cushion and place some lavender inside. Alternatively, you can spray some of your favourite scent onto the pillow. As you place your head on this pillow, notice the calming scent all around you and allow it to help you relax.



Prayer - St Patrick's Breastplate

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I arise,
Christ in the heart of everyone who
thinks of me,
Christ in the mouth of everyone who
speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Outdoors

Wise and Foolish Builders

Scripture

Read Matthew, chapter 7, verses 24-27 Two Kinds of People.



Wondering

Watch *Turning Red* (PG) together.

I wonder what makes you turn Red.

I wonder how you cope when you have big feelings.

Activity - Biscuit Dunking!

You will need: Assorted biscuits; mug; hot drink.

What you do: Get a mug of your favourite hot beverage (or hot water if you prefer). Gather some biscuits in front of you. Before you dunk your biscuit, decide if it is a good dunking biscuit or not. Maybe even decide how many seconds you will dunk the biscuit for. As you dunk and eat the biscuits (if they survive!), talk together about the storms we may face in life, and that God is with us in the storms as well as in the good times.

Prayer Beads

You will need: Embroidery threads or wool; beads.

What you do: Make a bracelet or a prayer cord. As you pass each bead onto the thread, breathing in and out, repeat the same prayer each time, over and over again. You may like to use this to help your breathing pace.

Inhale - Be still and know

Exhale - that I am God.

Inhale - I will not be afraid

Exhale - for You are with me.

New Beginnings

Scripture

Read Luke, chapter 24, verses 13 - 35. On The Road to Emmaus.

Wondering

Read **The Huge Bag of Worries** by Virginia Ironside. You may find a recording of the story on the internet.

I wonder what worries you carry around.

I wonder if you are worrying about things which you do not need to.

I wonder who helps you unpack your worry bag.



Breathing Prayer

Breathe in slowly and deeply as you whisper or think: "Be still".

Breathe out and as you do, whisper or think: "and know that I am God".

Activity- Make a Worry Doll

You will need: Cocktail sticks or pipe cleaners; wool or embroidery threads; permanent marker pens; for an alternative, use wooden pegs (dolly pegs); scrap material (optional).

What you do: Form a body shape using the cocktail sticks or pipe cleaners. If you're using a wooden peg, then you already have the body! Wind wool or embroidery thread to make hair for the doll. You can also use it to make clothes to cover it as well (or if you have any scrap fabric, you can use that). Draw a small face on the doll with a permanent marker. Give them a smiling face so they can comfort you in your times of worry.



Did You Know? Traditional worry dolls wear bright colours, like white, orange, red and yellow.

Find out more about them bit.ly/FFWorryDolls and alternative ways to make them - accessart.org.uk/worrydolls/

Harvest

Scripture

Read Ruth, chapter 2, verses 1-8. Ruth Meets Boaz.

Wondering

Watch the film **Pay it Forward** (12).

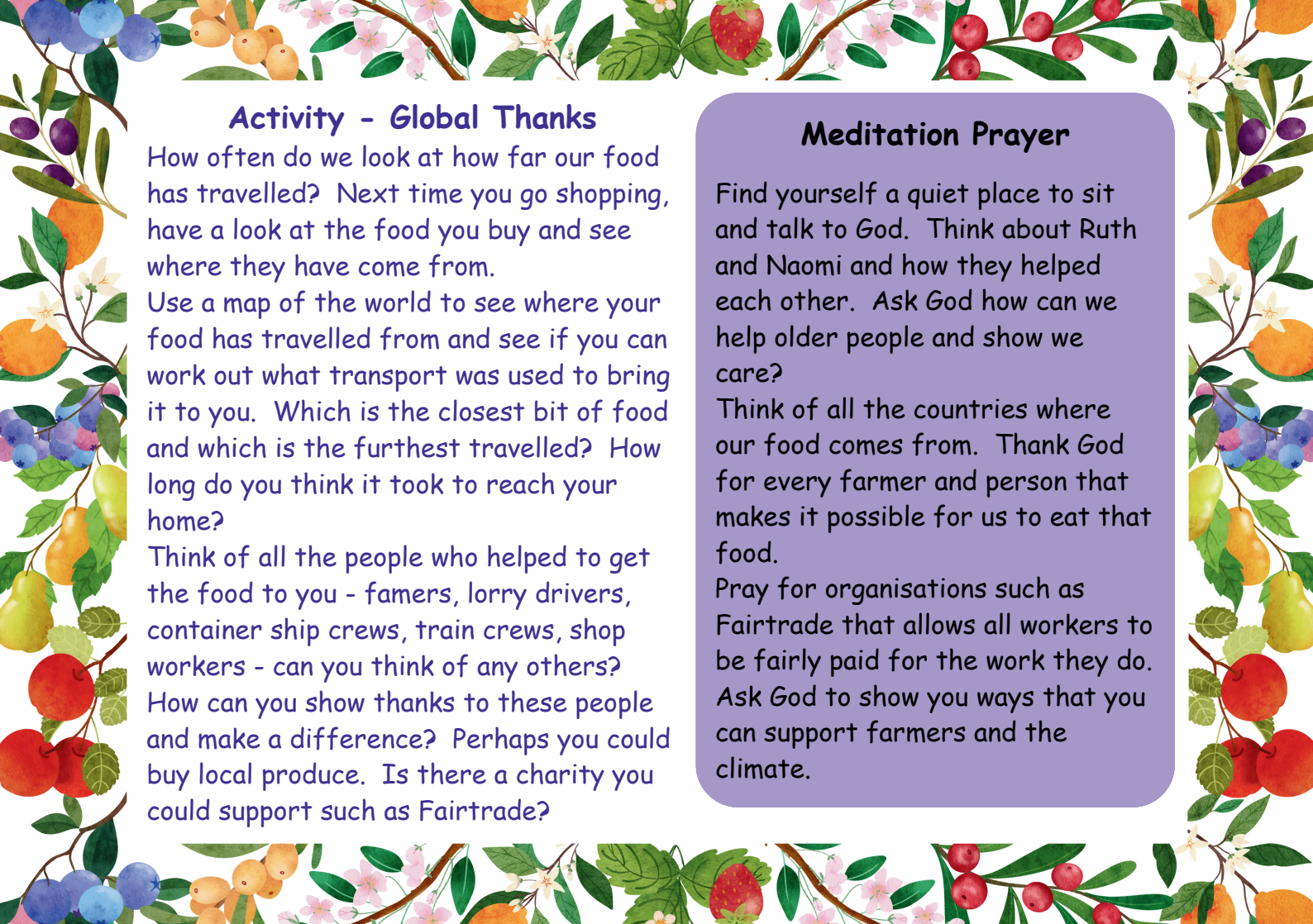
I wonder what difference it would make in our society if we 'paid it forward'.

I wonder if you would prefer to pay someone back for a favour, or pay it forward to someone else.

I wonder how you could 'pay it forward' to help people in need.



**PAY IT
FORWARD**



Activity - Global Thanks

How often do we look at how far our food has travelled? Next time you go shopping, have a look at the food you buy and see where they have come from.

Use a map of the world to see where your food has travelled from and see if you can work out what transport was used to bring it to you. Which is the closest bit of food and which is the furthest travelled? How long do you think it took to reach your home?

Think of all the people who helped to get the food to you - farmers, lorry drivers, container ship crews, train crews, shop workers - can you think of any others? How can you show thanks to these people and make a difference? Perhaps you could buy local produce. Is there a charity you could support such as Fairtrade?

Meditation Prayer

Find yourself a quiet place to sit and talk to God. Think about Ruth and Naomi and how they helped each other. Ask God how can we help older people and show we care?

Think of all the countries where our food comes from. Thank God for every farmer and person that makes it possible for us to eat that food.

Pray for organisations such as Fairtrade that allows all workers to be fairly paid for the work they do. Ask God to show you ways that you can support farmers and the climate.

Stars

Scripture

Read *Genesis*, chapter 15, verses 5-6 and then chapter 17, verses - 17, 19 and 22. God's Agreement With Abram.

Wondering

Go outside and look up at the stars if you can. How many can you see?

Can you identify any of the constellations?

I wonder how you feel when you look up at the sky and see all the stars.

I wonder if God has made you a promise that you're not sure is possible.

I wonder how Sarah felt when God made the impossible possible for her.

Activity - Galaxy Jars

Hold a galaxy in your hands! Have a go at making your own galaxy jar. Try using different colours - which one is your favourite?

bit.ly/FFGalaxyJar



Starry Prayers

Look up at the sky. How many stars can you see?

Dear God, thank you for the wonders of your world, the stars that we can see and the many we cannot. Help us to realise there so much we have still to learn about all you give to us each day. Amen.

Advent

Scripture

Read Luke, chapter 2, verses 1-20. The Birth of Jesus.



Wondering

Watch **Nativity!** (U)

I wonder what you can remember about nativity plays that you were involved in. Can you remember a song? Is there a role that you always wanted to play?

Christmas Cookies Prayer

Bake and decorate Christmas cookies to give away. As you bake the cookies, pray for the person/people you are giving them to, stirring love and prayer into them.

Activity - The Hot Chocolate Extravaganza!

Have a hot chocolate taste test with various toppings, whipped cream, marshmallows and flavoured syrups. Which is your favourite?

Activity - Family Film Night

Download the **Family Film Night** resource for **The Polar Express** (U) - bit.ly/FFNPolarExpress

With your favourite hot chocolate drink, settle in and together and watch the film, then have a go at some of the activities.

Activity - Christmas Trail

Download the Muddy Church resource, **Out of the Ordinary**, and do some of the trails together - bit.ly/FFAdventTrail

Faithful Footsteps

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