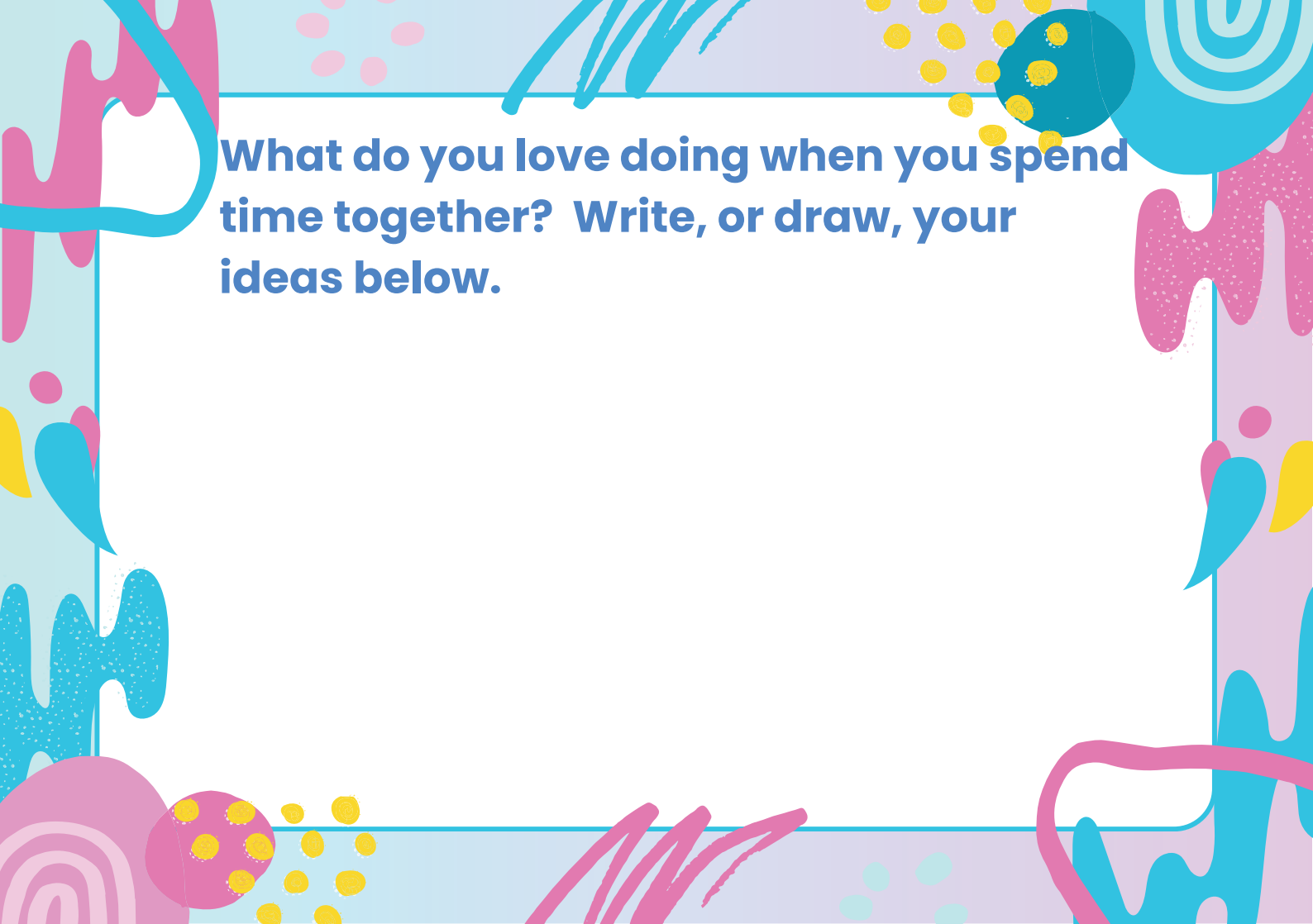




5 – 11 years



What do you love doing when you spend time together? Write, or draw, your ideas below.

Epiphany

The Wise Ones

Scripture

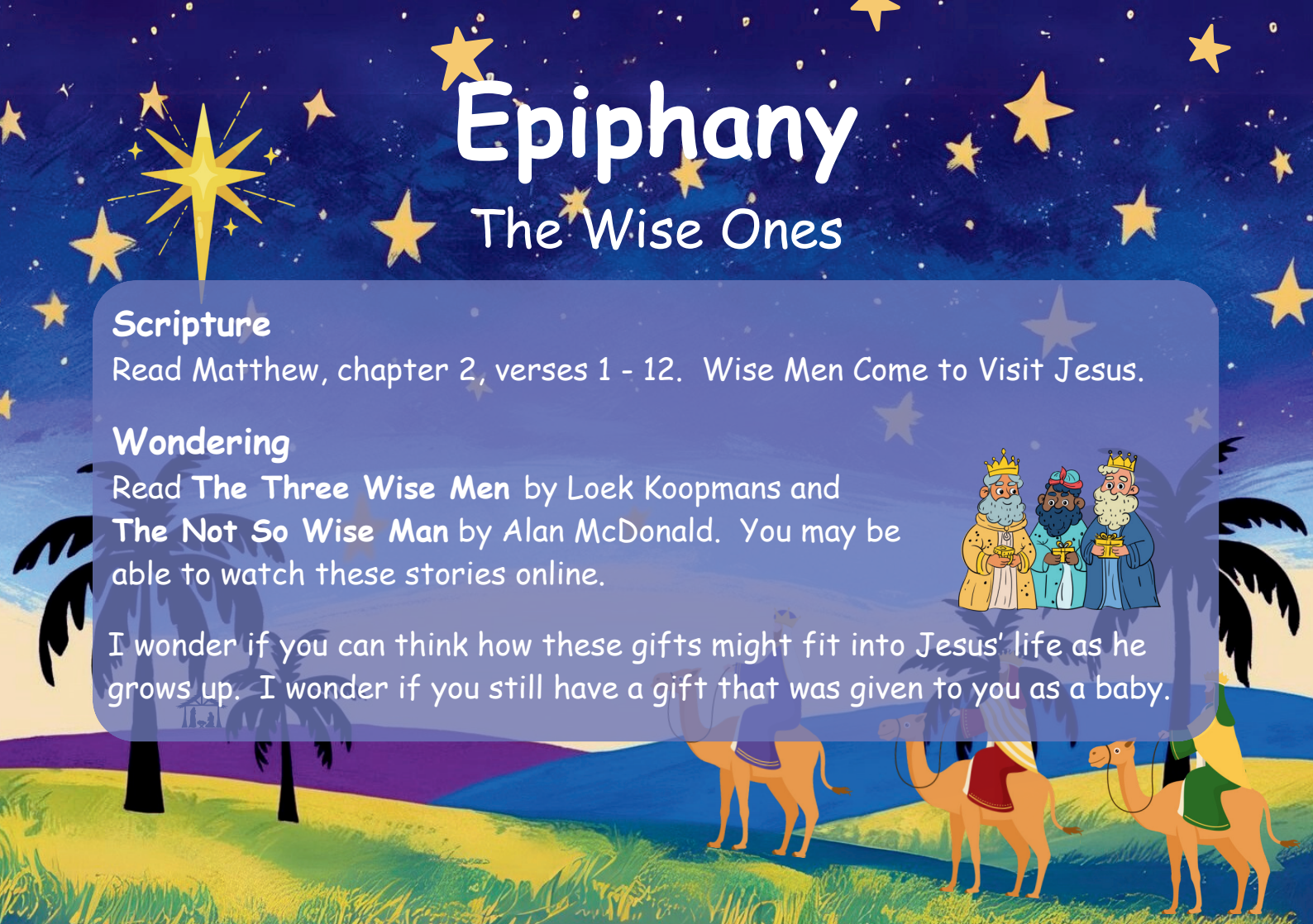
Read Matthew, chapter 2, verses 1 - 12. Wise Men Come to Visit Jesus.

Wondering

Read **The Three Wise Men** by Loek Koopmans and **The Not So Wise Man** by Alan McDonald. You may be able to watch these stories online.



I wonder if you can think how these gifts might fit into Jesus' life as he grows up. I wonder if you still have a gift that was given to you as a baby.



Activity - A Special Gift

You will need: a recycled cardboard box, such as a tea bag box or cereal box; wrapping paper or plain paper; colouring pens, pencils, glitter, gems etc; small pieces of paper.

What you do: Cover the box in wrapping/plain paper and decorate it. Cut a flap into the box so that you can open and close it. Write or draw things that you are good at onto the pieces of paper and place them inside the box - you can add more throughout the year. Make time to look in the box and read some of the gifts you have, and the things that you have learnt.

Can you think of ways to share you skills with others? Perhaps you could make them cards, bake treats, help them at school?

Prayer

Place three things that are special to you (e.g. toys, photos, etc) beside you. Look at them. What makes them special? How old are they and how do you keep them safe?

Dear Jesus, we thank you for all we have that is special to us. Help us to know that we are special to you, each in our own way. Amen

Love is..

Scripture

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



Wondering

Read together **Guess How Much I Love You** by Sam McBratney. You may be able to watch the story online. What was your favourite bit in the story? Think about the people you love. How do you show them that you love them? How can you show your love for God?

Interactive Prayer

Stretch out, or up, your arms as far as you can and say "Guess how much I love you God? **THIS MUCH!**" Do this prayer in lots of different places and with different people.

Activity - Pocket Heart

You will need: Fabric or wooden hearts; colouring pens; scissors

What you do:

Cut out some heart shapes from the fabric, or colour in the wooden hearts. Write on the heart that you are loved, maybe you would like to write "God loves me" on it.

Put the heart in your pocket and carry it with you, wherever you go, to help you remember that you are loved at all times.



Family Film Short

Watch the short film **LAVA** and do the activities found in the **Family Film Night** resource - bit.ly/FFNLava

Spring

Growing in Hope

Scripture

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

Wondering

Read **The Extraordinary Gardener** by Sam Boughton. You may be able to watch the story online.

I wonder what plants are the most important.
I wonder what plants you can see today.

Visit muddychurch.co.uk/march for a spring trail.





Activity

Tiny Treasure Hunt

You will need: a small box

What you do: Go for a walk, and keep your eyes peeled as you hunt for really small things you can fit into a small box. Collect little leaves, blades of grass, small (empty) snail shells, tiny twigs, feathers and pebbles. Turn it into a competition with your family - who can fit the most items inside their box? You can take a magnifying glass on your scavenger hunt to help children to investigate their finds. Can they see patterns, colour changes and interesting textures?

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 children you know to grow into the people God wants us all to be.

Easter

Read **Dave the Donkey** by Andrew McDonough.
You may be able to watch the story online.

Wondering

I wonder which part of the story you liked best.
I wonder how Dave the donkey felt when he was
chosen to carry Jesus.

Prayer

Cut some lengths of ribbon or fabric. God changed world in the most amazing way, what situations are you hoping will change? As you pray, take a piece of ribbon and hold it for a moment as you pray. Then tie the ribbons somewhere where you will see them every day to remind you of your hopes and prayers. This could be on a tree, near your front door, or in a bedroom.



Activity - Praise Pathway

You will need: chalk

What you do: create a praise pathway on your drive or pavement. People laid their cloaks on the ground on Palm Sunday to celebrate Jesus' arrival. You could write something on the pavement to celebrate Easter and the Good News of the Easter Story. Make it colourful and eye-catching. Alternatively, you could make a poster for your window for people to see as they pass by.

Further Activities

Do the Easter trail by Muddy Church - bit.ly/MCEasterTrail

Watch **Ron's Gone Wrong** and do the **Family Film Night** activities together - bit.ly/FFNRonsGoneWrong



Pentecost

Scripture

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

You may like to watch the video **The Holy Spirit** by Bible Kids @BibleKidsEn

Read **Under The Love Umbrella** by Davina Bell. You may be able to watch this story online.

Wondering

I wonder, if you had been there, what would you feel as you saw flames above people's heads.

I wonder how you feel being under God's love umbrella.





Activity - Flame Headdress

You will need: Card (old cereal box or something similar); colouring pens

- **What you do:** Cut a band out of the card that fits around your child's head. Cut out flame shapes from the paper or remaining card, and colour in. You could add words to the flames from the Bible passage, or use 'Come Holy Spirit'.

Headdress Prayers

Place your headdress in front of you. Look at the flames, the colours, the shapes. Think about how God sent a special wind, the Holy Spirit, to give the disciples confidence to tell people about God.

Dear God, thank you for sending a sign to show people that you are with them, helping them to be brave and talk about you. Please help us to be brave and tell others about you. Amen.

The Sower

Scripture

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

Wondering

Read **Tree Full Of Wonder** by Anna Smithers. You may be able to watch this story online.

Look at the trees. I wonder how old they are. I wonder what lives around the trees. I wonder if God smiles on the trees as they grow.



Activity - Grass Heads

What you need: Tights or cotton wool; plastic cup; grass seeds; soil.

What you do: Cut the feet from the tights or place a layer of cotton wool at the bottom of the plastic cup. Sprinkle grass seed into the toe of the tights, or onto the cotton wool layer. Cover the seed in soil or place another layer of cotton wool on top of the seeds, pressing down gently. Tie a knot at the open end of the tights or decorate the outside of the cup. Shape your 'head' and add some personality.

Soak your grass head, then put it in a sunny spot. Water your grass head every day and watch it grow!

Prayer

Take a seed and hold it in your hand. Say "thank you" for something new that God has brought into your life. Pray about a circumstance in which you feel there is a need for a fresh start. Think about what you want God to grow in your life (do you need more patience, bravery, persistence...?), or ask for help with a goal you wish to achieve. Plant the seed in some soil and sprinkle a little bit of water on top. Trust that God will grow good things in your life.

Elijah

Scripture

Read 1 Kings, chapter 19, verses 11-12. Elijah at Mount Horeb (Sinai).
You can find animated stories online.

Wondering

Read **Too Much! An Overwhelming Day** by Jolene Gutiérrez.
You may be able to watch the story online.



I wonder what makes you feel overwhelmed. I wonder what you need to feel calm. I wonder if we can still hear the quiet, gentle voice of God.

Elijah

Activity - How Good Is Your Hearing?

Go outside and find a quiet spot where you can sit or stand. Close your eyes if you want to. Now listen.....what sounds do you hear? Can you hear traffic? Can you hear birds? Can you hear the wind? What is the smallest sound you can hear?

Further Activities

Find more exciting activities at FOFA@Home - bit.ly/FFELijah

Hand Cream Prayer

Place a small dot of hand cream on each other's hands. As you rub it in, pray for the calm and the quiet, gentle voice of God to still you.

Outdoors

Wise and Foolish Builders

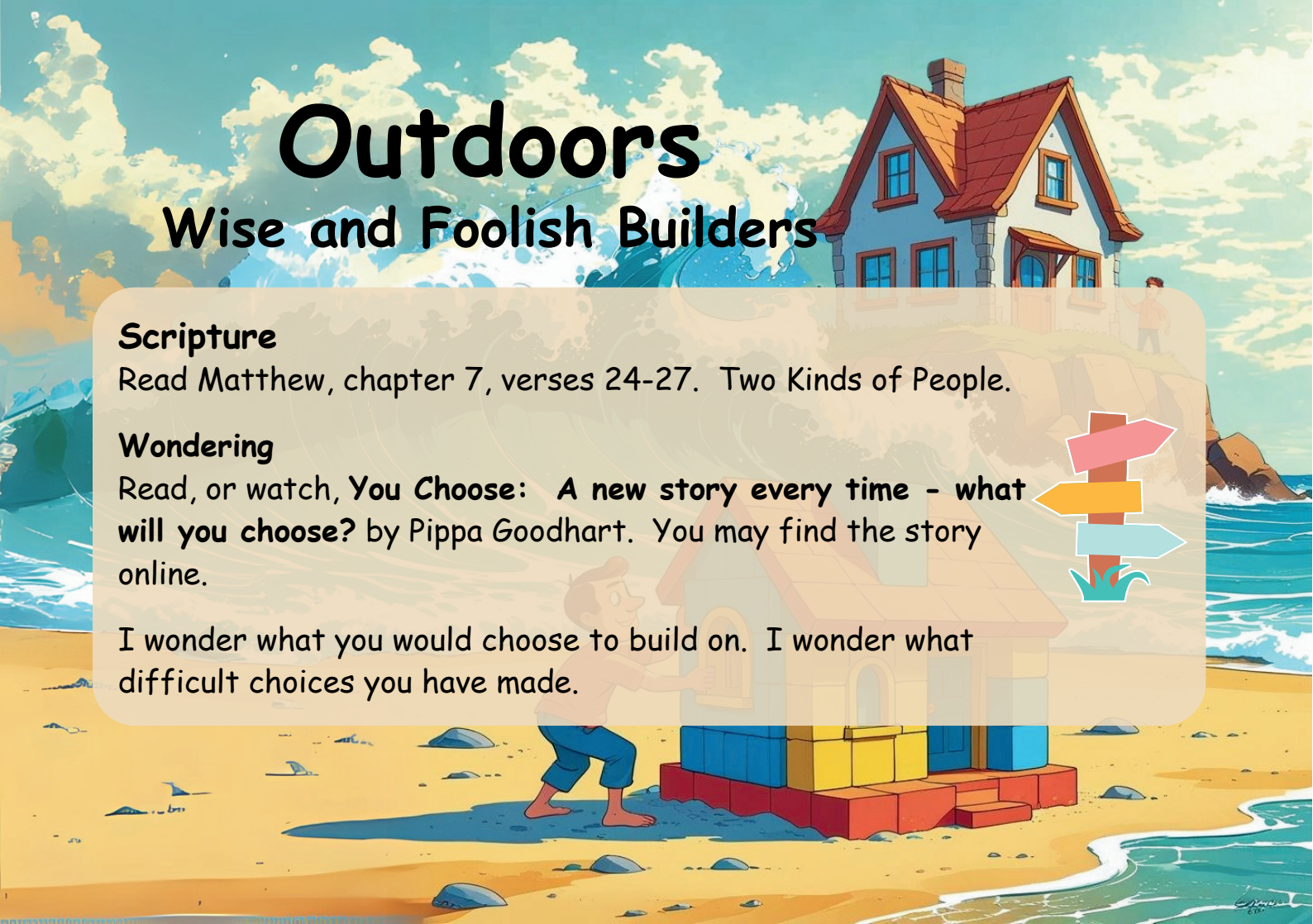
Scripture

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

Wondering

Read, or watch, **You Choose: A new story every time - what will you choose?** by Pippa Goodhart. You may find the story online.

I wonder what you would choose to build on. I wonder what difficult choices you have made.



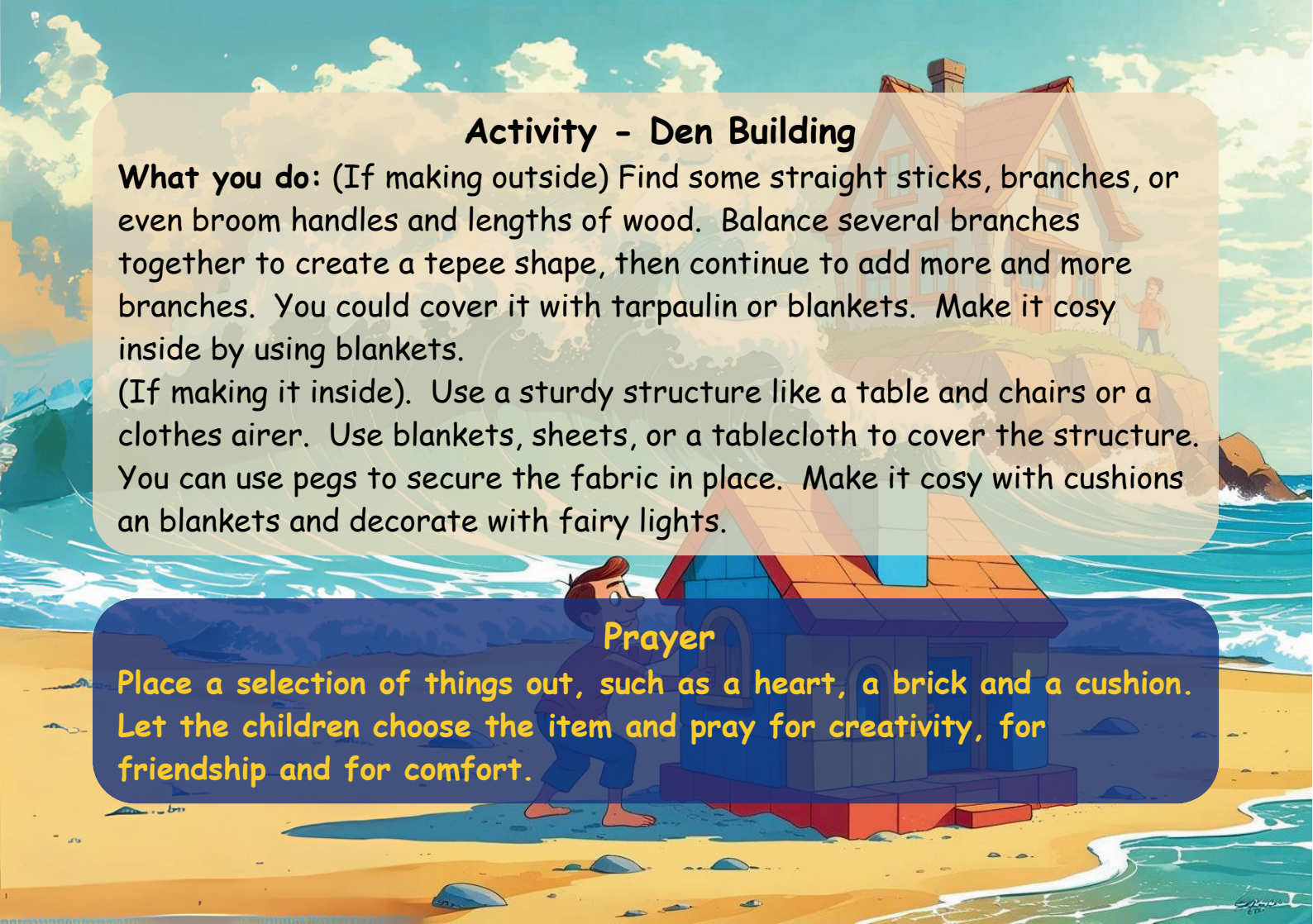
Activity - Den Building

What you do: (If making outside) Find some straight sticks, branches, or even broom handles and lengths of wood. Balance several branches together to create a tepee shape, then continue to add more and more branches. You could cover it with tarpaulin or blankets. Make it cosy inside by using blankets.

(If making it inside). Use a sturdy structure like a table and chairs or a clothes airer. Use blankets, sheets, or a tablecloth to cover the structure. You can use pegs to secure the fabric in place. Make it cosy with cushions and blankets and decorate with fairy lights.

Prayer

Place a selection of things out, such as a heart, a brick and a cushion. Let the children choose the item and pray for creativity, for friendship and for comfort.



New Beginnings

Scripture

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

Wondering

Read, **Jesus' Day Off** by Nicholas Allan. You may find the story online.

I wonder if you sometimes feel that you need to take time out. I wonder what you do when life is too much.



Sweet Prayers

Grab a pack of multi-coloured sweets, decide what you will pray for when you eat each colour. For example, red - family; purple - friends; green - environment/animals; yellow- the world; orange - school/work. Take it in turns to pick one sweet. Before you eat your sweet, say a one-line prayer thanking God for something in that category.

Activity - Change of Scene

Do something different for a day. Go for a walk, look around, what do you see? Visit a park, where is your favourite place in the park? Is it the swings? Is it in a quiet corner? Go shell hunting on the beach. What different sorts of shells or pebbles can you find? Get away from all the things you should be doing and relax, enjoy and recharge!

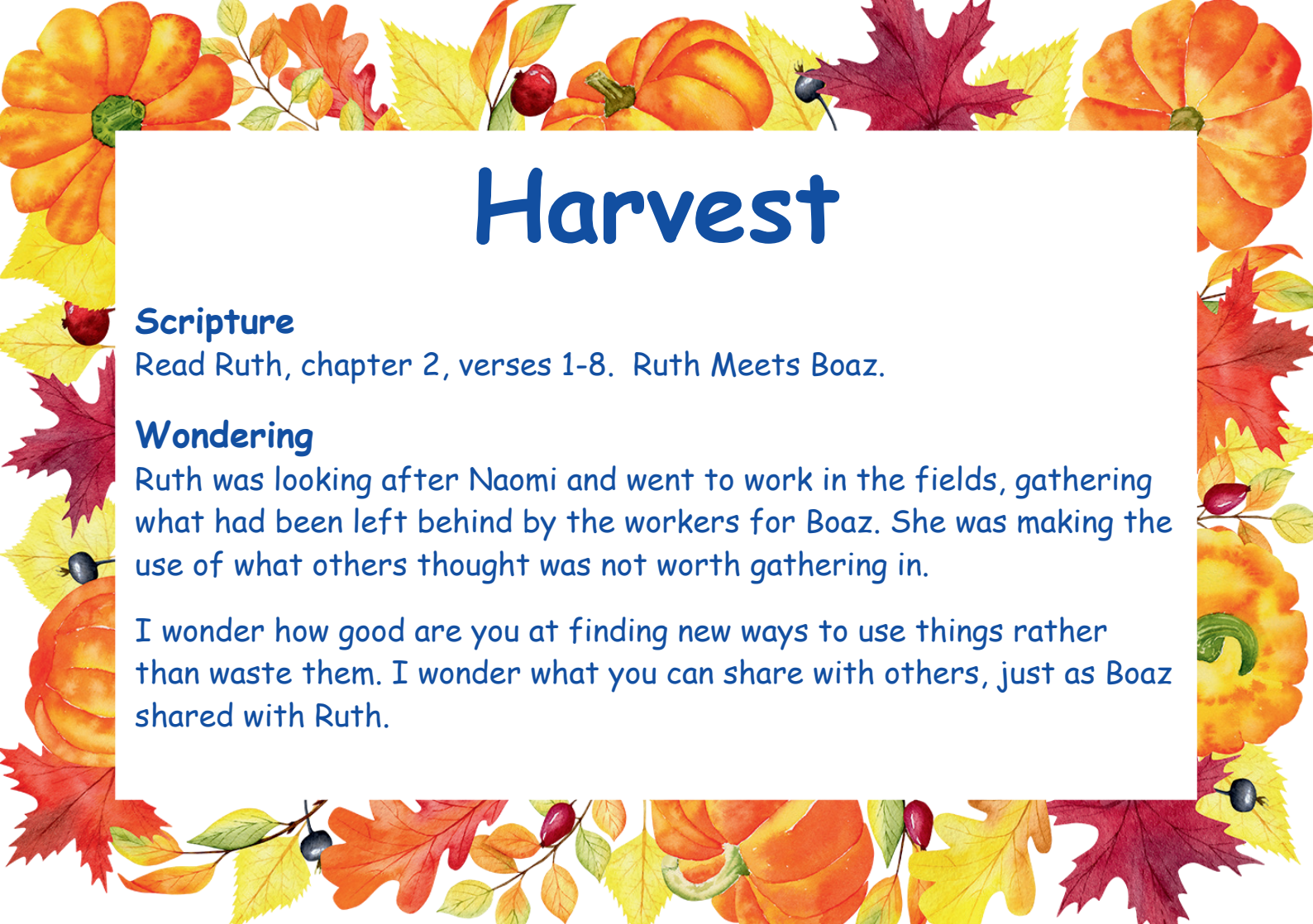


Activity - How Would You Walk?

In the Bible story, the characters were walking on a road to Emmaus. How do you think they were walking? Can you walk as if you were really, really sad? Then, the characters found their friend, Jesus! Can you walk as if you're really, really happy? Get creative with your walk. What's the funniest and most creative way you can walk? Jumping like a frog? Commando crawling? Tip-toeing? Have a go and see what funny walk you can make.

Further Activities

Visit FOFA@Home - bit.ly/FOFAEmmaus for more activities.



Harvest

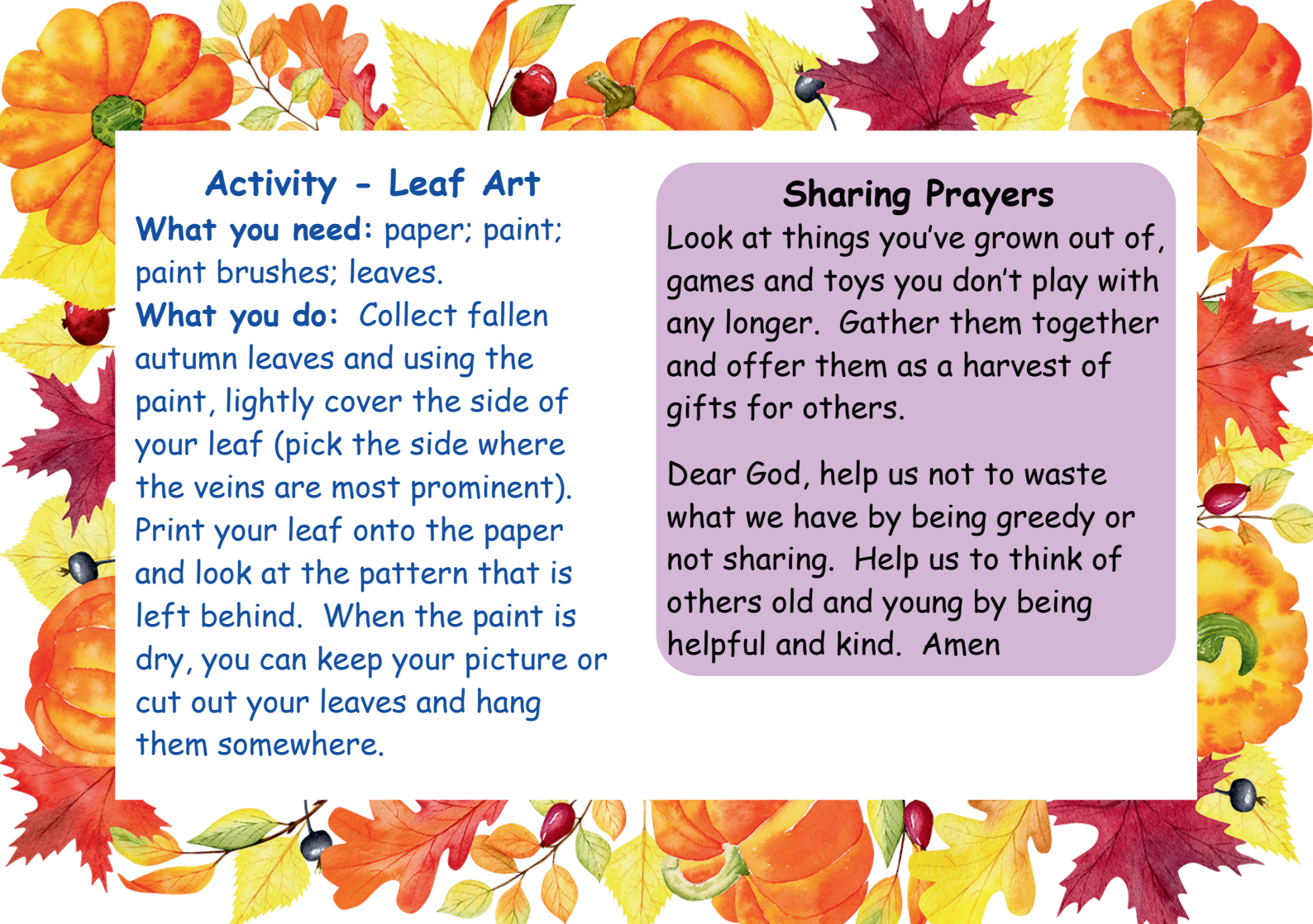
Scripture

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

Wondering

Ruth was looking after Naomi and went to work in the fields, gathering what had been left behind by the workers for Boaz. She was making the use of what others thought was not worth gathering in.

I wonder how good are you at finding new ways to use things rather than waste them. I wonder what you can share with others, just as Boaz shared with Ruth.



Activity - Leaf Art

What you need: paper; paint; paint brushes; leaves.

What you do: Collect fallen autumn leaves and using the paint, lightly cover the side of your leaf (pick the side where the veins are most prominent). Print your leaf onto the paper and look at the pattern that is left behind. When the paint is dry, you can keep your picture or cut out your leaves and hang them somewhere.

Sharing Prayers

Look at things you've grown out of, games and toys you don't play with any longer. Gather them together and offer them as a harvest of gifts for others.

Dear God, help us not to waste what we have by being greedy or not sharing. Help us to think of others old and young by being helpful and kind. Amen

Stars

Scripture

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

Wondering

Imagine being told as Abraham was, that he and Sarah would have as many in their family as stars in the sky!

I wonder if Abraham thought this was possible.

I wonder what Sarah thought.

I wonder how God shows up when he makes promises to us.

Activity - Tactile Starry Sky

You will need: cardboard (old cereal box will work); dark coloured wool; stars (gems, paper/card cut outs, stickers etc); sticky tape; glue

What you do: Cut the cardboard into a rectangle shape. Stick the end of the wool using the sticky tape onto the card and then wrap the wool around the it. Keep going until it is fully covered, then tie off the end of the wool. Grab your stars and stick them onto the wool. Can you create any constellations? When you've finished, either hang up your starry sky or put it somewhere where you can feel the starry sky under your fingertips.

Starry Prayers

Look up at the sky. How many stars can you see? Take time to thank God for the wonders in this world and the promise of care that is given to all of us.

Advent

Scripture

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

Wondering

Read **Jesus' Christmas Party** by Nicholas Allan. You may find the story online.

I wonder if it felt special being there. I wonder what you wear to visit.



Christmas Lights Prayer

Walk around your area. When you see some lights in a home, pray for God's gift of joy in that house. If you see a snowman, pray for warmth in our friendships. If you see stockings, pray for good things in the year ahead. If you see simple lights, pray that God shines a light in the dark places of the world.

Activity - Peppermint Creams

You will need:

250g icing sugar

1 egg white

Few drops of peppermint essence or alternative flavouring

Dark or milk chocolate (optional)

What you do:

Sieve the icing sugar into a large bowl. Add a little of the egg white and a few drops of the peppermint (or other flavouring) essence and mix well. You want the mixture to come together as a soft dough, so keep adding a little white egg until this starts to happen (you might not need to use all of it). Tast the mixture and add more of the flavoured essence if desired.

Divide the mixture into 20 small balls, then flatten them gently with your fingertips into discs. Place baking parchment on a large board or tray and space out the discs. Meanwhile, melt the chocolate into a microwavable bowl and leave to cool for 5-10 mins. Carefully dip the peppermint creams into the melted chocolate until they are half coated. Lay them back on the baking parchment to set for 3-4 hours, or overnight.