



## Obstacle Course

A fun way to explore the masterpiece that God has made (ourselves) is to dress up, as we think about our appearance and what that means to us and God.

### You will need:

three or four of the following obstacle objects/something similar: hoop(s) to jump over/climb through, cones to dribble ball through or weave in and out of, bench to walk along, chair to crawl under, tunnel to crawl through

### What you do:

Two teams. Create two identical obstacle courses that allow the children to race and be competitive. At the end of the course, they can get dressed up in the clothing that has been provided. The first one fully clothed is the winner.

## Feely Bag

This is a bold thing to do, with eyes closed.

### You will need:

something for a blindfold, e.g. scarf or (cotton) headband, some sensory items, e.g. (this could be anything that feels funny!) something with sequins on, dry pasta, feathers, stress balls (or similar), pom poms, Blu Tack, small zip lock bag of slime, seashell(s), sticks/leaves

### What you do:

Place one item in a bag each, so you have multiple bags. Ask someone who is feeling brave and bold to put their hand in a bag and feel the item – see if they can guess what it is. Sometimes we need to be bold and can be surprised by the results.

This is a sung response prayer. After a few lines of prayer all can sing:

***Be bold, be strong for the Lord your God is with you.***

Set some actions to the words, some suggestions are:

**Be bold** – fists on hips and legs apart, standing tall

**Be strong** – show muscles

**For the Lord** – point to the sky and look up

**Your God is with you** – point to each other and self

Here is a link to the song for your reference : Be Bold, Be Strong (Song Actions), by Hope Kids

[https://www.youtube.com/watch?v=K9Vjvc-WdRI&list=RDK9Vjvc-WdRI&start\\_radio=1](https://www.youtube.com/watch?v=K9Vjvc-WdRI&list=RDK9Vjvc-WdRI&start_radio=1)



## Wondering questions

### I wonder...

- how it feels to be God's masterpiece
- do you ever feel guided by God?
- how it makes you feel knowing that others too are fearfully and wonderfully made

# Day Three

## Bible Reading

I AM the salt of the earth; I AM the light of the world



Matthew 5:13-14

You are like salt and light

13 'You are the salt of the earth. But if the salt loses its salty taste, it cannot be made salty again. It is good for nothing. It must be thrown out for people to walk on.

14 'You are the light that gives light to the world. A city that is built on a hill cannot be hidden.'

## Bible video

The salt and the light  
by Kids Point  
<https://bit.ly/LIGHTsalt>

## Arrival activity

### Wisdom Quest Journal

Make booklet (folded A4 or stapled pages)

Decorate cover and fill it with words the children have discovered

## Modern day parables

### **Sofia's Dream** by Land Wilson & Sue Cornelison

Publisher: Little Pickle Press

Publication date: Dec. 2010

ISBN-10: 0982993811

ISBN-13: 978-0982993811

### **Be Kind** by Pat Zietlow Miller & Jen Hill

Publisher: Macmillan Children's Books

Publication date: July 2020

ISBN-10: 1529041902

ISBN-13: 978-1529041903

## Challenges

### Mud Hunt



#### You will need:

paper with the individual words: *salt, of, the, earth* (laminated or covered in tape to keep them waterproof), pots or containers filled with soil (more than four), tarpaulins or newspaper to protect the floor (or do this activity outside), a sheet of clear acrylic (Perspex) inside a frame, such as a photo frame with the back removed, books to raise frame up on, or anything that can raise it from the table so that a light can be placed underneath to light it up, salt to pour on top of the glass

#### Task:

This task is completed by the children finding the words hidden in containers filled with dirt. Once found, they then decide which order the words go in and write them using their fingers into the salt that has been poured onto the frame (watch that no one eats the salt as it is very dangerous in large quantities). A light will then be shined from under the frame, highlighting the phrase.

#### What you do:

This activity could take place outside in an enclosed church garden, or inside. If this activity is taking place inside, place the containers on newspaper or tarpaulin to minimise mess. Have several containers: jam jars, pots, buckets etc with soil inside them. Inside some of the containers have the laminated words. The children are asked to locate the containers and then discover the words hidden in just four of the containers. When all the words have been found, the group decides what order they go in, writes the words into the salt and then uses a torch (or similar) to shine a light through the words.

#### Take it to the next level?

Create a treasure map for the children to follow around your chosen area, locating where the pots of soil are.



### Salt dough lamps

**You will need:**

- one cup of salt
- two cups of plain flour
- food colouring
- one cup of water



For a basic guide, you create the dough two parts flour to one part salt and water

**What you do:**

Add to a bowl and mix well. If you need more flour or water, add as needed. You do not want very sticky dough.

Give each child a piece of dough, to roll into a ball and then flatten to create a lamp base. This can be done at the beginning of your session if you are baking it.

Bake the lamp: Place the shaped dough on a baking sheet and bake in a preheated oven at 200°F (93°C) for about 20-30 minutes until hard.

Cool and decorate: Allow the lamps to cool completely, then paint or decorate them as desired. If you are not baking the dough but leaving it to air dry, ask the children to decorate their lamps by pressing in sequins or adding glitter to the dough; they can even engrave patterns into the lamp.

Make sure they have a container to take it home. It will take about two days to completely dry out.

### Recipe (cont.)

Continue microwaving at 50% power in 30-second intervals until the chocolate is melted and smooth. Add a few drops of your choice of food colouring to the melted chocolate.

Use the stem and leaves of the strawberry as a holder and dip the clean, dry strawberries in the melted chocolate. Try to cover as much of the strawberry as you can. Allow any excess chocolate to drip off.

Place the chocolate-covered strawberry on a lined parchment paper to set.

Once the chocolate has set, gently remove the stem and leaves by twisting them off.

Use a little dab of melted chocolate to attach the Mini Rolo to the top of the strawberry.

Use Strawberry laces to create the cord and attach it with melted chocolate. The bulb spacing on the plate is up to you.

### Recipe



### Edible lights

**You will need:**

- (strawberries), (white chocolate), food colouring (Mini Rolos) or similar, strawberry laces, parchment paper, paper plate.

**What you do:**

Wash your strawberries thoroughly and dry them as well as you can with a paper towel. Keep the tops (or stems) of the strawberries intact. Place the white chocolate melts in a bowl that is safe for the microwave. Microwave for one minute at 50% power and stir.

### Stem

### Salt Paint

**You will need:**

- a variety of type of salt,
- dark coloured card,
- hot water, bowls and
- paint brushes



**What you do:**

Add one tablespoon of table salt to a small bowl. Add three tablespoons of hot water to the bowl. (An adult should boil water in a kettle and pour in three tablespoons to dissolve the salt.)

Mix the salt in the bowl until the majority of the salt has dissolved.

Use a paintbrush to paint whatever you like! You may want to do two or three coats. You can use a hair dryer to help the picture dry, or wait overnight to see what happens.