





# WISDOM QUEST

## *Under-fives appendices*

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**This appendix includes materials for 0-5s and can be used alongside the activities in the holiday club resource or independently. Some of the activities in the main body of *Wisdom Quest* will be easy to adapt for little ones, but this appendix includes some extra suggestions which are tailor made for this age group.**



## TUFF TRAYS

Sensory play is important in stimulating the five senses, but also allows children to explore and be creative. This can be by using bags filled with different textures, or a variety of shapes cut out of different textures, or playing with objects which smell or taste. This can be something they touch, or smell, something they put on, or something that makes sounds. Tuff trays are a great way to contain sensory bases. The accessibility variations of them also allow babies and young children to sit in them and be immersed with the sensory elements. Materials that are good to be used in tuff trays:

- edible sand can be made from a variety of foods – oats, Cheerios, crackers – anything that is ‘sand coloured’ blitzed down in a blender
- rice, pasta
- soapy water
- mud
- shredded paper

## MODERN PARABLES

This is a story that a child might have on their bookshelf at home or in toddlers/playgroup/nursery which ties in with the theme for the day. There are some questions to help you link to the theme too.

## WHAT'S IN THE BOX?

This is a fun way of developing the theme. Use the same box each time (a bag would work equally well).

As you get the box out, sing (to the tune of ‘The Farmer’s In His Den’) ‘What’s in the box, what’s in the box? Let’s see, let’s see, what’s in the box.’ Then draw the items out one at a time and let the children explore them while you chat with them about the objects and their links to the story or theme.

## DAY ONE

(I am created in God's image/I am a child of God)  
You are a reflection of god's creative beauty and his nature/You are a beloved member of God's family through faith.



## MODERN PARABLE

This book explores and celebrates all the different types of people that are all made in God's image.

*All Kinds of People* written by Sheri Safran & Emma Damon

Published by Tango Books in May 1995

ISBN-10 1857070674

I wonder what you like best about how you have been made

## SENSORY PLAY

Use some playdough to create people. Then have a little showcase of what everyone has made. If you have Mr Potato Head or similar with body parts these could be provided too.

## GAMES

If you have the game Misfits, play this or create your own version: print and cut out a few people such as a clown, police officer, teacher, doctor, rubbish collector, cleaner, and cut them in half and let the children create new people using each half.

## CREATIVE

Using some sweets or fruit and either (biscuits) or (cake), create an edible person.



## WHAT'S IN THE BOX?

- Mirrors to look in and explore own face
- Lots of different types of play people so that you can discuss how we are all different but God loves us all just as we are
- Cameras (pretend or, even better, Polaroid) to take pictures of each other
- Photos of the children or of the leaders – have fun looking at them and talking about how our bodies change as we grow but we stay the same inside
- Dressing up stuff to explore how we can be anything we want in this world
- Skin-coloured crayons and paper to encourage mark making and to enable drawings of each other to take place

## PRAYER

Encourage everyone to point to bits of body as a leader reads the following prayer.

Thank you God for my hands  
Thank you God for my eyes  
Thank you God for my ears  
Thank you God for my tongue  
Keep adding as you see fit and end with:  
Thank you that I am a child of God.  
Amen

Be aware of those children who may have limited use of certain body parts.

## TUFF TRAY

Provide some pasta/rice/twigs/leaves to make people. You may find it useful to have laminated paper with an outline of a body shape on it (it's good practice to have the shape as gender neutral as possible) for the children to fill with the items.

## DAY TWO

(I am fearlessly and bold in Christ/I am God's masterpiece) You can be bold and courageous because of your hope in Christ/You are God's handiwork, created with intention and purpose.



### MODERN PARABLE

*This is Me!* celebrates our differences and is perfect for every child and every family. It's a beautiful, heartfelt and positive story.

***This is Me!* written by Claire Taylor & George Webster,  
and illustrated by Tim Budgen**

Published by Scholastic in Mar. 2023

ISBN-10: 0702319147

**I wonder how you are bold and fearless**

### SENSORY PLAY

Hide some things in the sand and put hands in and find them. Some of the things could feel a bit spiky and rough. Can the children be brave enough to find them? You could use a bag and hide the things in there for the child to reach into.

### GAMES

Have fun encouraging everyone to use their body and face to recreate an emotion – include fearless and bold.

### CREATIVE

Using paint or skin-coloured crayons, encourage the children to draw/paint each other.



## WHAT'S IN THE BOX?

- Provide some superheroes to play with. Talk about how they have to be bold
- Self-portraits of famous people or people from long ago and talk about what's similar and what's different, but all are masterpieces
- Heart and rainbow and a feather (God's masterpieces)

## PRAYER

(You could add actions or noise effects to any of the words)

I am bold  
I am brave  
I am God's child  
Amen

## TUFF TRAY

Lego for the children to each build their own masterpiece.

## DAY THREE

(I am the salt of the earth/I am the light of the world)  
You bring God's flavour and preservation to a needy  
world/You shine with the light of Christ, illuminating  
the darkness around you.



### MODERN PARABLE

*My Bright Shining Star* is a touching story about finding hope in the toughest places.

***My Bright Shining Star* written by Fatima Whitbread & Rhian Wright**

Published by words & pictures in Oct. 2024

ISBN-10: 0711296235

**I wonder how you shine**

### SENSORY PLAY

Different foods to taste and see.

Check allergies, dietary requirements  
when providing food.

### GAMES

Lay a few, maybe four or five, different types of  
light on a tray.

Give everyone time to see what is there. Then, so  
they can't see, remove one item. Can the children  
guess which is missing?

Play a few times.

### CREATIVE

Plant some seeds in some soil. Decorate a  
label to go on the pot.



## WHAT'S IN THE BOX

- Different sorts of lights, torches, LED candles, light switch in the room, phone torch
- Play food
- Salt and pepper shakers (either empty or with flour in – do not provide salt because, in large quantities, this is dangerous for children)

## PRAYER

Give each child an LED light or torch. Go round the room shining the light into dark places and say, 'Light up the dark, God. Amen'

## TUFF TRAY

Have some items from nature to explore and use.

## DAY FOUR

(I am called to bear fruit/I am part of God's family)  
You belong to the household of God, with brothers  
and sisters in Christ/Your life is meant to produce  
good works that reflect God's love and truth.



### MODERN PARABLE

A lift-the-flap book exploring homes from around the world  
– discover diverse cultures and ways of living.

***A place called home* written by Kate Baker & Rebecca Green**

Published by Lonely Planet Kids in July 2020

ISBN-10: 178868933X

**I wonder where you live and who lives with you**

### SENSORY PLAY

Having lots of (fruit) to feel, taste, smell  
and to look at. Explore the textures and  
tastes. I wonder what is good about fruit?  
I wonder what is good about God?

### GAMES

Match up pairs, either using two-piece puzzles or  
some cards with pictures on. Examples could be  
matching a parent animal with a baby animal or  
pairing same colours or shapes together.

### CREATIVE

This could get messy, so you may want to provide aprons. Using  
fruit cut in half and plates with paint on create some fruit pictures.  
You may want to experiment with fruit beforehand to ensure it  
prints. Apple may work better than kiwi, for instance.  
Check for any known allergies beforehand.



## WHAT'S IN THE BOX?

- Provide some play fruit and play knives to have fun with
- Toys which get bigger and longer such as chain link toys or Lego, to explore the idea of family
- Houses and people to explore creating households of people
- Farm animals and different sections to group the different families into

## PRAYER

Share some (fruit) with each other and say, 'You are God's good fruit.' Amen

## TUFF TRAY

Provide play fruit that can be cut up with a play knife. I wonder what happens if you mix the fruit up.

## DAY FIVE

**(I am loved unconditionally/I am complete in Christ)  
– nothing can ever separate you from the love of  
God/In Jesus, you lack nothing. He makes you  
whole.**



### MODERN PARABLE

This picture book is all about love and kindness.

***Love: with love we can do anything*, illustrated by Sophie Cashell & Axel Scheffler**

Published by Alison Green Books in Jan. 2026

ISBN-10: 0702343846

**I wonder how you show someone you love them**

### SENSORY PLAY

Dried or synthetic flower petals, or make some. Use them to create flowers. We are all part of God's family and together we complete it.

### GAMES

Draw a large Jesus and cut into as many pieces as there are children. Hide the pieces around the room. Everyone looks for one piece and then together recreate and complete Jesus.

### CREATIVE

Make something out of construction toys or junk modelling.  
Go round saying something nice about each other's – this is what it is like to be unconditional and loving towards a friend.



## WHAT'S IN THE BOX?

- Pizza or things in sections which make up one whole
- Go round the group saying something about yourself
- Hearts to talk about love

## PRAYER

Make some heart bunting making marks on each piece. Children could draw themselves too. The leader could add the words, 'God always loves me' as the prayer and all shout 'Amen!' together. Hang the bunting up.

## TUFF TRAY

Provide some two, four, six-piece puzzles and/or inset puzzles.