

How many names do you have?

Most people have two or three, or maybe four. In the Bible, God has LOADS!

Find out if God has a name that starts with the same letter as your name. What does it mean? Why is he called this?

You could do a drawing, write a poem, make a model or sing a song that shows what you think about this name.

Get grateful

Find an empty jar or pot that isn't needed and some small pieces of paper.

Every day, write something you are thankful for on one piece of paper. Fold it up and put it in the jar. You could do it before you go to bed, at tea time, or whenever it suits you. You might have more than one.

At the weekend it's fun to see all the things you've been grateful for this week. You could say thank you to God for them too!

An egg-speriment

Eggs are fun to cook in lots of ways. The egg white starts off all runny and transparent, and when they are cooked they are completely different!

Ask an adult to help you cook an egg. You could boil it, scramble it, or anything else they suggest.

Bonus – can you find out why the egg white changes so much?

What's your favourite animal?

Think of the best adjectives (describing words) you can to explain what you like about it. Is it brilliant, beautiful, or super strong?

Use your words... you could:

Draw the animal and write the words on the drawing  
Write a poem or story about the animal using the words

Tell someone about the animal using the words

How many words did you manage?

## Bake flapjacks & taste test

Flapjacks are fun to bake.

You can put lots of extra ingredients into them – like raisins, chocolate chips, mini marshmallows, chopped up dates / apricots or nuts and seeds

Try some extra ingredients you haven't used before.  
Choose some you think will work well together.

Ask a few people to taste them and tell you what they think of your new recipe!

## Fruit testing

Did you know that your nose helps you to taste different foods? You can test it!

With an adult to help you, cut up some fruit into bite size pieces.

Now ask the adult to blindfold you and to put one of the pieces into your mouth.  
Can you tell what it is?

Who in your family gets the most right?

## Balanced meal

Do you know what a 'balanced diet' is?  
Find out what this means.

Now write down everything you have eaten today. Is it balanced? Is there anything that is missing?

You could see if you can think of some good ideas for balance meals later in the week.  
Maybe you can even help to cook them!

## It's a mix up

Cut up some paper into little pieces (a bit smaller than this). On half of them, write a noun – that's an object, like a person, animal or furniture. On the other half, write an adjective – that's a describing word like colours, fat, short, funny, silly or gigantic.

Keep the two piles separate. Now pull out one noun at random and one (or two) adjectives. Can you come up with any really funny combinations?

You could tell a story or draw a picture of your best ones

## Teeny tiny treasure chest

For this challenge you need a small empty box. A matchbox would be amazing but it doesn't have to be that small!

Now your challenge is to fill it with treasures – things that are beautiful, interesting or precious. You could do this on a walk or you could find things in your house.

Tell someone why each thing is a treasure.

## Nature walk

Go on a walk and count how many different living things you see in nature. It might be trees, flowers, a cat, birds – maybe even sheep!

It doesn't matter if you don't know what they are really called – blue flower, small brown bird will do fine. Maybe an adult will be able to tell you some of their actual names?

These are little activities that can help us if we need to concentrate hard on school work, if we are getting a bit upset or if we feel frightened. See which work best for you!

Close your eyes and breathe slowly in and out five times. How slow can you go?

Think about what is around you. Name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell and 1 you can taste

Close your eyes. Wiggle your toes and see how they feel, then think about your legs... bottom... tummy... chest... arms... shoulders... neck.... and finally your head

## Boogie woogie

Did you know... the Bible talks about people dancing and it even says God dances when he thinks about us!

Ask an adult to play a song you like. Do a dance while you listen. It can be crazy or slow or whatever you like.

How do you think God dances when he thinks about you?

## Saying sorry

Sometimes we all get things wrong and make someone else feel upset. It's not easy to say sorry but it makes everyone feel much better.

Think about someone who you might need to say sorry to. Work out what you could say. You could try something like this:

"I'm sorry I said/did ..... I think it made you feel ....  
Can we be fully friends again?"

Try it. Was it hard? How did it feel?

## Make a name for yourself

Make a sign for your bedroom door with your name on it.

Write and draw the letters so they are just like you. For example, if you love lots of colours, make it really bright. If you like cats, draw some cats on there. One of the letters could be made of your favourite foods!

Could you make name signs for the other people in your family or for some of your friends too?

## Helping hand

Did you know it actually helps your brain when you do something nice for someone else?

What could you do today that would help someone? An adult might be able to give you some ideas... or try these:

Could you... help with cooking or tidying at home?  
Could you... write a thank you letter to your teacher for helping you learn at school and at home?  
Could you... draw a card for someone and deliver it?

## Freeze frame

There weren't any cameras when Jesus was on earth - but we can use our imaginations instead!

Think of a story about Jesus you like. Who was there? What were they doing? Were they smiling or cross? Where were they looking?

Ask your family to freeze in the right places to recreate the scene. You might need to use toys if there are not enough people!

## Sounds of nature

When we go outside it can feel really quiet... but actually there are always some sounds of nature around us.

Try shutting your eyes and listening really carefully. Can you hear birds? The wind? Any water? What about footsteps or other people-noises like cars or voices?

What could you hear if you were in the jungle, or under the sea, or in the forest?

Maybe thank God for inventing so many different noises!

## Crazy colouring

You need one other person, some paper and some colours.

Both of you draw a picture for the other one. It could be a normal picture or you could draw a big squiggle like spaghetti

Now swap paper and colour it – but use crazy colours. If there's a sky make it pink! If there's a cat make it blue! If it's a squiggle, don't let the same colour touch anywhere on the paper.

## Silly selfies

Have you ever taken selfies with an adult?

See if you can both pull faces that show these feelings: happy... tired... cross... bored... scared... excited... worried... amazed... feeling super silly!

What do you do when you feel these feelings?

What makes you feel each of them?  
Talk about how you are feeling now.

## Big stretch

Stretching every day can help us to have strong, flexible bodies. Ask an adult to show you some stretching exercises that stretch ALL of you – your legs & hips & back & chest & arms & shoulders!

Which ones feel the best?  
Do you feel different after you have stretched?

## Scary stuff

Everyone feels scared sometimes. Having a box for your scary stuff can help you.

Find a box that isn't needed. Write or draw the things that make you feel scared. Talk about them with an adult – how you feel, why you are scared.

You could pray together to ask Jesus to keep you safe and help you be brave.

Then put them into the box and shut the lid.

## Maths magic

Think of a number.

You might need an adult to help you do this....

Add 5

Times by 4

Take away 20

Divide by 2

Give half to a friend (or a toy)

What are you left with?

Does this work whatever number you start with?

## God's songbook

People sing for lots of reasons. Can you think of a good song for when you feel happy? When you feel sad? When you need to get to sleep?

God knows that singing can help us to express how we feel. In the Bible the longest book is the songbook! There are songs for feeling happy, sad, cross, scared, sorry, excited...

How do you feel right now?

Can you sing a song that fits your feelings?

How do you think God feels as he listens?

## Thank you!

Did you know there are 193 countries in the world, but about 6500 languages? Wow! That's a lot!

Find out how to say "Thank you!" in another language. How many different language "Thank you"s can you learn?