

10. Think about our bodies – Hands and Feet

There are two ways of doing these activities a messy way and a not-so-messy way!

It depends on your circumstances and what resources and facilities you have!

Either – make paint prints of your hands (on white paper) and feet (on coloured)

Or – draw round your hands and feet on coloured paper.

For the hands you will need 'prints' of other people – members of your family, the church family and friends – all socially distancing of course! You are going to make a friendship tree. First of all draw the trunk and some branches of a tree on a large piece of paper. Cut round the hand prints and stick them on the tree like colourful leaves. You could write names on the handprints if you like.

For the feet you are going to make a picture of some 'flip flops'. Cut round the prints of your feet in the shape of a flip flop sole (see the picture below). Then add two strips of 'something' to each footprint to make it look like a flip flop – could be straws, fabric, card, ribbon You could then decorate them by adding flowers, jewels, buttons ...



11. Prayer Shack

The Superhero Avengers were a team. They had to work together for good to win.

From this session we have learnt that we are also part of a team. We are part of the church body and we are all equally important. We need to work together, as a team of Christians and with God's Spirit, to share the Good News of Jesus, to take care of others and to overcome the bad things in the world.

On the next page is a church made up of people. We are going to use this to pray for those we know and love in our families and in the church. As you pray for someone colour in a person in the church picture and write their name in the heart. You could pray for one or two people or you could colour the whole church! Don't forget to pray for yourself – you are part of THE TEAM!